

Vegan Biji (okara) Scramble

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/okara-japanese-recipe>

Ingredients:

- 1 cup okara packed, pressed biji/
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tablespoon nutritional yeast
- 1/2 teaspoon turmeric
- 1 tablespoon soy milk
- 1 teaspoon corn meal
- veggies we used chives and tomatoes from our backyard garden, but mushrooms, spinach, broccoli, kale would all be good
- salt
- black pepper

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Fat: 1 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 400 milligrams
7. Sugar: 1 grams

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