

Breakfast Hash

Class 44 FG Marla Danielson

Potato Hash

4 c. diced potatoes (any kind, peeled or unpeeled)

2 t. ***Sensational Seasoning****

$\frac{3}{4}$ t. salt, or to taste

$\frac{1}{4}$ t. each: paprika, parsley, garlic powder

Cook diced potatoes in pressure cooker until tender (3 minutes, time will vary depending on size and type of potato). Place in frying pan with a splash of olive oil and fry with seasonings. *To make ***Sensational Seasoning*** stir together: $\frac{3}{4}$ c. nutritional yeast, 1 $\frac{1}{2}$ t. salt, $\frac{1}{2}$ t. each: garlic powder, onion powder, parsley flakes, $\frac{1}{4}$ t. each: oregano, basil

Tofu Hash

$\frac{1}{3}$ c. each: onion, chopped and red bell pepper, chopped

3 baby carrots, finely grated

1 block firm tofu, rinsed and drained

1 T. ***Sensational Seasoning***

$\frac{3}{4}$ t. salt, or to taste

$\frac{1}{4}$ t. turmeric

Put a splash of olive oil in frying pan and add vegetables first. Fry for a couple of minutes on medium then add crumbled tofu and seasonings. Fry on medium-high for 7-10 minutes until extra moisture is absorbed, stirring frequently. Turn off heat and stir in 1 c. chopped, fresh spinach leaves. **Opt. Toppings:** ***Country Gravy***, sliced avocados or guacamole, cilantro, green onions, salsa...be creative and enjoy!

Country Gravy

2 c. plant-based milk

$\frac{1}{2}$ c. raw cashews

2 T. brown rice flour

1 t. each: onion powder, salt

$\frac{1}{4}$ t. each: garlic powder, coriander

Place all ingredients in blender and blend until smooth. Place in small kettle on medium high and just bring to a boil, stirring frequently. Stir in $\frac{1}{4}$ t. parsley flakes if desired. ***Optional add-ins:*** peas, mushrooms, sauteed onions

Applesauce

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Variety of chopped apples, unpeeled and cored
Apple Cider
Spices to taste: ginger, cardamom, cinnamon

Place chopped apples in kettle and add apple cider, only $\frac{3}{4}$ Inch on bottom of kettle. (The apples make a lot of juice so you don't need much, too much will make a runny sauce) Bring to boil, reduce heat to medium and cover. Cook until soft. Run through a strainer or food mill. Add your favorite spices and a bit of sugar, if desired.

Breakfast Smoothies

Banana, apple, orange
Frozen Fruit (1/2 c.)
Cranberries, fresh or frozen (1/4 c.)
Flax meal (1 t.)
Lemon Juice ($\frac{1}{2}$ t.)
Plant-based milk, add to just below level of fruit

Blend in blender all ingredients until smooth. Enjoy!

Breakfast Sausage Patties

1 flax egg (1 T. flax meal mixed with 3 T. water)
 $\frac{1}{2}$ c. each: quick oats, walnuts
2 t. each: onion powder, sage
 $\frac{1}{2}$ t. salt
 $\frac{1}{4}$ t. each: rosemary, garlic powder, paprika, coriander, Italian seasoning
Pinch of fennel
1 can Progresso Lentils, drained and rinsed (1 $\frac{1}{2}$ c. cooked, seasoned lentils)
 $\frac{1}{4}$ t. molasses
1 T. maple syrup
 $\frac{1}{4}$ c. panko breadcrumbs

Make flax egg, set aside. Place oats and walnuts in food processor with all the dry seasonings and process to a fine texture. Add lentils, molasses, flax egg and maple syrup. Pulse 10 times, briefly. Place in bowl and stir in panko breadcrumbs. Heat fry pan with some olive oil, use small cookie scoop to form balls, flatten slightly and brown each side. For a quick, tasty topping: blend 1 can stewed tomatoes, Mexican style, in blender until smooth. Use like salsa. Enjoy!

Maple Cinnamon Rolls

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Yield: 12 rolls

Dough

1 flax egg (mix 1 T. flax meal with 3 T. water)
2 ½ t. instant or rapid-rise yeast
1 c. plant-based milk
1 T. maple syrup
2 T. applesauce
2 t. olive oil
½ t. vanilla
½ c. each: rye flour, barley flour
1 1/2 c. organic unbleached all-purpose flour, divided
1 t. salt
¼ t. cinnamon and a pinch of ginger

Make flax egg, set aside. Warm milk and maple syrup in microwave for 40 seconds until very warm. Mix in yeast and let rest for 5 minutes. Stir in flax egg, applesauce, oil, vanilla, rye, and barley flour, ½ c. all-purpose flour, salt, cinnamon, and ginger. Cover and let rest for 15 minutes. Stir in remaining 1 c. flour ½ c. at a time then place on lightly floured countertop and knead just a few minutes, very gently, adding a few sprinkles of extra flour if needed, until a soft, slightly sticky, smooth ball forms. Dust same bowl with flour, add dough, dust top with flour, cover and let rest for 15 minutes.

Lightly flour countertop again and carefully remove dough from bowl. Do not knead any further, pat with your hands and use a rolling pin to make a large rectangle, ¼ inch thick. Butter like bread, spreading a thin layer of softened margarine over dough. Sprinkle with cinnamon and ½ c. brown sugar, spread evenly over top, smoothing with your hands. Sprinkle again with cinnamon, lightly, and roll up. Cut into 12 equal rolls with a serrated knife, slowly and carefully, using a sawing motion. Place in a 10-inch round cake pan that has been oiled or lined with parchment paper (the rolls will lightly touch each other). Let rise for 10-15 minutes until rolls look puffy and are very soft to the touch. Sprinkle additional cinnamon on top of rolls, if desired, and bake at 350° for 20 minutes. Let cool in pan and frost, if desired.

Frost with a simple mixture of powdered sugar and a bit of milk or your own easy **Maple Cream Cheese Frosting**. Sprinkle a bit of extra cinnamon on top of frosting if desired.

Maple Cream Cheese Frosting: 3 T. plant-based margarine, softened (not melted), ¼ c. plant-based cream cheese, ½ t. each: vanilla, lemon juice, 1 c. sifted powdered sugar, 1/8 t. maple flavoring, or to taste. Beat until smooth, margarine and cream cheese, add remaining ingredients and beat again until smooth. If too thick, add a little milk, if too thin, add a little more powdered sugar. Tasty! Enjoy!