

CHIPOTLE VEGAN OMELETTE

OMELETTE INGREDIENTS

- 6 oz Silken Tofu (extra firm)
- 1 T Coconut milk **OR** Soy milk **OR** Rice Milk
- 1 T Nutritional yeast
- 1 T Potato starch **OR** cornstarch
- 1 t Techina
- 1/8 t Onion powder
- 1/8 t Tumeric
- 1/4 t Salt
- 1 pinch Chipotle pepper **OR** Smoked Paprika
- 1 pinch Black salt
- Non-stick cooking spray **OR** 1 T of Healthy oil



FILLING

- 1 Onions, red peppers, mushrooms, kale & spinach are some of the easiest vegetables for your filling
- 2 You can use some or all of the above vegetables
- 3 In a large pan, sautee your vegetables & set them aside

OMELETTE DIRECTIONS

- 1 Blend all the omelette ingredients until smooth
- 2 Spray a large saute pan with non-stick cooking spray **OR** healthy oil
- 3 Heat the pan to medium-high
- 4 Pour the batter into the center of the pan in a circular pattern about 6-8 inches across
- 5 Use a spoon or spatula to smooth over the top
- 6 Place your prepared filling ingredients over the batter & reduce the heat to medium-low
- 7 Cover the pan for 2 minutes
- 8 Remove the cover & continue cooking until your omelette is done

