

Scrambled Tofu

Ingredients / for one person.

1 bloc of tofu
1 tomato, chopped
1 pepper, chopped
1 clove of garlic, chopped
turmeric
chopped mushrooms
Spring onions, chopped



Using a fork or potato masher, crumble the tofu into small pieces and then sauté in oil in a frying pan.

After a few minutes, add the remaining ingredients and cook for a few min.

What is tofu?

Made from soya milk, tofu has little flavour on its own but absorbs other flavours well and is highly versatile.

Firm tofu is sold in blocks and can be added to any meal..

Softer tofu called Silken tofu is used to make creams and desserts.

Tofu is high in protein, iron, calcium, zinc, B vitamins, vitamin E, essential fatty acids, and fibre. It is also low in fat and sodium.

It is free from cholesterol.



French Toasts

Ingredients / for one person.

1 sliced banana
3/4 cup soy milk
Cinnamon
4 slices of bread

Place bananas, soymilk, cinnamon in a blender or food processor; blend until smooth.



Pour mixture into a pie plate. Dip bread into mixture, turning to coat both sides. Remove excess batter.

Brush a frying pan lightly with oil. When hot, add the coated bread slices. Cook one side, 2 to 3 minutes. Turn the other side.

Add some maple syrup and banana slices on top to sweeten it.

Make your own Milk!

Add a handful of blanched almonds, hazelnuts or other nut to 500 ml of water and blend till creamy.



To remove the skins: Put the almonds into hot water until the skins wrinkle or puff up. Then, discard the skins.

Add maple syrup to sweeten the milk.