

Tofu Scramble (Healthy Breakfast for Protein & Energy)

Prep Time: 10 minutes
Cook Time: 10 minutes
Total Time: 20 minutes
Servings: 2–3
Focus Keyword: *Tofu Benefits and Disadvantages*

Ingredients

- 1 block **firm tofu**, crumbled
- ¼ cup **nutritional yeast**
- ½ tsp **turmeric** (for color)
- Pinch of **black salt (kala namak)** for egg-like flavor
- 1 **onion**, diced
- 1 **bell pepper**, diced
- 1 handful **spinach**
- 1 tbsp **olive oil**

Instructions

1. Heat olive oil in a pan over medium flame.
2. Add diced onion and bell pepper. Sauté until slightly soft.
3. Add crumbled tofu, nutritional yeast, turmeric, and black salt. Mix well.
4. Cook for 5–6 minutes, stirring occasionally, until the mixture is fragrant and heated through.
5. Stir in spinach and cook until just wilted.
6. Serve warm with whole-grain toast or avocado slices.

Nutrition Information (per serving)

Nutrient	Amount
Calories	~220 kcal
Protein	18 g
Fat	12 g
Carbohydrates	8 g
Fiber	2 g
Sodium	290 mg
Iron	2.5 mg

(Approximate values based on standard ingredients.)

Health Benefits

- **Rich source of plant-based protein** — fuels muscles and keeps you full longer.
- **Contains essential minerals** like iron and calcium that support bone and blood health.
- **Turmeric** adds anti-inflammatory properties, while **nutritional yeast** brings in B vitamins.
- **Low in calories, high in nutrition** — ideal for clean-eating mornings.

Tofu Benefits and Disadvantages

Benefits:

- Supports weight control, heart health, and plant-based diets.
- Helps lower cholesterol levels and provides complete protein.

Disadvantages:

- Overconsumption may affect hormone balance due to phytoestrogens.
- Processed tofu can contain added sodium or calcium sulfate—always check labels.



Cooking & Nutrition Tips

- Use **extra-firm tofu** for a denser, egg-like texture.
- For extra flavor, add cumin, paprika, or a splash of soy sauce.
- Pair it with **whole-grain bread or avocado toast** for balanced energy.
- Sprinkle **ground flaxseed** for added omega-3s and fiber.