

Vegan Bacon Seitan Benedict Wrap

These delicious breakfast wraps can be made ahead of time, so they're a perfect plant-based breakfast on-the-go. Tofu and Bacon Seitan combine to make this a high protein meal you'll want to make time and time again.



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SERVINGS
4 wraps

INGREDIENTS

Hollandaise:

- 3 tablespoons butter
- 1 cup vegan mayonnaise
- 1 teaspoon lemon juice
- 1 teaspoon hot sauce
- ½ teaspoon ground turmeric
- ¼ teaspoon ground black pepper

Benedict Wrap:

- 1 tablespoon olive oil
- ½ red onion thinly sliced
- 1 5 ounce package Upton's Naturals Bacon Seitan roughly chopped
- 1 14 ounce block extra firm tofu drained and pressed
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

- ½ teaspoon kala namak Himalayan black salt optional
- ¼ teaspoon ground turmeric
- ¼ teaspoon black pepper
- ¼ teaspoon smoked paprika
- 2 cups packed baby spinach
- 4 burrito-size flour tortillas

INSTRUCTIONS

1. For the hollandaise add the butter to a small saucepan and melt the butter over medium heat. Add the mayonnaise, lemon juice, hot sauce, turmeric, and black pepper. Whisk until everything is well combined and the color is a light yellow, remove from the heat.
2. For the wrap heat the olive oil in a large skillet over medium heat. Add the onion and saute for 3 minutes until the onion is soft and transparent. Add the Bacon Seitan and saute for 4 minutes to crisp up the bacon pieces. Crumble the tofu over the onion and bacon, sprinkle in the salt, garlic powder, onion powder, kala namak, turmeric, pepper, and smoked paprika. Mix until everything is combined and the scramble is a light yellow.
3. Add half of the hollandaise sauce and stir to coat the scramble. Add the spinach and put a lid over the skillet for about 2 minutes to wilt the spinach. Remove the lid and mix the spinach in until evenly dispersed.
4. Divide the scramble up between four tortillas and wrap it up tightly like a burrito. Serve with extra hollandaise sauce on the side.



KEYWORD

Bacon Seitan, Bacon Seitan Benedict Wrap, brussels sprouts with vegan bacon, plant based bacon, Seitan Bacon, vegan bacon recipe, vegan breakfast recipe, veggie bacon recipe

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