



## Challenge Day 9

# Chew's Challenge



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## Not So Scrambled Eggs

### Ingredients

2 cups of crumbled tofu	2 Tbsp Olive Oil
1/4 onions	3 Tbsp chicken style seasoning
2 Gloves garlic	1/2 tsp. turmeric
1/2 cup mixed bell peppers	
1/2 cup mushrooms	



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## Fake Condiments

### Ingredients

#### MAYO

2 cups cashews  
1/2 cup oil  
5 Tbsp chicken style seasoning  
1/4 cup lemon juice

#### HONEY MUSTARD

5 Tbsp mustard  
2 cup mayo base  
1/2 cup honey  
1 tsp celery seed  
1/8 tsp cayenne  
3 tsp salt

#### MUSTARD

1/2 cup horseradish  
1 tsp turmeric  
1/4 cup lemon juice  
1/8 cup apple juice

