

## Soft Breakfast Biscuits *by Marla Danielson*

Hillsboro Class 2

- 2 t. Quick rise yeast
- 1/3 c. very warm water
- 1 T. maple syrup
- 1/2 c. raw cashews
- 2/3 c. water
- 2 1/2 - 3 c. white spelt flour (New Seasons Market, bulk)
- 1/2 t. salt

Lite Coconut milk, room temp or warm a bit

**Directions:** Preheat oven to 350°. In a bowl, stir yeast, warm water and maple syrup. Set aside for 10 minutes. Blend raw cashews and water until very smooth. Add to yeast mixture, stir, add 2 1/2 c. white spelt flour and salt. Mix until a loose ball forms. Put onto a floured countertop and knead into a soft smooth ball, adding more flour as needed. Cover the smooth ball with a light cloth and let rise for 15 minutes. Knead again briefly, adding more sprinkles of flour as needed. Pat or roll into an oval rectangular shape about 1/2 inch thick. Cut into biscuits. Place onto a parchment-lined tray and brush with lite coconut milk. Let rise for 15 minutes then bake for 15 minutes. Turn the oven to broil and brown tops for about 1 minute, watch carefully. Enjoy!



## Breakfast Country Gravy *by Marla Danielson*

- 2 c. water, divided
- 1/2 c. raw cashews
- 1 1/2 T. brown rice flour
- 3/4 t. Salt
- 1/2 T. vegetable bouillon flakes, plus a pinch of rosemary

**Directions:** Place in a blender 1 c. water, cashews, flour and salt and blend until very smooth. Place in a small kettle and whisk in remaining 1 c. water, vegetable bouillon flakes and a pinch of rosemary. Bring to a boil over medium heat, stirring occasionally. Enjoy!

## Breakfast Oatmeal Patties *by Marla Danielson*

- 1 c. water
- 3/4 t. Each: Italian seasoning, onion powder
- 1/2 t. salt
- 1/4 t. Garlic powder
- 3/4 c. quick oats
- 1/4 c. finely chopped walnuts

**Directions:** Bring water to a boil, remove from heat, whisk in seasonings, add oats and walnuts and mix with spoon. Let rest briefly for oats to soak up some moisture. Drizzle some oil in a non-stick fry pan and fry until nicely browned on each side. Enjoy! [sdaplantbasedrecipes.com](http://sdaplantbasedrecipes.com)

## **Breakfast Potatoes** *by Marla Danielson*

Hillsboro Class 2

### **Ingredients**

4 c. yellow potatoes, chopped (can use part sweet potatoes)  
2 T. plant butter  
½ c. fresh onion, chopped  
1 large garlic clove, minced  
2 T. vegetable bouillon flakes, divided  
½ c. water  
Salt to taste



**Directions:** Chop potatoes, set aside. Melt plant butter in a frying pan, add onion and garlic and saute for 2-3 minutes until softened. Add chopped potatoes, 1 T. vegetable bouillon flakes and ½ c. water. Mix well, bring to a boil, reduce heat to medium. Cover and cook for about 15 minutes, or until water is mostly absorbed. Remove cover, turn heat up to medium-high, add remaining 1 T. vegetable bouillon flakes and salt to taste (I added 1 t.), mix well, and lightly brown.. **Opt.** add some fresh spinach, cover, let wilt, and mix well. Enjoy!

**Tasty Sauce for Potatoes:** whisk together ½ c. vegan mayo, 2 T. tomato sauce, 1 T. maple syrup, 2 t. brown rice flour, and 1 t. vegetable bouillon flakes.

### **To make Vegetable Bouillon Flakes** *by Marla Danielson*

Stir together: ½ c. nutritional yeast flakes, 1 T. each: onion powder, garlic powder, ½ T. each: dried parsley flakes, Italian seasoning, Homemade Poultry Seasoning, and pinch of turmeric and salt. (for veggie broth, mix 1 T. per 1 c. hot water)

### **To make Homemade Poultry Seasoning** *by Marla Danielson*

Stir together: 4 t. Sage, 2 t. Each: marjoram, thyme, 1 t. Celery seed

### **How to make Berry Chia Jam** *by Marla Danielson*

Place frozen or fresh berries in a small kettle and add some water (about ¼ c. for every cup of berries, some berries may need a little more). Bring to a boil, reduce heat and cook for 30 minutes, uncovered. (During this time, I mash with a potato masher). Remove from heat and add chia seeds (½ - ¾ T. per cup of berries). Add sweetener of your choice, to taste (maple syrup, agave, coconut sugar), a pinch of salt and a bit of lemon juice (¼ t. per cup). Mix well and let rest for 30 minutes to thicken. (The more chia seeds, the thicker it will be) Store in the fridge for up to 2 weeks or it freezes well too, and you can use as needed. Enjoy!

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## **Carob Peanut Clusters** by *Marla Danielson*

Hillsboro Class 2

### **Ingredients**

½ c. Landau Sweetened Carob Chips (from Amazon)

1 T. water

⅓ c. roasted, salted peanuts

**Directions:** Microwave carob chips and water for 30 seconds and stir well until smooth. Add peanuts, mix well, and drop by teaspoonfuls into candy molds, or mini silicone cupcake molds. Keep in the freezer and pop one out to enjoy!

## **Mini Oatmeal Cream Pies** by *Marla Danielson*

### **Ingredients for Oatmeal Cookies**

½ c. almond butter (I used Barney's Butter, no added sugar or salt)

¼ c. each: coconut sugar, maple syrup

1 T. plant-based milk (I used almond milk)

2 t. Molasses

1 t. Vanilla

½ c. blanched almond flour

¼ c. each: quick oats, old-fashioned oats

¼ t. each: salt, cinnamon

### **Ingredients for Filling**

½ container vegan cream cheese

4 t. maple syrup

1 t. vanilla



**Directions:** Preheat oven to 350°. Cream almond butter, coconut sugar, maple syrup, plant-based milk, molasses and vanilla. Add the rest of the ingredients all at once and mix well. Drop by teaspoonfuls onto a parchment-lined tray (for bite-size, I made 30, for 15 sandwiches). With the back of a wet spoon, flatten slightly, making all the same size. Bake for 8-10 minutes for bite-size cookies and 10-12 minutes for larger cookies. (Watch carefully so they don't get too brown on bottom, they will seem soft when you remove them from the oven, but they will firm up as they cool). Let cool and spread with filling and make a cookie sandwich. To make the filling, mix all the ingredients, mashing the cream cheese with a fork first, then adding the maple syrup and vanilla. Keep mashing with a fork and using a spoon to mix as well as possible without a lot of lumps. Add a little bit more maple syrup if needed for a creamier filling. Keep in the freezer. When serving, let sit out at room temp to soften a bit. (They're also good straight from the freezer, like an ice cream sandwich!)

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