

RISE & SHINE

Nourishing Plant-Based Breakfasts

Seventh Day Adventist Church - Hot Springs, SD





Breakfast is the Most Important Meal of the Day



**so let's make it a healthy and
delicious!**

Sunflower Seed “French” Toast

ingredients

1/2 cup sunflower seeds
2 1/2 cups water
2 Tbsp honey
1 T maple flavoring
2 cups rolled oats
sliced bread

DIRECTIONS

- 1: Blend the first 5 ingredients.
- 2: Dip bread slices into mixture.
- 3: Fry on both sides.
- 4: Serve with syrup and fruit sauces.

Scrambled Tofu

ingredients

1 tsp olive oil
1/4 cup grated carrot
1/4 cup finely chopped
scallions or onions
stir fry veggies (optional)
1/8 tsp tumeric
garlic to taste
1/2 lb firm tofu
2 tsp nutritional yeast
salt (or seasoned salt)

DIRECTIONS

- 1: Heat oil in a 10 inch skillet over medium-high. When oil is hot, add the carrot, scallions, tumeric, garlic and saute for 2 minutes.
- 2: Add the tofu, yeast flakes and seasoning to taste. Mix well and continue to cook over medium, stirring constantly, for 5 minutes or until hot.



Tofu - the great flavor imitator!

Tofu, made from the curds of the soybean, is a “complete” protein in of itself, which means that it contains all the essential amino acids that our body cannot produce on its own. Naturally having a very neutral flavor, it is known in the culinary world as a being a “sponge,” referring to its ability to take on the taste of almost anything! By crumbling, tofu can be prepared in a way that is very similar to scrambled eggs, but without the cholesterol! A special seasoning, “kala namak” (or black Himalayan salt), can help make it taste even more “eggy.”

Vegan Andouille Sausages

| <i>ingredients</i> | DIRECTIONS |
|--|--|
| <p>7 oz firm tofu, drained and pressed (approx. 1/2 block) 1/2 cup water 3 tablespoons nutritional yeast 1 tablespoon soy sauce 1 tablespoon water 1.5 teaspoons salt 2 teaspoons garlic powder 2 teaspoons onion powder 1/4 teaspoon cayenne pepper (or to taste) 1 teaspoon dried thyme 1 teaspoon paprika 1 cup vital wheat gluten (aka “gluten flour”)</p> | <p>1: In a blender or food processor, place all ingredients EXCEPT vital wheat gluten and blend well until smooth.</p> <p>2: Transfer the mixture to a mixing bowl and carefully add in the vital wheat gluten. Mix well until combined. The mixture should be dough-like and slightly wet, but not sticky. Add more vital wheat gluten or water as needed to get the desired texture consistency.</p> <p>3: Knead the mixture by hand for 2-3 minutes. Kneading longer or by machine will cause a more firm texture the longer it is kneaded.</p> <p>4: Shape small balls of dough into sausage shapes approx. 4-5“ long.</p> <p>5: Wrap each sausage with a small piece of foil and twist the ends to provide a tight wrap (like a tootsie roll). If you want to avoid direct contact of your food with foil, you can first wrap in butcher paper or use cheesecloth and ties instead. This step is very important to keep the sausages from “exploding” when cooking.</p> <p>6: Steam: in a steamer basket for 30 mins. OR Pressure cook (instant pot) on high pressure for 16 mins with quick release.</p> |

Note: this recipe was slightly modified from the original recipe originally published on May 22, 2023 by Jim Mee Sha on her website, My Plantiful Cooking. You can find the picture below and her original recipe at: www.myplantifulcooking.com/vegan-andouille-tofu-sausages/



my *plantiful* cooking



UNDERSTANDING VITAL WHEAT GLUTEN (“SEITAN”)

When cooking vital wheat gluten, the easiest way to consistently control the texture of the final product is to steam it. Also, using other additive ingredients (such as tofu, pea protein powder, all purpose flour, or others) will help soften the texture of vital wheat gluten, making for a more “tender” meat texture. (Using 100% vital wheat gluten when steaming can turn it very firm and rubbery). If you want a more firm, “bouncy” meat texture, then allow the strands of gluten to develop before steaming by kneading the dough or allowing to “sit” for long periods before cooking. There are multiple websites and YouTube channels dedicated to cooking seitan, if you are interested in further tips.

Cashew "Sausage" Gravy

| <i>ingredients</i> | DIRECTIONS |
|---|---|
| cashews water garlic powder onion powder beef-style bouillon sage salt cayenne pepper preferred sausage substitute, crumbled | <ol style="list-style-type: none">1: Blend all ingredients but the sausage, until smooth. TIP: cashews blend better with hot water TIP: in a blender that is not a VitaMix, blend the cashews in a small amount of water; more water can always be added later.2: Place blended ingredients in a saucepan and heat over medium heat, stirring with a whisk to avoid burning. The gravy will thicken as it heats. Add more water if the gravy gets too thick.3: Crumble the sausage into the gravy. Suggestions include: Morningstar sausage patties or Impossible or homemade |



Biscuits

| <i>ingredients</i> | DIRECTIONS |
|---|--|
| 3 cups flour 1 1/2 Tbsp baking powder 1 1/2 tsp salt 3/4 cup solid coconut oil 1 1/4 cup water 1 1/2 Tbsp honey or agave | <ol style="list-style-type: none">1: Mix together the first 3 ingredients.2: Mix together the water and honey; then add to the flour mixture. Gently knead until the flour is absorbed. Add a little more flour if the dough is too sticky.3: Press out the dough to 1" thick. Use a medium-sized canning ring to cut the dough into biscuits.4: Bake on a lightly oiled pan at 425 degrees for 12 minutes. |

Phenomenal “French” Toast

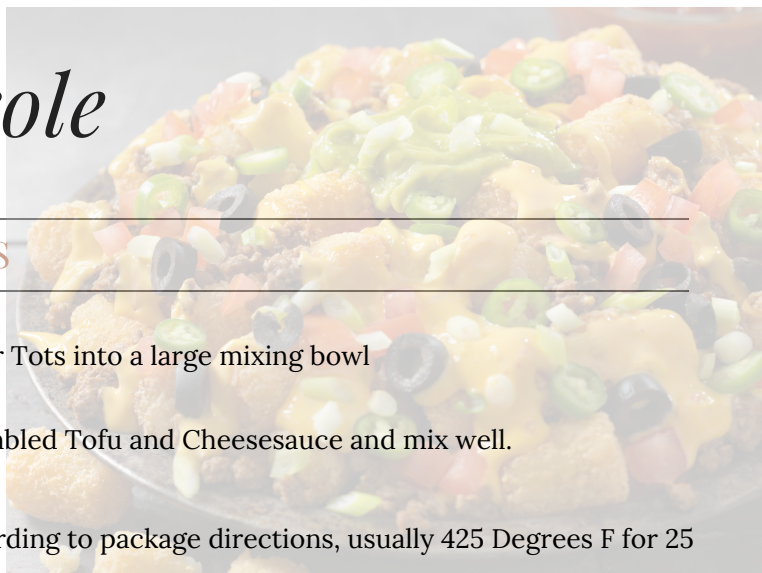
| <i>ingredients</i> | DIRECTIONS |
|---|--|
| <p>3/4 cup non dairy milk 4 tsp whole wheat pastry flour 1 1/2 tsp nutritional yeast pinch of salt 4 slices whole grain bread</p> | <p>1: place milk, flour, nutritional yeast flakes and salt in a small mixing bowl and beat them together with a wire whisk to make a smooth, thin batter. Pour the bater into a wide, shallow bowl. Chop in the solid coconut oil.</p> <p>2: Dip the bread slices, one at a time, into the batter, making sure that both sides are well saturated.</p> <p>3: Mist a large skillet with nonstick cooking spray. Place skillet over medium-high heat. When skillet is hot add the soaked bread slices in a single layer. If all 4 slices won't fit in the skillet comfortably, just cook 2 at a time.</p> <p>4: When the bottoms of the bread slices are well browned, carefully turn each slice over using a spatula. Cook the other sides until they are a deep golden brown.</p> <p>5: Serve hot and enjoy! =)</p> |

Build Your Own Breakfast Crisp

| <i>ingredients</i> | DIRECTIONS |
|--|--|
| <p>3 c regular oats 1 1/2 c coconut 1 1/2 tsp coriander 3/4 tsp salt 3 Tbsp honey 3 Tbsp water 3 c sliced fruit or berries of your choice (see note) 1/4 c water 2 Tbsp lemon juice 1/8 tsp salt 1/2 c pitted dates or 1/3 c honey 2 large bananas</p> | <p>1: Mix first 4 ingredients in a bowl. Set aside.</p> <p>2: Put 1 1/2 cups of the oat/coconut mixture on bottom of an 8"x8" baking dish. Sprinkle the honey and water over this layer.</p> <p>3: Cover with sliced fruit.</p> <p>4: Blend 1/4 cup water, lemon juice, salt, pitted dates/honey, bananas and any additional fruit or berries to create a very thick smoothie-like mixture. Pour this fruit blend over the sliced fruit.</p> <p>5: Sprinkle with the remainder of the oatmeal/coconut mix from step 1.</p> <p>6: Bake at 350 F for about 45 minutes or until golden brown. Serve hot or cold. Tastes delicious served with non dairy milk.</p> |

Note - Suggestions for fruit or berries:
apples, pears, strawberries, blue berries,
peaches - anything that tastes good in
cobbler will be great!

Tater Tot Casserole



| <i>ingredients</i> | DIRECTIONS |
|---|---|
| 5 lbs Tater Tots 1 batch Scrambled Tofu (see included recipe) Golden Cheese Sauce (see included recipe) | 1: Pour Tater Tots into a large mixing bowl 2: Add Scrambled Tofu and Cheesesauce and mix well. 3: Bake according to package directions, usually 425 Degrees F for 25 minutes |

PRO TIPS:

PREP THE SCRAMBLED TOFU AND CHEESE SAUCE AHEAD OF TIME, OR JUST USE LEFTOVERS!

FOR A HEALTHIER OPTION, YOU CAN USE 5 LBS POTATOES, PEELED AND CUT INTO SMALL CHUNKS.

Lazy Girl “Omelettes”

| <i>ingredients</i> | DIRECTIONS |
|--|---|
| 3/4 cup whole wheat pastry flour 2 Tbsp nutritional yeast 1 tsp non aluminum baking powder (optional) 1/4 tsp salt pinch of tumeric 1 cup nondairy milk 1/2 tsp oil 1/2 cup peas 1 small carrot, finely shredded 1/4 cup finely chopped scallions (or onions) 2 Tbsp fresh, minced parsley (optional) 2 cups thinly sliced red cabbage | 1: Place flour, nutritional yeast flakes, baking powder, salt, and tumeric in a bowl. Mix until they are well combined. 2: Add milk and oil into the dry ingredients. Stir well using a wire whisk to make a smooth batter. Let batter rest for 5-10 minutes, then stir again. 3: Add the peas, shredded carrot, scallions/onions, parsley and cabbage to the batter. Stir well. 4: cook in a skillet like pancakes and enjoy! Ketchup or nondairy sour cream make a great topping for these. |

Golden “Cheese” Sauce

ingredients

2 cups potatoes, peeled and roughly chopped
1 cup peeled carrots, diced
¼ of small-sized onion roughly chopped
½ cup nutritional yeast
1 Tbsp lemon juice
1 tsp. garlic powder
1 tsp. onion powder
½ tsp. salt or to taste
½ – ¾ cup of warm water

DIRECTIONS

- 1:** Boil the potatoes, carrots, and onion until soft – usually 15-20 minutes. Once they’re finished drain them and add to your blender.
- 2:** Place all the remaining ingredients in your blender and blend until the cheese dip is smooth and creamy. If it’s too thick you can add a little more water while you’re blending. You shouldn’t have to heat up on the stove as the veggies will still be hot.
- 3:** Pour into a bowl and enjoy.

