

Breakfasts

Baked Oatmeal

Serves 2

- 1 teaspoon oil
- 1 1/2 cups oatmeal
- 2 tablespoons low-fat soymilk powder
- 1 banana, mashed
- 1 1/2 cups hot water

Preheat oven to 350°F. Oil a small casserole dish with the oil. Mix the remaining ingredients together in the casserole in the order listed. Bake for 20 minutes.

*Recipe from Vegetarian Cooking for People with Allergies
by Raphael Rettner, D.C.*

Black Beans with Salsa on Toast

Serves 2

At Maya Caribe in Cancun, Mexico, you can fall out of your hotel bed onto the beach and be served a local breakfast of beans with toast. The salsa is a real eye-opener.

- 1 cup dry black beans
- salt, garlic powder, and cumin to taste
- 1 teaspoon thinly sliced jalapeños
- 1 large tomato, diced
- 1/4 cup diced onions
- 4 slices of your favorite toast or tortillas

Start with black beans. You can boil them from scratch for about 2 hours after soaking them overnight. Do not undercook. After cooking, season them with salt, garlic powder, and cumin. Or you can make life easier and simply use canned beans (1 15-ounce can).

Heat and mash the beans.

For the salsa, mix the jalapeños, tomatoes, and onions, adjusting amounts to taste.

Serve the beans and salsa on toast or with tortillas.

Recipe from Maya Caribe, Cancun, Mexico, printed in The Best in the World, edited by Neal Barnard, M.D.

Breakfast Rice Pudding

Serves 6

2 cups cooked brown rice
1 1/2 cups vanilla rice milk
3 tablespoons raisins
2 tablespoons maple syrup
1 teaspoon vanilla extract
1/4 teaspoon cinnamon

In a medium-sized saucepan, combine all ingredients and bring to a slow simmer. Cook uncovered, stirring occasionally, for about 20 minutes, or until thick. Serve hot or cold.

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.;
recipe by Jennifer Raymond.*

Breakfast Scramble

Serves 4

1/2 teaspoon turmeric
1/4 teaspoon pepper
1/4 teaspoon salt
1 teaspoon parsley flakes, lightly crumbled
2 teaspoons vegetable oil
1/2 medium onion
2 cloves garlic
1/2 green bell pepper, chopped
1/2 red bell pepper, chopped
1 pound tofu, drained

Combine herbs and spices in a small dish. Sauté onion and garlic in oil until tender. Add green and red pepper pieces, and cook until peppers are softened. Crumble the tofu into skillet, sprinkle mixture with combined seasonings, and cook, stirring over medium heat until heated through.

Fruited Breakfast Quinoa

Makes about 3 cups

Quinoa is a highly nutritious grain that was a staple in the diet of the ancient Incas. It has a delicious flavor and a light, fluffy texture. It is important to rinse the grain thoroughly prior to cooking.

1/2 cup uncooked quinoa
1 1/2 cups vanilla rice milk
2 tablespoons raisins
1 cup chopped fresh or canned apricots
1/4 teaspoon vanilla extract

To thoroughly rinse quinoa, cover it with water in a mixing bowl, then rub it between the palms of your hands. Pour off the cloudy liquid through a strainer and then repeat the process two or three more times, until the rinse liquid remains clear.

In a medium-sized saucepan, combine the rinsed and drained quinoa with rice milk. Bring to a slow simmer, then cover and cook for about 15 minutes until the quinoa is tender. Stir in the remaining ingredients, then transfer about 1 1/2 cups to a blender; purée.

Return puréed mixture to the pan and stir to mix. Serve warm or chilled.

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.;
recipe by Jennifer Raymond.*

Quick Coffee Cake

Serves 6

1 cup unsifted all-purpose flour
1 cup unsifted whole wheat flour
3/4 cup old-fashioned rolled oats, divided

1/3 cup firmly packed light brown sugar
1 tablespoon baking powder
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground ginger
pinch of salt
1/2 cup non-dairy (vegan) margarine, divided
1 cup unsweetened apple juice

Preheat the oven to 350°F. Grease and flour a 9-inch square baking pan.

In a large bowl, combine the flours, 1/2 cup of the oats, sugar, baking powder, cinnamon, nutmeg, ginger, and salt. Remove 1/2 cup of the mixture to a cup or small bowl, and add the remaining 1/4 cup oats. Cut in 2 tablespoons of the margarine; set the mixture aside.

Cut the remaining margarine into the flour mixture in the large bowl. Stir in the apple juice until well combined. Pour the batter into the prepared pan. Top with the reserved oat mixture.

Bake the cake about 40 minutes, or until a knife inserted in center come out clean. Cool to room temperature before serving.

*Recipe from The Vegetarian Way by Virginia Messina, M.P.H., R.D.,
and Mark Messina, Ph.D.*

Spiced Pumpkin Pancakes

Serves 4 to 6

These unusual spiced pancakes are perfect for a weekend brunch. Top with thinly sliced fresh fruit, such as peaches, strawberries, or bananas, and hot maple syrup.

1/2 cup canned puréed pumpkin
1/2 cup yellow cornmeal
1/2 cup unbleached flour
1/4 cup brown sugar
1 teaspoon baking powder

1/4 teaspoon salt
1/2 teaspoon pumpkin pie spice
1 teaspoon grated orange peel
2 teaspoons finely chopped candied ginger (*optional*)
1/4 cup water
1 tablespoon vegetable oil
3/4 cup plain or vanilla soymilk

Combine the pumpkin with the dry ingredients. Mix water, oil, and soymilk and add to pumpkin mixture. Beat just until smooth. Heat griddle or frying pan and oil lightly. Use about 1/4 cup of batter for each pancake; cook until bubbles appear, then turn. Remove when pancakes are golden and slightly firm to the touch.

*Recipe from The Vegetarian No-Cholesterol Family-Style Cookbook
by Kate Schumann and Virginia Messina, M.P.H., R.D.*

Tofu French Toast

Makes 6 pieces of toast

8 ounces low-fat tofu
1/2 cup water
1 teaspoon sweetener (molasses or maple syrup)
1/2 teaspoon cinnamon
1 banana
6 slices whole wheat bread

Mix all ingredients except the bread in a blender until smooth. Pour blended mixture into a shallow dish. Dip the whole wheat bread into mixture and cook on a nonstick pan.