

BREAKFAST

HEALTH
HUB

Healthy recipes you
can make today



MULTI-LAYERED AVOCADO TOAST



MAKES 2 SERVINGS

- 1 tbsp dairy-free butter
- 4 ounces extra-firm tofu, drained
- ¼ tsp black salt
- ¼ tsp onion powder
- Pinch of turmeric
- 1 avocado
- Pinch of ground black pepper
- 1 tsp lime juice
- 2 slices sprouted grain bread

NUTRITIONAL VALUES

- Calories: 343kcal
- Fat: 24.5g (4.7g S.Fat)
- Carbs: 24.6g
- Protein: 11.3g
- Sugar: 3.7g
- Sodium: 417mg

DIRECTIONS

Add the butter to a skillet and heat over medium-high heat. Crumble tofu into the skillet. Sprinkle with the salt, onion powder, and turmeric and sauté for about 4 minutes, making sure the tofu is crumbled small.

In a small bowl, mash the avocado with the pepper and lime juice.

Toast the bread. Spread half of the prepared avocado on each piece of toast. Top with half of the prepared tofu on each piece of toast. Slice the toasts in half at an angle.

GINGERBREAD QUINOA GRANOLA



MAKES 12 SERVINGS

- ½ cup (170 g) (6oz) regular molasses
- ¼ cup (48 g) (1.7oz) Sucanat
- ½ cup (128 g) (4.5oz) cashew butter or sunflower butter
- 1 tsp pure vanilla extract
- ¼ cup (60 ml) neutral-flavoured oil
- ½ tsp Scant fine sea salt
- 1½ tsp ground cinnamon
- 1 tsp ginger powder
- ½ tsp ground allspice
- ¼ tsp grated nutmeg
- 20 pieces (2.5 ounces, or 70 g) of crystallized ginger, chopped small
- 2 cups (160 g) (5.6oz) rolled oats
- 2 cups (204 g) (7.2oz) quinoa flakes

(See recipe notes across)

NUTRITIONAL VALUES

- Calories: 255kcal
- Fat: 9.5g (1.6g S.Fat)
- Carbs: 37.3g
- Protein: 6.1g
- Sugar: 9.2g
- Sodium: 94mg

DIRECTIONS

Preheat the oven to 300°F (150°C or gas mark 2). Have a large, rimmed baking sheet handy.

In a large bowl, combine the molasses, Sucanat, cashew butter, vanilla, oil, salt, spices, and chopped crystallized ginger. Stir to combine.

Add the oats and quinoa flakes on top. Stir to thoroughly coat.

Evenly spread the granola on the sheet and bake in 10-minute increments, carefully flipping the granola (see Recipe Notes) with a large wooden spatula after each increment, for a total of 20 to 25 minutes, until the granola looks dry and just slightly browned.

Let cool on the sheet. The granola will crisp up as it cools. Let cool completely. Store the cooled granola in an airtight container for up to two weeks, at room temperature or in the refrigerator.

RECIPE NOTES

For the sake of clarity and awesome results, we are talking about quinoa flakes that look like quick-cooking rolled oats, not those that are like corn flakes. We use the Ancient Harvest brand.

•A good trick to getting big crumbles in your granola is to use a large wooden spatula. Lift the granola to flip it instead of stirring, so that the crumbles do not fall apart.

SEITAN MAPLE LINKS BREAKFAST SANDWICH



MAKES 2 SERVINGS

- 1 tbsp extra virgin olive oil
- 8 ounces mushrooms, sliced
- 1 tbsp dairy-free butter
- 1 cup Slow Cooker Maple Breakfast Links
- 2 English muffins, sliced
- Condiments of choice
- ½ avocado, sliced

NUTRITIONAL VALUES

- Calories: 416kcal
- Fat: 26.3g (5g S.Fat)
- Carbs: 35.1g
- Protein: 14.2g
- Sugar: 5.5g
- Sodium: 447mg

DIRECTIONS

Heat the oil over medium-high heat in a large skillet. Add the mushrooms and sauté for about 15 minutes. Remove mushrooms from the pan and set aside.

Add the butter to the pan at medium-high heat. Add the links to the pan and brown on all sides for about 5 minutes total. If you made the larger size of links, then slice lengthwise through the center and fry that way. The links are already cooked all the way through and they can be enjoyed cold, but this finishes off the sandwich nicely.

While the links are browning, toast the English muffins and spread with your favourite condiments, such as dairy-free chipotle mayo. Layer on the sautéed mushrooms, links, and avocado. Top with English muffin slice.

HEARTY QUINOA WAFFLES



MAKES 6 to 8 WAFFLES

- 1½ cups (355 ml) water, divided
- ⅔ cup (119 g) (4.2oz) chopped dates
- 3 tbsp (42 g) (1.5oz) solid coconut oil
- 3 tbsp (60 g) (2.1oz) pure maple syrup
- 1½ tsp pure vanilla extract
- 1¾ cups (210 g) (7.4oz) whole wheat pastry flour
- 1 cup (185 g) (6.5oz) packed cooked white quinoa
- ¼ cup (48 g) (1.7oz) chia seeds
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ¼ tsp Generous fine sea salt
- Non-stick cooking spray

NUTRITIONAL VALUES

- Calories: 384kcal
- Fat: 7.5g (4.6g S.Fat)
- Carbs: 67.7g
- Protein: 8.4g
- Sugar: 14.2g
- Sodium: 68mg

DIRECTIONS

Before starting, here's a quick note: It's best to make sure that all ingredients are at room temperature when making the batter so that the coconut oil doesn't solidify when combined.

Combine 1 cup (235 ml) of water and dates in a small saucepan. Bring to a boil, lower the heat, and cook on medium-high heat just until the dates start to fall apart; it should take about 2 to 3 minutes.

Stir the coconut oil into the hot mixture to melt. Set aside to cool for at least 30 minutes. (Note that this can also be done in the microwave, using a deep, microwave-safe container, and proceeding in 1-minute increments.) Add the remaining ½ cup (120 ml) water, maple syrup, and vanilla, stirring to combine.

Place the flour, quinoa, chia seeds, baking powder, cinnamon, and salt in a large mixing bowl, stirring to combine. Pour the wet ingredients onto the dry and stir until combined. Let stand while heating the waffle maker according to the manufacturer's instructions.

Lightly coat the waffle iron with cooking spray. Add ½ cup (135 g) waffle batter to two squares of the waffle maker or follow the manufacturer's instructions to fit just enough batter so that it doesn't overflow and so that the waffles get properly cooked.

Close the waffle iron and cook until dark golden brown, about 8 minutes. Remove the waffles from the iron and let stand at least 5 minutes on a cooling rack so that the waffles can crisp up. Do not miss this step!

Leftovers are even better: You can toast them in a toaster or toaster oven to crisp up the waffles again. You can also freeze the waffles for up to 3 months, if you wrap them up tightly. Throw them still frozen directly in the toaster or toaster oven until heated through and crisp.

CRAZY QUINOA PROTEIN MUFFINS



MAKES 6 SERVINGS

- ½ cup quinoa
- 2 tbsp ground chia seeds or chia seeds
- ¼ cup almond flour
- 3 tbsp vanilla protein powder
- ½ tsp salt
- ½ cup dates, chopped small
- 2 tbsp coconut oil
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- ¼ cup unsweetened shredded coconut
- ½ cup raisins

NUTRITIONAL VALUES

- Calories: 152kcal
- Fat: 10.4g (1.4g S.Fat)
- Carbs: 13.4g
- Protein: 5.2g
- Sugar: 8.9g
- Sodium: 178mg

DIRECTIONS

Rinse the quinoa and place in a small saucepan with a lid. Cover with ½ cup water and bring to a boil over medium-high heat. Cover and turn down to low. Let cook for 20 minutes and then remove from the heat. Take off the lid and let cool.

Preheat the oven to 450°F. Line six muffin cups with paper liners.

Mix the ground chia seeds with ¼ cup plus 2 tbsp water and set aside.

Add the almond flour, protein powder, and salt to a small bowl. Mix well. Add the dates and mix to coat. Set aside.

Put the coconut oil in a medium bowl. If it is not liquid already, put in the microwave and heat for 10 to 20 seconds or until melted. Remove from microwave and add the maple syrup. Stir well. When cool, add the chia seed mixture, vanilla extract, coconut, almond flour mixture, cooked quinoa, and raisins. Mix well.

Divide the batter between the six muffin cups and bake 12 to 15 minutes, until a toothpick inserted in the center comes out clean.

APPLE PIE BREAKFAST FARRO



MAKES 4 to 6 SERVINGS

- 8.8 ounces (249 g) quick-cooking dry farro
- 3 McIntosh apples, or any favourite apple, cored and chopped (about 18 ounces, or 510 g)
- ¼ cup (48 g) (1.7oz) Sucanat or (38 g) (1.3oz) light brown sugar (not packed)
- 1⅛ tsp ground cinnamon, plus optional extra for garnish
- 1 tsp pure vanilla extract
- 1 cup (235 ml) plain or vanilla vegan milk, warmed, as needed
- 1 pint of Vegan Nut Ice Cream (store bought), or 1 cup toasted nuts of choice
- Pure maple syrup, optional

NUTRITIONAL VALUES

- Calories: 198kcal
- Fat: 9.7g (6g S.Fat)
- Carbs: 255g
- Protein: 4g
- Sugar: 16.5g
- Sodium: 207mg

DIRECTIONS

Bring a large pot of water to a boil. Add the farro and bring back to a boil. Lower the heat to medium-high and leave uncovered. Cook for 10 to 12 minutes until al dente or the desired consistency is reached. Drain and set aside.

Place the chopped apples, Sucanat or brown sugar, and cinnamon in the same large pot you used to cook the farro. Heat to medium-high, stirring to combine the ingredients. Once the apples start to release moisture, lower the heat to medium and cook until the apples are tender, about 10 to 15 minutes, stirring frequently. Note that the cooking time will vary depending on the size of the apple bits and what kind of apple you use. You're looking for tender bits, but not applesauce.

Remove the pot from the stove and stir the vanilla into the apples. Add the cooked grain into the apples and serve immediately, topping each serving with as much of the warm milk as desired. Top each serving with a handful of nuts, extra cinnamon, and maple syrup if desired.

RECIPE NOTES

While quick-cooking grains usually retain less nutrition than their less processed counterparts, the total amount of uncooked farro used in this recipe still contains 30 g of protein. That's a pretty impressive amount for something prepared in a flash, and convenience is frequently key when whipping up a breakfast meal.

You will need 3 generous cups (weight will vary for other grains) of cooked grain to prepare this dish: We prefer using grain that is al dente to get a nice texture and a nutty flavour. If you prefer a more tender grain, cook it to your own personal taste.

WARM MAPLE PROTEIN OATMEAL



DIRECTIONS

Bring 4 cups of water to a boil in a large saucepan. Add the steel-cut oatmeal, 2 tbsp hempseed, maple syrup, and cinnamon and bring back to a boil. Reduce heat to low and cook uncovered for 30 minutes, stirring occasionally.

Serve in bowls, garnished with almond slivers, currants, and the remaining hempseed.

MAKES 2 SERVINGS

- 1 cup steel-cut oats
- 3 tbsp raw shelled hempseed, divided 3
- 1 tbsp maple syrup
- 2 tsp cinnamon
- 1 tbsp slivered almonds
- 1 tbsp currants

NUTRITIONAL VALUES

- Calories: 88kcal
- Fat: 3.4g (1.1g S.Fat)
- Carbs: 12.5g
- Protein: 2.3g
- Sugar: 7.5g
- Sodium: 122mg

SEEDS, NUTS, AND FRUIT BAKED GRANOLA



DIRECTIONS

Preheat the oven to 300°F.

Mix all the ingredients together except for the raisins. Spread out in a large baking pan.

Bake for 40 minutes. Take out of the oven every 10 minutes and stir. Return to the oven.

After 30 minutes, add raisins and stir. Bake for 10 more minutes. Take out of the oven and let cool.

Pack in airtight container. Will keep for 4 weeks.

MAKES 8 SERVINGS

- 7 cups old-fashioned oats (use gluten-free if desired)
- 1 cup shredded coconut
- 1 cup sunflower seed kernels
- 1 cup walnuts
- 1 cup coconut sugar
- ¼ cup chia seeds
- 1 cup coconut oil
- 1 cup raisins

NUTRITIONAL VALUES

- Calories: 28kcal
- Fat: 0.2g (0g S.Fat)
- Carbs: 5.1g
- Protein: 2g
- Sugar: 3.7g
- Sodium: 7mg

BLUEBERRY TOFU PANCAKES



MAKES 4 SERVINGS

- 2 tbsp flaxseed meal
- 8 ounces extra-firm tofu, drained
- ½ cup old-fashioned oats
- 1¼ cups dairy-free milk
- 1 cup all-purpose flour
- 3 tbsp coconut sugar
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp salt
- ½ tsp plus 1 tbsp extra virgin olive oil, divided
- ¼ cup maple syrup, for serving
- ½ cup frozen blueberries, defrosted, divided

NUTRITIONAL VALUES

- Calories: 420kcal
- Fat: 6.2g (0.7g S.Fat)
- Carbs: 71.6g
- Protein: 17.2g
- Sugar: 21.9g
- Sodium: 413mg

DIRECTIONS

Mix the flaxseed meal with 6 tbsp water and set aside.

Add all the ingredients except the blueberries and 1 tbsp oil to a food processor and blend well. Use the quick pulse button to blend in ¼ cup of the blueberries.

Heat the remaining oil in a skillet and add ¼ cup of the pancake batter to the center of the pan. When bubbling on one side, flip and cook until golden brown. Continue until all the batter is gone.

Serve with maple syrup and remaining ¼ cup blueberries sprinkled on top.

SPROUTED GRAIN TOAST WITH NUT BUTTER AND BANANA



DIRECTIONS

Toast bread. Cut in half at an angle. Spread 2 tbsp peanut butter on each slice of toast. Sprinkle the hempseed on each triangle of toast and layer slices of banana on top.

MAKES 2 SERVINGS

- 2 slices sprouted grain bread
- ¼ cup peanut butter
- ¼ cup raw shelled hempseed
- 1 banana, sliced

NUTRITIONAL VALUES

- Calories: 421kcal
- Fat: 25.5g (4.7g S.Fat)
- Carbs: 33.1g
- Protein: 18.2g
- Sugar: 11.9g
- Sodium: 258mg

CHOCOLATE STRAWBERRY CHIA SEED PUDDING



DIRECTIONS

Add the milk and dates to a blender. Blend until smooth. Add the strawberries, cocoa powder, vanilla, ground chia seeds, hempseed, and maple syrup. Blend well. Pour into two bowls and refrigerate for at least 4 hours.

Garnish with shaved chocolate and pieces of strawberry, if desired.

MAKES 2 SERVINGS

- 1 cup dairy-free milk
- 1/3 cup dates
- 1/2 cup strawberries (more for garnish, optional)
- 2 tbsp cocoa powder
- 1/2 tsp vanilla extract
- 1/4 cup ground chia seeds
- 3 tbsp raw shelled hempseed
- 2 tbsp maple syrup
- Shaved chocolate, for garnish (optional)

NUTRITIONAL VALUES

- Calories: 171kcal
- Fat: 13.4g (6.2g S.Fat)
- Carbs: 12.7g
- Protein: 4g
- Sugar: 4.8g
- Sodium: 55mg

ALL-IN-ONE SKILLET BREAKFAST HASH



MAKES 6 SERVINGS

- 2 tbsp coconut oil
- 2 cups diced russet potatoes
- 2 cups diced sweet potatoes
- 1 cup diced white onion
- 8 ounces extra-firm tofu, drained
- 2 tsp black salt
- 1½ tsp onion powder
- 1½ tsp garlic powder
- ½ tsp turmeric
- ½ tsp thyme
- ¼ tsp ground black pepper
- 2 cups Slow Cooker Maple Breakfast Links, sliced
- 2 tbsp nutritional yeast

NUTRITIONAL VALUES

- Calories: 230kcal
- Fat: 8.6g (4.7g S.Fat)
- Carbs: 30.1g
- Protein: 10.8g
- Sugar: 3.6g
- Sodium: 890mg

DIRECTIONS

In a very large skillet, either 12 inches wide or very deep, heat the oil over medium-high heat. Add the russet potatoes and cook for 10 minutes, flipping once. Add the sweet potatoes and onion; stir and cook 5 more minutes.

Push the potatoes and onions to the side and crumble the tofu into the pan. Add all of the spices and mix with the tofu. Cook 2 to 3 minutes or until you see that the turmeric is dispersed well, and the tofu has turned a golden colour.

Add the links and nutritional yeast and mix the whole skillet of ingredients together. Cook 2 to 3 minutes or until the links are heated through. Taste and season with more salt and pepper, if desired.

LEMON STRAWBERRY PROTEIN MUFFINS



MAKES 6 SERVINGS

- 2 tbsp ground chia seeds or chia seeds, divided
- 5 tbsp dairy-free butter
- ½ cup coconut sugar
- ½ cup plus 2 tbsp dairy-free milk
- 1 tbsp lemon juice
- 1½ cups whole wheat flour
- 1½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ¼ cup raw shelled hempseed
- ½ cup strawberries, chopped

NUTRITIONAL VALUES

- Calories: 499kcal
- Fat: 5g (0.7g S.Fat)
- Carbs: 96.6g
- Protein: 15.2g
- Sugar: 3.1g
- Sodium: 231mg

DIRECTIONS

Preheat the oven to 375°F.

Grease the inside of a six-cup muffin tin and set aside.

Mix 1 tbsp ground chia seeds together with 3 tbsp water and set aside.

Using an electric mixer, beat together the butter and sugar in a large bowl until light and fluffy, about 3 minutes. Add the chia seed mixture and mix again. Add the milk and lemon juice. Mix well.

Add the flour, baking powder, baking soda, salt, hempseed, and the remaining tbsp ground chia seeds to a medium bowl. Mix. Add the flour mixture to the wet mixture and beat until just combined. It will be a sticky batter. Fold in the strawberries.

Divide the batter between the muffin cups. Fill at least three-quarters full, even if you're short on filling for one cup. Bake for 25 minutes or until a toothpick inserted into the center comes out clean.

PEANUT BUTTER BANANA BREAKFAST COOKIES



DIRECTIONS

Preheat the oven to 350°F.

Line a baking sheet with parchment paper and set aside.

Add the mashed banana and peanut butter to a large bowl and mix well. Add the applesauce, flour, hempseed, and vanilla. Mix well. Stir in the oatmeal and dates.

Drop cookie dough, 1 heaping tbsp at a time and 2 inches apart, onto the prepared baking sheet. Flatten with the back of a fork. Bake cookies for 25 minutes.

Remove from the oven and let the cookies cool 5 minutes, then move to a cooling rack.

MAKES 24 SERVINGS

- 2 bananas, mashed
- 1/3 cup creamy peanut butter
- 2/3 cup unsweetened applesauce
- 1/4 cup almond flour
- 2 tbsp raw shelled hempseed
- 1 tsp vanilla extract
- 1 1/2 cups quick-cooking oats
- 1/2 cup pitted dates, chopped

RECIPE NOTES

You can also freeze these cookies after baking. Pack in a freezer bag and store in the freezer for up to 6 months. Remove as many cookies as you like for breakfast. They will take about 30 minutes to defrost at room temperature.

NUTRITIONAL VALUES

- Calories: 91kcal
- Fat: 6.4g (3.5g S.Fat)
- Carbs: 7g
- Protein: 1.3g
- Sugar: 0.6g
- Sodium: 50mg

SEITAN LINKS TOFU SCRAMBLE



DIRECTIONS

Heat the butter over medium-high heat in a large skillet. Add the onion, mushrooms, tofu, and seitan links. Sauté 15 minutes.

Add the black beans, nutritional yeast, and all the spices and seasonings. Heat through 5 minutes and serve.

MAKES 6 SERVINGS

- 1 tbsp dairy-free butter
- ½ cup diced onion
- 8 ounces mushrooms, sliced
- 16 ounces extra-firm tofu, drained, and crumbled
- 8 ounces Slow Cooker Maple Breakfast Links, sliced thick
- 1 15-ounce can black beans, drained and rinsed
- 2 tbsp nutritional yeast
- ½ tsp chili powder
- ½ tsp paprika
- ½ tsp black salt
- ½ tsp turmeric
- ¼ tsp garlic powder

NUTRITIONAL VALUES

- Calories: 394kcal
- Fat: 9g (1.7g S.Fat)
- Carbs: 50.9g
- Protein: 31.8g
- Sugar: 4g
- Sodium: 415mg

SLOW COOKER APPLES AND OATS



DIRECTIONS

Put all the ingredients in the slow cooker and stir. Turn to high (it must cook on high). Cook 2 to 3 hours, depending on your preference of doneness. Serve hot, warm, or cool.

MAKES 2 SERVINGS

- 1½ cups peeled and sliced apples (I like them kind of thick)
- 1 cup old-fashioned oats
- ½ cup dairy-free butter, melted
- ½ cup coconut sugar
- 2 tbsp lemon juice
- 2 tbsp hempseed, toasted in shell
- 1 tsp ground cinnamon
- 1 cup pecans, chopped

NUTRITIONAL VALUES

- Calories: 584kcal
- Fat: 15.6g (2.1g S.Fat)
- Carbs: 106.5g
- Protein: 10.2g
- Sugar: 54.3g
- Sodium: 58mg

BUCKWHEAT COCONUT PORRIDGE



MAKES 2 SERVINGS

- 1 cup creamy buckwheat cereal
- ½ tsp ground cinnamon
- ¼ tsp salt
- ¼ cup peanut butter
- ½ cup coconut cream
- ¼ cup cranberries
- ¼ cup pecans
- 2 tbsp raw shelled hempseed
- ¼ cup maple syrup

NUTRITIONAL VALUES

- Calories: 183kcal
- Fat: 12.4g (4.5g S.Fat)
- Carbs: 12.9g
- Protein: 5.2g
- Sugar: 6.6g
- Sodium: 144mg

DIRECTIONS

Bring 3 cups of water to a boil in a medium saucepan. Add the cereal, cinnamon, and salt. Reduce the heat to medium low and cover. Cook for 8 minutes, stirring occasionally, until all the water is absorbed. Stir in peanut butter and coconut cream.

Serve in two bowls and garnish with the cranberries, pecans, hempseed, and maple syrup.

CHOCOLATE BANANA HEMP SMOOTHIE BOWL



MAKES 1 SERVING

SMOOTHIE BOWL:

- 1 frozen banana, 4 slices reserved for topping
- ½ cup almond milk or other dairy-free milk
- 1 tbsp almond butter
- 1 tbsp cocoa powder
- 1 tbsp maple syrup
- 1 cup spinach

TOPPINGS:

- 4 banana slices (from above)
- 1 strawberry, sliced
- 2 tbsp dairy-free chocolate chips
- 2 tbsp raw shelled hempseed

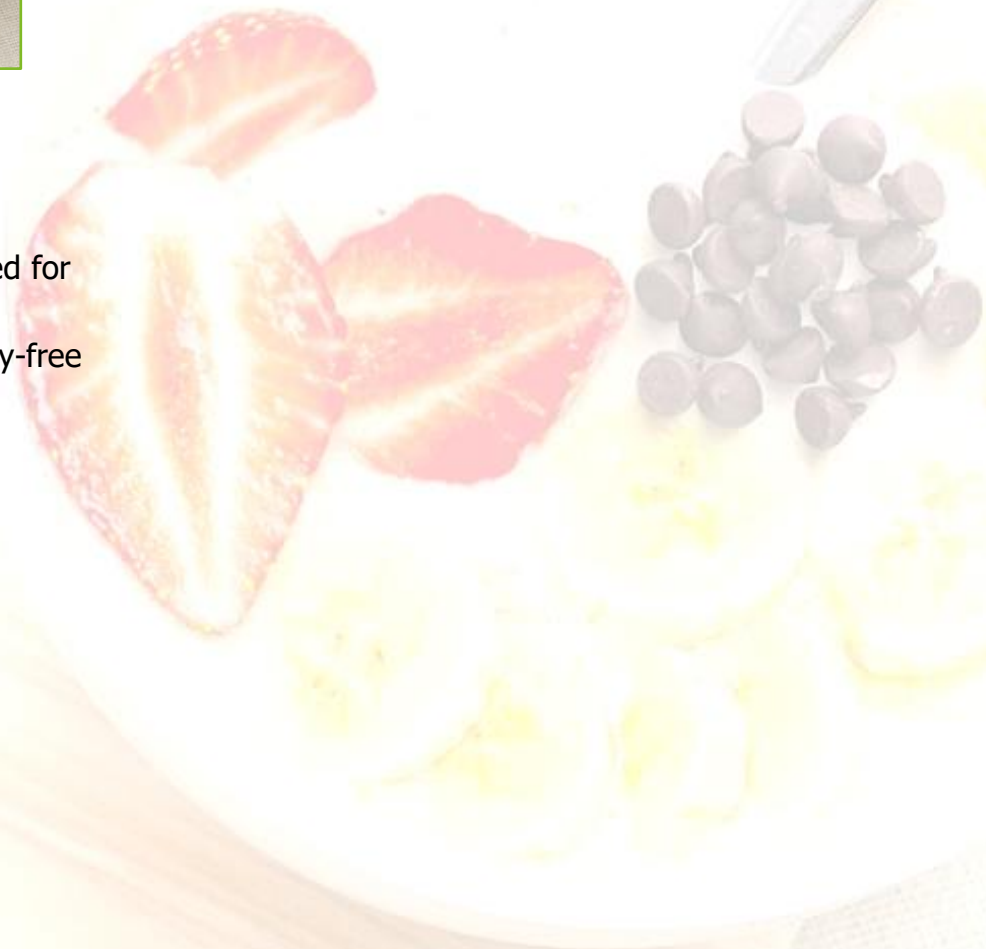
NUTRITIONAL VALUES

- Calories: 984kcal
- Fat: 62.9g (35.7g S.Fat)
- Carbs: 99g
- Protein: 17.4g
- Sugar: 53.9g
- Sodium: 267mg

DIRECTIONS

Add the smoothie bowl ingredients to a blender and blend until smooth.

Pour into a bowl and garnish with the toppings.



SOUTHWEST SCRAMBLE BREAKFAST BURRITO



DIRECTIONS

Melt the butter in a large skillet over medium-high heat. Add the bell pepper and onion and sauté for 10 minutes. Crumble in the tofu along with the prepared seitan. Sauté for 5 minutes more and add the taco seasoning and salt. Sprinkle in flaxseed meal and mix well.

Spoon half the mixture into each tortilla and roll burrito-style. Cut in half and serve.

MAKES 2 SERVINGS

- 1 tbsp dairy-free butter
- ½ cup diced red bell pepper
- ½ cup diced red onion
- 8 ounces extra-firm tofu, drained
- ½ cup Steamed Seitan Chipotle Links, crumbled
- 1 tbsp taco seasoning
- ½ tsp salt
- 2 tbsp flaxseed meal
- 2 large sprouted grain tortillas

NUTRITIONAL VALUES

- Calories: 298kcal
- Fat: 23.6g (7.4g S.Fat)
- Carbs: 17.4g
- Protein: 7.7g
- Sugar: 10.1g
- Sodium: 132mg

OVERNIGHT MUESLI



MAKES 6 SERVINGS

- 2 cups old-fashioned oats
- 1 cup raisins
- ½ cup wheat germ
- ½ cup oat bran
- ½ cup dates, chopped
- ½ cup pepitas
- ¼ cup wheat bran
- ¼ cup slivered almonds
- ¼ cup walnuts, chopped
- ¼ cup sunflower seed kernels
- 7 cups almond milk or other dairy-free milk

NUTRITIONAL VALUES

- Calories: 52kcal
- Fat: 5.1g (1.5g S.Fat)
- Carbs: 1.7g
- Protein: 2.7g
- Sugar: 20g
- Sodium: 114mg

DIRECTIONS

Place all the dry ingredients in a large mixing bowl. Mix well. Pour in the milk and mix well again.

Cover and place in the refrigerator to sit overnight.

The muesli is ready to eat in the morning and keeps for 4 to 5 days.

RASPBERRY CHIA BREAKFAST JARS



MAKES 6 SERVINGS

- 12 ounces (340 g) (12oz) frozen raspberries, thawed but not drained
- 12 ounces (340 g) soft silken tofu or unsweetened plain vegan yogurt
- ¼ cup (80 g) (2.8oz) pure maple syrup
- 2 tbsp (24 g) (0.85oz) maple sugar or (30 g) (1.1oz) light brown sugar, optional
- ¼ cup (48 g) (1.7oz) white chia seeds
- ½ tsp pure vanilla extract
- 6 ounces (170 g) fresh berries (raspberries or blueberries), rinsed and thoroughly drained

NUTRITIONAL VALUES

- Calories: 483kcal
- Fat: 7.3g (0.2g S.Fat)
- Carbs: 97.3g
- Protein: 13.1g
- Sugar: 23.8g
- Sodium: 205mg

DIRECTIONS

Place the thawed raspberries in a blender or use an immersion blender to blend the berries until smooth. If you don't like berry seeds, pass the mixture through a fine-mesh sieve. Add the tofu or yogurt, maple syrup, and sugar to the berries and blend again until smooth. Place into a large bowl.

Stir the chia seeds and vanilla into the mixture. Cover and chill for at least 3 hours or overnight. Stir before serving.

Place a few of the fresh berries at the bottom of the serving dish. (You can also stir the berries directly into the mixture, keeping a few for garnishing.)

Divide the chia preparation on top and sprinkle with the remaining berries.

Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.

RECIPE NOTES

The results will be far richer, but you could use cashew cream instead of tofu or yogurt to make this soy-free. Be sure to prepare it to the consistency of yogurt by adding extra water, if needed. It must also be super smooth.

Adjust the quantity of extra sugar as needed. You could also simply use more maple syrup instead of (any) granulated sugar.

Regular chia seeds are okay to use, but white chia seeds make for a prettier result.

HIGH-PROTEIN CHOCOLATE BLENDER MUFFINS



MAKES 6 SERVINGS

- 1 15-ounce can black beans, drained and rinsed
- ½ cup applesauce
- 2 tbsp ground chia seeds
- ¼ cup dairy-free milk
- 1 tbsp lemon juice
- ½ cup maple syrup
- 2 tsp vanilla extract
- 1 tbsp flaxseed
- ½ cup unsweetened cocoa powder
- 1 tsp baking powder
- ½ tsp baking soda
- ½ cup old-fashioned oats
- ½ cup dairy-free chocolate chips
- ¼ cup raw shelled hempseed

NUTRITIONAL VALUES

- Calories: 78kcal
- Fat: 5.8g (0.9g S.Fat)
- Carbs: 6g
- Protein: 2.8g
- Sugar: 2.2g
- Sodium: 69mg

DIRECTIONS

Preheat the oven to 350°F.

Line a twelve-cup muffin tin with paper liners.

Place all the ingredients in a blender except the chocolate chips and the hempseed. Blend until the mixture is as smooth as possible. Add the chocolate chips and hempseed and blend 5 seconds or until dispersed.

Pour into the muffin cups, filling at least three-quarters full. Bake for 20 minutes. Cool for 5 minutes, and then move the paper cups to a wire rack to cool completely.

Store in the refrigerator for up to 3 days or freeze up to 6 months.

HIGH BROW HASH



MAKES 4 to 6 SERVINGS

- 2 tbsp (30 ml) olive oil
- 1 pound (454 g) (16oz) fingerling potatoes, cut into ½-inch (1.3 cm) dice
- ½ of a Smoky Vegan Sausage (store bought), cut into ½-inch (1.3 cm) dice
- ½ cup (75 g) (2.6oz) diced red or yellow bell pepper
- ¾ cup (75 g) (2.6oz) small cauliflower florets
- 1½ cups (132 g) (4.7oz) Brussels sprouts, thinly sliced
- ½ to 1 cup (120 to 235 ml) vegetable broth, as needed
- ⅔ cup (107 g) (3.8oz) chopped shallot
- 1 cup (70 g) (2.5oz) chopped mushrooms (any kind)
- 1 tsp fine sea salt
- ½ tsp ground black pepper
- 2 cloves garlic, minced
- 1 tbsp (15 ml) fresh lemon juice, optional
- 2 tbsp (6 g) (0.21oz) minced fresh chives
- 1 tbsp (2 g) (0.07oz) minced fresh thyme

NUTRITIONAL VALUES

- Calories: 319kcal
- Fat: 15.3g (2.6g S.Fat)
- Carbs: 42.1g
- Protein: 9.1g
- Sugar: 32.9g
- Sodium: 942mg

DIRECTIONS

Heat the oil in a large skillet over medium heat. Add the potatoes and cook for 10 to 12 minutes, stirring occasionally, until browned. Add the sausage and cook for 5 to 7 minutes until browned. Add the bell pepper, cauliflower, and Brussels sprouts. Cook for 4 to 6 minutes until the vegetables are bright and just tender. Add a splash of broth if the vegetables are sticking and continue to do so, if needed. Add the shallot, mushrooms, salt, and pepper. Cook for 3 minutes until the shallot are cooked. Turn off the heat. Stir in the garlic, lemon juice, and fresh herbs. Taste and adjust the seasonings.

RECIPE NOTES

Store-bought vegan sausage can be substituted for the homemade, if desired.

For a potentially gluten-free dish, the sausage can also be omitted.

TO THE POWER OF FOUR OVERNIGHT OATS



DIRECTIONS

Add all the ingredients except for 2 tbsp of the peanut butter and the sunflower seeds to a large bowl. Mix well. It will seem very wet but the chia seeds and oats will absorb some of the milk. Cover and place in the refrigerator to set overnight.

To serve in the morning, dot the remaining 2 tbsp peanut butter around the inside of two bowls and fill each with the overnight oats. Garnish with sunflower seeds, if desired.

MAKES 2 SERVINGS

- 3½ cups unsweetened almond milk
- 2 cups old-fashioned oats
- ¼ cup maple syrup
- 2 tbsp chia seeds
- 2 tbsp unsweetened shredded coconut
- ¼ cup sunflower seed kernels
- 4 tbsp peanut butter, divided Sunflower seed kernels, for garnish (optional)

NUTRITIONAL VALUES

- Calories: 1177kcal
- Fat: 70g (12g S.Fat)
- Carbs: 119.5g
- Protein: 34g
- Sugar: 29.4g
- Sodium: 1618mg

SAVORY QUINOA BREAKFAST CUPS



MAKES 6 SERVINGS

- ½ cup plus 3 tbsp quinoa
- ½ cup spinach
- ½ cup sliced mushrooms
- 1 cup milk
- ⅓ cup chickpea flour
- 1 tbsp nutritional yeast
- 2 tbsp raw shelled hempseed
- ½ tsp salt

NUTRITIONAL VALUES

- Calories: 139kcal
- Fat: 3.8g (0.9g S.Fat)
- Carbs: 19.2g
- Protein: 7.5g
- Sugar: 3.1g
- Sodium: 220mg

DIRECTIONS

Place the quinoa in a sieve and rinse well. In a small saucepan, combine quinoa and 1 cup plus 2 tbsp water. Bring to a boil, cover, and reduce to a simmer. Cook for 10 to 15 minutes or until the liquid is absorbed. Remove from the heat and let set with the cover on for 5 minutes. Remove the lid and fluff.

Preheat the oven to 375°F.

Place paper muffin cups in a six-cup muffin tin.

Place spinach and mushrooms in a food processor and process until finely chopped.

Add all the ingredients to a large bowl and mix well.

Divide the mixture between muffin cups. Bake for 20 to 25 minutes.