



Recipe Details

Recipe Name - Potato, Spinach, and Kale Egg Muffins

Recipe Steps -

Ingredients

- 1 Block firm or extra firm tofu (do not squeeze)
- 1/2 cup plant milk
- 2 Tbsp egg seasoning (see recipe)
- 1/2 bag frozen diced potatoes with peppers and onions (hash browns) (you can also use frozen cubed potatoes without peppers and onions)
- 2 cups of green veggies of your choice (I use frozen spinach and kale)
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- Fresh cracked pepper to taste
- Add in your favorite vegan cheese (optional)

Instructions

1. Place unsqueezed tofu in a blender with the plant milk and egg seasoning (add fresh pepper if using), and blend until smooth and creamy
2. Place frozen potatoes in a bowl along with fresh or frozen greens, season with pepper, garlic powder, and onion powder, incorporate well
3. Add tofu mixture to potato and veggie mixture and incorporate well. If using vegan cheese, add at this step and incorporate
4. Place large scoops into a muffin pan (I use silicone so they do not stick)
5. Bake at 425 degrees (400 for convection ovens) for 35 minutes
6. Enjoy as a mini omelet or place on bread of your choice and enjoy them as a sandwich

