



**San Ysidro High School
Vegan Breakfast Club Cookbook**

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Next Meeting: Fresh Berry Pancakes & Fruit Salad

Whole Wheat Banana Nut Pancakes

Easy and so delicious, make your batter in the blender for perfect results

Ingredients:

Pancakes:

1/4 cup firm organic tofu, pressed and drained
1 cup non-dairy milk
2 tablespoons sunflower oil
2 tablespoons organic cane sugar
1 cup organic whole wheat flour
2 teaspoons baking powder
1/8 teaspoon or just a pinch of sea salt
1/2 cup chopped walnuts (optional)
2-3 bananas sliced
maple syrup
Vegan butter



Directions:

Combine the tofu, non-dairy milk, oil and sugar in the jar of a blender and blend until smooth. Add the flour, baking powder and salt, blend just until well combined. Stir in the optional walnuts.

Heat a griddle, oil it lightly then pour about 1/2 cup batter for each pancake. Place sliced bananas on top and spoon a small amount of batter over them. Cook until bubbly and lightly golden brown then flip and press them. Continue cooking an additional few minutes until both sides are lightly golden brown.



Transfer pancakes to a plate. Top with additional sliced bananas, walnuts, vegan butter, and maple syrup.

Nopales and Soyrizo Breakfast Tacos

- 1 package soyrizo
- 1 package nopales
- 1 bunch green onions
- 4 roma tomatoes
- 1 poblano chili
- 1 teaspoon garlic powder
- Fresh ground sea salt and black pepper
- Corn Tortillas
- Vegetable oil
- Tofu Scramble (optional)



Rinse all the vegetables in a colander. Core and remove the seeds from each tomato then dice them. Core and remove the white pith and seeds from the poblano chili, then dice it.

Rinse the nopales well in a colander then drain the excess water.

Cut the stem ends and dry tops off each green onion, discard them then slice the onions into super thin rounds.

Heat a small amount of vegetable oil in a large skillet or a flat grill, add the onion and diced poblano and cook about five minutes stirring occasionally.

Add the diced tomatoes, sprinkle with garlic powder and continue cooking another 3-5 minutes until all the veggies have softened.



Push the vegetables to one side of the skillet or grill, drizzle an additional tablespoon of vegetable oil then add the soyrizo.

Cook on medium high for five to six minutes pressing the soyrizo down into the pan to begin browning. Flip the soyrizo with a spatula a few times until it is thoroughly heated and begins to brown. Next, combine the soyrizo and vegetable mixture, blend well and continue to cook for 1-2 minutes. Serve with heated flour or corn tortillas.



Hash Browns

2 large russet potatoes, peeled and shredded
2-3 tablespoons vegetable oil
Salt and pepper to taste

Shred the potatoes with a vegetable slicer or grater and place them in a large bowl. Cover the shredded potatoes with fresh water and let them sit a few minutes then stir them until the water becomes milky with starch. Drain the potatoes in a colander.

Heat a large skillet or flat grill, add a few tablespoons of oil and spread it out evenly, add the potatoes and spread them out to brown evenly. Let them sit 3-4 minutes before turning them. Using a spatula lift up the potatoes and flip them over to brown on the other side. Continue cooking and flipping the potatoes every few minutes until they are golden brown, season with freshly ground sea salt and black pepper. Garnish with a dash of smoked paprika.



Apple Empanadas

For the Dough:

3½ cups organic unbleached all purpose flour
1¼ cups organic vegetable shortening, chilled
½ cup water
¼ teaspoon anise extract
pinch of cinnamon
1 teaspoon salt
1 1/2 teaspoons baking powder
1/4 cup cane sugarcane sugar

For the Filling:

6 organic apples, cored and chopped
3 tablespoons unbleached all purpose flour
1/4 cup cane sugar
1 teaspoon cinnamon
juice of one lemon
2-3 tablespoons vegan butter chilled and cut into pieces

Basting:

2 tablespoons vegan butter, melted
1 tablespoon agave syrup

Cinnamon Sugar Sprinkle:

2 tablespoons cane sugar
1/2 teaspoon cinnamon

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper and set aside.

In a large mixing bowl combine the flour, baking powder, sugar, salt and cinnamon, stir to mix. Add the chilled vegetable shortening and using a pastry blender or knives cut the shortening into the flour mixture until it resembles small crumbs. Add the anise extract to the 1/2 cup of water and pour over the flour mixture, stir just enough to form a dough ball, if the dough is too dry sprinkle a light amount of water until the dough holds together. Chill the dough while preparing the apples about 20-30 minutes.

Place the chopped apples in a medium mixing bowl, pour the lemon juice over the apples and stir to coat them evenly. Sprinkle in the flour, sugar, and cinnamon, stir to combine. Sprinkle in chopped pieces of vegan butter and return to roll the dough.



Divide the dough into 2 inch balls. Flatten each dough ball on a lightly floured surface with a rolling pin or line a tortilla press with parchment paper and press the dough balls into circles.

Place a few tablespoons of filling in the center of each circle then fold it and pinch the edges to seal them.

Brush the tops of each empanada with a little melted butter and agave syrup, sprinkle with cinnamon sugar and bake for 20-30 minutes or until lightly golden brown and firm to the touch. Serve hot or store in a sealed container and enjoy later.



Apple Sauce Breakfast Cake

2 cups unbleached organic wheat flour
2/3 cup organic cane sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons ground flax seeds
¼ cup plus 2 tablespoons water
1 cup organic applesauce
1/2 cup vegetable oil
1 teaspoon vanilla

Topping:

1/2 cup packed brown sugar
2 tablespoons unbleached flour
2 tablespoons non-diary butter
1 teaspoon cinnamon

Preheat the oven to 350.^o Rub a small amount of sunflower oil all over the inside of a 9-inch square baking pan with a paper towel. Sprinkle a small amount of flour in the pan and shake it around until the flour sticks to all the sides and the bottom. Turn the pan upside down and pat it firmly on the back side to get the excess flour to fall out. Set the pan aside.

In a large bowl combine the flour, cane sugar, baking powder, baking soda, and sea salt. Stir until the ingredients are blended together and set aside.

In a small bowl combine the ground flax seed and water. Let it sit until it begins to thicken then add the applesauce, oil and vanilla. Stir well and set aside.

Pour the flax seed and applesauce mixture into the large bowl with the flour mixture. Blend the ingredients together scraping the sides of the bowl and folding the batter until it is well blended. Pour the mixture into the prepared baking pan and smooth it out evenly through the pan.



Combine the brown sugar, flour, butter, and cinnamon in a medium bowl. Use a fork to press and blend the butter with the sugar and flour. Stir in the nuts then sprinkle the mixture over the batter in the pan. Bake for 25 – 30 minutes or until the middle of the cake is firm and a toothpick inserted into the cake comes out clean.

Fruit Salad with Coconut Milk Yogurt and Granola

1/2 medium Mexican Papaya, seed and skins removed cut into chunks

1 mango, peeled and sliced

1/4 whole fresh pineapple, peeled cored and sliced into chunks

1 banana, peeled and sliced on the bias

2 kiwis, peeled and sliced

6 strawberries, sliced

Juice of 1 lime

Coconut milk or non-dairy yogurt

Granola (no honey)

Combine the fruit in a medium mixing bowl and drizzle with the lime juice. Top with a spoonful of vegan yogurt and a sprinkle of granola.



Veggie Tofu Scramble Breakfast Burritos

1 16 oz block firm tofu, drained and crumbled
1 1/2 teaspoons onion powder
1 teaspoon garlic powder
3/4 teaspoon ground turmeric
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
1 tablespoon olive oil
1/2 medium onion chopped
1/2 red bell pepper cut into strips
1/2 medium zucchini, sliced into half rounds
1/4 cup vegetable broth
2 teaspoons Mexican seasoning
Juice of one lime

Accompaniments:

Mexican Rice

Frijoles de la Olla

Salsa

Guacamole

ly packed kale* 2-3 tablespoons vegetable broth

In a large skillet heat the olive oil and sauté the vegetables. Add the crumbled tofu and seasonings, stir well to combine. Add the vegetable broth, cover and cook 2-3 minutes, uncover and continue cooking until the vegetables are tender and the tofu is thoroughly heated. Serve with warm tortillas and accompaniments.



Fresh Berry Pancakes

1/4 cup firm organic tofu, pressed and drained
1 cup non-dairy milk
2 tablespoons sunflower oil
2 tablespoons organic cane sugar
1 cup organic whole wheat flour
2 teaspoons baking powder
1/8 teaspoon or just a pinch of sea salt
Sliced strawberries, blueberries or black berries
maple syrup or boysenberry syrup
Vegan butter

Combine the tofu, non-dairy milk, oil and sugar in the jar of a blender and blend until smooth. Add the flour, baking powder and salt, blend just until well combined. Stir in the berries.

Heat a griddle, oil it lightly then pour about 1/2 cup batter for each pancake. Cook until bubbly and lightly golden brown then flip and press them. Continue cooking an additional few minutes until both sides are lightly golden brown.

Transfer pancakes to a plate. Top with additional sliced berries, vegan butter, and maple syrup or boysenberry syrup. Serve with a side of fresh fruit.



Resources & Information

Food Documentaries:

Eating our way to Extinction: <https://vimeo.com/194513120>
The Game Changers: <http://deadline.com/2018/02/the-game-changers-first-clip-james-cameron-exec-produces-vegan-action-doc-berlin-1202293847/>
The Yo Yo Effect: <https://www.youtube.com/watch?v=a82js0Gx-kl>
Dominion: <https://vimeo.com/241265022>
Eating You Alive: <https://www.youtube.com/watch?v=M8sGE5n-i1Q>
Fat, Sick and Nearly Dead: https://www.youtube.com/watch?v=Gv3vEXy_EwU
Earthlings: <https://www.youtube.com/watch?v=S5Jy1Zozz3s>
Cowspiracy: <https://www.youtube.com/watch?v=nV04zyfLyN4>
PlantPure Nation: <https://www.youtube.com/watch?v=9E6sa0OtjSE>
Vegan Everyday Stories: <https://www.youtube.com/watch?v=2qedrIO1Gg0>
Food Inc.: https://www.youtube.com/watch?v=5eKYyD14d_0
Vegucated: https://www.youtube.com/watch?v=GKzng1_byMY
Food Matters: <https://www.youtube.com/watch?v=r4DOQ6Xhqss>
Supersize Me: https://www.youtube.com/watch?v=LOvrkkj_T-I
The Future of Food: https://www.youtube.com/watch?v=n9Y_QH_c70s
Hungry for Change: <https://www.youtube.com/watch?v=6vBlxr9E9ks>

Non-Profits Promoting Plant-Based Living with Education and Outreach:

Physicians Committee for Responsible Medicine: www.pcrm.org
People for the Ethical Treatment of Animals (PETA) www.peta.org
Farm Animal Rights Movement (FARM) www.farm.org
Mercy for Animals (MFA) www.mfa.org
The Humane League www.thehumaneleague.com
The Humane Society of the United States: www.humanesociety.org
Last Chance for Animals: www.lcanimal.org
Farm Sanctuary: www.farmsanctuary.org
A World Well-Fed: www.awfw.org
The VegFund: www.vegfund.org
Compassion Over Killing: www.cok.net
Meatless Mondays: www.meatlessmondays.com
Chefs de Cuisine Education Foundation: www.cdcefsandiego.org

Additional Powerful Resources:

Paul McCartney explains the meat industry: www.meat.org
Gary Yourofsky lectures at Georgia Tech: www.youtube.com/watch?v=es6U00LMmC4
Dr. Gregor's Nutrition Facts: www.nutritionfacts.org
Plant-Based News, Vegan 2016 Year in Review: www.youtube.com/watch?v=scsf09BcB-w
Kaiser Permanente, The Plant-Based Diet: www.kaiserpermanente/ThePlantBasedDiet.org

Local Vegan Classes & Events:

PlantDiego: www.plantdiego.com
New Options Food Group: www.newoptionsfoodgroup.com