



### CREAMY CRACKED WHEAT WITH PEARS

- 2 cups soy milk
- 1 cup bulgur wheat
- 2 ripe pears, diced
- 1 tsp. maple flavor
- 3/4 cup water
- 1/4 tsp. salt
- 1/2 cup walnuts, chopped & toasted

Heat milk and water to boil in pan over medium heat. Stir in bulgur and salt. Reduce heat to low. Cook uncovered for 15 minutes. Remove from heat. Cover pan and let stand for 10 minutes. Stir in pears, walnuts, and maple flavoring.

### BANANA MILKSHAKE

- 2-1/2 cups frozen banana chunks
- 1/2 tsp. vanilla
- 1 cup soy or rice milk

*Also add:*

*Version 1:*

- 2 tsp. peanut butter
- 1/2 tsp. molasses
- 1/2 tsp. honey

*-OR-*

*Version 2:*

- 1/2 tsp. molasses
- 1/8 tsp. maple extract

Blend all ingredients until smooth. Enjoy!

### BREAKFAST PARFAIT

- Fresh fruit of your choice
- Grapenuts or granola
- Chopped nuts
- Soy whipped cream
- Coconut flakes

In parfait glass, alternate layers of: fresh fruit, grapenuts/granola. Then, top with soy whipped cream, more grapenuts/granola or chopped nuts or coconut flakes.



### ORANGE ENERGIZER

- 1 (6-oz.) can frozen orange juice concentrate
- 1 cup water
- 1 cup ice cube
- 1 cup soy milk
- 1 tsp. vanilla
- Sweetener to taste, if desired

**Combine all ingredients in blender. Blend until smooth and frothy. Yields 4 servings.**

### APPLE-OATMEAL BREAKFAST BARS

- 1 cup shredded raw apples, packed into cup
- 1 tsp. grated orange or lemon rind
- 1 1/2 cups regular oats
- 2 TBSP oil
- 3/4 cup water
- 1/2 tsp. salt
- 3/4 cup chopped dates
- 1/4 cup chopped nuts
- 1 1/2 tsp. vanilla

**Blend 3/4 cup oats on high to make oat flour. Pour into bowl and add remaining ingredients. Stir together well. Press evenly into oiled 8"x 8" baking dish. Bake at 375F. for 20-25 minutes. When cool, cut into bars. Yields: 16-2"x2" bars.**

### BAKED OATMEAL

- 1-1 1/2 cup chopped dates
- 1 3/4 cups chopped fresh fruit of your choice
- 3 cups regular oats
- 5 cups soy or nut milk
- 1 tsp. vanilla
- 3/4 tsp salt
- 1 cup coconut

**Spread dates on bottom of 9"x13" baking dish and cover dates with fruit. Layer oats on top of fruit. Stir together vanilla, salt and milk in bowl. Pour evenly and slowly over oats. Sprinkle with coconut. Bake at 350 F for 1 hour. Yields: 9"x13" baking dish**



### BEST CORN-OAT WAFFLES

- 7 cups regular oats
- 8-9 cups water
- 1 cup unrefined corn meal
- 2 tsp salt
- 1/2 cup dates (or 1/4 cup honey)
- 2 TBSP. vanilla or maple extract

**Stir all ingredients together in bowl. Blend 3 cups of batter at a time for 15 seconds and pour into another bowl. Repeat procedure until all batter is blended.**

#### **Directions for baking:**

**Preheat waffle iron on high 5-8 minutes. Brush lightly with oil or spray with PAM. When waffle iron is hot, pour 1 3/4 cup of batter on bottom iron, close lid and bake 10-12 minutes. Cool waffle. Before freezing or stacking place saran wrap or waxed paper between waffles. Yields: 6-8 9"x9" waffles.**

### CASHEW FRENCH TOAST

- 1 3/4 cup water
- 8 pitted dates
- 1/8 tsp. salt
- 3/4 cup cashew pieces
- 8 slices whole grain bread

**Bring dates and water to boil in sauce pan. Remove from heat and let sit for 5 minutes. Add to blender with cashews and salt. Blend on high until creamy. Pour batter into pie pan or shallow baking dish. Coat both sides of bread with batter. Place on oiled cookie sheet. Broil 7-10 minutes on each side until brown. Watch carefully. May also bake at 400F. for 15 minutes on each side. Yields: 8 slices of French toast.**

## CRUNCHY GRANOLA

- 4 cups regular oats
- 1/2 cup coconut
- 3/4 cup nuts
- 1/2 cup pumpkin or sunflower seeds
- 3/4 tsp salt
- 3 to 4 TBSP. honey
- 1 TBSP. vanilla or maple flavoring
- 1/4 cup canola oil
- 1/2 cup raisins or chopped dates

**In bowl combine first five ingredients. In separate bowl mix together remaining liquid ingredients and add to dry. Mix together well with hands. Spread on cookie sheet. Bake at 300F. for 20 minutes until lightly browned. Reduce temperature to 225F. and continue to bake until dry. Stir occasionally while baking. Remove from oven and add dried fruit. Yields: 6 cups.**

## SCRAMBLED TOFU

- 2 TBSP. water
- 1/2 cup chopped onion
- 1 cup chopped red/green pepper
- 1 lb. tofu, crumbled
- 2 TBSP. nutritional yeast (optional)
- 1 tsp salt
- 1/2 tsp Spike (salt-free version)
- 1/2 tsp garlic powder

**Heat 2 TBSP of water in a skillet. Stir in other ingredients. Stir and fry until tofu starts to brown. Serve with toast, rice or oven fried potatoes. Yields: 3 cups**

## APPLE BREAD-FEST

- 2 TBSP. lemon juice
- 4 cups sliced apples
- 6 cups 1/2" bread cubes
- 1/2 cup wheat germ or ground granola
- 1 1/2 cups apple juice concentrate (12 oz)
- 1/2 tsp salt
- 1 tsp vanilla
- 1/2 cup toasted peanuts or other nuts
- 1/2 cup raisins

**Slice apples into lemon juice and mix in bowl to coat apples. Add remaining ingredients, Stir together carefully in order not to break bread cubes. Spoon into lightly oiled 9"x13" baking dish. Bake at 400F. for 30 minutes. Serve hot with nut cream or milk. Yields: 9"x 13" baking dish. Note: To make ground granola, blend until fine.**

### BASIC NUT MILKS

- 1 cup water
- 1 cup almonds, cashew pieces, walnuts, filberts or brazil nuts
- 1-2 TBSP. honey or 4-8 pitted dates
- 1/4 tsp salt
- 1 tsp vanilla
- 3 cups water (separate container)

**Blend all but the 3 cups of water on high 1-2 minutes until creamy. Stop blender and add the 3 cups of water. Blend briefly. Pour into pitcher and serve immediately or chill. Yields: 4 1/2 cups.**

**Variations:** May flavor with fresh or frozen fruit of your choice such as bananas, strawberries, blueberries, etc. Add fruit to other ingredients before blending.

### BANANA-PEANUT TREAT (Topping for waffles, French toast, etc.)

- 1/2 cup unsweetened apple juice
- 1/4 cup peanut butter
- 1/4 tsp. salt
- 5 large, ripe bananas
- 1/2 cup toasted unsalted peanuts

**In bowl beat together first three ingredients with whisk or fork until creamy. Slice bananas into mixture. Add peanuts. Gently fold together. Delicious on French toast, waffles, in crepes - even on cereal. Yields: 3 cups**

### BLUEBERRY TOPPING (Topping for waffles, French toast, etc.)

- 4 cups frozen blueberries (from 2 12-oz. bags of blueberries)
- 1/2 cup water
- 1/16 tsp salt
- 1/2 cup apple juice concentrate
- 3 TBSP. cornstarch

**Put first three ingredients in saucepan and boil, stirring frequently, until berries give off juice. Blend or whisk together cornstarch and apple concentrate. Add to boiling berries while stirring and cook until clear. As berries cook, color will deepen. Yields: 3 cups.**

*Note: To use as a filling, add 1 TBSP. more cornstarch.*



### BASIC MUFFINS

- 2 cups flour, 1-cup whole wheat or spelt & 1-cup unbleached
- 1/2 tsp. ground cinnamon
- 2 tsp. baking powder
- 1/2 cup date sugar
- 1 1/2 cups apple juice concentrate
- 1 medium apple, peeled, cored and chopped
- 2 ripe bananas, mashed
- 1/2 cup chopped nuts (walnuts, pecans, almonds, or cashews)

**Preheat the oven to 325°F. Lightly oil the muffin pan. Combine the dry ingredients and mix well. Add the apple juice, apple, banana and cashews and stir well. Fill the muffin cups two-thirds full. Bake for 20 to 25 minutes, or until slightly raised and lightly browned. Makes 10-12 muffins.**

### BREAKFAST RICE PUDDING

- 2 cups cooked brown rice
- 1 1/2 cups vanilla rice or soy milk
- 4 TBSP. raisins
- 2 TBSP. maple syrup
- 1 cup rice or soy milk
- 1 tsp. vanilla extract
- 1/4 tsp. cinnamon

**In a medium-size saucepan, combine all ingredients and bring to a slow simmer. Cook uncovered—stirring occasionally—for about 20 minutes, or until thick. Serve hot or cold.**

### BLUEBERRY MUFFINS

- 3/4 cup whole wheat pastry flour
- 3/4 cup unbleached white flour
- 1/2 cup cornmeal
- 1 TBSP. baking powder
- 1/4 tsp. sea salt
- Egg replacer (equivalent to 1 egg)
- 1 cup rice or soy milk
- 1/3 cup maple syrup
- 1 cup fresh or frozen blueberries

**Preheat oven to 350 F.**

**Mix all dry ingredients. In another bowl, mix all the wet ones. Stir the wet into the dry without over-mixing. Oil a muffin tin and spoon in the batter, filling the cups 2/3 full. Bake for 20 to 25 minutes.**

### **WAFFLES (I)**

- 1/2 cup whole wheat flour
- 1/2 cup unbleached flour
- 2 TBSP. ground flax seed
- 1 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 1 cup soy milk
- 1 tsp. vanilla or maple flavoring
- 1/2 cup applesauce

**Combine the dry ingredients and mix. Add the soy milk, flavoring, and applesauce, pour into an oiled waffle iron, and cook until golden brown.**

### **WAFFLES (II)**

- 1 ripe banana, mashed
- 2 cups soy milk
- 1/2 cup uncooked oatmeal
- 1 1/2 cups whole-wheat flour
- 2 tsp. baking powder
- 1 tsp. nutmeg
- 1 tsp. vanilla extract
- 1/4 cup chopped pecans

**Mix together the mashed banana and water. Add dry ingredients and mix, leaving lumps in the batter. Cook on a waffle iron, until brown**

### **OAT WAFFLES**

- 2 TBSP. sesame seeds
- 2 cups water
- 2 cups rolled oats
- 2 TBSP. whole wheat or buckwheat flour
- 1 TBSP. liquid lecithin or 1 TBSP. canola oil
- 1/2 tsp. salt
- 2 tsp. vanilla
- 1 to 2 TBSP. maple syrup, honey, agave, or brown rice syrup

**Grind the sesame seeds in the blender. Add the remaining ingredients. Blend well and pour into a bowl. The batter will thicken as it sits and you will need to add a little water to make it the same consistency as when you first poured it out of the blender. Bake for 8 to 10 minutes on a preheated waffle iron.**



### FRUIT SMOOTHIE

- 1 cup vanilla soy milk
- 1 medium banana, cut into chunks and frozen
- 1/2 cup of your favorite fruit, frozen (strawberries, peaches, mangos)
- 1 TBSP. honey

**Place all ingredients in a blender and purée until smooth.**

### NO OIL GRANOLA

- 3 cups rolled oats
- 1 cup wheat germ
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 1/2 cup chopped dates
- 1/4 cup sesame seeds
- 1/4 cup maple syrup or honey
- 2 tablespoons molasses
- 1 teaspoon cinnamon (optional)

**Preheat oven to 300°F. Combine all ingredients, except dried fruit, in a large bowl and mix thoroughly. Transfer to a cookie sheet. Bake, turning often with a spatula, until mixture is golden brown, about 25 minutes.**

### MUESLI

- 2 cups rolled oats
- 1/2 cup raisins
- 1/2 cup chopped dried fruit (raisins, dates, apples, figs, apricots, etc.)
- 1/2 cup nuts (almonds, pecans, walnuts, peanuts)

**Combine all ingredients. Oats may be left whole or ground in a food processor until they are of a fairly fine, uniform texture. Store in an airtight container in the refrigerator.**



## FRENCH TOAST

- 2 medium ripe bananas
- 2/3 cup soy milk
- 2 tablespoons maple syrup
- 1/8 teaspoon ground cinnamon
- 4 slices whole wheat bread

**Blend bananas, soy milk, maple syrup, and cinnamon until smooth. Pour into a flat, shallow dish and soak bread slices 1 minute on each side. Transfer carefully to a skillet, which has been oiled or sprayed with a nonstick vegetable spray. Cook first side until lightly browned, about 3 minutes, then turn and cook second side until browned. Serve with fresh fruit or fruit sauce.**