

## VEGAN COOKING 101

# Good Morning Breakfast Recipes



**A** vocado toast or granola, overnight oats, the eggless muffin sandwich, and a basic cream cheese from scratch you'll love in many ways with a bagel for breakfast.

Try them all, get the recipes. Super-charge your day with the nutrition you need to enjoy your day and love it! All plant-based with Liz Gary, [www.veganculinarymemoirs.com](http://www.veganculinarymemoirs.com)

**SUNDAY, SEPTEMBER 8TH | 2:00 - 3:30 PM**  
**PACIFIC BEACH TAYLOR BRANCH LIBRARY**



## GRILLED BREAKFAST SANDWICH

### INGREDIENTS:

- 1/2-inch-thick tofu round (firm - firmest)
- 1 teaspoon neutral high heat oil
- 1/2 teaspoon maple syrup
- Freshly ground salt and pepper to taste
- 1 slice vegan cheese
- 1 tablespoon vegan mayo
- 1 English muffin

### SUGGESTED ACCOMPANIMENTS:

- Fresh Fruit
- Vegan bacon
- Vegan Sausage

### DIRECTIONS:

Cut a tofu round from a 1/2-inch-thick slab of tofu, (see Fresh Cuts on [page XX](#)). Season the round with freshly ground salt and pepper.

Heat a flat grill or large skillet to medium-high. Add the oil and maple syrup, then quickly give them a stir to combine them. Place the seasoned tofu round on the hot surface and brown it for 3-4 minutes. Turn it to cook the other side and top the grilled side with a slice of vegan cheese to start melting it.

While the tofu is grilling, spread the insides of the English muffin halves with vegan mayo. Grill the halves mayo-side down until they are lightly golden brown. Place the grilled tofu round on one half of the grilled muffin. Top it with the second half, then grill the sandwich for one to two minutes on each side. ***Makes one sandwich.***

Transfer the grilled sandwich to a serving plate and serve it warm with a garnish of fresh fruit.

*This protein-rich breakfast versatile sandwich is an awesome way to start your day. It's the quick and easy veganized version of the McDonald's Egg McMuffin sandwich and it's been a big winner with my family! Try creating different variations by serving it on a warm vegan croissant, or on grilled artisan bread. Try adding a slice of tomato, vegan bacon, or sausage. Experiment with different vegan cheeses and flavored mayos. This sandwich is quick and easy go-to favorite.*



## BASIC CREAM CHEEZE

### INGREDIENTS:

16 ounces firmest tofu  
1 ½ cups raw cashew pieces, soaked  
1 ¼ cups organic unsweetened soy milk  
3 tablespoons nutritional yeast  
Juice of ½ a lemon  
2 teaspoons white vinegar  
½ teaspoon pink salt

### DIRECTIONS:

Soak the cashews in water for 3-4 hours.

Drain the soaked cashews and place them in the jar of a blender. Add the soy milk, nutritional yeast, lemon, vinegar, and salt, and blend until smooth.

Break the tofu into chunks. Continue blending the cashew mixture at medium speed while adding the tofu, a few chunks at a time. Increase the speed to the highest level and blend the mixture until smooth.

Use a rubber spatula to transfer the cream cheese into bowls or a container for refrigeration. Cover and chill for 24 hours to firm it up and develop the flavor.

### FLAVOR VARIATIONS

#### STRAWBERRY CREAM CHEEZE:

Blend in ½ cup of strawberry preserves or 1 cup pureed fresh strawberries and two tablespoons agave or maple syrup.

#### CRANBERRY ORANGE CREAM CHEEZE

Blend in ½ cup orange marmalade and 3 tablespoons chopped dried cranberries and stir to combine.

#### PUMPKIN SPICE CREAM CHEEZE:

Blend in ½ cup of pureed pumpkin with two tablespoons agave or maple syrup, ½ teaspoon cinnamon, ¼ teaspoon ginger and a pinch of nutmeg.

#### GARLIC & CHIVE CREAM CHEEZE

Add 5-6 cloves roasted garlic (or substitute with 1-2 teaspoons of granulated garlic), and blend until smooth. Stir in ¼ cup of freshly chopped chives.





## HOMEMADE APPLE CRANBERRY GRANOLA

### INGREDIENTS:

3 cups old fashioned rolled oats  
1 cup walnuts  
¾ cup raw sunflower seeds  
¾ cup raw pepita seeds  
2 tablespoons wheat bran or wheat germ (optional)  
2 tablespoons golden ground flax (optional)  
½ cup maple syrup  
¼ cup plus 2 tablespoons brown sugar  
¼ cup sunflower or vegetable oil  
1 teaspoon vanilla  
½ teaspoon pink salt  
1 cup dried apples, chopped  
1 cup dried cranberries

### DIRECTIONS:

Preheat the oven to 250° Fahrenheit. Line a baking sheet with parchment and set it aside.

In a large bowl combine the oats, walnuts, sunflower seeds, pepita seeds, wheat bran and golden flax, stir to combine.

Combine the agave or maple syrup, brown sugar, oil, vanilla and salt in a medium liquid measuring cup or small bowl. Whisk until the brown sugar dissolves then pour it over the oat mixture and stir well to coat it all evenly

Spread the oat mixture evenly over the lined baking sheet, pat it down with a spatula and place it in the oven for 90 minutes. Remove the baking sheet from the oven every 15 minutes to stir it and pat it down again before returning to the oven. After 60 minutes stir in the chopped dried apples and cranberries. Continue baking for an addition 30 minutes,

take it out of the oven to stir it and pat it down one last time after 15 minutes. Turn the oven off

after the last 15 minutes and let the pan cool before removing. Makes 10-12 servings.

Store granola in ball jars with airtight lids or in ziplock bags for three to four weeks.

Once you master the basic art of granola making you can try substituting the fruit and nuts to make additional flavors, granola makes a great gift from the kitchen.



## AVOCADO TOAST

### INGREDIENTS:

Sliced Bread  
Avocados  
Vegan Mayo  
Assorted veggies  
Salt & Pepper or Toomeys Seasoning

### DIRECTIONS:

Toast a slice of bread. Spread it evenly with vegan mayo. Top it with sliced or mashed avocado and slice cucumber, tomato, lettuce and sprouts. Top it all with salt and pepper or Toomy Seasoning and enjoy!

