

GOOD-FOR-YOU Protein WAFFLES

- ½ quinoa (ground) or whole grain cornmeal
- 1 can of chick peas (garbanzo beans) drained and rinsed
- ½ t salt
- 2 T agave, honey, pure maple or date syrup (sub ½ cup of dates for fresh start)
- 1 T vanilla
- 3½ c water
- 4 c rolled oats

Put all of the ingredients except for the oats in a blender, blend until well combined then add rolled oats one cup at a time, adding some extra water if needed, not to exceed another ½ cup. Blend all the ingredients for 30 seconds or until creamy. Pour into preheated waffle iron and bake at medium setting until waffle iron signals baking is complete. This takes under 3 minutes in my Cuisinart Classic Round Waffle Maker, but can be 5 + minutes in some waffle irons.

Berry Applesauce Topping

- 1 12 Oz. container of unsweetened natural applesauce
- 2 cups of fresh or frozen mixed berries (or your fruit of choice)

Pour both ingredients into a bowl, stir together and serve.

UN-SAUSAGE

- 2 c. Water
- 1 Tbsp. Olive Oil
- 4 Tbsp. Soy Sauce
- 1 tsp. Sage
- 2 c. Quick Oats
- ½ tsp. Garlic Powder
- 2 tsp. Agave
- ½ tsp. Italian seasoning
- 2 tsp. Onion Powder

1. Combine water and seasoning in a saucepan. Bring to a boil. Add oats and cook 1 – 3 minutes. Spray a cookie sheet. Use small ice cream scoop and scoop onto cookie sheet small amounts of oats and use the backs of a spoon to flatten and shape sausage. Bake at 350° F for 8 – 15

minutes on each side. “UNBELIEVABLE SAUSAGE-LIKE”.

YUMMY OIL-FREE GRANOLA

Dry ingredients:

- 9 cups rolled oats
- 1 cup large ribbon cut unsweetened coconut
- 2/3 cup sunflower seeds (opt)
- 1 cup almonds (chopped)
- 1 tsp salt

Wet ingredients:

- ½ cup water
- 1 tsp vanilla
- 2 ripe bananas
- 1 cup pitted dates or date pieces

Directions:

Combine dry ingredients in a large bowl. Whiz wet ingredients together and add to dry ingredients. Mix well and spread on cookie sheets ½” thick. Easier if you wear gloves. Bake at 200 F for 90 minutes, stirring every 30 minutes until golden and almost dry. Turn oven off and leave pans in oven to complete drying. (If desired, substitute rolled rye or barley for 2 cups rolled oats). Store granola in air tight container.

Hint: Place pans of granola in oven on lowest setting (170) and leave overnight. In the morning the granola is absolutely perfect with no stirring needed. A painless way to make granola, and no burning when you forget to stir!

Savory Grits

- 1 Onion, diced
- 1 Jalapeno, seeded and diced
- 1 poblano pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- ¼ cup vegetable broth
- 4 cups water
- 1 cup yellow grits
- 2 TBS sun dried tomatoes
- 1 TBS nutritional yeast flakes

- 1 tsp garlic powder
- 1 tsp. sea salt
- 1 tsp black pepper

In a skillet over medium heat cook the onions jalapeno, poblano and red bell pepper in the vegetable stock until tender. Then add water and bring to a boil. Slowly add the grits while mixing so the mixture doesn't get lumpy. Turn the heat to low and add the sundried tomatoes and remaining seasonings. Cook for about 5-10 minutes

Breakfast Beans

- 1 can pinto beans, canned, drained and rinsed
- 1 can navy beans, canned, drained and rinsed
- 1 can black beans, canned, drained and rinsed
- 1 can kidney beans, canned, drained and rinsed
- 1 can black-eyed peas, canned, drained and rinsed
- 1 can garbanzo beans, canned, drained and rinsed
- 1 can cannellini beans, drained and rinsed
- 1 can of vegetarian baked beans
- 1 large onion, diced fine
- 1 cup salsa
- seasonings, to taste

Place diced onion in large deep skillet with water to steam for 5-8 minutes.

Drain and rinse beans and add to onions, cook over low heat for about 15 minutes.

Add salsa and cook for 10-15 minutes, serve hot.

Trisha's Tremendous Breakfast Skillet

- 1 cup of frozen onions
- 1 cup of frozen peppers
- 1 package of tofu
- 1 can of black beans drained and rinsed
- 1 cup of frozen or canned corn
- 1 tsp. turmeric
- 2 tsp. onion powder
- 1 tsp. garlic powder
- Salt and Pepper to taste

- Cayenne or crushed red pepper to taste (optional)
- Sausage crumbles (optional)
- 2 cups of frozen breakfast potatoes (optional)
- 1 cup of frozen spinach (optional or any other frozen or fresh greens)

Preheat skillet or frying pan on medium to high heat, add onions and peppers, let them brown for 3-5 minutes then add potatoes, tofu and seasonings let cook for 5-8 minutes stirring occasionally. Then add spinach black beans and corn stir and let cook for another 5-8 minutes.

Sausage Gravy

- 1 cup of cashews
- 3 cups of water
- 1 Tbs. Chicken Seasoning or Vegetable bullion
- 2 Tbs. of Corn Starch
- Salt and Pepper to taste
- Cayenne or crushed red pepper to taste (optional)
- Sausage crumbles (optional)

Put all of the ingredients except for the sausage crumbles in the blender, blend until completely creamy and smooth then pour into a saucepan cook on medium, stirring continuously until it thickens. Add crumbled sausage and serve!

I hope you enjoy the food.

Trish Smith

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