

BREAKFAST RECIPES

Important Note: Many people eat peanut butter on their waffles, pancakes, or toast for breakfast. Peanut butter is very bad for you because peanuts contain a lot of mold or aflatoxins, which are very carcinogenic (cancer-causing). For this reason I recommend that you make your own almond butter (see recipe below) or buy raw almond butter from the health food store and use that instead. To order almonds the most inexpensive way, call an almond grower up in California and have them ship to you. If you order 50 pounds at a time you get the cheapest price. If you don't think you can use that much up before they go bad, then get together with some friends and split it. I have found that when I get my 50 pounds of almonds, if I rebag them in double bags with twist ties, then put them in a large gray container that has a snap-on lid that is waterproof (which I got from Walmart) and keep them outside in the winter, they will keep just fine. In the summer I bring them inside or put them in a freezer. So far this has kept the weevils out of them. I order my almonds from the Schaad Family Farms at 559-846-9660 and ask for unpasteurized almonds. Breakfast Tip: Any of the healthy desserts (see Dessert section) can also be used as an entrée for breakfast or for supper. Supper Tip: Any of these breakfast foods make great suppers as well.

Almond Butter

Raw, soaked almonds

Run through juicer with blank screen. May add small amount of distilled water, or Udo's oil, honey, or maple syrup. For myself I like to add flax oil and honey and salt to taste.

Fruit and Nut Sauce

I use this fruit and nut sauce instead of milk on hot cereals. Since I am gluten intolerant I usually cook up whole grain brown rice, millet, or quinoa and put this sauce over the grains. I also like to add some coconut milk for flavoring. The following makes 2 to 4 servings, depending on how much sauce you like:

1 cup distilled water

2 handfuls of raw almonds

2 bananas

1 large or two small apples, pears, or the equivalent of any other fruit

2 Tbsp golden flaxseed, ground in a coffee grinder (you can get this at Walmart for about \$12 and grind the flaxseed just when you are ready to use it because once flaxseeds are ground they lose their nutrition rapidly into the air. Also, the golden flaxseeds are the most nutritious.)

Optional: For added nutrition I like to add 2 Tbsp lecithin and 2 Tbsp bee pollen

Blend the above ingredients and serve over warm cooked whole grains instead of milk.

Variation: Some like to add one avocado; however this makes the sauce green. Some people can tolerate green sauce for breakfast and some can't. However, it will really increase the nutrition. Or, you can mix in coconut milk instead.

Gluten Free Pancakes

2 Cups water
½ Cup nuts
¾ Cup cornmeal
¾ Cup quick oats
2 tsp honey
¼ tsp salt
1 Tbsp vanilla
1 Tbsp cinnamon
1 tsp nutmeg, optional

Blend and fry.

Hot Cereal

2 Cups sprouted wheat
4 Cups warm water
½ Cup raisins
1 apple, peeled and sliced
1 banana

Soak raisins in one cup of the water for one hour or until soft. Save the water used for soaking the raisins. Blend the wheat with the fruit, water, and raisin soak water until well blended. Variation: May substitute sprouted buckwheat, sunflower seeds, or sesame seeds for the wheat. May also soak the sunflower seeds and sesame seeds in water for 6 hours instead of sprouting.

Apple Oatmeal

1 apple, diced
¾ Cup rolled oats
¼ Cup maple syrup
½ Cup chopped walnuts
1 Cup soy yogurt
2 Tbsp ground flaxseeds (grind in coffee grinder) or wheat germ
Cinnamon and nutmeg to taste, optional

Mix together. Garnish with additional fresh fruit if desired.

Scrambled Tofu

- 1 16-oz firm tofu
- 1-2 cloves garlic, pressed
- 1 ½ tsp salt
- ¼ tsp turmeric
- 4 fresh mushrooms or 1 small zucchini diced
- 3 green onions, chopped
- 1 small tomato, diced

Crumble tofu and add garlic, salt, and turmeric. Cook in a covered skillet on medium high for about 10 minutes. For a scrambled egg look stir only once or twice. Add zucchini or mushrooms and cook uncovered for 5 minutes. Add green onions and cook 1 minute. Remove from heat and add the tomato. For simple scrambled tofu, leave out the vegetables. Cook until most of the moisture is evaporated. Or you can bake it uncovered in a lightly oiled casserole dish (including vegetables if desired) at 350 degrees for 45 about minutes.

Muesli

- 6 Cups raw rolled oats
 - 1 Cup sesame seeds
 - 1 Cup sunflower seeds
 - 1 Cup chopped dates
 - 1 Cup pumpkin seeds
 - 1 Cup shredded coconut
 - ½ Cup wheat germ
 - 1 ½ tsp grated organic orange rind, optional
- Mix together. May serve dry or soak overnight in nut or soymilk. Add a little honey for sweetener if desired.

Whole Grain Waffles or Pancakes

- 1 ripe banana, mashed
 - 2 Cups water
 - ½ Cup raw rolled oats
 - 1 ½ Cups whole wheat flour
 - 2 tsp baking powder
 - 1 tsp cinnamon
 - 1 tsp nutmeg
 - Vanilla extract to taste, optional
 - Berries or fruit, optional
- Mix together the banana and water. Add the dry ingredients and mix, leaving lumps in the batter. Bake as waffles or fry as pancakes. Top with berries or fruit or maple syrup. Variation: For gluten free waffles or pancakes, substitute the gluten free flour found under the Bread Recipes. Note: Lumps must be left in the batter or the waffles will be tough.

Maple Granola

1 Cup water
½ Cup honey
1 Tbsp molasses
1 Tbsp vanilla
1 tsp maple flavoring
1 tsp salt
2 Cups pitted dates
1 Cup walnuts, Brazil nuts, or almonds
13 Cups old-fashioned oats, which is a 42-oz. carton
1-2 Cups quick oats, if needed
½ C shredded unsweetened coconut, optional
1-2 Cups chopped walnuts, pecans, or walnuts

Put water, honey, flavorings, dates, and 1 Cup nuts in blender and blend for about 1 minute until smooth. While blending you may need to help it blend by stirring it from the top—be careful not to hit the blade. Place oats and remaining ingredients (except quick oats) in a large mixing bowl. Add blended mix to the oats and mix gently with your hands. If the mix is too wet the granola will not be tender. So if it is sticking to your hands or feel sticky, add the extra quick oats and work into mix. Place mixture on two large cookie sheets that have sides and spread it loosely--do not pack or pat down. Place in oven at 175 degrees for about 8 hours. If it's baked slowly there will be no need to stir.

Creamy Rice

1 Cup coconut milk
1 banana
1 C pineapple juice
½ tsp coconut extract
4 Cups cooked rice
Crushed pineapple and raisins

Blend together the coconut milk, banana, juice, and coconut extract. Place rice in a lightly oiled baking dish and fold in the crushed pineapple and raisins. Stir in the blended mixture. Bake at 350 degrees until hot.

Healthy Gluten Free Waffles

- 2 Cups water
- 1 Tbsp apple juice concentrate (or may use 1 date or ½ Tbsp raisins)
- 1 Cup quick oats
- ¼ Cup millet or cornmeal
- ¼ Cup flaxseed
- ¼ Cup raw cashews
- 2 Tbsp cornstarch
- ½ tsp salt

Preheat waffle iron. Blend all ingredients for 1 minute. Pour into waffle iron and bake until the steam stops rising and the waffle is golden brown and crisp. Tip: I don't like the soggy interior of waffles, so I make my waffles ahead, freeze them, and then take them directly from the freezer and toast them in the toaster. This makes the interior much crispier. Instead of putting unhealthy sugar syrups on waffles, use Fruit Sauce and Homemade Cool Whip for a topping (see next recipes).

Fruit Sauce

- 4 Cups diced fresh or frozen fruit, any combination
 - 12-oz. can frozen concentrated apple or white grape juice
 - 1 Cup water
 - 1/3 Cup cornstarch or arrowroot powder dissolved in ½ Cup water
- Place fruit, juice, and water in saucepan over high heat until it begins to boil. Remove from heat and stir in cornstarch mixture slowly while stirring to prevent lumps. Return to heat and keep on stirring until it begins to boil and becomes thick.

Homemade Cool Whip or Icing

- 1 Cup water
- 2 Tbsp agar flakes or 4 tsp powder
- ½ Cup raw cashews
- ½ Cup honey
- ½ tsp salt
- 1 tsp vanilla
- ½ tsp coconut extract
- ¼ tsp xanthan gum (optional, but needed for icing)
- 1 can coconut milk

Stir together the agar and water and bring to a boil, stirring constantly. Reduce heat and simmer for 1-2 minutes. Place remaining ingredients in blender along with the hot agar mixture. Blend on high until smooth, adding water as needed to make 3 ½ to 4 Cups total mixture (3 ½ Cups for icing, 4 Cups for Cool Whip). Chill in refrigerator. Before using, place chilled mixture (which will be firm) in the blender or a food processor and blend until creamy. Best to blend half the mixture at a time. You may need to push the mixture towards the blades with a spatula to get it to blend. Once it has been reblended it won't need to be reblended again. Freezes well for future use also.

Tofu Pancakes

8 medium potatoes, grated
½ lb tofu, whizzed in blender
1 large onion, grated
¼ Cup fresh parsley, chopped fine
1 tsp salt
½ tsp garlic powder
3 Tbsp cornstarch

Mix together. For each pancake brush a 6 inch skillet with oil and heat to a medium heat. Spoon about ¾ Cup of the potato mixture into the pan and flatten to 3/8 to ½ inch thick. Fry 5-7 minutes on each side or until golden brown. Serve like pancakes. Top with applesauce..

Homemade Applesauce

Blend apples with apple juice concentrate in blender or food processor to the consistency of apple sauce. Add cinnamon to taste.

Halvah (Middle Eastern Fudge)

In the Middle East they serve this dish for breakfast along with bread, black olives, and feta cheese. It is also sweet enough to use as a dessert.

2 Cups sesame tahini
1 Cup honey
2 scant Cups soy milk powder (Better Than Milk tastes the best)
1 to 1 ½ Cups chopped walnuts, or any other nut

Mix the first three ingredients thoroughly. It will get very stiff so at that point it is easier to mix with your hands. Then add the chopped walnuts and remix. Press into a 9x9 inch pan. Cut into squares about 1 ½ inches in size. Refrigerate till firm. This recipe is very high in calcium so if you need to increase your bone density, this is a good recipe to eat. It's also very rich so eat sparingly. One or two pieces a day is sufficient. However, if you need to gain weight, eat 3-4 pieces per day and you will probably do so.

Muesli

7 medium apples
1 Cup rolled oats
¼ Cup raisins
¼ Cup almonds
½ tsp cinnamon

Juice the apples and save 2 ¼ Cups of the juice and ½ Cup of the pulp. In a separate bowl combine the apple juice, pulp, oats, raisins, almonds, and cinnamon. Mix. Cover bowl and place in refrigerator allow to soak overnight. To serve, place in individual bowls and top with any combination of berries, bananas, and Homemade Cool Whip. (See the recipe for Homemade Cool Whip on page 5 of this section of recipes.)