

# Whole Grain Blueberry Pancakes

Makes 10 4" pancakes

## Ingredients:

1 cup whole wheat flour  
3/4 cup rolled oats  
1/4 cup coarse-grind cornmeal  
1/4 cup ground walnuts  
1/4 cup flaxseed meal  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 cup unsweetened applesauce  
2 cups unsweetened plant-based milk  
2 tablespoons of vinegar  
1 cup blueberries, fresh or frozen.

## Instructions

1. In a medium bowl, stir together the whole wheat flour, cornmeal, walnuts, salt, baking powder, and baking soda. In a separate bowl, mix plant-based milk with vinegar. Allow to set for a minute. Add applesauce to milk mixture, stir together. Pour milk mixture into dry ingredients; mix well.
2. Heat a skillet over medium heat; add a light coat of cooking spray. Pour about 1/3 cup of batter per pancake onto the skillet. Cook until bubbles begin to form in the center, then flip and cook until browned on the other side.



## Warm Blueberry Syrup

1 cup of frozen blueberries  
1 tablespoon pure maple syrup  
1 cup of water  
1 teaspoon corn starch

In a small sauce pan, add blueberries, maple syrup and water; allow to boil 2-3 minutes. Meanwhile, dissolve the corn starch in 1 tablespoon of cold water. Add to boiling blueberries. Allow to simmer 2 minutes.

## Chocolate Banana Muffins

### INGREDIENTS

1/2 cup unsweetened cocoa powder  
2 cups whole wheat flour  
1/2 teaspoon ground cinnamon  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup plant-based milk (soy, almond, oat, etc.)



2 tablespoons ground flax meal  
1/4 cup unsweetened applesauce  
2 large ripe bananas  
1/2 cup chopped dates  
1/3 cup organic maple syrup  
1 teaspoon pure vanilla extract

## INSTRUCTIONS

Preheat the oven to 350°F. Line muffin pan with parchment paper.

1. Sift together flour, cocoa powder, cinnamon, baking soda, and salt in a large mixing bowl.
2. In a blender, combine plant-based milk, flaxseeds, banana, applesauce, chopped dates, maple syrup, and vanilla. Puree until dates are dissolved.
3. Fold the banana mixture in with the dry chocolate flour mixture.
4. Spoon the batter into prepared muffin cups. It will be good and thick.
5. Bake for 20-25 minutes. Stick a toothpick into the center of the to check for doneness.
6. Remove the muffins from the oven. Let it cool for 10 minutes and remove from the pan. Enjoy

## Garden-Fresh Omelet

Serves: 2

### Ingredients:

#### For the Omelet Batter:

3/4 cup chickpea flour  
3/4 cup unsweetened soy milk  
2 teaspoons apple cider vinegar  
2 teaspoons nutritional yeast  
1 teaspoon Mrs. Dash Herb & Garlic seasoning  
1/2 teaspoon turmeric  
1/4 teaspoon baking soda

#### For the Vegetables:

1 cup broccoli florets  
6 large portobello mushrooms, sliced  
1 small onion chopped  
1 tomato, chopped  
2 cloves garlic, chopped

### Instructions:

1. Combine soy milk and apple cider vinegar in a small bowl. Mix dry omelet ingredients together in a medium bowl; soy milk mixture until smooth, you may need to add non-dairy milk if mixture is too thick to pour. Batter should be the thickness of pancake batter. Let stand while vegetables are cooking.
2. In a 10-inch skillet, heat 2-3 tablespoons water; sauté onions for 3-5 minutes until translucent. Add broccoli and mushrooms; sauté on medium heat 3-5 minutes. Add chopped tomatoes and garlic; stir fry 2-3 minutes. Remove from heat and divide into two separate dishes.
3. On a non-stick griddle, pour half of the batter into a cool pan and spread to cover the bottom. Spoon half of the vegetables on top of the omelet batter. Cover and cook omelet over medium heat until the omelet bubbles and starts to firm up along the edges.
4. Cover with a lid and cook for another minute. Remove from heat and allow to steam for 5 minutes.
5. Repeat to make second omelet. Serve with salsa or fresh fruit.



bowl.  
stir-in  
more

# Double Chocolate Peanut Butter Pie

Serves 10

## Ingredients/Crust:

- 1-1/2 cups Ezekiel Almond Cereal
- 1 cup walnuts
- 1/2 cup cashews
- 1/3 cup pure maple syrup

## Ingredients/Filling:

- 2 12.3-ounces boxes of Mori-Nu Silken Tofu Extra-Firm
- 1 cup non-dairy chocolate chips
- 3 tablespoons Hershey Cocoa Special
- 1/2 cup smooth peanut butter
- 1 tablespoon vanilla extract

## Topping: (optional)

- Chopped walnuts
- Mini chocolate chips

## Instructions:

### For the crust:

1. Put dry ingredients in a blender and process till crumbly. Add maple syrup and blend till incorporated.
2. Spread crust mixture in a deep-dish pie plate or a 13" x 9" casserole pan. Put to the side.

### For the filling:

1. Drain tofu in a strainer and remove any extra liquid.
2. Melt the chocolate chips in a small sauce pan on low stirring often to ensure chocolate is not burning.
3. Combine tofu, melted chocolate, cocoa, peanut butter and vanilla in a blender. Process on high until mixture is smooth, scrapping sides often.
4. Pour pie filling into prepared pie crust. Refrigerate 4 hours prior to serving.
5. Sprinkle with toppings if using.
6. This will hold in the refrigerator up to 5 days.

