



# Vegan Breakfast Recipe Pack

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
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## RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts





**GREEK CHICKPEAS  
ON TOAST**

# GREEK CHICKPEAS ON TOAST



Serves: 4  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
253 kcal  
8g Fats  
33g Carbs  
11g Protein



## WHAT YOU NEED

- 2 tsp. olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- ½ tsp. smoked paprika
- ½ tsp. sweet paprika
- ½ tsp. brown sugar
- 1 can (14oz./400g) chopped tomatoes
- 1 can (14oz./400g) chickpeas, drained
- 4 slices bread, toasted
- handful parsley, to garnish
- ⅓ cup (60g) olives, halved, to garnish

## WHAT YOU NEED TO DO

*Heat the olive oil over medium-high heat on a medium pan. Add shallots and cook for 2-3 minutes, then add garlic and cook for another 1-2 minutes.*

*Add all the spices to the pan and mix well. Next add in the chopped tomatoes and 2 tbsp. of water. Simmer on low-medium heat until the sauce has reduced, around 10 minutes.*

*Mix in the drained chickpeas, season with salt, sugar and black pepper and cook for another 5 minutes until warmed through.*

*Serve on the toasted bread with parsley and black olives.*





# CHICKPEA SCRAMBLE

# CHICKPEA SCRAMBLE



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
417 kcal  
15g Fats  
56g Carbs  
19g Protein



## WHAT YOU NEED

- 2 cups (330g) canned chickpeas, drained
- ½ tsp. turmeric
- ½ tsp. paprika
- 2 tsp. olive oil
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 8 oz. (230g) spinach
- ½ avocado

## WHAT YOU NEED TO DO

*Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.*

*Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 minutes, until fragrant.*

*Next, add in the mashed chickpeas and cook for another 5 minutes, then transfer to a bowl, cover with tin foil and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.*

*Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with ¼ avocado.*





**BANANA  
BREAKFAST OATS**

# BANANA BREAKFAST OATS



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
381 kcal  
12g Fats  
60g Carbs  
10g Protein



## WHAT YOU NEED

- 1 cup (90g) oats
- 2 ripe bananas, mashed
- 2 tbsp. peanut butter
- favorite nuts and seeds, to garnish
- seasonal fruit, to garnish

## WHAT YOU NEED TO DO

*Divide oats between two bowls and add 3 tbsp. of water into each bowl.*

*Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.*

*Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.*

**NOTE:** garnishes (nuts, seeds, fruit) are not included in the nutrition information.







**BANANA &  
STRAWBERRY PANCAKES**

# BANANA & STRAWBERRY PANCAKES



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per serving:  
282 kcal  
7g Fats  
53g Carbs  
5g Protein



## WHAT YOU NEED

- 2 ripe bananas, mashed
- 1 cup (110g) spelt flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. lemon juice
- ¾ cup (180ml) almond milk
- ¾ cup (150g) strawberries, sliced
- 1 tbsp. coconut oil
- 4 tbsp. coconut yogurt
- 4 tbsp. maple syrup

## WHAT YOU NEED TO DO

*Mash the banana with a fork and combine them with the flour, baking powder, baking soda, and lemon juice. Next, slowly add in almond milk until you get a thick batter.*

*Finally, fold in the sliced strawberries, leaving some for garnish.*

*Heat some of the oil in a non-stick pan over medium heat, not too hot as then the pancakes will burn. Spoon a little less than ¼ cup of the batter per pancake (this will make around 8 pancakes).*

*Cook the pancakes for about 3 minutes on one side, then when bubbles start to appear flip and cook for another minute.*

*Serve the pancakes with a tablespoon of coconut yogurt and maple syrup, and garnish with remaining strawberries.*

*Nutrition information is per 2 pancakes.*





**CARROT PANCAKES  
WITH ALMOND CARAMEL**

# CARROT PANCAKES WITH ALMOND CARAMEL



Makes: 9  
Prep: 20 mins  
Cook: 30 mins



Nutrition per 2  
pancakes:  
363 kcal  
12g Fats  
57g Carbs  
8g Protein



## WHAT YOU NEED

### **For pancakes:**

- 1 rounded cup (140g) oat flour
- 1 tsp. cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 1¼ tsp. baking powder
- ½ tsp. baking soda
- ¾ cup (180ml) oat milk
- 2 tbsp. almond butter
- 2 tsp. lemon juice
- 2 tbsp. maple syrup
- 1 cup (110g) carrots, grated
- 1 tbsp. coconut oil

### **For almond caramel:**

- ¼ cup (60ml) maple syrup
- 2 tbsp. almond butter
- pinch salt

## WHAT YOU NEED TO DO

*In a bowl, combine flour, spices, baking powder and baking soda. Whisk in the almond milk, almond butter, lemon juice and maple syrup. Then add in the grated carrots and mix well.*

*Heat up a non-stick frying pan over medium heat and grease it lightly with some of the coconut oil.*

*Ladle 2 tablespoons of the pancake mix per pancake. Cook each pancake for about 2 minutes on one side, then flip and another 1-2 minutes on the other side.*

*Serve with almond caramel sauce.*

### **To make the almond caramel:**

*Heat up the maple syrup in a small pot over low heat. When it starts to boil gently, take it off the heat and stir in the almond butter with a pinch of salt.*

*Return the pan on the heat and simmer, stirring the caramel for another minute until thickened. Serves as a pancake topping.*





**PROTEIN BERRY  
SMOOTHIE BOWL**

# PROTEIN BERRY SMOOTHIE BOWL



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
297 kcal  
2g Fats  
49g Carbs  
23g Protein



## WHAT YOU NEED

- 1 cup (150g) frozen red berries
- 1 small banana, frozen
- ¼ cup (60ml) coconut milk
- 1 scoop vanilla vegan protein powder

## WHAT YOU NEED TO DO

*Place frozen berries and banana in a high-speed blender or food processor and blitz on low for about 30 seconds.*

*Add the milk and protein powder, and blend on low again, scraping down sides as needed, until the mixture reaches a soft-serve consistency. Add more milk if necessary, to reach desired consistency.*

*Transfer into a serving bowl and top with favorite toppings.*

**NOTE:** *toppings are not included in nutrition information.*





**BREAKFAST  
OAT COOKIES**

# BREAKFAST OAT COOKIES



Makes: 9  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
137 kcal  
6g Fats  
17g Carbs  
3g Protein



## WHAT YOU NEED

- 1 cup (90g) rolled oats
- 1/3 cup (30g) almond meal
- 3 tbsp. desiccated coconut
- 1 tsp. cinnamon
- 1/4 tsp. baking soda
- 3 tbsp. almond butter
- 3 tbsp. maple syrup
- 1 medium ripe banana, mashed
- handful fresh berries

## WHAT YOU NEED TO DO

*Preheat the oven to 320°F (160°C) and line a baking tray with baking paper.*

*Place all the ingredients (apart from the berries) in a medium bowl and mix well, then place the mixture in the freezer for 10-15 minutes.*

*Using slightly wet hands, create 9 balls out of the mixture and place them on the baking tray and push them down to create cookie shapes. Gently press a few berries onto each cookie.*

*Bake for 20 minutes until golden and allow to cool completely before eating.*

