

ONE BITE

onebitevegan.com

Vegan Magazine

Jan / Feb 2020

VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

+ WFPB RECIPES

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

Savory Vegan Breakfast Bowl

By Deryn - Running on Real Food

This savory vegan breakfast bowl recipe features healthy ingredients like kale, mushrooms, onions, tofu scramble, avocado, brown rice and salsa for a nutritious breakfast that doesn't skimp on flavor. It's high in protein and contains healthy fats and complex carbohydrates for a balanced breakfast that will leave you energized all morning.

INGREDIENTS

FOR THE TOFU SCRAMBLE:

- 1 serving medium or firm tofu, crumbled
- 1 tsp turmeric
- salt and pepper
- dash or soy sauce
- 1 tbsp water

FOR THE SAUTÉED VEGGIES:

- 1 big handful of kale, de-stemmed and chopped
- 1 cup sliced mushrooms
- ½ cup diced white onions

FOR THE BOWLS:

- ½ an avocado
- salsa
- ½ cup cooked brown rice

INSTRUCTIONS

1. In a small dish, mix up the tofu scramble ingredients then set aside. If you're only making one serving, I'd recommend mixing it up in a dish before cooking. If you're making a whole package of tofu, you can add everything right into the pan as it's easier to mix.
2. Next, cook the kale, mushrooms and onions. To make them, add them to a skillet over medium-high heat with either a splash of water or 1/2 tsp olive or avocado oil. Cook for 5-8 minutes until tender and browned. Don't stir too often in order to let them brown. Once they're cooked, scoop into a bowl.
3. In the same pan, add the tofu mixture and cook for 5 minutes until heated through and starting to brown. Alternatively, you can just add the tofu scramble mixture to the kale and mushrooms as they cook and serve it all mixed up.
4. To assemble the breakfast bowls, add the tofu scramble to the bowl with the kale mixture then add brown rice, avocado and salsa. Serve right away or pack up for meal prep.



Deryn —

Deryn is the recipe developer and content creator behind runningonrealfood.com. She started her blog in 2013 as a way to share her experiences with living a plant-based lifestyle and hoped to inspire her followers to do the same. Since then, Running on Real Food has grown and showcases a large variety of recipes, there's something for everyone!

Website: runningonrealfood.com

Facebook Twitter Pinterest Instagram