

# Plant-Based BREAKFAST RECIPES



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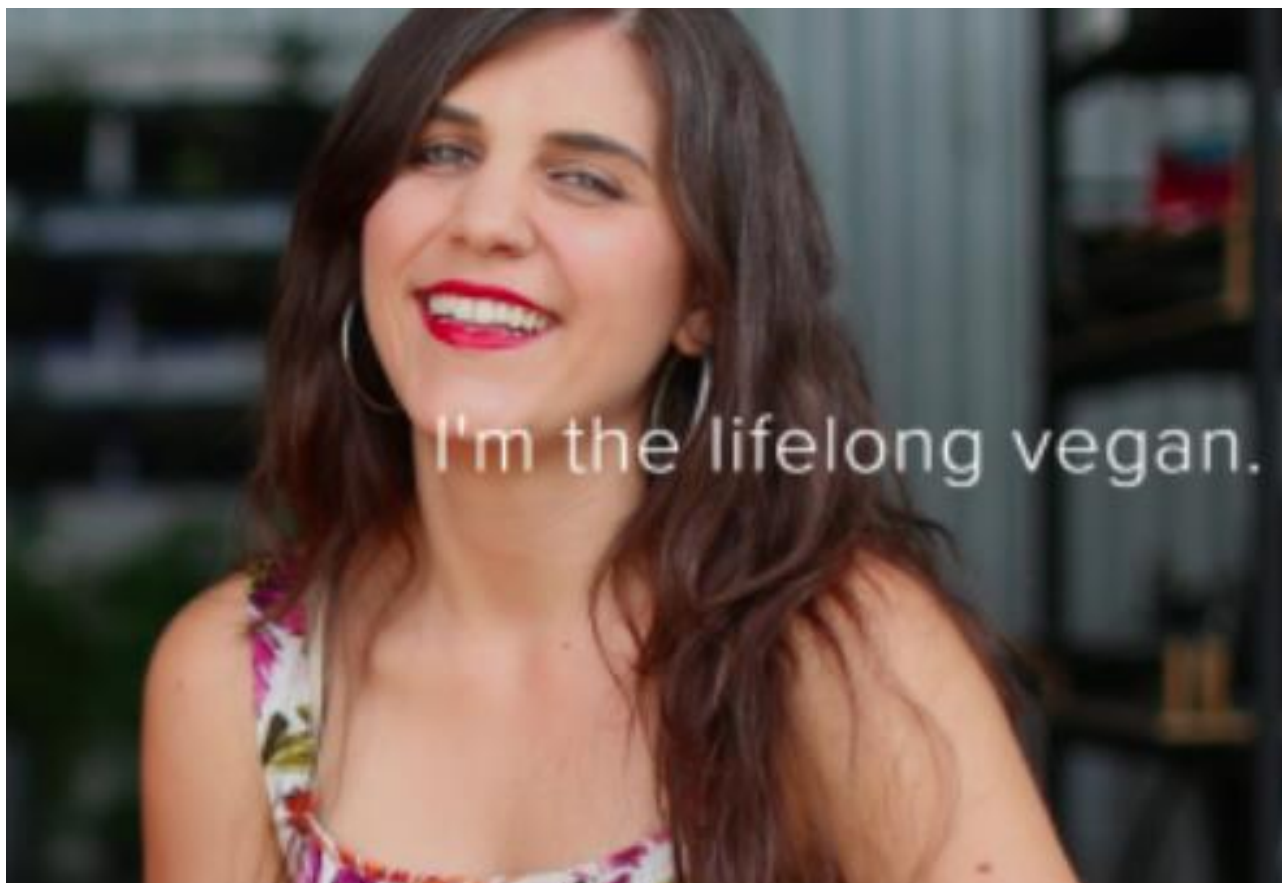
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## ABOUT THIS EBOOK

These recipes were created by life-long vegan Kamina who is the daughter of Accredited Practising Dietitian Dr. Amanda Benham. They are all based on whole plant foods, designed to give you a healthy start to the day. We hope you enjoy these recipes as much as we enjoyed creating them!



The information here is of a generic nature. For individualised advice tailored to suit you, visit our website to make a booking with an Accredited Practising Dietitian specialising in plant-based nutrition at [www.pbnutrition.com.au](http://www.pbnutrition.com.au)



# BANANA BLUEBERRY OVERNIGHT OATS



½ cup quick-cooking oats  
1 cup fortified\* soy milk  
½ banana, sliced  
½ cup blueberries (fresh or frozen)  
2 tsp ground flaxseeds  
¼ tsp cinnamon

*\*Choose a variety with added calcium and vitamin B12.*

1. Mix together the oats, ground flaxseeds and cinnamon, then stir through the soy milk and banana.
2. Top with the blueberries. Refrigerate overnight, covered with an airtight lid or clingwrap.

*Gluten-free option: replace oats with brown rice flakes or quinoa flakes.*

**Variation 1:** Orange Colada Overnight Oats: with 2 tsp chia seeds, 1 cup orange pieces, 1 cup fortified\* almond-coconut milk. Topping: 1 tsp shredded coconut

**Variation 2:** Cherry Ripe Overnight Oats: with 2 tsp seeds, 1 cup cherries, 1 cup fortified\* almond-coconut milk, 2 tsp cacao, 1 tsp shredded coconut. Topping: 1 tsp cacao nibs

**Variation 3:** Apple Almond Overnight Oats: with 2tsp flax seeds, 1 cup sliced apple, 1 cup fortified\* almond milk, ¼ tsp cinnamon. Topping: 1 tsp flaked almonds.



## APPLE CINNAMON PORRIDGE



½ cup quick-cooking oats  
1 cup fortified\* soy milk  
1 cup sliced apple  
2 tsp ground flaxseeds  
¼ tsp cinnamon  
1 tbsp walnuts

*\*Choose a variety with added calcium and vitamin B12.*

1. Combine the oats, soy milk, flaxseeds, cinnamon and ¾ of the apple in a microwave-proof bowl and microwave on high for 2 ½ minutes.
2. Top with walnuts and the extra sliced apple.

*Gluten-free option: replace oats with brown rice flakes or quinoa flakes.*

**Variation 1:** Banana Blueberry Cous Cous Porridge: cous cous, ¾ cup banana, fortified\* soy milk, flax seeds. Topping: ¼ cup blueberries (fresh or frozen)

**Variation 2:** Pear and Almond Breakfast Polenta: polenta, 1 cup sliced pear, fortified almond milk, ground chia seeds, ¼ tsp nutmeg. Topping: 1 tsp flaked almonds.

**Variation 3:** Banana Cinnamon Quinoa Porridge: quinoa flakes, 1 cup sliced banana, fortified\* almond milk, flax seeds, ¼ tsp cinnamon.

# GREEN SMOOTHIE SERVED WITH PUMPERNICKEL TOAST



1 cup banana slices  
½ cup (packed) baby spinach leaves  
2 tsp ground chia seeds  
¼ tsp cinnamon  
1 cup fortified\* almond-coconut milk  
1 slice pumpernickel bread  
2 tsp almond butter  
2 slices tomato

*\*Choose a variety with added calcium and vitamin B12.*

1. Blend the banana, spinach, chia seeds, cinnamon and almond-coconut milk together in a blender until smooth.
2. Serve smoothie with tomato slices and almond butter on pumpernickel bread.

*Gluten-free option: replace pumpernickel bread with 2 brown rice cakes.*

**Variation 1:** Choc Mint Smoothie: 1 cup banana, 1 cup spinach, ¼ cup mint leaves, 2 tsp ground chia, 1 cup fortified\* almond milk. Top with 1 tsp cacao nibs. Serve with wholemeal toast, 100% peanut butter & tomato

**Variation 2:** Berry Smoothie: ½ cup banana, ½ cup frozen berries, 2 tsp ground flax, 1 cup fortified\* soy milk, ¼ tsp cinnamon. Serve with rye toast, Vegemite & tahini

**Variation 3:** Lamington Smoothie: 1 cup banana, 2 tsp cacao powder, 2 tsp ground flax, 1 cup fortified\* almond-coconut milk. Top with 1 tsp cacao nibs & 1 tsp desiccated coconut. Serve with wholemeal toast, Vegemite & tomato

# PURPLE BERRY SMOOTHIE BOWL



½ cup frozen banana slices  
½ cup frozen blueberries  
1 cup fortified\* soy milk  
2 tsp ground flaxseeds  
¼ cup oats  
2 brazil nuts, chopped  
A few extra blueberries

*\*Choose a variety with added calcium and vitamin B12.*

1. Blend the frozen banana, blueberries, soy milk and flaxseeds in a high-powered blender until smooth.
2. Pour into a bowl and top with oats, chopped brazil nuts and extra berries.

*Gluten-free option: replace oats with brown rice flakes or quinoa flakes.*

**Variation 1:** Tropical Smoothie Bowl: ½ cup frozen banana, ½ cup frozen papaya, 2 tsp chia seeds, 1 cup fortified\* almond-coconut milk. Top with ¼ cup oats, 2 brazil nuts and a few slices kiwi.

**Variation 2:** Raspberry Smoothie Bowl: ½ cup frozen banana, ½ cup frozen raspberries, 2 tsp flax seeds, 1 cup fortified\* almond milk. Top with ¼ cup oats, 2 brazil nuts and a few fresh raspberries.

**Variation 3:** Pink Dragon fruit Bowl: 1 cup frozen pink dragon fruit (pitaya), 2 tsp chia seeds, 1 cup fortified\* almond-coconut milk. Top with ¼ cup oats, 2 brazil nuts and 1 tsp shredded coconut.



## PINA COLADA CHIA PUDDING



3 tbsp chia seeds  
1 cup fortified\* almond-coconut milk  
1 cup diced pineapple  
1 tsp shredded coconut

*\*Choose a variety with added calcium and vitamin B12.*

1. Stir together the chia seeds, almond-coconut milk and diced pineapple. Refrigerate overnight in a sealed Tupperware container or a glass covered with clingwrap.
2. In the morning you will have a delicious, thick pudding. Top with shredded coconut.

**Variation 1:** Banana Date Flax Pudding: 3 tbsp ground flax, 1 cup chopped banana, 1 cup fortified\* soymilk, 2 chopped dates. Can add 1 tsp maple syrup if desired.

**Variation 2:** Chocolate Blackberry Chia Pudding: 3 tbsp chia seeds, 1 cup blackberries, 1 cup fortified\* almond milk, 2 tsp cacao. Can add 1 tsp maple syrup if desired.

**Variation 3:** Chocolate Raspberry Flax Pudding: 3 tbsp ground flax seeds, 1 cup raspberries (frozen or fresh), 1 cup fortified\* almond milk, 2 tsp cacao. Can add 1 tsp maple syrup if desired.



# TROPICAL FRUIT PANCAKES



1/3 cup wholemeal flour  
1/2 tsp baking powder  
1 tbsp apple cider vinegar  
2 tsp ground flax seeds  
1 cup fortified\* soy milk  
1 cup chopped red paw paw  
Wedge of lime  
1 tsp maple syrup (optional)

*\*Choose a variety with added calcium and vitamin B12.*

1. In a mixing bowl, stir together baking powder, flour and flaxseeds. Make a well in the centre.
2. Pour soymilk into the well, then pour apple cider vinegar into the soymilk. Using a wooden spoon, gently stir the vinegar and soy milk together in the well, then stir into the flour mixture until smooth. (Do not over-mix.)
3. Heat a non-stick frying pan, then pour the pancake mixture into the pan. (This recipe makes one large pancake or two smaller ones.) When the pancake is bubbling and starting to set around the edges, flip and cook for a minute on the other side.
4. Serve pancake topped with paw paw and a squeeze of lime.

*Gluten-free option: replace wheat flour with brown rice flour or buckwheat flour.*

**Variation 1:** Top with mixed berries

**Variation 2:** Top with banana & kiwifruit

**Variation 3:** Top with chopped pineapple salsa (diced pineapple, chopped mint, 1 tsp desiccated coconut)

## PEA & CARROT FRITTERS WITH CHEESY SAUCE



⅓ cup wholemeal flour  
½ tsp baking powder  
2 tsp ground flax seeds  
1 tbsp apple cider vinegar  
1 cup fortified\* soy milk  
½ cup frozen peas  
½ cup grated carrot  
1 tsp vegetable oil (optional)  
1 tbsp nutritional yeast flakes  
1 tbsp tahini  
¼ tsp iodised salt

*\*Choose a variety with added calcium and vitamin B12.*

1. In a mixing bowl, stir together flour, baking powder and flax seeds.
2. Mix peas and carrot through flour mixture to coat.
3. In a separate jug, combine soy milk and vinegar (soy milk will curdle). Add to the dry ingredients and stir to combine.
4. Heat a skillet until hot. Add the oil (optional) then carefully drop spoonfuls of the mixture onto the hot skillet. Cook for a few minutes on one side, then turn and cook on the other side until gently browned on both sides and cooked through.
5. To make the sauce, combine yeast flakes, tahini and salt with 1 tbsp boiling water and whisk to combine.

*Gluten-free option: replace wheat flour with brown rice flour or buckwheat flour.*



**Variation 1:**  $\frac{3}{4}$  cup finely chopped spinach and  $\frac{1}{4}$  cup finely diced red onion. Top with 1 tbsp sweet chilli sauce.

**Variation 2:**  $\frac{1}{2}$  cup grated zucchini and  $\frac{1}{2}$  cup corn kernels. Top with 2 tbsp salsa.

**Variation 3:**  $\frac{1}{2}$  cup frozen berries and 2 tsp cacao powder. Top with  $\frac{1}{2}$  cup sliced banana and optional 1 tsp maple syrup.

# SCRAMBLED TOFU WITH CHERRY TOMATOES & BASIL



200g silken tofu  
1 cup cherry tomatoes, halved  
1 cup (packed) baby spinach leaves  
1 clove garlic, finely diced  
1 tsp dried mixed Italian herbs  
1 tablespoon soy sauce  
2 tablespoons nutritional yeast flakes  
½ tsp turmeric  
Handful fresh basil leaves  
1 slice wholegrain bread  
1 tsp olive oil (optional)

1. Heat a skillet over medium heat. Add the olive oil (optional), garlic and cherry tomatoes to the pan and fry for 2-3 minutes until tomatoes begin to blister.
2. Add the tofu and break it up with a wooden spoon to scramble. Mix through the dried herbs, soy sauce, nutritional yeast flakes and turmeric.
3. Add the spinach leaves and cover with a lid for 2-3 minutes to wilt. Uncover, add the basil leaves and stir through.
4. Serve scrambled tofu over a piece of wholemeal toast.

*Gluten-free option: replace toast with a gluten-free wrap or brown rice cakes, or serve with ¾ cup cooked quinoa or wild rice instead of toast.*

**Variation 1:** Italian Tofu Scramble: Use ½ cup diced tomatoes, ½ cup sliced green capsicum and add 1 tbsp sun dried tomatoes and 2 tbsp nutritional yeast flakes.



**Variation 2:** Asian Scrambled Tofu: Use ½ cup kimchi in the scramble. Serve with grilled pak choy and replace toast with a slab of grilled sweet potato.

**Variation 3:** Continental Scrambled Tofu: Cook tofu mixture without vegetables; serve with 1 cup grilled asparagus stems and 1 grilled tomato.

## MUSHROOM CHICKPEA OMELETTE



1/3 cup chickpea flour (besan)  
2 tsp ground flax seeds  
1 tbsp nutritional yeast  
1/4 tsp iodised salt  
1 shallot, chopped  
2/3 cup water  
1/2 cup sliced mushrooms  
1 tbsp oil-free sun-dried tomato strips  
1 slice rye bread, to serve

1. Combine the chickpea flour, flax seeds, nutritional yeast, salt, shallot and water in a small blender and blend until smooth.
2. Heat a non-stick pan until hot. Pour in the omelette mixture and reduce heat. Cover with a lid and cook for 3 minutes until top of the omelette has firmed.
3. Spread the mushrooms and sun-dried tomatoes on one side of the omelette and fold in half. Cook for a further few minutes to heat mushrooms through.
4. Serve on a piece of rye toast, garnished with fresh herbs.

*Gluten-free option: replace toast with a gluten-free wrap or brown rice cakes, or serve with 3/4 cup cooked quinoa or wild rice instead of toast.*

### Use alternate vegetables

**Variation 1:** Mushroom & diced tomato

**Variation 2:** Finely chopped broccoli & red onion

**Variation 3:** Spinach & chives



## SUPERFOOD BREAKFAST PARFAIT



½ cup quick-cooking oats  
1 cup calcium-fortified soy yoghurt  
1 cup fresh or frozen blueberries  
1 tsp pepitas  
1 tsp goji berries

1. Layer the oats, berries and yoghurt in a glass.
2. Top with pepitas and goji berries.

**Variation 1:** Replace berries with 1 cup of any fruit

**Variation 2:** Finely chopped broccoli & red onion

**Variation 3:** Spinach & chives