



# Pumfu Breakfast Burritos

**Serves 10 burritos | Prep 15 min | Cook 10 min | Ready in 30 min**

Hearty, filling breakfast burritos that are actually good for anytime of day! Made out of pumpkin seeds, pumfu is a nutrient-rich food consisting of 17 grams of plant protein and 5 grams of fiber per every 4 ounce serving. Eat well, eat generously.

## INGREDIENTS

### THE BASE BASICS

- 2 packages 8-oz pumfu
- 1 small red onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1/2 package frozen hash browns, cook until crispy per bag instructions
- 10 extra large tortillas
- 1 bag Violife cheddar

### SPICES

- 1 tablespoon EVOL or preferred cooking oil
- 1 tablespoon minced garlic
- 1/4 cup Bragg's liquid aminos
- 1 teaspoon salt
- 1/2 tablespoon paprika
- 3 tablespoons nutritional yeast (AKA nooch)

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Add EVOL to pan for sautéing vegetables, turn on medium-high heat
3. Add minced garlic + diced onion and sauté until starting to become translucent
4. Add diced green and red bell pepper and cook until starting to get crispy
5. Crumble pumfu by hand into pot
6. Stir and add liquid aminos, salt, paprika, and nooch
7. Cook for 10 minutes until heated through and flavors are absorbed
8. Add crispy hash browns to pot and mix well
9. Scoop 1 spoonful of meat onto tortilla, sprinkle cheese, and roll up into burrito
10. Place burritos on parchment lined baking sheet.
11. Repeat until you have 10 burritos.
12. Throw in oven for 10-15 minutes until tortillas are firm

### NOTES

Pumfu can be found at any natural, whole foods store. It is in the refrigerated section where tofu is kept generally.