



# Vegan Breakfast

11 June 2013

## Fresh Berry Parfait

Fresh berries of choice, preferably local and/ or organic:  
Strawberries, raspberries, blueberries, blackberries, etc

Vegan soy, almond or coconut yogurt, plain or vanilla

Vegan granola

Prepare berries by washing and slicing, if necessary.  
Drain and set aside.

In a small clear shallow glass or bowl, begin layering with  
vegan yogurt, fresh berries, and granola. Continue to  
layer until you run out of ingredients or run out of space,  
whichever comes first.

Serve immediately & enjoy!

## Best Cinnamon Rolls Ever!

### Dough:

4 tsp Active Dry Yeast (a little less than 2 packets)  
1 tsp unbleached sugar or other sweetener of choice  
1 c water, lukewarm (NOT hot!)  
1 c nondairy milk (soy, rice, oat, hemp, nut, etc)  
2/3 c unbleached sugar or other sweetener of choice  
2/3 c vegan margarine  
2 tsp salt Equivalent of 2 eggs (Flax Eggs or Ener-G Egg  
Replacer)  
6 c whole wheat pastry flour + extra for kneading

### Filling:

1 c vegan margarine, melted  
1/2 c unbleached granulated sugar  
3 TBSP cinnamon

### Sauce:

1/2 c vegan margarine, melted  
1/3 c unbleached granulated sugar

### Frosting:

1/4 c vegan margarine  
1/3 c vegan cream cheese\*  
1 tsp pure vanilla extract  
1 c powdered sugar

## Berry Bliss Smoothie

1-2 c nondairy milk  
Frozen mixed berries of choice (blueberries,  
raspberries, strawberries, blackberries, etc)  
1-2 bananas, sliced and frozen  
Optional: Sweetener of choice, to taste

In a blender, add nondairy milk, frozen fruit and  
sweetener of choice (if using). Blend on high until  
all ingredients are incorporated. Adjust to liking,  
both in flavor and consistency. Enjoy!



\*You may opt to leave this out, if you can't find it  
or if you don't like it or are just trying to keep the  
calories down.

In a small bowl, combine yeast, 1 tsp sugar and  
lukewarm water. Set aside and allow to proof (yeast  
will be foamy; 5-10 minutes).

In a saucepan, melt vegan margarine. Once melted,  
add nondairy milk, sugar and egg replacers.  
Combine ingredients until well mixed, but not hot  
(just warmed).

In a large bowl, start with 4 cups of sifted flour.  
Make a well in the center, then add your warmed  
ingredients plus your yeast. Give it a quick stir with  
a wooden spoon to incorporate all your ingredients.

Slowly sift in the remaining flour, 1/4 cup at a  
time. At this point in time, it won't be very pretty  
and more batter-like than dough-like, but that's  
OK-it doesn't need to be dough-like just yet.

Roll out your dough onto a cutting board and start  
kneading. You shouldn't need any additional flour,  
so try to get all the flour mixed in really well before  
deciding it needs more.

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Roll out your dough onto a cutting board and start kneading. You shouldn't need any additional flour, so try to get all the flour mixed in really well before deciding it needs more.

It will eventually all come together and actually look like it is supposed to in about 10 minutes' time. In the end, it should be smooth and stretchy and only slightly tacky (but not sticky).

Once the dough is ready, place it in a lightly oiled bowl, cover with plastic wrap, and allow to rise for about 90 minutes in a warm spot. It should have doubled in size by this point and if you poke it and it springs back rather than leaving a dent, it needs a little more time.

Once the dough has risen, remove it from the bowl and turn it out onto a floured surface and press it down. Using a rolling pin, evenly roll your dough into a big rectangle, about 1" thick. Evenly brush the melted margarine & sugar filling across the entire top surface of your dough. Don't worry if there are small puddles in some locations—it isn't exactly the most flat surface and the laws of physics and gravity may just take over. It's OK- nobody's perfect.

In a small bowl, mix together the cinnamon and sugar and sprinkle it evenly over the dough. Pour your sauce into a jellyroll pan or other large baking dish. Make sure to brush some up onto the sides to ensure the entire surface of your baking dish is covered so that your cinnamon rolls don't completely stick to it, and become semi-permanently part of the pan...

Starting from one of the short sides, roll the dough up gently, but at the same time, you want to press firmly enough so that it will stick together. Once rolled, set it seam side down on a sheet of wax paper or parchment paper. Using a very sharp knife, cut rolls semi-thickly (no more than 1/2" thick—they will eventually rise). Place the rolls in the pan. At this point, they will virtually be swimming in a lake of vegan margarine and sugar—this, like many things, will take care of itself somehow through the magical wonders of time...

If you will be baking these immediately, cover the cinnamon rolls and let rise for 45 minutes. If baking the next day, or at some future point in time, cover the cinnamon rolls and either place in the refrigerator to rise overnight, if it is sometime even later down the road, cover tightly and immediately place in the freezer until you are ready for them. Pull them out at least 24 hours before you need them and then refrigerate overnight to defrost. Once defrosted, allow the cinnamon rolls to acclimatize to room temperature on the counter—it'll take about an hour. Whatever your time frame is, when ready to bake, follow the directions below.

Preheat the oven to 350°F, then bake for 25-30 minutes, or until golden brown. Let cool for a few minutes. While the cinnamon rolls are cooling, in a large bowl, stir together all of your frosting ingredients. You may also opt to use a food processor or electric mixer for this task—just make sure to mix until it is completely smooth. Drizzle or spread your frosting on top of your cinnamon rolls.

These are best when slightly warm and the frosting is melted. Reheat in the oven (cover with foil if necessary so they don't brown any further). You may also reheat in a toaster oven or a microwave (no more than 10 seconds though—cinnamon rolls are a bread product and bread and microwaves historically haven't had the best relationship...)

## VEGAN BREAKFAST PANTRY ITEMS

Good-quality organic, whole grain cold breakfast cereals  
Granola for mixing or eating straight up

Hot cereals: including but not limited to whole oats, farina, and even quinoa

Embellishments for hot and cold cereals: Dried fruits, nuts, and seeds

Flour tortillas: These are great for roll-ups and breakfast quesadillas

Fresh fruits in season: . Serve as is or use to make juices, smoothies, or to top cereals.

Whole grain flours for pancakes and waffles: Whole wheat pastry flour, spelt flour, and cornmeal are especially useful.

Maple syrup, agave nectar, and other natural sweeteners: Use sweeteners, even natural ones, sparingly in the morning!

Fresh whole grain breads, rolls, bagels, and English muffins: Mix and match for variety; keep some in the freezer.

Spreads for bread: All-fruit preserves, non-hydrogenated margarine, nondairy cream cheese, peanut and other nut butters.

Yogurts: For vegans, soy, almond and coconut yogurts are good choices.

Non-dairy milks such as Almond, rice, hemp or soy in plain, vanilla and/or chocolate flavors.

