



Sheet Pan Tofu Scramble

INGREDIENTS

- 1** 15 oz. can black, pinto, or white beans, drained and rinsed
- 1** block extra firm tofu, drained
- 1/4** cup WYW Nutritional Yeast
- 2** teaspoons onion powder
- 1** teaspoon garlic powder
- 1/2** teaspoon black salt (optional)
- 1/4** teaspoon ground turmeric
- black pepper, to taste**

- 3** medium gold potatoes, diced
- 2** bell peppers, diced
- 1/2** red onion, diced
- 1/2** teaspoon WYW Chili Lime
- 2** tablespoons WYW Fiesta Fire Blend

- ~1** cup fresh spinach

METHOD

In a large mixing bowl, add the beans and crumble in the tofu using your hands. Add the nutritional yeast, onion powder, garlic powder, black salt (if using), turmeric, and black pepper. Stir well to combine and spread evenly across a parchment-lined baking sheet. Set aside.

In the same empty mixing bowl, toss in all the remaining ingredients, except the spinach. Stir to combine and add to another parchment-lined baking sheet.

Bake both sheets at 400°F for about 15-17 minutes. Then sprinkle the fresh spinach all over both baking sheets and bake for about 3-5 more minutes to wilt the spinach.

Serve a plate with both items and top with your favorite salsa or avocado!





Quinoa Breakfast Bake

INGREDIENTS

- 2** bananas, ripe is best
- 1** cup dry quinoa, rinsed
- 1** tablespoon chia seeds (whole or ground)
- 1** tablespoon flax seed meal
- 2** teaspoons ground cinnamon
- 2** teaspoons vanilla extract
- 1-1/2** cup fresh/frozen berries
- 1/4** cup walnuts, chopped
- 2-1/3** cups soy milk
- 1/4** cup date powder (or 6 dates)

METHOD

Add the bananas to a mixing bowl and mash with a potato masher until pretty smooth. Then add all of the rest of the ingredients and stir to combine.

If using dates instead of date powder, just blend the dates with the soy milk until smooth before adding to the bowl.

Add the contents to a small glass dish and bake uncovered at 350°F for 70 minutes.

Top with homemade WYW yogurt and fresh berries or just enjoy as-is!



San Francisco Oats

INGREDIENTS

- 2 cups veggie broth**
- 2 cups water**
- 1 cup rolled oats**
- 1/2 cup red lentils**
- 1 tablespoon WYW Galaxy Dust**
- 2 cups spinach, chopped**
- 1-2 tablespoons WYW Nutritional Yeast**

METHOD

In a medium saucepan, bring the broth and water to a boil.

Add the oats, lentils, and Galaxy Dust, and stir to combine. Lower the heat to a simmer, and cook for 15-20 minutes or until the lentils are nice and mushy.

Add the spinach and nutritional yeast, mix well to wilt the spinach and serve. Enjoy!



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