

#### Breakfast Patties

- 1 cup TVP (Textured Vegetable Protein)
- 1/2 cup quick oats
- 3 Tbs. flour
- 2 Tbs nutritional yeast flakes
- 1 Tbs ground sage
- 1 1/2 tsp ground thyme
- 1 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp cayenne pepper
- 1 1/4 tsp Himalayan salt
- 1 cup boiling hot water
- 1 Tbs Bragg's Liquid Aminos
- 1 Tbs maple syrup

Combine TVP, oats, flour nutritional yeast flakes, sage, thyme, onion powder, garlic powder, cayenne, and salt into a bowl. Add hot water, Bragg's, and syrup; stir to combine. Let mixture rest for 5-10 minutes. Preheat skillet or oven to 350 degrees F. Pan fry in a little oil until brown on one side and flip. When browned, remove from pan. If baking, place on a pan and bake for 10-15 minutes, flipping halfway through and cooking until lightly browned.

#### Tofu Scramble

- 1 pkg. firm or extra firm tofu, drained
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 tsp turmeric
- 1 Tbs chicken-like seasoning
- 1/2 tsp Himalayan salt
- 1 tsp parsley or cilantro (opt.)
- 1/8 tsp smoked paprika
- Optional Add-Ins: 1/4 cup red bell peppers; 2 handfuls fresh spinach

Saute onions, garlic, and bell peppers, if using, in olive oil or water until tender (about 3-5 minutes). Crumble in the tofu and stir. Add in all the seasonings and stir to combine. Cook for another 5 minutes stirring occasionally to prevent sticking at bottom. If it begins to stick, add a little water. If using spinach, add to pot now. Stir until spinach cooks down, then remove from heat.

#### Pancakes

- 1 cups whole wheat pastry flour or gluten-free flour blend
- 2 Tbs aluminum-free baking powder
- 1 tsp Himalayan salt
- 2 Tbs agave or cane sugar
- 2 cups almond milk
- 2 Tbs oil, optional

Combine flour, baking powder, and salt into a mixing bowl and stir. Pour in milk and oil (if using) into mixing bowl and whisk until combined. Preheat skillet to medium, and pour on batter to desired size. Flip when edges begin to solidify and top starts to form bubbles. Cook on other side for about 1 minute. Continue with rest of batter.