

○ ***Scrambled Tofu:***

- Pan Fry two kilo of silken tofu, smashing them and making them dry.
- Add 1/4 cup soy sauce and
- Add 0.75 cup of the following spice mix:
 - 3 cups nutritional yeast
 - 1 cup turmeric
 - 2 tablespoons black salt
 - 1 tablespoons white sugar
 - 3 tablespoons black pepper