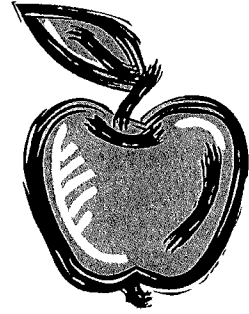


L. I. V. E.



*Life in Vital Eating*

BOUNTIFUL BREAKFAST



*Sunday, January 16*

Recipes

# Bountiful Breakfast

## Margie Conner's Granola

7 cups Rolled Oats  
3/4 Cups Raw Cashews  
1/2 cup Wheat Germ  
2 Cups Flaked Coconut  
1/2 cup Sesame Seeds  
1 Cup Whole Wheat Flour  
1/4 Cup Pecan Meal  
3/4 Cup Sliced Almonds

Place in a large bowl and Mix

1 Cup Date Sugar  
1/2 Cup Maple Syrup  
1 Cup Water  
1/2 Cup Oil  
2 Tbs Vanilla  
1 Tbs Maple Flavoring  
2 tsp Salt

Stir together and pour over dry ingredients and mix thoroughly

Spread on two 12" x 18" cookie sheets (or equivalent) and bake at pre-heated oven at 175-200 for 6-8 hours. Check at 6 hours.

When Cool, add 3/4 cup each date pieces and two other dry fruits (2 1/4 cup)  
Store at Room Temp in tightly covered container.

(Not Sure who this recipe is by, I'm thinking maybe it's the Margie Conner)

## **Fruit Smoothies**

Bananas  
Frozen fruit (blueberries, strawberries, peaches, mangos)  
Honey to sweeten (optional)  
Soy milk to thin

Mix above in blender until smooth. Add soy milk to desired consistency.

Breakfast idea: Layer fruit smoothie and granola in a glass for a breakfast parfait

## **Apple Crock-Pot Oatmeal**

2 Cups Soy Milk  
2 Tbsp. Honey  
1 Tbsp. Soy Willow Margarine  
¼ tsp. Salt  
1 Cup Dry Old-fashioned Oats  
1 Cup Chopped Apples  
½ Cup Chopped Walnuts  
2 Tbsp. Maple Syrup

1. Mix together all ingredients in a greased slow cooker. (use lecithin)
2. Cover and cook on Low 5-6 hours.
3. Serve, may add more Soy milk as desired. You may also add raisins or other dry fruit to taste.

### Helpful Hints

You can prepare this before you go to bed at night. Using a timer, plug in your crock-pot and it will be ready when you wake up!

## **Baked Oatmeal**

Basic recipe:

3 cups old fashioned oats  
1 tsp salt  
¾ cup chopped dates  
½ cup coconut  
6 cups boiling water

Mix dry ingredients in 13 x 9 pan or large casserole dish. Pour boiling water over all. Bake at 375 degrees for 35 minutes. Serve with a little soy milk ( I like vanilla silk) and maple syrup drizzled over the top.

Variations: Add a handful or 2 of the following to the basic recipe – walnuts, almonds, pecans, raisins, craisins, dried cherries, dried pineapple, dried apricots, etc.

Alternate baking method: If your oven has a “time bake” feature, you can mix the ingredients together the night before and set your timer so the oatmeal is ready when you get up. Just use cold water instead of boiling water in the recipe.

### **Scrambled Tofu**

1 Tbsp. olive oil  
½ cup diced onion  
1/3 cup diced green pepper  
1 cup sliced mushrooms (fresh)  
1 brick tofu (water packed)  
4 tsp. McKay’s chicken seasoning  
¼ cup yeast flakes  
½ tsp. garlic powder  
½ tsp. onion powder  
½ tsp. Vege-Sal ( or seasoned salt of choice)  
1 Tbsp. dried parsley  
1 tsp. dried basil  
¼ tsp. tumeric (optional)

Rinse and drain tofu. Squeeze out as much excess water as possible in a clean kitchen towel or paper towels. Crumble. Set aside. Sauté vegetables in olive oil until onions translucent and mushrooms soft.

Add tofu and seasonings. Continue to sauté over medium heat until somewhat dry. Enjoy!

Helpful hints: Be creative with this recipe. Adjust the seasonings to your taste. Vary the vegetables to your liking. Try black olives, tomatoes, broccoli, celery, or fresh spinach. Wrap your scrambled tofu in a soft tortilla with a little salsa for a breakfast burrito!

### **Health Catsup**

¾ cup tomato sauce  
¼ cup applesauce  
¼ cup oil  
1 ½ Tbsp. honey  
1 Tbsp lemon juice  
½ tsp. salt  
onion and garlic powder to taste

Blend all ingredients together. Ready to serve. Store in refrigerator.

### **Baked Home Fries**

4 large potatoes  
1-2 Tbsp. olive oil  
1 tsp salt  
2 tsp onion powder  
1 tsp. garlic powder  
1 tsp dried parsley

Wash and scrub potatoes, leaving on the skins. Slice potatoes crosswise into ¼ inch wide slices. Place in bowl and mix with olive oil and seasonings. Spread in single layer on baking sheet. Bake at 400 degrees for 20 minutes. Flip and bake 20 minutes more.

### **Mixed Potato Latkes**

1 cup silken tofu  
1/8 cup oil  
1/8 cup water  
1 tsp salt  
¼ cup oat flour (can be made by blending oats in your blender)  
2 cups grated sweet potatoes (raw)  
2 cups grated white potatoes (raw)

Blend first 5 ingredients in blender until smooth. Add to potatoes and stir until well mixed. Drop 1/3 cup portions onto oiled cookie sheet and flatten. Bake at 400 degrees for 15 minutes. Turn and bake until browned, about another 15 – 20 minutes. Serve with applesauce or sour cream.

## Gluten Breakfast Sausages

### **Dry Mix:**

2/3 cup gluten powder (vital wheat gluten)  
1/3 cup soy flour  
3 Tbsp. oat bran  
1 Tbsp McKay's chicken seasoning  
1 tsp. crumbled dry sage  
½ tsp. **each** dried marjoram, onion powder, sugar  
¼ tsp. dried thyme  
¼ tsp. paprika  
dash cayenne pepper  
1 Tbsp. dried parsley

### **Wet Mix:**

2 Tbsp Bragg's liquid aminos  
½ Tbsp olive oil  
½ Tbsp. toasted sesame seed oil  
1 tsp. Liquid smoke  
enough cold water mixed with the above to make 7/8 cup

½ cup textured soy protein (TVP) soaked in 1/3 cup boiling water

### **Cooking Broth:**

*Blend the following in blender:*

1 cup water  
2 Tbsp. Bragg's liquid aminos  
1 Tbsp. olive oil  
2 cloves garlic  
1½ tsp. McKay's chicken seasoning  
¼ cup nutritional yeast flakes

Preheat oven to 325 degrees.

Mix the dry ingredients in a medium bowl, blending well.

Mix the Wet Mix ingredients with the soaked textured soy protein, then add to the dry mix. Stir briefly. Divide into 24 equal portions and roll them into "links" on a clean countertop. Place them in a sprayed 13 x 9 baking dish, leaving a little room around each one. Pour the Cooking Broth over them. Cover the pan with foil and bake for 1 hour or until all liquid is absorbed, turning every 15 minutes.

Cool the sausages. (You can freeze them at this point.) To serve, broil or pan fry them just to brown a little and heat through. The sausages can also be used in other recipes—casseroles, spaghetti sauce, as a pizza topping, etc.

### **Multi-Grain Waffles**

3 ¼ cups water  
1 ½ cups old fashioned oats  
1 cup rolled barley  
2/3 cup cornmeal  
2/3 cup wheat germ  
½ cup soy milk powder  
¼ cup walnuts or pecans  
¼ cup honey  
2 Tbsp sunflower seeds  
1 Tbsp oil  
2 tsp. maple flavoring  
2 tsp. vanilla  
1 tsp. salt

Combine all ingredients in blender and process until smooth and creamy. Let stand to thicken while waffle iron is heating. Spray waffle iron with cooking spray. Blend batter again briefly and pour into waffle iron.

Bake about 8 - 10 minutes or until golden brown and no longer “steaming.” Set waffles on a cooling rack for a few minutes before serving for a crispier waffle.

Freeze extra waffles. To reheat, toast in oven or toaster until hot and crispy.

Makes 10 (4 inch square) waffles.