

Breakfast ideas

Avocado toast

Avocado toast with pickled red onion, salt and pepper

Hummus toast

Peanut butter toast (with a bit of maple syrup or date syrup on top)

Peanut butter and banana slices toast

toasted sourdough with non-dairy Boursin cheese spread, micro-greens, sliced tomatoes, cucumbers, a bit of mashed avocado and "Everything But the Bagel" seasoning

peanut butter on good whole grain bread stuffed with blueberries, fresh or frozen

Breakfast burrito with hash browns and beyond breakfast sausage and salsa

bean and vegetable burrito

Potato, bean and mushrooms tacos

spicy black beans with 2 corn tortillas for breakfast

Tofu scramble with cilantro, Serrano pepper, and hot sauce (can add spinach etc)

tofu scramble with peppers and onion. can make ahead and reheat in am. serve in tortilla

Japanese sweet potato topped with almonds, dried cranberries, unsweetened coconut shreds, and a drizzle of maple syrup

pre-made frozen hash browns (crisped up in the toaster oven or air fryer)

tofu quiche (used hashbrowns for the bottom) See: minimalist bakers quiche recipe

oatmeal sweetened with a mashed banana, loads of berries, chia seeds and nuts

Whole wheat tortilla wrapped around peanut butter and a banana with cinnamon

Baked sweet potato with strawberries, blueberries, banana and peanut butter



Granola

MANY dry cereals are vegan

Pancakes (Bisquick mix is accidentally vegan) or use a recipe

Vegan french toast, or several frozen french toast sticks are vegan

waffles (some Vanns frozen waffles are vegan)

“Banana split” - breakfast, dessert or a snack. One banana, split in half, and topped with dairy free yogurt, organic peanut butter, strawberries and/or blueberries, coconut and a few plant based chocolate chips or other fruit or nut toppings of your choice.

Breakfast Parfaits: Mason jars layered with Coconut yogurt, berries of choice and topped with your favorite granola right before leaving the house. Example: yogurt, small diced apples and crumbled Cinnamon toast crunch cereal.

Links to more ideas:

<https://ohmyveggies.com/savory-vegan-breakfast-recipes-to-start-your-day-right/>

<https://thehiddenveggies.com/chickpea-omelette-the-best-vegan-omelette/>

<https://www.drmcDougall.com/cuisines/breakfasts/>

<https://holycowvegan.net/savory-vegan-pancakes/>

<https://www.noracooks.com/tofu-scramble/>

Links to some recipes:

<https://vegnews.com/vegan-recipes/vegan-strawberry-quinoa-breakfast-porridge>

<https://vegnews.com/vegan-recipes/vegan-buttermilk-buckwheat-pancakes-with-almond-butter-caramel>

<https://vegnews.com/vegan-recipes/vegan-breakfast-frittata-hash-brown>

Oats recipes:

<https://vegnews.com/vegan-recipes/vegan-strawberries-and-cream-overnight-oats>

<https://vegnews.com/vegan-recipes/vegan-chocolate-coconut-overnight-oats>

<https://vegnews.com/vegan-recipes/vegan-apple-pie-oatmeal>

Recipes:

Overnight oats recipe:

1 cup of rolled oats (I have used gluten free & organic ones from Sprouts, yellow bag. However, I also purchase in bulk from Sprouts, too.)

1 1/2 cups to 2 cups of unsweetened almond milk (or other milk [soy, coconut, oat, flax] of your choice. Flax with protein is awesome!)

1 tsp. of pure vanilla.

1-2 TBS. of maple syrup (Start with less first. Add more if you want it sweeter.)

2 tsp. or so of ground cinnamon.

4 TBS. of chia seeds.

TINY dash of salt.

1 cup of blueberries plus, more to top. (Or strawberries, raspberries, blackberries etc.)

Walnuts or pecans (optional.)

PB or other nut/seed butter for topping.

Add oats - through -salt in a bowl and stir well. Stir in 1 cup of berries (or put on top of oats then nuts or keep oats separate and add toppings after each serving). Pour into two jars or bowls with lids. Refrigerate at least 4 hours or overnight. Will stay good for up to 7 days in fridge.

Top with more berries, sliced bananas, nuts, hemp seeds, granola, raisins, Craisins, apples, more chia seeds, other nuts, nut butters, Peanut butter, or whatever your heart desires.

I enjoy adding peanut butter or almond butter and bananas for a topping just before serving.

Original recipe I found online from My Darling Vegan

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Chia pudding recipe - single serve:

2 Tbs of chia seeds

2/3 cup of Unsweetened oat milk (my preference)

1/2 tsp of pure vanilla

1/2 Tbs Of maple syrup

EXTRA TINY dash of salt

Mix well and rest in fridge for about 2 hours. Stir and serve with toppings of choice.

We use strawberries, blueberries, and a nutty granola. Add toasted nuts, coconut shreds, etc.

Add Cocoa Powder to make it kinda desserty with vegan marshmallows and crushed Graham crackers (smores style).

Chia pudding is awesome for breakfast, lunch, bunch, snack, dessert etc.

Stays fresh in fridge for up to 10 days depending on how old your milk is.