

Vegan Cooking Class Recipes Session 63 (*January, 2019*)

Hearty Breakfast Ideas

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Oat Sausage Patties

In a medium mixing bowl combine the following:

½ c. cooked steelcut oats

½ c. raw rolled oats (quick or old-fashioned)

½ c. chopped walnuts

½ c. cooked beans, smashed

1 onion, chopped and sautéed until browned

2 cloves garlic, minced

2 Tbsp. Bragg's Liquid Aminos

2 tsp. maple syrup

1 tsp. liquid smoke

4 oz. canned mushrooms, drained and chopped

3 Tbsp. ground flaxseed

1 Tbsp. Italian seasoning

¼ tsp. crushed red pepper flakes

1 tsp. ground fennel seeds

2 tsp. powdered sage

1 tsp. powdered rosemary

1. Let the mixture sit for 10 minutes so the oats and flaxseed can moisten. If mixture is too stiff, add some water 1 Tbsp. or so at a time. It should feel like soft cookie dough.
2. Form patties and bake at 350° F. for about 40 minutes.

By Diana Adams

Scrambled Tofu

16 oz. firm or extra-firm water-pack tofu

Crumble and cook alone in skillet awhile to dry out.

Meanwhile, in a blender, combine the following until creamy:

1/3 c. cashews, rinsed well

2/3 c. water or unsweetened non-dairy milk

1 Tbsp. Vegan Broth Powder

1 Tbsp. nutritional yeast flakes

1 tsp. onion powder

1/4 tsp. garlic powder

1 tsp. lemon juice

1/8 tsp. turmeric powder

When the tofu is mostly dried out, add the creamy mix from the blender and combine well. Let cook until it is the right consistency, stirring occasionally to keep it from scorching.

Adapted from a recipe in “Brighten Up Breakfast” by Erica Nedley

Vegan Toast Dipping Sauce (*Vegan Egg Yolk*)

1 c. lukewarm water

1 Tbsp. smooth almond butter

1 Tbsp. + 1 tsp. potato starch

1/4 tsp. xanthan gum powder

2 tsp. nutritional yeast flakes

1/4 tsp. black salt (also called Kala Namak)

1/8 tsp. turmeric powder

1. In a pan whisk the almond butter with the lukewarm water until creamy.
2. Now in a separate dry bowl, add and mix the remaining dry ingredients. Then whisk these into the water/almond butter mixture in the pan.
3. Heat until it thickens and gets bubbly. Done! You can add more water if you want a thinner consistency. Best served while hot.
4. Enjoy with your toast. Is also great for making a vegan Hollandaise sauce (just mix some into some vegan mayonnaise).

Time Saver Note: If you plan to eat this regularly, you could make up several recipes of the dry ingredients and store it in a jar in your cupboard. Then when you want to make some sauce, all you have to do is dip out about 2 Tbsp. for each cup of water and remember to add in the Tbsp. of almond butter.

Adapted from recipe at <https://itdoesnttastelikechicken.com/vegan-toast-dipping-sauce>

Veggie Broth Powder (1 tsp. = 1 cup water)

1 c. nutritional yeast

¼ c. sea salt

¼ c. mushroom powder (use dehydrated mushrooms)

¼ c. mixed veggie powder (use dehydrated vegetable mix)

2 Tbsp. onion powder

1 Tbsp. garlic powder

2 Tsp. dried parsley

1 Tsp. celery seed

1 Tsp. dried dill

1 Tsp dried lemon zest

1 Tsp. dried thyme

1 Tsp. dried oregano

Blend in Vita Mix until powdery. Store in a jar.

Shared by Julia Abela

Breakfast Rice Bake

1¼ c. non-dairy milk

1 Tbsp. ground chia seeds

2½ c. cooked short-grain brown rice

2 c. sliced ripe (not overripe) banana (2-212 medium)

1 c. chopped apple

2-3 Tbsp. raisins (optional)

1 tsp. cinnamon

1 tsp. pure vanilla extract

¼ tsp. grated nutmeg

⅛ tsp. sea salt

Topping (optional):

2 Tbsp. almond meal (or 1 Tbsp. Tigernut flour for nut-free option)

2 Tbsp. coconut sugar

Preheat oven to 400 degrees.

1. Combine milk, ground chia, 1 c. of the rice in a blender or food processor and blend until fairly smooth.
2. In a large bowl, combine blended mixture with all other ingredients (except topping) and stir well.
3. Transfer mixture to a baking dish (8"x 8" or similar). Mix almond meal and sugar and sprinkle over top.
4. Cover with foil and bake for 15 minutes, then remove foil and bake another 5 minutes.
5. Cool for 5-10 minutes and serve.

Inspired by "Dr. Neal Barnard's Cookbook for Reversing Diabetes" by Dr. Neal Barnard, M.D. and Dreana Burton

Vegan Coffee Cake

Preheat oven to 350 degrees.

Cake:

1³/₄ c. oat flour
1¹/₂ c. coconut sugar
1/2 c. non-dairy milk
1/2 c. unsweetened applesauce
2 tsp. baking powder
1 tsp. baking soda
2 tsp. lemon juice
1 tsp. vanilla extract
A pinch of salt

Streusel:

1 c. almond flour
3 Tbsp. maple syrup
1 tsp. cinnamon

Glaze:

1/4 c. coconut butter
1-2 Tbsp. maple syrup
2-4 Tbsp. non-dairy milk

1. Mix well all cake ingredients in a bowl. Mix Streusel ingredients with fingers till crumbly in a separate bowl.
2. Line a 8"x5" (or standard loaf pan) with parchment paper (or lightly grease with oil).
3. Spread 1/2 of the cake batter in prepared pan (it will be a thin layer). Cover with 1/2 of the streusel.
4. Top with remaining cake batter and then with the rest of the streusel mixture.
5. Bake for 35-40 minutes at 350 degrees. Remove from oven and let it cool for at least 30 minutes before glazing, slicing and eating.
6. For the glaze, just barely melt the coconut butter. Stir in the maple syrup and then slowly the non-dairy milk until mixture becomes smooth and drizzle-able (it might clump up initially but will smooth out again).

Inspired by: www.feastingonfruit.com/vegan-coffee-cake-gluten-free-oil-free