



**EarthSave**  
HEALTHY PEOPLE HEALTHY PLANET

# VEGAN BREAKFAST

14 JANUARY 2014

## AEBELSKIVERS (DUTCH PANCAKES)

1 c nondairy milk + 2 tsp lemon juice  
Ener-G Egg Replacer, equivalent to 3 eggs  
1 c unbleached flour  
½ tsp salt  
½ tsp baking soda  
zest from 1 lemon

Measure out 1 c nondairy milk (almond, soy, oat, etc) and add 2 tsp lemon juice and allow to sit 5-10 minutes.

In a small bowl, mix together 1½ TBSP Ener-G Egg Replacer with 1/3 c water (equivalent to 3 eggs). Mix really well and set aside.

In a large bowl, sift in flour, baking soda, and salt. Make a well in the center and add egg replacers and milk. Stir until everything is well incorporated. Fold in lemon zest.

Lightly grease each cavity with a little bit of oil or vegan margarine. Heat aebelskiver (munk) pan on medium high. Fill each cavity with batter about 2/3 full.

Allow to cook for a few minutes; The edges will start to brown and the tops will look semi-dry-this is an indicator that they are ready to turn and cook the other side. A knife and a spoon work great for this.

Once fully cooked, remove from the pan and serve hot with powdered sugar, jam or syrup of choice.



## FRESH BERRY PARFAIT

Vegan yogurt of choice (soy, almond, coconut, etc)  
Vegan granola of choice  
Fresh berries of choice (strawberries, raspberries, blueberries, blackberries, etc) In a clear

In a clear cup, place a small amount of vegan yogurt at the bottom. Add a layer of granola, followed by fresh fruit. Continue to repeat until you either run out of space or ingredients, whichever comes first.

## TROPICAL SUNRISE SMOOTHIE

Coconut Milk or Orange juice  
Frozen pineapple chunks  
Frozen banana slices  
Frozen Mango chunks

In a blender, add liquid followed by frozen fruit. Blend on high until everything is well incorporated.

## BANANA BLISS BREAKFAST ROLLS

1 ripe banana  
creamy peanut, almond or sunflower butter  
crispy brown rice cereal or corn flakes cereal

Pour a thin layer of cereal onto a plate.

Peel the banana and pull off any offending strings.

Spread nut/seed butter evenly all over the entire surface of the banana.

Roll in cereal, covering the entire surface of the banana.

Cut into ¼ - ½ inch slices. Enjoy :)

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