

30 DELIGHTFUL VEGAN RECIPES BY  
3ABN HOSTS, STAFF, AND THEIR FAMILIES

VOLUME 1

# Breakfast by **3ABN**

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recipes visit  
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Pg. 7 Muesli



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# Conversions

English/Metric

## Weight (Mass) Measurements

½ ounce = 15 g  
 1 ounce = 30 g  
 3 ounces = 90 g  
 4 ounces = 110 g  
 8 ounces = 230 g  
 10 ounces = 280 g  
 12 ounces = 340 g  
 16 ounces = 450 g  
 1 pound = 450 g

## Oven Temperatures

250°F = 120°C  
 300°F = 150°C  
 325°F = 160°C  
 350°F = 180°C  
 375°F = 190°C  
 400°F = 200°C  
 425°F = 220°C  
 450°F = 230°C

## Dry Volume Measurements

1 teaspoon = 5 mL  
 1 tablespoon = 15 mL  
 2 tablespoons = 30 mL  
 1 cup = 250 mL  
 2 cups = 500 mL  
 3 cups = 750 mL  
 4 cups = 1 L

## Fluid Volume Measurements

1 fluid ounce = 30 mL  
 4 fluid ounces = 110 mL  
 8 fluid ounces = 230 mL  
 12 fluid ounces = 340 mL  
 16 fluid ounces = 450 mL

## Deciliters

**Note:** Measuring units have been rounded for simplicity. 1 dL = 100 mL



Gluten-Free Option

**Total Time** = Approximate preparation time plus cook time.

**Servings** are approximate.

**Total Time:** 60 min

**Servings:** 8-10

## Apple-Oat Casserole by Camille Gilley

### INGREDIENTS

**2 cups** quick oats  
**1 cup** dates  
**1 cup** coconut  
**2 cups** grated apples  
**1 tsp** vanilla  
**½ to 1 tsp** salt  
**2 cups** soy milk

### STEPS

- 1 Mix all ingredients together.
- 2 Let set one-half hour to overnight.
- 3 Cover and bake at 350°F for 45 to 60 minutes.

### RECIPE IDEA

This recipe can easily be gluten-free by replacing the regular quick oats with gluten-free oats.



*This Sabbath-morning favorite is very easy to prepare. Mix ingredients together Friday afternoon, cover, and set in oven; Sabbath morning just turn oven to bake, and enjoy a wholesome, hearty breakfast!”*





## Quick & Easy Crockpot Cereal

by Diane Hamilton

### INGREDIENTS

**3 cups** whole rolled grain flakes cereal\*

**7 cups** water

**1 tsp** salt

*\*Use any variety of wheat, barley, oats, rye, etc. in any combination. (Flake grains have a fluffier cooked consistency as compared to the finely ground grains which make for a pastier texture.) For hearty grits use coarse-ground cornmeal.*

### STEPS

- 1 Combine all ingredients in a crockpot and stir.
- 2 Cook on low overnight (no more than 9 hours).
- 3 In the morning stir and turn pot on "warm" until ready to serve.
- 4 Serve with maple syrup, raisins, chopped walnuts, coconut, and soy milk or nut milk.

### WHAT TO DO WITH LEFTOVERS

- 1 Press the leftover cereal into a container making sure it is patted firmly into the container. For added flavor stir chopped onions and garlic into the cereal before it cools. Refrigerate. Take a table knife and cut around the perimeter of the container to loosen the cereal. Gently tap out the block of cereal onto a cutting board, slice into ½ inch slabs, dip in egg replacer, coat with seasoned breading mix, and fry in small amount of oil until lightly browned. Serve immediately while crust is crunchy. Sprinkle with salt or seasoned salt to taste.
- 2 In large mixing bowl cut stiffened cereal into large chunks. Add soy or nut milk until the desired consistency is achieved by stirring with electric whisk or beaters. Any leftovers after this point will not congeal into a stiffened block even if frozen and thawed to use at a later time. Reheat in microwave the amount needed. Serve with milk and toppings.

*A crockpot simplifies the morning rush by having a hearty, hot bowl of cereal all ready to dish up. The fried leftovers are the way my grandparents would fix congealed, cooked cereal."*

**Total Time:** Overnight  
**Servings:** 10-12 cups

**Total Time:** 2 hrs 15 min  
**Servings:** 10-12

## Crispy "Golden Granola" Crunch

by Nyse Collins

### INGREDIENTS

**7 cups** old-fashioned rolled oats

**1 cup** quick oats

**1 cup** sliced almonds

**1 cup** unsweetened coconut, shredded

**1 cup** raw sunflower seeds

**1 cup** water

**½ cup** honey

**¼ cup** blackstrap molasses

**1 tsp** sea salt

### STEPS

- 1 In a large bowl, mix oats, almonds, and coconut.
- 2 Blend sunflower seeds, water, honey, molasses, and salt until creamy.
- 3 Stir wet ingredients into dry, mixing thoroughly.
- 4 Bake at 225°F for about 2 hours.

*A key to starting your day, this Crispy "Golden Granola" Crunch is dangerously good for you!"*



## Fruit & Nut Granola

by Ariel Warren

### INGREDIENTS

**10 cups** old-fashioned rolled oats  
**½ cup** brown sugar  
**1 cup** unsweetened coconut (shredded or flakes)  
**1 cup** each, chopped nuts (I use almonds and walnuts)  
**½ cup** olive oil  
**1½ cups** orange juice

### OPTIONAL

**pumpkin seeds**

**sunflower seeds**

**dried cranberries**, chopped (add right after baking)

**dried pineapple**, chopped (add right after baking)

### STEPS

- 1** Preheat oven to 350°F.
- 2** Whisk olive oil and orange juice together.
- 3** Mix dry ingredients.
- 4** Pour wet mixture into dry. Stir until evenly coated.
- 5** Divide mixture into two 9 by 13 inch baking dishes.
- 6** Bake for 1 hour, stirring every 15 minutes.  
**OR** Bake at 190°F for 5 hours.

### RECIPE IDEA

My husband loves to top this off with almond milk, some freshly ground flax seeds, and a touch of Grade B Maple Syrup. Fresh fruit or berries are always a welcome addition.

“This delicious granola is based on a Warren family recipe and is really easy to adjust to your own taste. Just throw in the types of nuts, seeds, and dried fruit that you like and enjoy!”

**Total Time:** 30 minutes  
**Servings:** About 12 cups

**Total Time:** 30 minutes  
**Servings:** 2

### INGREDIENTS

**2 apples**, sliced (use Golden Delicious, Fuji, or Gala)  
**¼ cup** soy milk  
**8 dates**, pitted  
**½ cup** whole almonds  
**1 tsp** vanilla  
**1 cup** old-fashioned rolled oats  
**1 cup** pineapple juice or orange juice, unsweetened

## Muesli

by Curtis & Paula Eakins

### STEPS

- 1** Cover old-fashioned oats with pineapple juice, set aside until liquid is absorbed, about 10 minutes.
- 2** In a food processor, blend together dates, almonds, apples, and soymilk.
- 3** Place a serving-size portion of oat mixture into two serving bowls and divide the mixture from the food processor into each bowl and serve.



Visit [3ABNrecipes.org](http://3ABNrecipes.org) for more recipes.



## Milky Way Cashew Milk

by Nyse Collins

### INGREDIENTS

**⅔ cup** cashews  
**¾ cup** water  
**⅛ tsp** or a **pinch** of salt  
**1 Tbsp** honey  
**3 to 4 cups** water,  
 according to taste

### STEPS

- 1** Blend cashews, ¾ cup water, salt, and honey in blender until creamy, about one minute.
- 2** Mix in remaining water to taste.
- 3** Refrigerate until needed.
- 4** Shake before serving.

### RECIPE IDEA

Almonds can be used instead of cashews if desired. Add less water to make a cream sauce for cereal or whatever you like.

**Total Time:** 5 min  
**Servings:** 8-10



*“This recipe stays fresh for three to four days, but it never sticks around that long because it’s a family favorite.”*

## Almond Milk

by Melody Prettyman

**Total Time:** 10 min  
**Servings:** 1 quart

### INGREDIENTS

**1 cup** blanched almonds  
**½ tsp** salt  
**2 Tbsp** agave nectar  
**4 cups** water

### STEPS

- 1** Pour all ingredients into a blender and blend until very smooth.
- 2** Strain through a mesh bag or cheesecloth.
- 3** Refrigerate until needed.
- 4** Shake before serving.

*“Blend in 1 Tbsp carob powder for “chocolate” milk, or add a little vanilla extract if you like vanilla flavor. Also try fresh strawberries and vanilla for another delicious variation!”*



## Blueberry Muffins

by Melody Prettyman

### INGREDIENTS

**2 cups** white wheat flour  
**1 Tbsp** baking powder  
**½ tsp** salt  
**⅓ cup** organic cane sugar  
**1¼ to 2 cups** soy milk  
**⅓ cup** olive oil  
**1 tsp** pure vanilla  
**1 cup** blueberries,  
 fresh or frozen

### STEPS

- 1 Preheat oven to 350°F.
- 2 In a large bowl, sift flour, baking powder, salt, and cane sugar together.
- 3 Add blueberries and mix with flour – if they are frozen, this will absorb the juice so it will not discolor mixture. Make a well in the middle.
- 4 In a separate bowl, combine the milk, vanilla, and oil, and stir. Pour the liquid into the middle of the flour ingredients and fold together until smooth.
- 5 Spoon mixture into sprayed muffin pan and bake 20 to 30 minutes, or until toothpick inserted in the middle comes out clean.

**Total Time:** 45 min  
**Servings:** 12 muffins

**Total Time:** About 45 min  
**Servings:** 12 bars

## Apple Pecan Breakfast Bars

by Cari Christian



### INGREDIENTS

**¾ cup** sorghum flour  
**¾ cup** all purpose  
 gluten-free baking mix  
**1½ cups** gluten-free  
 quick oats  
**2 Tbsp** tapioca flour  
**1¼ tsp** salt  
**¾ tsp** baking soda  
**2 tsp** cinnamon  
**½ tsp** nutmeg  
**½ tsp** cardamom  
**1 cup** pecans, roughly  
 chopped or broken pieces  
**2 cups** grated apples  
 (3 to 4 medium, tart)  
**¼ cup** water  
**⅓ cup** honey  
**¼ cup** stevia\*  
**¼ cup** safflower oil

*\*Pure stevia extract is 300 times sweeter than sugar so use a stevia product that measures in the same relative amount as sugar, like Stevia in the Raw. If using full strength stevia remember to adapt the amount used.*

### STEPS

- 1 Preheat oven to 350°F.
- 2 Lightly oil a 9 by 13 inch baking dish.
- 3 Mix dry ingredients.
- 4 Peel, core, and grate apples.
- 5 In a separate bowl emulsify water, honey, and oil. Stir vigorously with a fork or whisk. The honey will cause the water and oil to combine. Stir in grated apples.
- 6 Stir this mixture and the pecan pieces into dry ingredients until all ingredients are well moistened.
- 7 Spread mixture evenly in baking dish.
- 8 Bake for 10 minutes then lightly brush top with oil.
- 9 Bake 15 to 20 more minutes for a total baking time of 25 to 30 minutes.
- 10 For easier cutting, allow product to cool, then slice into bars.

### RECIPE IDEAS

- 1 Try using walnuts instead of pecans or pears instead of apples, add ½ cup of flax seed or coconut, throw in some dried cranberries, or all of the above! For more texture try using old fashioned rolled oats.
- 2 Now that your yummy, chewy bars are ready, enjoy one with a steaming hot cup of rooibos tisane (herbal tea) or cold almond milk. Or, top one off with some almond butter, hot apple sauce, or banana slices.

“This is a great, basic muffin recipe. For variations, try lemon zest, poppy, pumpkin, apple or banana nut. (If using pumpkin or banana make sure to adjust the milk).”



“Got an early flight? No time for breakfast? Mildly sweet with a nutty crunch, these bars make a well-rounded breakfast that you can pack in the palm of your hand.”



## Blueberry “Buttermilk” Pancakes

by Jill Morikone

**Total Time:** 30 to 40 min  
**Servings:** 14 (6 inch) pancakes

### INGREDIENTS

**2½ cups** flour  
 (any combination of unbleached white or whole wheat pastry flour)  
**2 Tbsp** sugar  
**3 tsp** Rumford baking powder  
**1 tsp** salt  
**2½ cups** soy milk  
*mixed with*  
**1 Tbsp** lemon juice  
**¼ cup** canola oil

### STEPS

- 1 Mix dry ingredients together.
- 2 Add pre-mixed wet ingredients and whisk until fairly smooth.
- 3 Pour batter by ¼ cupfuls onto hot griddle.
- 4 Add fresh or frozen blueberries to each pancake. Be creative – try raspberries, other berries, or even walnuts and carob chips!
- 5 Cook until golden.

“The lemon juice is the perfect substitute for the buttermilk in this recipe. Top with your favorite fruit sauce or fresh applesauce and enjoy!”



## Oat-Nut Waffles

by Camille Gilley



**Total Time:** A few min  
**Servings:** 9 (8 inch, round) regular waffles

### INGREDIENTS

**1 cup** nuts  
 (walnuts work best)  
**3 cups** rolled oats  
**1 tsp** salt  
**1 Tbsp** oil  
**4 cups** water

### STEPS

- 1 Preheat waffle iron. Spray with nonstick spray for the first batch.
- 2 Put all ingredients into blender and blend until creamy.
- 3 Pour onto hot waffle iron and cook about 2 minutes.

### RECIPE IDEAS

- 1 These waffles are great when you're in a pinch for time. They keep well in the freezer and you can pop them in the toaster for a quick, crisp breakfast.
- 2 You can also make this recipe gluten-free by replacing the regular rolled oats with gluten-free oats.

“This recipe has been in our family for many years. We like to serve it with a variety of toppings, including a savory cashew gravy with mushrooms or garbanzo beans.”



Visit [3ABNrecipes.org](http://3ABNrecipes.org) for more recipes.



# Wonderful Crispy Waffles

by Christine Baker

## INGREDIENTS

- 4 cups** rolled oats
- 4 cups** water
- 4 Tbsp** cornstarch
- 1 tsp** ground coriander
- 1 tsp** salt
- 2 Tbsp** canola oil
- 2 Tbsp** vegan margarine, melted
- 2 tsp** agave nectar
- 2 tsp** vanilla extract

## STEPS

- 1** Combine all ingredients in blender, and process for a few minutes.
- 2** Pour batter onto greased waffle iron. Cook for 4 to 5 minutes or until golden brown.

## RECIPE IDEAS

- 1** Serve with raw raspberry preserves and some soy whip topping. Or top it off with your favorite fruit and sprinkle some nuts on top. I like to serve my waffles with “banana ice cream,” made by mixing frozen bananas with your favorite berries or fruit in a food processor. It makes a wonderful creamy topping.
- 2** For a savory breakfast, you can also serve these waffles with a savory sauce, like creamed spinach or mushroom all topped off with red onion and cherry tomatoes! Try it! You will not be disappointed! But be sure to leave out the vanilla extract when you make the savory waffles. Enjoy and don't be afraid to try waffles with new toppings!

*The traditional way to eat waffles in Sweden, where I am from, is with jam and a dollop of whipped cream. But there are so many ways to eat a waffle!”*

**Total Time:** 15 min  
**Servings:** 5 large waffles

**Total Time:** 15 min  
**Servings:** 4 (2 slices each)

# Stuffed French Toast

by Mark Anthony

## BATTER

- ¾ cup** soy milk
- 1 package** (12 ounces) silken-style tofu, soft
- 1 tsp** cinnamon
- 1 Tbsp** vanilla
- 8 pieces** Texas toast

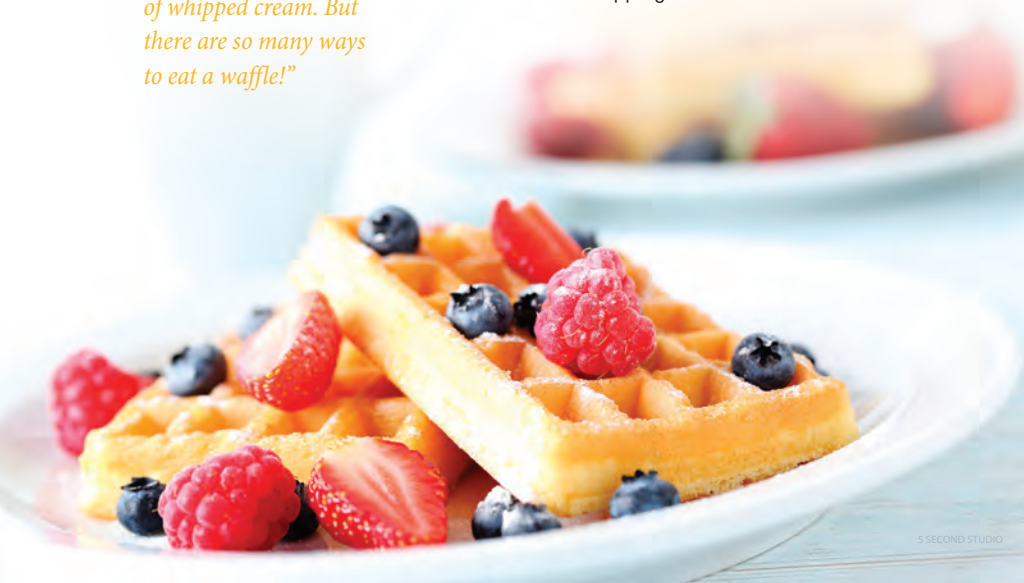
## STUFFING

- 1 cup** vegan cream cheese
- ¼ cup** canned peaches, diced

## STEPS

- 1** Combine cream cheese and peaches and mix well. Split bread to form a pocket. Spread inside thinly with cream cheese and stuff with peaches.
- 2** In blender, blend batter ingredients until smooth, adding more liquid if necessary. Spread prepared bread with mixture until completely wet.
- 3** Cook on medium high in well-oiled pan.
- 4** Serve with **Berry and Peach Fruit Topping** and **Raspberry Tofu Cream Topping**. See pages 18 and 19.

*This is the WOW factor of French toast! Once you learn this fast and easy concept, you will be stuffing them all the time.”*



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## Citrus French Toast

by Stephanie Howard and Sarah Frain,  
from *Give Them Something Better*\*

### INGREDIENTS

- 2 cups** water, divided
- ½ cup** raw cashews
- ¾ cup** whole wheat pastry flour
- ½ cup** dates
- ½ cup** orange juice concentrate
- 1 Tbsp** vanilla extract
- ¼ tsp** cinnamon  
(or ⅓ tsp coriander and  
⅓ tsp ground cardamom)
- 1 loaf** whole grain bread

### STEPS

- 1** In blender, blend cashews and 1 cup of the water until very smooth.
- 2** Add remaining water, flour, dates, orange juice concentrate, vanilla, and cinnamon, and blend well. Pour into flat dish.
- 3** Slice bread and dip in blender mixture.
- 4** Fry in oil-sprayed skillet until golden on both sides.

\* Visit [givethemsomethingbetter.com](http://givethemsomethingbetter.com) for more recipes.



**Total Time:** 15 min  
**Servings:** 8

## Cranberry-Orange Scones

by Mark Anthony

### INGREDIENTS

- 2 cups** flour
- 3 Tbsp** natural sugar
- Zest** from one whole orange
- 2 tsp** baking powder
- ¼ tsp** baking soda
- ½ tsp** salt
- ⅓ cup** cold vegan margarine
- 1 cup** dried cranberries
- ¼ cup** orange juice
- ¼ cup** soy milk
- 1 ½ tsp** prepared egg replacer or ground flaxseed mixed with water\*

### STEPS

- 1** In a medium bowl, combine flour, sugar, orange zest, baking powder, baking soda, and salt. Cut in margarine.
- 2** Add the orange juice, soy milk, egg replacer, and cranberries.
- 3** Stir and knead lightly until well mixed.
- 4** Pat out onto a baking tray lined with oil-sprayed parchment paper into a ½ to ¾ inch thick round or rectangle. Cut into wedges.
- 5** Bake at 375°F for 30 to 40 minutes. Do not over bake – these should be moist.
- 6** Wrap after removing from oven to retain moisture.
- 7** Serve with lemon curd made by whipping lemon pie filling with soy milk until creamy. Other pie fillings can be used for this as well.

\*To replace one egg, mix 1 Tbsp ground flaxseed with 3 Tbsp warm water and let sit about 10 minutes until it reaches a gummy, egg-like consistency.





## Berry & Peach Fruit Topping

by Mark Anthony

### INGREDIENTS

**4 cups** strawberries, cleaned and diced

**2 cups** blueberries

**4 cups** peaches, peeled and diced

**½ cup** brown rice syrup

### STEPS

**1** In a medium bowl, combine all ingredients and stir.

**2** Place in refrigerator, stirring occasionally, until marinated and chilled.

### RECIPE IDEA

Serve topped with Raspberry Tofu Cream (next page).

**Total Time:** 15 min  
**Servings:** 10 cups

**Total Time:** 5 min  
**Servings:** 10

## Raspberry Tofu Cream Topping

by Mark Anthony

### INGREDIENTS

**1 package** (12 ounces) Mori-Nu silken style tofu, extra firm

**¼ cup** raspberry juice concentrate, or to taste

**2 Tbsp** sugar or honey

### STEPS

**1** Place all ingredients in blender and blend well, stirring and adding more liquid, if needed.

**2** Refrigerate.

### RECIPE IDEA

Layer with fruit to make a colorful parfait.

“This recipe is great all by itself or you can use it as toppings for pancakes, waffles, and especially oatmeal.”

“This simple and fast recipe is great to use for any whipped cream topping.”



Visit [3ABNrecipes.org](http://3ABNrecipes.org) for more recipes.



“Who doesn't love pudding! But when it is served for breakfast with fresh berries ... you just can't beat that!”



Visit [3ABNrecipes.org](http://3ABNrecipes.org) for more recipes.

PHOTO SUPPLIED BY STEPHANIE HOWARD

**Total Time:** 15 min  
**Servings:** 8

## Fantastic Vanilla Pudding

by Stephanie Howard and Sarah Frain,  
from *Give Them Something Better*\*

### INGREDIENTS

**4 cups** nondairy milk  
**⅔ cup** cornstarch  
**¼ cup** maple syrup  
**1 tsp** salt  
**2 Tbsp** vanilla extract

### STEPS

- 1 Combine all ingredients, except vanilla, in a medium saucepan and stir well.
- 2 Bring to a boil over medium-high heat, stirring frequently, cooking until thickened. Stir in vanilla.
- 3 Chill overnight. Before serving, place in a food processor and blend until smooth.
- 4 To assemble parfait: Layer granola, **Fantastic Vanilla Pudding**, fresh berries or fruit sauce, and banana slices in a parfait glass or dessert dish.

\* Visit [givethemsomethingbetter.com](http://givethemsomethingbetter.com) for more recipes.

**Total Time:** 20 min  
**Servings:** 6

## Tofu Maple Cream & Berries

by Curtis & Paula Eakins

### INGREDIENTS

**2 Tbsp** canola oil  
**½ tsp** sea salt  
**2 Tbsp** lemon juice  
**1 tsp** vanilla  
**2 to 3 Tbsp** maple syrup  
**1 package** (12 ounce) silken tofu, firm  
**1 cup** fresh blueberries  
**1 cup** fresh strawberries, sliced  
**1 cup** fresh blackberries  
**Granola**

### STEPS

- 1 In a blender add canola oil, sea salt, lemon juice, vanilla, and maple syrup.
- 2 Add silken tofu and blend until smooth.
- 3 In parfait glasses, add a layer of berries and a layer of tofu mixture. Repeat process twice and top with granola.



## Very Berry Breakfast Smoothie

by The Holmes Sisters

### INGREDIENTS

- 1 cup** frozen unsweetened strawberries
- ½ cup** frozen raspberries
- 1 cup** frozen pineapple
- 1 cup** of water
- 1 cup** of apple juice
- 4-7** dates
- 1 small piece** of ginger
- 1 Tbsp** ground flaxseed
- 1 fresh** lemon

### STEPS

- 1** Combine all ingredients in blender, adding lemon juice to taste.
- 2** Puree until smooth.

### RECIPE IDEA

Try experimenting with other fruits like fresh or frozen blueberries, peaches, or mango.

“Start your day off with a bang with this fruit-packed smoothie recipe.”

**Total Time:** 10 min  
**Servings:** 3-4 glasses

**Total Time:** 5 min  
**Servings:** 4 glasses

### INGREDIENTS

- 2 leaves** kale
- A few sprigs** parsley
- 1 stalk** celery
- 2 leaves** romaine lettuce
- 1 banana**
- 1 cup** mixed berries
- 1 cup** water
- 1 cup** nut milk

## Energy Drink

by Irma Murray

### STEPS

- 1** Place all ingredients in a blender and process until smooth.
- 2** Add more or less liquid depending on your preference of thickness.
- 3** Fruits used can be those of your choice.

“This drink provides enough energy for four or more hours! It's a great drink to clean your arteries and provides good nutrients for your whole family, and works especially to keep the young and mature mind clear.”



Visit [3ABNrecipes.org](http://3ABNrecipes.org) for more recipes.





## Blueberry Topping

by Marlene McKinney

### INGREDIENTS

- 4 cups** frozen blueberries
- 2 Tbsp** cornstarch
- 1 can** grape juice concentrate
- ½ cup** water

### STEPS

- 1** In saucepan, mix grape juice concentrate, water, and cornstarch.
- 2** Add blueberries and heat until bubbly, stirring frequently.
- 3** Reduce heat and cook until thickened.
- 4** Serve and enjoy.

**Total Time:** 20 min  
**Servings:** 10-12

“This recipe can be used for waffles, cheesecake toppings, and pound cakes. It can be enjoyed warm or at room temperature.”



## Mushroom Tofu Scramble

by Sarah Prewitt

**Total Time:** 40-45 min  
**Servings:** 6-8

### INGREDIENTS

- 3 or 4 cups** raw, baby portobello mushrooms, sliced
- ½ to ¾ cups** red onion, diced
- 2 packages** silken tofu, extra-firm
- 1 Tbsp** apple cider vinegar
- 1 Tbsp** nutritional yeast flakes
- Salt to taste** (about 1 tsp)
- ½ tsp** turmeric
- 1 or 2 Tbsp** sesame oil
- 1 tsp** honey

**Total Time:** 10-15 min  
**Servings:** 2 burritos

### INGREDIENTS

- 2 flour tortillas**
- 1 to 1½ cups** **Mushroom Tofu Scramble**
- 2 slices** vegan cheese
- 16 Crispy Crowns** or **Tater Tots**

### OPTIONAL

vegan sour cream

### STEPS

- 1** Put sesame oil in a large skillet or pan.
- 2** Turn heat to medium high.
- 3** Add remaining ingredients, onions and mushrooms first.
- 4** Cover and let cook for ten minutes.
- 5** Uncover and continue to cook, stirring occasionally, until mushrooms obtain desired consistency and most of the liquid is gone.
- 6** Enjoy as a side dish, put in breakfast burritos, or use as a sandwich fill. Be creative.

“My husband loves this recipe. It's great as is, or you can be creative and add your favorite vegetables to this delicious savory mix.”

## Breakfast Burritos

### STEPS

- 1** Bake Crispy Crowns at 425°F for 10 to 12 minutes or until golden brown and crispy.
- 2** Warm **Mushroom Tofu Scramble**, if needed.
- 3** Heat flour tortillas on a moistened paper towel in the microwave for 20 seconds.
- 4** Put eight Crispy Crowns (or ½ cup fried or baked potatoes) on each tortilla.
- 5** Add 1 cheese slice to each tortilla, and then half the **Mushroom Tofu Scramble** into each.
- 6** Finally, add the vegan sour cream as desired.





## Breakfast Scramble Tacos

by Idalia Dinzey

**Total Time:** 35 min  
**Servings:** 4-6

### INGREDIENTS

**1 block** of water-packed tofu, extra firm  
**¾ cup** onions, chopped  
**3 cloves** garlic, grated or pressed  
**1 medium potato**, diced  
**1½ tsp** turmeric  
**1 tsp** ground oregano  
**½ tsp** cumin  
**½ cup** fresh cilantro, chopped (or to taste)  
**1 to 1½ cups** black beans, rinsed and drained  
**½ cup** sweet corn kernels (canned, fresh, or frozen)  
**salt** to taste  
**corn tortillas**

### OPTIONAL

**4 ounces** green chiles (or to taste)  
**fresh jalapeños**, chopped (remove seeds for less heat)  
**tomatoes**, chopped

### STEPS

- 1 Remove block of tofu from packaging and rinse thoroughly. Dice or crumble tofu.
- 2 Sauté the onions and garlic until clear/cooked. Add green chiles (optional), jalapeños (optional), and cilantro to taste. Let simmer for two minutes.
- 3 Add the tofu and sprinkle the turmeric, oregano, and cumin. Simmer until the tofu is almost dry.
- 4 Add beans (of your preference), corn, and salt to taste.
- 5 Let simmer until the potatoes are cooked. If you want more flavor, you can add a “taco seasoning” of your preference.
- 6 Heat corn tortillas in a skillet, toaster oven, or microwave until pliable. Fold tortilla in half, fill with tofu scramble, and roll it up.
- 7 Serve with diced tomatoes, fresh cilantro, and a squeeze of fresh lime juice. You may also garnish with salsa and/or vegan sour cream. Enjoy!

“Our two boys absolutely love this for breakfast ... and lunch, and if there’s any leftovers, for supper! I love to make them happy with a good solid breakfast to hold them through the morning.”

**Total Time:** 40-50 min  
**Servings:** 4-6

## Festive Skillet Potatoes

by Curtis & Paula Eakins

### INGREDIENTS

**3 Tbsp** canola oil  
**2 medium potatoes**, peeled, thinly sliced  
**2 medium sweet potatoes**, peeled, thinly sliced  
**½ medium onion**, chopped  
**½ cup** green pepper, diced  
**½ cup** red pepper, diced  
**1 tsp** garlic powder  
**1 tsp** onion powder  
**1 tsp** sea salt  
**1 cup** fresh spinach, chopped (optional)

### STEPS

- 1 Heat canola oil in skillet over medium heat. Add potatoes and sweet potatoes, brown on both sides. Lower heat, cover, and cook until potatoes are tender.
- 2 Mix in chopped onions, diced peppers, and remaining seasonings. Cook until onions are tender. Add spinach, cover for seven minutes, and serve.



Visit [3ABNrecipes.org](http://3ABNrecipes.org) for more recipes.

# Hash Brown Quiche

by Grace Yost

## INGREDIENTS

**4 cups** potatoes, grated (or frozen, shredded hash brown potatoes, thawed)

**A few drops** of olive oil

**Generous sprinkle** of soy "bacon" bits

**1 cup** vegan cheese, shredded

**1 package** (14 ounces) organic, water-packed tofu, extra-firm

**½ cup** onion, diced small and sautéed in oil

**⅓ cup** green bell pepper, diced small, sautéed in oil

**2 Tbsp** unbleached flour

**½ cup** almond milk, or milk of your choice

**3 Tbsp** nutritional yeast

**1 tsp** Vege-Sal

**1 tsp** lemon juice

**½ tsp** turmeric

**½ Tbsp** parsley flakes

## STEPS

- 1 Press hash brown potatoes between paper towels to remove excess moisture. Oil a 9-inch pie plate, and press hash browns up the sides and onto the bottom of the plate. Spray with oil.
- 2 Bake uncovered at 425°F for 20 minutes, or until edges are browned.
- 3 Combine remaining ingredients and spoon into crust.
- 4 Reduce heat to 350°F and bake uncovered for 45 minutes or until golden brown. Dish is done when a knife inserted near the center comes out clean.
- 5 Let stand 10 minutes before cutting.

## RECIPE IDEA

In place of the hash browns, try substituting your favorite pie crust.

**Total Time:** About 1 hr  
**Servings:** 6

**Total Time:** 20 min  
**Servings:** 4

# Scrambled Tofu

by Melody Prettyman

## INGREDIENTS

**1 package** (16 ounces) water-packed tofu, firm

**3 green** onions, diced

**½ cup** liquid from canned, ripe olives

**10 olives**, sliced

**½ green bell pepper**, diced

**½ red bell pepper**, diced

**1 Tbsp** nutritional yeast flakes

**Pinch of turmeric**, for color

**1 tsp** salt, or to taste

## STEPS

- 1 Place skillet on medium heat and add green onions, bell peppers, and olive liquid.
- 2 As soon as liquid starts to simmer, add crumbled tofu over vegetables evenly to cover, and add the yeast flakes, turmeric, and salt.
- 3 Let mixture sit and simmer until liquid is absorbed. Be careful not to scorch.
- 4 Stir and place in serving dish.

## RECIPE IDEA

If ripe green olives are not available, use black olives and replace brine with water. Add salt as desired.



ELENA VESELOVA





## Southern Style Biscuits

by Melody Prettyman

### INGREDIENTS

**2¼ cups** unbleached white flour, sifted or whole white wheat flour, sifted  
**½ tsp** salt  
**½ Tbsp** baking powder, aluminum free  
**4 Tbsp** Earth Balance margarine  
**1 cup** plain soy milk  
**1 Tbsp** fresh lemon juice

### STEPS

- 1 Preheat oven to 400°F.
- 2 In mixing bowl, sift together the flour, salt, and baking powder. Mix well.
- 3 Add the margarine, and, using your fingertips, rub the margarine and flour together until mixture is crumbly, working quickly.
- 4 Pour the lemon juice into the milk.
- 5 Make a well in the flour mixture and add milk. With hands, carefully fold the milk and flour mixture together.
- 6 Pour mixture onto floured surface. Pour ⅓ cup flour over top of mixture and gently fold to mix the remaining flour into the biscuits.
- 7 Gently roll to about 1 inch and cut with biscuit cutter. Place biscuits close together on a small sheet pan.
- 8 Bake for 12 to 15 minutes at 400°F, until lightly golden.

**Total Time:** 25-30 min  
**Servings:** 6-8 biscuits

**Total Time:** 40 min  
**Servings:** 12 biscuits

## Sweet Potato Biscuits

by Curtis & Paula Eakins

Savory

### INGREDIENTS

**2 cups** unbleached flour, with germ  
**2 Tbsp** fructose  
**1½ Tbsp** aluminum-free baking powder  
**½ tsp** sea salt  
**¼ tsp** cinnamon  
**⅛ tsp** nutmeg  
**½ cup** soy margarine  
**2 cups** sweet potato, mashed  
**7 to 8 Tbsp** soy milk

### STEPS

- 1 Preheat oven to 425°F.
- 2 Combine dry ingredients in a large bowl. Stir well.
- 3 Cut in margarine with pastry blender until crumbly; set aside.
- 4 In a small bowl, using a hand mixer, beat sweet potato and soy milk together until smooth. Stir sweet potato mixture into flour mixture. Add additional soymilk if needed to form a soft dough.
- 5 Turn mixture out onto a lightly-floured work surface. Pat ¾-inch thick. Cut into 3-inch circles. Place on baking sheet.
- 6 Bake 20 minutes or until golden brown.

*I use a single action baking powder and make the biscuits very quickly, so it is important to have all the ingredients out and ready to mix. Once you try them you'll be hooked!"*







# Breakfast “Sausage”

by Curtis & Paula Eakins

**Total Time:** 40 min

**Servings:** 10 patties

## INGREDIENTS

- 2 cups** water
- 5 Tbsp** lite soy sauce
- 2 Tbsp** olive oil
- 1 Tbsp** honey
- 2 tsp** onion powder
- 1 tsp** garlic powder
- 1 tsp** Italian seasoning
- 1 Tbsp** sage
- ½ tsp** sea salt
- ¼ tsp** cayenne pepper
- 2 cups** quick oats
- oil spray**

## STEPS

- 1** In a large saucepan, combine water, soy sauce, olive oil and honey. Bring to a boil.
- 2** Add onion powder, garlic powder, sage, Italian seasoning, salt and cayenne pepper. Slowly stir in the quick oats.
- 3** Reduce heat and simmer, stirring for about 2 minutes, or until thick.
- 4** While still hot, place sausage mixture by scoopful onto oiled baking sheet. Allow to cool slightly, then flatten into a patty.
- 5** Bake at 350 degrees for 10 – 15 minutes on each side.

## RECIPE IDEA

\*Put plastic wrap on a small mouth canning lid, and fill it with the mixture to make perfect size sausage patties.



## Cereals 5



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## Breads 10



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## Fruit 18



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