



Vegan Breakfast Recipe Pack

Discover the PLT Nutrition collection of simple vegan breakfast and smoothie recipes.

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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.

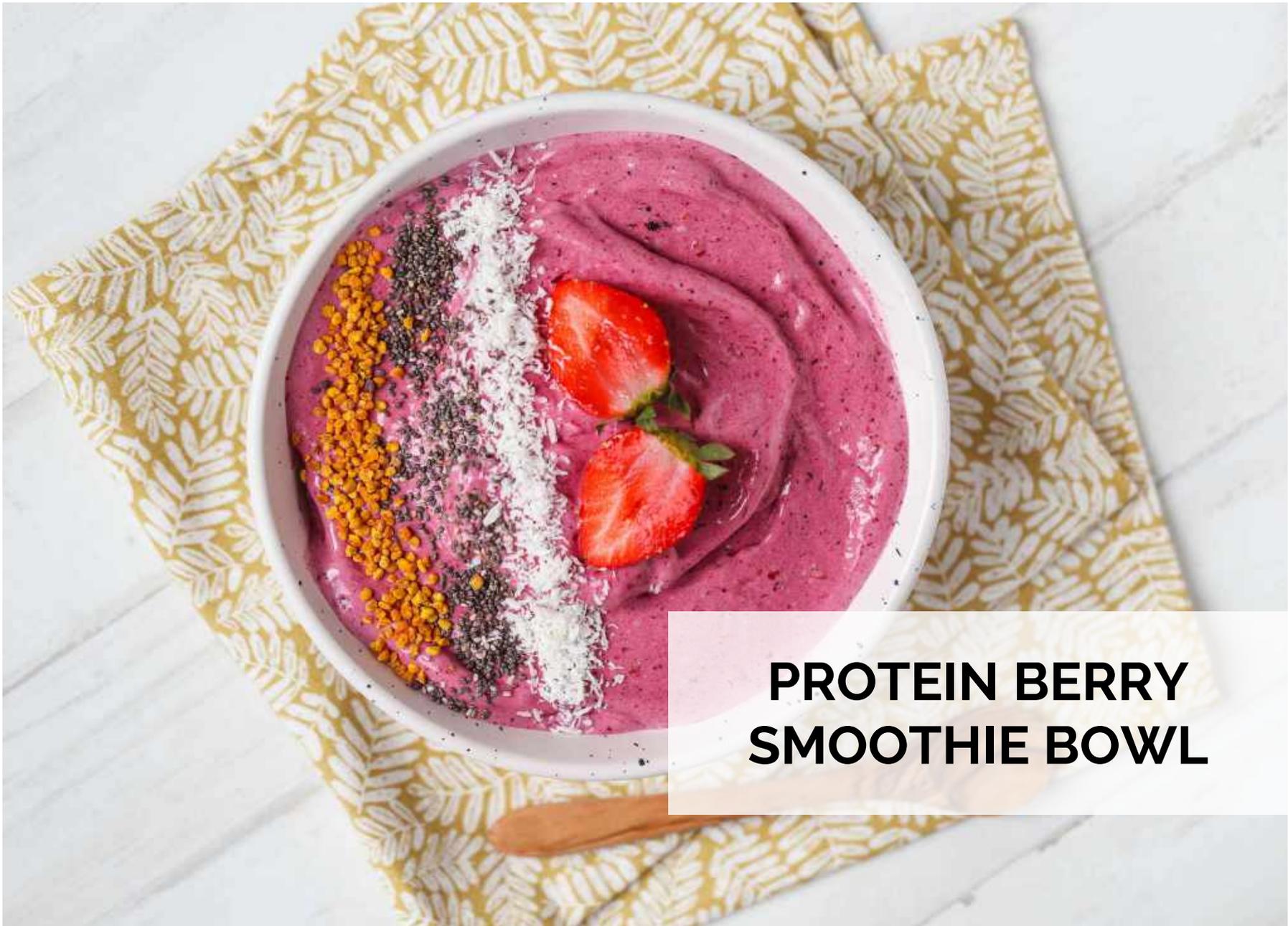
Serve with almond caramel sauce.

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.

