Spiced Tofu Scramble with Creamy Avocado

A protein-packed tofu scramble seasoned with warm spices, paired with smooth avocado slices for a satisfying low-carb breakfast.

Servings: 2 **Time:** 20 minutes

Ingredients

- 14 oz extra-firm tofu, drained and crumbled
- 1 tbsp olive oil
- 1/4 cup finely chopped onion
- 1 garlic clove, minced
- 1/2 tsp smoked paprika
- 1/4 tsp turmeric powder
- 1/4 tsp ground cumin
- 1/4 tsp chili powder
- Salt and pepper to taste
- 1 ripe avocado, sliced
- 1 tbsp fresh lemon juice
- Fresh cilantro for garnish (optional)

Instructions

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add chopped onion and garlic; sauté until translucent, about 3 minutes.
3. Add crumbled tofu to the skillet and mix well with onions and garlic.
4. Sprinkle smoked paprika, turmeric, cumin, chili powder, salt, and pepper over tofu. Stir to combine.
5. Cook for 5-7 minutes, stirring frequently, until tofu is heated through and slightly golden.
6. While tofu cooks, toss avocado slices with lemon juice and a pinch of salt to keep fresh.
7. Serve tofu scramble hot, topped with avocado slices and fresh cilantro if using.

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