



# Lifestyle Medicine

## Recipe: Tofu Scramble & Plant Based Cheese Sauce

### 1. Tofu Scramble:

- Tofu
- Tumeric
- Cumin
- Fresh Pea Sprouts on Top

### 2. Plant Based Cheese Sauce:

- 1 sweet potato, peeled after roasting/microwaving
- 1 cup raw cashews (soaked for 30min)
- 1 ½ cup water
- ½ cup nutritional yeast
- 2 tbsp tomato paste
- 1 ½ tsp lemon juice
- 2 gloves garlic
- 1 tsp ground black pepper
- ½ tsp onion powder
- ½ tsp chili powder

### 3. Mix above in Vitamix or other high-powered blender.

### 4. Instructions:

- Roast sweet potato and slice open
- Fill potato with tofu scramble
- Top with cheese
- Sprinkle with fresh sprouts



Recipe courtesy of:  
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