

Table of Contents

Plant Based

Breakfast

Vegetarian Black Bean Omelet.....	2
Zucchini Mini Muffins.....	3
Overnight Oats	4
Southwest Tofu Scramble	5
1- Bowl Chocolate Chip Banana Bread Waffles.....	6

Vegetarian Black Bean Omelet

ETNT



4 servings



15 minutes

INGREDIENTS

1 can (14-16oz) black beans, drained

Juice of 1 lime

¼ tsp cumin

Hot sauce

8 eggs

Salt and black pepper to taste

½ cup feta cheese, plus more for serving

Pico de Gallo or bottled salsa

Sliced avocado (optional)



INSTRUCTIONS

1. Pulse the black beans, lime juice, cumin, and a few shakes of hot sauce in a food processor until it has the consistency of refried beans, adding a bit of water to help if necessary.
2. Coat a small nonstick pan with nonstick cooking spray or a bit of butter or olive oil and heat over medium heat.
3. Crack two eggs into a bowl and beat with a bit of salt and pepper.
4. Add the eggs to the pan, then use a spatula to stir and then lift the cooked egg on the bottom to allow raw egg to slide under.
5. When the eggs have all but set, spoon a quarter of the black bean mixture and 2 tablespoons feta down the middle of the omelet.
6. Use the spatula to fold over a third of the egg to cover the mixture in the center, then carefully slide the omelet onto a plate, using the spatula flip it over at the last second to form one fully rolled omelet.
7. Repeat with the remaining ingredients to make four omelets. Garnish with pico de gallo, avocado slices if you like, and bit more crumbled feta.

NUTRITIONAL INFORMATION

Calories 330

Fat 8g

Zucchini Mini Muffins

EatingWell



12 servings



1 hour

INGREDIENTS

- ¾ cup all-purpose flour
- ¾ cup white whole-wheat flour
- 1 teaspoon ground cinnamon
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 2 large eggs
- ¾ cup sugar
- ¼ cup canola oil or unsalted butter, melted
- 1 ½ teaspoons vanilla extract
- 2 cups shredded and coarsely chopped zucchini
- ½ cup mini chocolate chips



INSTRUCTIONS

1. Preheat oven to 350 degrees F. Coat a 24-cup mini muffin tin with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, cinnamon, baking soda and salt in a large bowl. Whisk eggs, sugar, oil (or butter) and vanilla in a medium bowl. Stir in zucchini and chocolate chips. Add the wet ingredients to the flour mixture and stir until just combined. Transfer the batter to the prepared muffin tin. Bake until a toothpick inserted into the center of a muffin comes out clean, about 10 minutes. Let cool in the pan for 5 minutes, then turn out onto a rack to cool completely.

NUTRITIONAL INFORMATION

Calories 196

Fat 7.8g

Protein 3.4g

Sugars 17.1g

Carbohydrates: 29.6g

Overnight Oats

Modern Proper



3 servings



12 hrs

INGREDIENTS

Peaches & Cream

- 3/4 cup rolled oats
- 1 cup coconut milk
- 1 tbsp vanilla protein powder
- 1/2 cup fresh peaches cubed, plus extra for topping
- pinch of salt

Creamy Coconut Berry

- 3/4 cup oats
- 3/4 cup coconut milk
- 1/4 cup shredded coconut
- 1 tsp vanilla extract
- 2 tbsp berry jam
- pinch of sea salt
- 1/4 cup fresh berries for topping



INSTRUCTIONS

1. Simply combine all ingredients in an airtight jar. Tighten the lid and shake until combined. Place in the refrigerator overnight and enjoy in the morning topped with fresh fruits and/or nuts!

NUTRITIONAL INFORMATION

Calories 270

Fat 8g

Protein 7g

Sugars 7g

Carbohydrates: 40g

Southwest Tofu Scramble

Minimalist Baker



2 servings



30 minutes

INGREDIENTS

8 ounces extra-firm tofu

1-2 Tbsp olive oil

1/4 red onion (thinly sliced)

1/2 red pepper (thinly sliced)

2 cups kale (loosely chopped)

SAUCE

- 1/2 tsp sea salt (reduce amount for less salty sauce)
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- Water (to thin)
- 1/4 tsp turmeric (optional)

FOR SERVING (optional)

- Salsa
- Cilantro
- Hot Sauce
- Breakfast potatoes, toast, and/or fruit



INSTRUCTIONS

1. Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast-iron skillet, for 15 minutes.
2. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened – about 5 minutes.
4. Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes.
5. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
6. Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
7. Serve immediately with the breakfast potatoes, toast, or fruit. I like to add more flavor with salsa, hot sauce, and/or fresh cilantro. Alternatively, freeze for up to 1 month and reheat on the stovetop or in the microwave.

NUTRITIONAL INFORMATION

Calories 212

Fat 15.1g

Protein 16.4g

Sugars 3.3g

Carbohydrates: 7.1g

1-Bowl Chocolate Chip Banana Bread Waffles

Minimalist Baker



3 servings



30 minutes

INGREDIENTS

- 1 Tbsp flaxseed meal (to make flax egg)
- 2 ½ Tbsp water (to make flax egg)
- 2 medium-size ripe bananas
- 2 ½ tsp baking powder
- 1 ½ Tbsp neutral oil (such as avocado oil or melted vegan butter)
- 1 cup dairy-free milk
- ¼ tsp sea salt
- ¼ cup rolled oats (gluten-free when necessary)
- 1 cup gluten-free flour blend (or sub spelt or unbleached all-purpose // plus more as needed)
- ¼ cup dairy-free dark or semisweet chocolate chips



INSTRUCTIONS

- To prepare flax egg, combine flaxseed meal and water in a medium (to large) mixing bowl, stir, and allow to sit for a few minutes to thicken.
- Once thickened, add peeled bananas and baking powder to the flax egg and mash well with a fork until only small chunks remain. Add in oil and whisk to combine. Then add dairy-free milk and stir to combine.
- Next add salt and oats and stir again. Then add gluten-free flour and stir until just combined. Finally, add in chocolate chips and stir once more.
- The batter should be cake-like in texture — slightly thick but pourable (not runny). When you dip a mixing spoon into it, it should leave soft peaks. If too thin, add more gluten-free flour and stir. If too thick, thin with a little dairy-free milk and stir. (We usually add a bit of gluten-free flour at this point.)
- Let batter rest 5 minutes while preheating waffle iron. Once iron is ready, spray with cooking spray or lightly brush with oil (not necessary if your waffle iron is non-stick like ours).
- Add 1 scant cup of batter to the waffle iron (adjust based on size of waffle iron) and cook according to manufacturer instructions (ours took about 5 minutes to cook through and get a slight crisp on the outside).
- Remove from waffle iron with a fork and set aside on a cooling rack or serving plate. You can place in a 200-degree F (93 C) oven to keep warm while continuing to cook the rest of the batter. Be sure not to stack the waffles to prevent them from getting soggy.
- To serve, we suggest topping with a few more chocolate chips, vegan butter or nut butter, and/or maple syrup (optional).
- Cool leftovers before storing. Will keep in the refrigerator up to 3 days, but are best stored in a single layer in the freezer (in a freezer-safe storage bag or container) up to 1 month. Reheat in a hot oven or toaster oven (~350 F / 176 C) until crisp and warm.

NUTRITIONAL INFORMATION

Calories 454

Fat 17.7g

Protein 6.6g

Sugars 16.6g

Carbohydrates: 75.2g