



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	



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

