

Tofu & Sweet Potato Breakfast Sandwiches

Ingredients

- 1 block of firm tofu, thinly sliced
- EVOO spray
- ¼ tsp turmeric powder
- ½ tsp garlic powder
- ¼ tsp paprika
- ⅛ tsp kala namak (AKA: Indian black salt) — optional
- Freshly-cracked black pepper
- 1 tbsp tahini
- 2 tbsp traditional yeast
- ½ cup (120 milliliters, 4 fl oz) soy milk

For the sweet potato:

- 1 large sweet potato, thinly sliced (or shredded)
- A pinch of salt
- ½ tsp smoked paprika

For the Cashew Chipotle Cheese Sauce (or Queso):

- 1 ½ cups (190 grams) of raw cashews
- ¼ cup (40 grams) of nutritional yeast
- ½ tsp salt (optional)
- ¼ tsp garlic powder
- ½ tsp cumin
- ¼ tsp chili powder
- 1 chipotle pepper in adobo sauce
- 1 cup (240 milliliters) boiling water, to make the queso thinner

Instructions

1. Use a box shredder (or preferred tool) to shred the sweet potato and tofu.
2. Sauté the sweet potatoes in a pan with a pinch of salt and ½ tsp smoked paprika.
3. In a bowl, mix the seasoning, yeast, and soy milk into a sauce, then sauté the tofu with the sauce.
4. Add all the ingredients for the chipotle cashew queso into a high-speed blender and blend on high while adding small amounts of boiling water to get the right consistency.
5. Assemble everything on an English muffin, or serve in a bowl with wholegrains — whatever you prefer. Enjoy!

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