



-LEARNING COMMUNITY

Scrambled Eggs

Scrambled Eggs with cheese and sautéed vegetables.

- Roast or sauté vegetables
- Crumble tofu or cooked soybeans mixed with a food processor. Sauté in a pan.

Cheese Sauce

- 1 cup of soaked cashews (substitutes: soaked nuts/seeds, legumes, tofu, sweet potatoes, yams, etc.)
- 1/2 teaspoon black salt (egg flavor), salt, or miso
- 1/4 teaspoons lemon powder, grass or lemon peel spice, or 1/4 tablespoon lemon juice (optional)
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard
- Cover with water or vegan milk – soy, coconut, hemp, or almond

Blend ingredients until smooth with a blender.

Alternative cheese recipe: combine legumes, sweet potato, carrots, miso, nutritional yeast, sauerkraut, and water in a blender to create a creamy cheese. Legumes are the base with the remaining ingredients added according to your desired taste.

- Stir in all ingredients until desired warmth and texture are met.

