



All-American Breakfast Favorites

SCRAMBLED EGGS
BACON
SAUSAGE
PANCAKES & MORE

All Plant-Based

THE PACIFIC BEACH TAYLOR BRANCH LIBRARY
SUNDAY, JUNE 8TH



TOFU BENEDICT

INGREDIENTS:

SHIITAKE BACON:

- 4 ounces shiitake mushrooms, sliced
- 2 tablespoons olive oil
- 2 teaspoons maple syrup
- 1/4 teaspoon liquid smoke
- Freshly ground salt and pepper to taste

HOLLANDAISE:

- 1½ cups raw cashew pieces, soaked 4 hours
- ¾ cup filtered water
- 2 teaspoons Dijon mustard
- Zest and juice of 1 lemon
- 1 teaspoon garlic powder
- ¾ teaspoon turmeric
- Pinch cayenne (optional)
- Pinch of pink salt

WILTED SPINACH OR KALE

- 4 cups fresh spinach or kale, stems removed and coarsely chopped
- 3-4 tablespoons vegetable broth or water

TOFU ROUNDS:

- 16 ounces of tofu (medium-firm)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon celery salt
- ½ teaspoon ground black pepper
- 1 tablespoon neutral high heat oil
- Pinch of black salt (optional)

ADDITIONAL ACCOMPANIMENTS:

- 6 English muffins
- 2 tomatoes, sliced
- 1 avocado, sliced
- Side of fresh fruit
- Fresh parsley for garnish

DIRECTIONS:

Preheat the oven to 375° Fahrenheit. Line a baking sheet with parchment paper and set it aside.

SHIITAKE BACON:

Toss the sliced shiitake mushrooms with the olive oil, maple syrup, and liquid smoke. Season them with salt and pepper, then spread them evenly over the baking sheet. Bake for 10-12 minutes, stir, then continue baking an additional 10-12 minutes or until crispy and brown. Set the baking sheet aside to cool.

SPINACH OR KALE:

Remove the stems from the spinach or kale and chop it coarsely. Heat a small saucepan to medium high with a few tablespoons of vegetable broth or water. Add the spinach or kale and sauté for a few minutes until softened and wilted. Season with salt and pepper, then set it aside.

HOLLANDAISE SAUCE:

Drain the soaked cashews. Combine all ingredients for the Hollandaise sauce in the jar of a blender and blend on high-speed until smooth. Add a few tablespoons of filtered water at a time until the desired consistency is reached; set it aside.

TOFU ROUNDS:

See the Fresh Cuts TOFU Butchery technique on [page XX](#) for tofu rounds. Use a biscuit cutter or glass to cut the tofu into rounds. Brush each piece lightly with oil on both sides. Combine the seasonings in a small bowl then sprinkle the seasonings on both sides of each round. Heat a flat grill or large skillet to medium high and grill the rounds for 3-4 minutes on each side until lightly golden brown.

ASSEMBLY:

Toast the English muffin halves, top each piece with a spoonful of the hollandaise sauce, add the optional steamed kale or spinach, layer on a slice of tomato, add an additional spoonful of the sauce and a sprinkling of shiitake bacon, and top it all with the grilled tofu round. Spoon a generous amount of the Hollandaise sauce over the top and garnish with sliced avocado and freshly ground black pepper.

Makes six servings.

WEEKEND BREAKFAST SCRAMBLE WITH SKILLET POTATOES

INGREDIENTS:

TOFU SCRAMBLE:

16 ounces of tofu (firm - firmest)
2 tablespoons avocado oil
1/2 medium onion, chopped
1/2 red bell pepper, cut into strips
1/2 medium zucchini, sliced into half rounds
1 cup tightly-packed sliced kale
1 1/2 teaspoons onion powder
1 teaspoon garlic powder
2 tablespoon nutritional yeast
3/4 teaspoon turmeric
3-4 tablespoons unsweetened non-dairy milk
Freshly ground salt and pepper to taste

SKILLET POTATOES:

1/4 cup olive oil
2 1/2 pounds small red potatoes, quartered
1/2 medium onion, diced
2 cloves garlic, minced
1 teaspoon smoked paprika
Freshly ground salt and pepper to taste

ACCOMPANIMENTS:

Garnish of fresh parsley or cilantro
Sliced avocado
Fresh fruit

DIRECTIONS:

TOFU SCRAMBLE:

Heat a large skillet to medium high with the avocado oil. When it's hot, add the onion, bell pepper, zucchini and kale. Sauté stirring occasionally until the vegetables begin to soften. Add the crumbled tofu and all the seasonings, and stir well to combine. Stir in the non-dairy milk, cover skillet and cook 2-3 minutes. Uncover and continue cooking until the liquid is absorbed and the vegetables are tender. Adjust the seasonings and serve with potatoes.

SKILLET POTATOES:

Heat a second large skillet with the 1/4 cup olive oil, add the potatoes and stir occasionally until they begin to brown for about 6-7 minutes. Add the onion and garlic and continue frying until the potatoes are tender. Sprinkle on the smoked paprika and season with freshly ground salt and black pepper to taste.

ASSEMBLY:

Place a serving of the scramble and potatoes on a plate. Serve it with a side of fresh fruit, avocado slices and fresh parsley or cilantro for garnish. ***Makes six servings.***

Try wrapping up the leftovers in a tortilla with beans and salsa to create a quick and easy breakfast burrito after your weekend scramble.



WHOLE WHEAT BANANA NUT PANCAKES

INGREDIENTS:

1/4 cup firm tofu, packed
1 cup non-dairy milk
1 tablespoon sunflower oil
1 tablespoon cane sugar
1 teaspoon vanilla
1 cup whole wheat flour
1½ teaspoons baking powder
Pinch of pink salt
1/3 cup walnuts, chopped
2-3 bananas sliced
Maple syrup
Vegan butter

COCONUT MILK WHIPPED CREAM:

1 (15 ounce) can coconut cream, well chilled
2 tablespoons maple syrup
1 teaspoon vanilla

DIRECTIONS:

Combine the tofu, non-dairy milk, oil, and sugar in the jar of a blender and blend until smooth. Gradually add the flour, baking powder, and salt, and blend just until combined. Remove the blender jar from the base and stir in the walnuts.

Heat a griddle or large skillet to medium high. Spread a light amount of oil over the hot surface then pour about 1/2 cup batter for each pancake. Arrange a few banana slices on the top of each pancake then spoon a small amount of batter over the slices to cover them. Cook the pancakes about 3-4 minutes or until they are bubbly around the edges. Use a spatula to lift an edge of each pancake; flip them when they begin to turn lightly golden brown. Grill the second side for an additional 3-4 minutes or until both sides are lightly golden brown.

Transfer the pancakes to a serving plate. Top them with additional sliced bananas, walnuts, vegan butter, vegan whipped cream and maple syrup.

COCONUT MILK WHIPPED CREAM:

Chill a wire whisk or the beaters from an electric mixer with a medium stainless-steel bowl in the freezer for 30 minutes.

Place the chilled coconut cream in the bowl being careful to pour off any coconut water in the can before transferring the cream to the bowl. Add the maple syrup and vanilla. Beat by hand or with an electric mixer until soft peaks form. Keep the whipped cream chilled until ready to serve.

Makes six to eight pancakes.



Heavenly! Take your pick, waffles or pancakes. Both are traditionally made with eggs and dairy; here you can have it all again plant-based!

EASY VEGAN WAFFLES

INGREDIENTS:

1/4 cup firm tofu, packed
1 cup plus two tablespoons non-dairy milk
2 cups Original Bisquick Pancake Mix*
1 tablespoon vegan butter, melted

ACCOMPANIMENTS:

Sliced fresh strawberries, raspberries, blueberries
Sliced almonds
Vegan whipped cream (next page)
Maple or raspberry syrup
Vegan butter
Sprinkle of powdered sugar
Fresh mint for garnish (optional)

DIRECTIONS:

Preheat a waffle iron according to the manufacturer's settings.

Place the tofu and non-dairy milk in the jar of a blender and blend on high until smooth. Gradually add the dry mix and blend just until combined.

Melt the vegan butter in a small dish and use a pastry brush to lightly coat the inside of both sides of the hot waffle iron.

Pour enough batter into the bottom half of the iron to cover the surface being careful not to over fill it. (Getting to know the right amount of batter and cooking time will vary according to the iron being used). Close the lid and cook 5-7 minutes or until the waffle is golden brown.



Use a fork to pull the waffle from the iron and transfer it to a serving plate. Top with vegan butter, syrup, and your choice of toppings.

*Veganize pancake or waffle mix. Just substitute each egg in the recipe with ¼ cup of tofu and blend it with the non-diary milk until smooth. Works well with gluten-free mixes too!

Waffle-making takes a little practice. Do a test run to master the amount of batter and length of cook time required with your waffle iron. Great for a Sunday brunch; offer a buffet of toppings and syrups and wow your family and friends, vegan style!

GRILLED BREAKFAST SANDWICH

INGREDIENTS:

1/2-inch-thick tofu round (firm - firmest)
1 teaspoon neutral high heat oil
½ 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.





JUST EGG SAUSAGE & CHEESE BAGEL

INGREDIENTS:

1/3 cup JUST EGG
1 Lightlife Gimme Lean Sausage Patty
1 sliced of vegan cheese
1 bagel
1 tablespoon vegan mayo
1 teaspoon high heat oil
1 teaspoon vegan butter
Freshly ground salt and pepper to taste

DIRECTIONS:

Cut a slice of the sausage into a patty. Season both sides with salt and pepper.

Heat a large skillet or flat grill to medium high. Add a tablespoon of oil and fry the sausage for 3-4 minutes on the first side. Flip the patty, top it with a slice of vegan cheese, and grill the second side until well browned and the cheese melts. Transfer to a plate.

Spread the inside of a split bagel with vegan mayo. Place the bagel cut side down in the hot skillet and cook until lightly browned. Transfer the bagel to the serving plate and return the sausage to the pan to keep it warm.

Place a teaspoon of vegan butter in the hot pan and spread it evenly. Pour about 1/3 cup of JUST EGG into the pan and cook it using a spatula, folding it and turning it until firm.

Top one half of the grilled bagel the egg, sausage, and cheese. Top it with the second half of the toasted bagel. Serve hot with a side of fresh fruit.