

Transformations: Vegan Recipes You Can Live By Breakfast Entrées

Almond Butter Blueberry Pancakes

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 80) Page Street Publishing Kindle Edition

DRY INGREDIENTS

- 1 cup flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- pinch of sea salt

WET INGREDIENTS

- 1 cup almond milk
- 1 tablespoon almond butter
- 2 teaspoons maple syrup
- 1 tablespoon vanilla extract

TO COOK

- coconut oil
- 3/4 cup blueberries

TO SERVE

- additional berries, thawed if frozen
- **Vegan Butter Substitute**, softened
- pancake syrup, optional

Unlike most pancakes, this recipe does not require the use of eggs.

Mix DRY INGREDIENTS and set aside.

Whisk WET INGREDIENTS together in a separate bowl. Combine with dry ingredients and mix.

Heat coconut oil on an electric griddle over medium heat. Add a small ice cream scoop of batter and push in several blueberries, for each pancake. (Approximately 15 pancakes will fit on the griddle.)

Cook pancakes until crust is golden brown on the bottom. Flip over and cook other side.

Serve with additional berries, softened **Vegan Butter Substitute** and, optionally, pancake syrup.

Almond Granola§

- 1/2 cup almonds, coarsely chopped
- 1/2-1 cup dried fruit, chopped
- 4 cups rolled oats
- 1/4 cup shredded coconut
- 1/2 teaspoon sea salt
- 3/4 cup flaxseed meal

- 1/4 teaspoon almond extract
- 1 tablespoon vanilla extract
- 3/4 cup apple or grape juice
- 2 tablespoons olive oil
- 5 tablespoons honey

In a food processor, chop nuts, dried fruit, and any other large pieces to reduce their size.

In a large mixing bowl, stir together oats, nuts, dried fruits, coconut, salt, flaxseed meal, and any other dry ingredients.

In a small bowl, mix the almond extract, vanilla extract, juice, olive oil and honey. Pour liquid mixture over the cereal in large bowl and stir and coat evenly. (Mixture will be sticky.)

Spread mixture on large parchment paper lined baking sheets and heat in oven for 1-2 hours on lowest possible temperature.

Once cooled store in tightly sealed container.

Almond Sunflower Cereal

- 1/4 cup almonds
- 1/4 cup sunflower seeds
- 2 tablespoons walnuts
- 1 tablespoon ground cinnamon
- 1/2 cup fruit such berries|apples|pears, washed and chopped
- 1/2-1 cup almond milk

Combine almonds, sunflower seeds in a food processor and pulse chop to reduce size.

Combine chopped almonds, sunflower seeds, walnuts and cinnamon in a bowl.

Top with fruit. Add almond milk to serve.

Apple Blueberry Cereal

- 3/4 cup rolled oats
- 1/2 cup almonds, chopped
- 2 apples, peeled, cored and chopped
- 1 cup blueberries, thawed
- ground cinnamon, to taste
- ground nutmeg, to taste
- 1 cup apple juice or almond milk, or to taste

Place oats separated into TWO bowls. Add nuts, fruits and spices to each bowl.

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Stir to combine. Add apple juice or almond milk to serve.

Apple Cinnamon Muesli

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1291) The Experiment Kindle Edition

- 1 cup rolled oats
- 3/4 cup almond milk, or fresh fruit juice
- 1/2 cup raisins
- 1/4 teaspoon ground cinnamon
- 2 tablespoons molasses or brown rice syrup, optional
- 1 apple (preferably a tart one such as Granny Smith), peeled, cored and sliced

Combine the oats with the almond milk (or juice), raisins, cinnamon and molasses or brown rice syrup (if used). Allow to sit for a few minutes for the almond milk or juice to be absorbed.

Top with the sliced apple to serve.

Banana Almond Granola

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1268) The Experiment Kindle Edition

- 8 cups rolled oats
- 1-1 1/2 cups apple juice, freshly made
- 1 cup dried bananas, finely chopped in a food processor
- 1 teaspoon almond extract
- 1 teaspoon sea salt
- 1 cup slivered almonds

*I like the concept of this granola but not the way it was originally presented. Folks over Knives uses way too may date-this and date-that in their recipes. I changed the 2 cups of pitted and chopped dates, which is made into a slurry (see **Basic Baked Granola**) and replaced it with 1-1 1/2 cups of fresh apple juice. Too, the author suggested using fresh mashed bananas, which is a disaster waiting to happen. I replaced this component with dried chopped bananas.*

Preheat oven to 275°F.

Combine rolled oats, apple juice, dried bananas, almond extract, salt and slivered almonds in a bowl.

Spread mixture on two parchment paper lined 13×18 inch pans.

Bake for 40-50 minutes stirring about every 10 minutes, until granola is crispy.

Remove pans from oven and cool. Store granola in a tightly sealed plastic container once cooled.

Banana Pancakes

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Locations 386-387) Flatiron Books Kindle Edition

- 2 ripe bananas, peeled
- 1/4 cup flaxseed meal, soaked in 3/4 cup filter water for 15 minutes to 1 hour
- 1/4 cup coconut oil or **Vegan Butter Substitute**, plus more for cooking
- 1/2 cup almond milk
- 1 cup oat flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- pinch sea salt
- topping of choice, such as maple syrup, fruit, or chocolate chips

Mash the bananas in a small bowl. Add in flaxseed-water mixture, coconut oil, and the almond milk. Mix well.

In another bowl, whisk together dry ingredients.

Fold wet ingredients into dry ingredients. Mix until well incorporated.

Preheat an electric griddle and coat with coconut oil.

Ladle 1/4 cup of batter at a time to form a pancake. Cook for 2-3 minutes before flipping. Cook for an additional 2-3 minutes.

Top with toppings of choice to serve.

Banana, Date and Coconut Muesli

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1284) The Experiment Kindle Edition

- 1 cup rolled oats
- 3/4 cup almond milk, or fresh fruit juice
- 1/2 cup pitted dates, chopped, or other dried fruit of choice
- 1/4 cup dried coconut
- 1 banana, sliced

Combine all ingredients in a bowl. Let sit for a few minutes to all the almond milk (or fruit juice) to be absorbed.

Eat immediately.

Basic Baked Granola

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1253) The Experiment Kindle Edition

- 8 cups rolled oats
- 1 1/2 cups pitted dates, chopped
- 2 cups filtered water
- additional filtered water, as needed
- 2 teaspoons orange zest
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract

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- 1 teaspoon sea salt

This is, indeed, a very basic granola. Any number of additional options are possible including adding chopped nuts, flaxseed meal, oat bran, dried fruit or raisins, honey or maple syrup, apple and orange juice, shredded coconut, sunflower seeds, pumpkin seeds, sesame seeds ground allspice.

Preheat oven to 275°F.

Place oats in a large bowl.

Combine dates and water in a sauce pan. Bring to a boil and cook over medium heat for about 10 minutes. Add more water as necessary to keep dates from sticking to pan.

Add mixture to a blender along with orange zest, cinnamon, vanilla extract and salt. Blend until smooth and creamy.

Add date mixture to oats and combine.

Spread mixture on two parchment paper lined 13×18 inch pans.

Bake for 40-50 minutes stirring about every 10 minutes, until granola is crispy.

Remove pans from oven and cool. Store granola in a tightly sealed plastic container once cooled.

Basic Oatmeal

- 3/4 cup rolled oats
- 1 tablespoon raisins
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1/2 cup dried fruit, chopped, optional
- 3/4 cup almond milk
- 1/4 cup apple juice

Combine rolled oats, raisins, cinnamon, vanilla extract and dried fruit.

Add almond milk and apple juice to serve.

Blueberry Chia Overnight Oats

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 243) Page Street Publishing Kindle Edition

FILLING

- 1/2 cup rolled oats
- 1 tablespoon chia seeds
- 1/2 cup blueberries, fresh or frozen
- 1 lemon, juiced
- 1 cup almond milk
- 1 1/2 teaspoons maple syrup or agave nectar

TOPPINGS

- **Coconut Whipped Cream**, optional
- blueberries, thawed if frozen, optional

Combine all FILLING ingredients in a sealable plastic bowl. Refrigerate overnight.

To serve, fill a bowl or glass. Optionally, top with **Coconut Whipped Cream**, blueberries or other fruits of choice.

Blueberry Pancakes§

- 1 1/4 cup flour
- 1/4 cup flaxseed meal
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/2 cup filtered water
- 2 bananas, mashed
- 1 cup applesauce
- 1/4 cup grape or apple juice
- 2 tablespoons molasses
- 1 cup blueberries, thawed
- additional grape or apple juice, as needed, optional

The good news is that this recipe for pancakes is egg free. Actually, any kind of fruit can be used. The bad news is that you have to bake these as you would cookies. Even with coconut oil, they stick horribly to the griddle.

Preheat oven to 350°F.

Combine the flour, flaxseed meal, baking powder, baking soda and salt in a large bowl.

Add the water, bananas, applesauce, fruit juice and molasses. Stir with a spatula to blend.

Fold in blueberries. If too thick, which is likely, add more fruit juice to thin the batter.

The original instructions were to preheat a griddle and coat with coconut oil and pour the pancake batter, 1 tablespoon at a time, onto griddle and cook evenly on both sides until browned and firm. It's not that simple but this is what the original instructions said.

Line to baking sheets with parchment paper. Using a small ice cream scoop, lay blobs of pancake 'batter' on the parchment paper. The flatten when baked. Bake for 10 minutes or so, until obviously browned.

To remove the pancakes from the parchment paper, life up the paper and gently loosen each pancake, stacking the freed pancake on a platter. (A spatula really doesn't work well in this case).

Serve with choice of toppings including **Vegan Butter**

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Substitute, fresh berry compote or syrup.

Makes about 30 pancakes, enough for two breakfasts. Store uneaten pancakes refrigerated in a Ziploc® Freezer Bag. To reheat, place on parchment paper and warm up in an oven, or heat over a non-stick cooking pan.

Chocolate Tahini Granola

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 196) Page Street Publishing Kindle Edition

- 1/4 cup coconut oil, melted
- 1/4 cup **Tahini**
- 1/4 cup maple syrup
- 1/2 teaspoon sea salt
- 2 tablespoon cocoa powder
- 1 teaspoon ground cinnamon
- 3 cups rolled oats
- 1/2 cup pecans, chopped

Makes 4 cups of granola.

Preheat oven to 200°F.

The original instructions said to preheat the oven to 350°F and bake for a total of 25 minutes. That, to my way of thinking, is way too hot to be drying/cooking granola.

Combine the coconut oil, **Tahini**, maple syrup, salt, cocoa powder and cinnamon in a large bowl. Stir in the oats and pecans and blend.

Spread mixture on a parchment paper lined baking sheet. Bake for 1 hour. Remove from oven and stir. Bake for an additional hour. Remove from oven to cool.

Once granola is cooled store in a sealed plastic container or a large plastic freezer bag. Serve with almond milk, berries, or just by itself.

Crêpes

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 436) Flatiron Books Kindle Edition

- 2 tablespoons chia seeds, soaked in 1/3 cup water for 15 minutes to 1 hour
- 2 cups filtered water
- 1 cup brown rice flour
- 1 cup oat flour
- 1 teaspoon coconut sugar
- 1/4 sea salt
- coconut oil or **Vegan Butter Substitute**
- toppings, such as slice fruits, chopped nuts, maple syrup, or sliced strawberries

Combine chia seeds in water plus water, flours, sugar and salt. Combine until well blended.

Chill mixture in refrigerator for 2 hours.

Heat coconut oil in a no-stick skillet.

Pour 1/2 cup of batter into a pan at an angle, spreading the batter using a circular motion to spread the batter.

Cook for 1-2 minutes until the crêpe is evenly browned.

Flip and cook other side for 1-2 minutes. Stack finished crêpes on a serving platter and continue cooking crêpes until the batter is used up.

Serve with toppings of choice.

Day Dream French Toast

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 124) Page Street Publishing Kindle Edition

BATTER

- 1 cup almond milk
- 1 teaspoon vanilla extract
- 1 tablespoon maple syrup
- 2 tablespoons arrowroot
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 teaspoon Bragg's Liquid Aminos

TO COOK

- coconut oil
- 4 slices stale bread, firmer breads with a thicker crust are preferable

BERRY SAUCE

- 1 cup berries, thawed if frozen
- 3 tablespoons maple syrup

Put the batter ingredients in a large bowl and mix thoroughly. Coat an electric griddle with coconut oil and place over medium heat.

Dip each slice of bread in the batter and cook on both sides until they are slightly browned.

Meanwhile, cook the berry sauce ingredients in a saucepan over medium-low heat for about 2 minutes. Plate the toast, drizzle with the berry sauce.

Makes 4 slices of toast, one serving.

European Muesli Granola§

Originally "European Muesli". <http://allrecipes.com/recipe/36438/european-muesli/>

- 1/2 cup wheat germ
- 1/2 cup sesame seeds
- 1/2 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/2 cup chopped cashews
- 1/2 cup chopped almonds
- 1/2 cup shredded coconut
- 1/2 cup rolled wheat
- 3 cups rolled oats

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- 1/2 dried fruit, chopped, optional
- 1/4 cup coconut oil
- 1 1/4 cups honey
- 1 1/2 teaspoons vanilla extract

It's okay to substitute ingredients. When I made this I used flaxseed meal instead of wheat germ and oat bran instead of rolled wheat.

Preheat oven to 225°F. Line a large baking sheet with parchment paper.

In a large bowl, mix together wheat germ, sesame seeds, sunflower seeds, pumpkin seeds, cashews, almonds, coconut, rolled wheat, rolled oats and dried fruit, if used.

In a medium saucepan over medium heat, mix coconut oil, honey and vanilla. Cook and stir just until the mixture is hot. Stir into the dry mixture.

Spread the mixture on the prepared baking sheet. Bake 1 1/2 hours in the preheated oven, stirring approximately every 20 minutes, until golden brown.

Store in tightly sealed plastic container once cooled.

Fruit and Nut Oatmeal

<http://www.forksoverknives.com/recipes/fruit-and-nut-healthy-oatmeal/>

- 3/4 cup rolled oats
- 1/4 teaspoon ground cinnamon
- 1/4 cup fresh berries
- 1/2 ripe banana, sliced
- 2 tablespoons nuts such as walnuts, pecans, or cashews, chopped
- 2 tablespoons dried fruit, such as raisins, cranberries, apples, chopped
- apricots, optional
- maple syrup, optional
- almond milk or fresh fruit juice

The original recipe calls for cooking the oat meal with the cinnamon and salt added. This is fine but uncooked oats is delicious, too.

Pour oats in bowl.

Top with cinnamon, salt, berries, banana, nuts, dried fruit and other ingredients if used.

Top with almond milk or fresh fruit juice to serve.

Ginger Maple Granola

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 474) Flatiron Books Kindle Edition

- 2 cups buckwheat groats, soaked in filtered water for at least 1 hour
- 1 cup rolled oats
- 1 cup dehydrated coconut

- 1/4 cup chia seeds
- 1/2 teaspoon ground ginger
- 1/4 cup coconut oil
- 1/2 cup maple syrup
- 1 teaspoon vanilla extract
- 2 teaspoons ground cinnamon
- 1 teaspoon lemon zest
- 1 teaspoon sea salt
- pinch of stevia, optional

Preheat oven to 200°F.

Drain groats and rinse several times. Place in a large bowl.

Add the oats, coconut and chia seeds. Mix well.

Combine the remaining ingredients in a second bowl.

Fold wet mixture into dry mixture.

Spread mixture on a parchment paper lined baking sheet.

Bake in oven for one hour, stirring a couple of times, or until mixture is dried and minimally browned.

Once cooled, break up and store in a plastic container ready to serve.

Gluten-Free Coco-Nut Seed Crunch

- 2 cups shredded coconut
- 1/2 cup cashews, chopped
- 1/2 cup pecans, chopped
- 1/2 cup almonds, chopped
- 1/2 cup pumpkin seeds
- 1/4 cup flaxseed meal
- 1/4 cup sunflower seeds
- 1/4 cup chia seeds
- 1/4 cup sesame seeds
- 1/4 cup hemp seeds, optional
- 1-2 teaspoon ground cinnamon
- 4-6 tablespoons coconut oil, melted
- 2 tablespoons maple syrup

Preheat oven to 250°F.

Line 2 baking trays with parchment paper. Combine all dry ingredients together.

Mix coconut oil and maple syrup into the coconut, nut and seed mixture. Spread evenly over the 2 baking trays and bake for 30-40 minutes or longer, desired on desired crunchiness. Remove from the oven and allow to cool.

Store in the refrigerator in an airtight container.

Grainless Granola

- 1 cup cashews, chopped

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- 1 cup pumpkin seeds
- 1 cup slivered almonds
- 2 tablespoons flaxseeds meal
- 1 cup shredded coconut
- 2 teaspoons ground cinnamon
- 2 tablespoons coconut oil, melted
- 1/4 cup maple syrup

Preheat the oven to 350°F.

In a large bowl, combine the cashews, pumpkin seeds, almonds, flaxseeds or chia seeds, coconut, and cinnamon. Add the oil and syrup and mix together.

Spread the mixture on a parchment paper lined baking sheet in a 1/2 inch thick layer. Bake for 20 minutes, stirring once, or until golden.

Once cooled store in tightly sealed container.

Granola 1§

- 1 teaspoon ground cinnamon
- 1/4 cup shredded coconut
- 1/2 cup soy flour
- 1 cup pumpkin seeds
- 4 cups rolled oats
- 3/4 - 1 1/4 cups flaxseed meal, to taste
- 1/2 cup coconut oil, melted
- 1/2 cup honey
- 1/4 cup maple syrup
- 1/4 cup coconut sugar
- 1 teaspoon vanilla extract

Use caution when adding flaxseed meal. It can create a harsh tinge, among other issues. Adjust the amount accordingly.

Preheat oven to 250°F.

In a large bowl, mix cinnamon, coconut, flour, pumpkin seeds, oats and flaxseed meal.

In a separate bowl, combine oil of choice, honey, maple syrup and vanilla extract. Combine dry and wet mixtures and stir until well mixed.

Line a large baking sheet with parchment paper. Spread out mixture on a baking sheet. Bake until crispy dry, 1/2-1 hour. The longer it's baked the crisper it becomes.

Cool for at least 1 hour. Carefully pick up the parchment paper edges and pour the mixture into a large plastic container or plastic storage bag.

Granola 2§

- 4-5 cups rolled oats
- 3/4 cup flaxseed meal
- 1/2 cup oat bran
- 1/2 cup sesame seeds

- 1/4 cup shredded coconut
- 3/4 cup sunflower seeds, toasted
- 1/2 cup almonds
- 1/2 cup walnuts, chopped
- 1/2 cup honey or maple syrup, chopped
- 2-3 teaspoons vanilla extract
- 1/2 cup apple juice or orange juice

Preheat oven to 250°F.

In a large bowl combine rolled oats, flaxseed meal, oat bran, sesame seeds, coconut, and sunflower seeds.

Place almonds and walnuts in a food processor and pulse blend to chop.

Add chopped almonds and walnuts to mix and stir to combine.

In a separate bowl combine honey or maple syrup, vanilla and apple or orange juice. Combine dry and wet ingredients. Stir until well coated.

Spread out on 2 parchment paper lined baking sheets and bake until crispy dry about 20-30 minutes. If trays overlap in oven, switch around at 15 minutes.

Allow one hour to cool. Store in large plastic storage bags or plastic containers.

Granola 3

- 2 tablespoons maple syrup or honey
- 1/4 cup apple juice
- 1 teaspoon vanilla extract
- 2 1/2 cups rolled oats
- 1/4 cup pecans, chopped
- 1/4 cup almonds, chopped
- 1/4 cup cashews, chopped
- 1/4 cup walnuts, chopped
- 1/4 cup sunflower seeds
- 1/4 cup hemp seeds, optional
- 1/4 cup pumpkin seeds
- 2 tablespoons shredded coconut
- 2 tablespoons raisins
- 2 tablespoons dried cranberries

Preheat oven to 350°F.

In a small bowl mix maple syrup, apple juice, and vanilla.

In a large bowl mix oats, nuts, seeds, and coconut. Add maple syrup mixture and toss.

Spread mixture on a parchment paper lined baking sheet and cook until crispy, stirring often.

Let cool. Add raisins and cranberries.

Stir and serve with fruit, by itself, or with almond milk

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or fruit juice.

Granola 4

- 5 cups rolled oats
- 1 cup almonds, chopped
- 1 cup shredded coconut
- 1/2 cup dates, pitted and chopped
- 1/2 large mission figs, diced
- 1/4 cup hemp seeds, optional
- 1 cup pumpkin seeds, optional
- 1/2 raisins
- 1/2-1 cups sesame seeds
- 1 cup sunflower seeds
- 1/2 cup flaxseed meal
- 1/2 cup coconut oil, melted
- 2 tablespoons maple syrup

Starting with the rolled oats in a large bowl, add 1 or 2 ingredients at a time. Combine mixture with each addition. Combining this mixture this way makes for a more homogenous mix.

After all ingredients are mixed, preheat oven to 200°F.

Line a rimmed edge baking sheet with parchment paper. Lay mixture on parchment paper lined baking sheet. Bake/dry for 15 minutes in the oven.

Carefully lifting parchment paper to form a scoop, pour mixture into a large bowl.

Re-mix mixture. Put parchment paper back in tray and re-add mixture, leveling it out. Return tray to oven.

After 15 minutes, repeat the above 2-3 TIMES. It is necessary to move this mixture around and then continue to bake it to expose all the surfaces to the baking heat.

On the last iteration, return trays to the oven for 30 minutes.

Remove trays and allow mixture to cool. Store in a large Tupperware container or several plastic storage bags.

Hash Browns§

- 2-3 russet potatoes, peeled
- 3 tablespoons coconut oil
- 1 onion, chopped, optional
- sea salt, to taste
- pepper, to taste
- 4 tablespoons coconut oil, optional

Shred potatoes into a salad spinner filled with cold water. Stir until water is cloudy, drain, and cover potatoes again with fresh cold water. Rinse the potatoes 2-3 times and then spin dry a couple of times, after emptying the first time. Place potatoes directly on a prepared griddle. Stir again to dissolve excess starch. Drain po-

tatoes well, pat dry with paper towels, and squeeze out any excess moisture.

Heat coconut oil on a griddle set to 300°F.

Sprinkle shredded potatoes onto the hot oil. Add onion, if using, and season with salt and pepper. Cook potatoes until a brown crust forms on the bottom, about 5 minutes. As potatoes are cooking, add 4 separate tablespoons of coconut oil to the top of the potatoes and set heat to maximum (450°F). Continue to cook, stir and flip potatoes until potatoes are browned all over, about 5 more minutes.

Muesli

- 1 cup rolled oats
- 5-6 dates, chopped
- 1/2 cup sunflower seeds
- 1 tablespoon shredded coconut
- 3/4-1 cup almond milk

Combine dry ingredients. Add almond or almond milk.

Stir and serve.

Muesli and Nut Fruit Salad

FRUIT SALAD

- 1/2 cantaloupe, peeled and cut into 1 inch pieces
- 1 small apple, peeled, cored, and cut into bite sized pieces
- 1 mango, peeled and cut into chunks (or 1 cup frozen mango, thawed)
- 1 banana, thinly sliced
- 2 peaches, coarsely chopped (or 1 cup of frozen peaches, thawed)
- 5 strawberries, fresh or frozen, cut into slices

MUESLI AND NUT TOPPING

- 1/4 cup rolled oats
- 1/2 cup cashews|almonds|pecans|walnuts
- 2-3 tablespoons shredded coconut
- 1 tablespoon sesame seeds
- 1/8 teaspoon ground cinnamon
- 1/2 cup dried fruit
- almond milk, 1/2 cup per serving, optional

In a medium sized bowl, combine the fruit.

In a food processor, combine the oats, nuts, coconut, sesame seeds and cinnamon. Pulse process until coarsely ground. DO NOT over process as this will turn mixture into a paste.

Sprinkle over fruit

When serving, stir in dried fruit. Optionally, serve topped with almond milk.

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Oatmeal with Fruit

- 2 cups filtered water, optional
- 1 cup rolled oats
- 1/2 cup raisins
- 1 cup blueberries
- 1 cup strawberries
- 2 kiwi fruit, peeled and sliced
- 1 banana, peeled and sliced
- 1 teaspoon maple syrup
- 1 teaspoon flaxseed meal, optional
- 1 tablespoon walnuts, optional
- almond milk, optional

Optionally, bring water to a boil, add oats and raisins, and stir. Cook until thick 2 to 3 minutes.

Cut up fruit and mix together. Scoop cooked oatmeal into a bowl. Add maple syrup, walnuts, and flaxseed meal, then fruit.

Optionally, serve with almond milk.

Peanut Butter Banana Pancakes

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Locations 166-167) Page Street Publishing Kindle Edition

DRY INGREDIENTS

- 1 cup whole wheat flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- pinch of sea salt

WET INGREDIENTS

- 1 cup almond milk
- 1 banana, peeled and mashed
- 1 tablespoon peanut butter
- 2 tablespoons maple syrup
- 1 tablespoon vanilla extract

TO COOK

- coconut oil

TOPPINGS

- **Cashew Cream** or **Savory Cashew Cream**, optional
- pancake syrup, optional
- strawberries, hulled and halved, optional
- **Vegan Butter Substitute**, softened

Combine DRY INGREDIENTS in a bowl. Set aside.

Combine WET INGREDIENTS in a second bowl. Stir in dry ingredients.

Add coconut oil to an electric griddle on medium. Use a small ice cream scoop to add batter to make about

a 3-inch pancake. Flatten batter to form pancake as necessary.

Cook about 2 minutes, until batter is browned and crisp. Flip pancakes and cook other side.

Optionally top with **Cashew Cream** or **Savory Cashew Cream**, pancake syrup, strawberries, **Vegan Butter Substitute** or combination therein.

Protein-Packed Granola Bars

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 884) Flatiron Books Kindle Edition

- 1 cup pitted dates
- 1/2 cup almond butter
- 1/4 cup maple syrup
- 2 cups rolled oats
- 1/4 cup hemp seeds
- 1/4 cup cacao nibs
- 2 tablespoons chia seeds

Blend the dates, almond butter, and maple syrup in a food processor for about 30 seconds, until the big chunks are gone.

In a large bowl, combine the oats, hemp seeds, cacao nibs, and chia seeds and mix. Add the date mixture and stir to coat.

Line an 8-inch square baking dish with parchment paper so the bars lift out easily.

Spread the oat mixture in the prepared dish and press down until uniformly flattened. Cover with parchment paper and set in the refrigerator or freezer for 15 to 20 minutes to harden.

Remove from the pan and cut into 10 bars. Store in an airtight container in the fridge or freezer for up to a few days.

Sautéed Mushroom and Avocado Quesadillas

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 64) Page Street Publishing Kindle Edition

SAUTÉED MUSHROOMS

- 1 tablespoon olive oil
- 1 tablespoons coconut oil
- 3 shallots (or equivalent onions), thinly sliced
- sea salt
- pepper
- 16 ounces baby bella mushrooms, sliced

QUESADILLAS

- 4 tablespoons **Hummus**
- 2 large tortilla shells, preferably gluten free
- 1 avocado, peeled, pitted and sliced
- 1/2 cup olives, sliced, optional

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- fresh arugula, washed, and spun dry, or other greens torn into bite sized pieces

While listed as a “Breakfast Entrée” this is really more of a dinner main course. It’s quite delicious but very filling. One is quite enough if you are VERY hungry.

Heat the olive and coconut oil in a skillet over medium heat. Add the shallots and cook, stirring occasionally, until the shallots are translucent, about 2-3 minutes. Add salt and pepper to taste. Add the mushrooms and cook until most of the juice is reduced and the mushrooms turn golden brown.

Spread 2 tablespoons of the **Hummus** over one side of a tortilla. Add half of the sautéed onions and mushrooms over the **Hummus** and fold the tortilla in half. (It will be quite full.) Cook on one side, about 3 minutes, until the one side gets a nice crust and slight charred spots. Carefully flip each quesadilla over and cook other side.

After they are well browned, open the quesadillas. Fill with any onions and mushrooms that came out while cooking and add in the avocado slices, olives and arugula (or other greens) to serve.

Strawberry Banana Granola Bars

- 1/2 cup banana, mashed
- 1/3 cup almond milk
- 1 tablespoon honey
- 2 1/2 cups rolled oats
- 1 cup strawberries, frozen, thawed slightly and diced

Preheat the oven to 300°F.

Lightly coat an 8 inch square baking pan with nonstick cooking spray. In a large bowl, mix together the coconut oil, mashed banana, milk, and honey. Stir in the oats until thoroughly coated. Gently fold in the diced strawberries.

Press the mixture into the prepared pan, and bake at 300°F for 15-19 minutes.

Cool completely to room temperature in the pan before slicing into bars. Cover the bars with plastic wrap, and store in the refrigerator until ready to serve.

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