

Vegan Comfort Foods – Class 1

Pancakes and other breakfast foods

Banana-Oat Pancakes

1½ cup oats

½ tsp baking soda

1/8 tsp salt

¼ cup walnuts, chopped

1 ripe banana, mashed

1 tablespoon pure vanilla

1 tablespoon maple syrup

¾ cup applesauce

1½ tsp apple cider vinegar

1 cup plant-based milk or water

Place oats in a dry blender or food processor, and process until flour consistency. You may need to stop and stir to make sure they're blended evenly.

Add all the dry ingredients (flour, baking soda, salt, walnuts) to a large bowl and stir together.

In another bowl, mash the banana well with a fork or potato masher. Add all the other liquid ingredients (vanilla, maple syrup, applesauce, apple cider vinegar, and plant-based milk). Whisk together thoroughly.

Pour the liquid ingredients into the dry ingredients and stir well until even consistency.

Heat a large nonstick skillet – no need for oil. Once a few drops of water sizzle, add small amounts of batter and cook until the top bubbles and the edges are dry. Flip over the pancakes and cook the other side for a minute until golden brown. Serve immediately, with extra maple syrup and apple sauce on top.

Cereal

You can cook rolled oats in boiling water to make your own oatmeal, but if you want to avoid the cooking step, hot water works well added to basic rolled oats. Oats are also a great basis for a healthy cereal bowl. Just add chopped fruit, mixed raw nuts, raisins, coconut flakes. Mix well and add plant-based milk or hot water for a delicious cereal.

Fruit Smoothies

The benefit of a smoothie is that it gives you lots of nutrition from the fruit, vegetables, and all the fiber in a delicious and easy to consume way. Here are a few of my favorite combinations, be willing to experiment to find your favorites.

Use some frozen fruit or, if you have fresh fruit available, use ice cubes in place of the milk to make sure the smoothie is chilled. However, too much frozen produce can overwhelm even the most powerful blender, so you may need to add extra liquid.

If you don't have plant-based milk available, or want to avoid all the packaging, ¼ cup cashews and a cup of water works just as well.

Protein powder can be added to any smoothie if you'd like to get more protein. Choose an unsweetened plant-based protein powder such as pea protein, rather than a whey (dairy) based one.

Blend all ingredients together in a high powered blender until smooth. Enjoy.

Berry Smoothie

- 1 ripe banana
- 2 leaves kale, spinach, or other greens
- 1 cup frozen fruit – mixed berries, or blueberries
- 1 cup plant-based milk

Pineapple Mango smoothie

- 1 ripe banana
- 2 leaves kale, spinach or other greens
- 1 cup frozen fruit – mango and pineapple
- 1 cup plant-based milk

Pumpkin Smoothie

- 1 frozen banana or a ripe large banana
- 1 cup pumpkin puree
- 1 ½ tsp pumpkin pie spice
 - or 1½ tsp cinnamon, ¼ tsp ground ginger, ¼ tsp ground nutmeg, pinch of ground cloves
- 1 cup chilled plant-based milk or ice cubes