

# EASY BREAKFAST RECIPES



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# Message from Gayatri



Breakfast is a special meal that will set the tone of the day. Whatever the life stage, whether a parent, working or not, school kid, a teen or carer, I hope that these recipes and tutorials will help you have the most delicious start to the day. A nourishing breakfast, savoury, sweet or fruity prepared thoughtfully helps shape how we feel through the day. These recipes will surely help create a colourful array of breakfast.

Cheers! -Gayatri

# Gut-friendly Acai Bowl



## INGREDIENTS (Serves 2)

1 banana - sliced and frozen  
½ cup blueberries - frozen  
½ cup strawberries - frozen  
¾ cup milk or coconut water  
½ cup plain yogurt, I used coconut  
200 grams (2 packets) frozen acai puree - broken into pieces  
Assorted toppings - nuts, seeds, fresh fruit, granola, coconut, etc.

## INSTRUCTIONS

1. Freeze fruit - sliced banana, blueberries and strawberries on a plate lined with parchment paper. Note, store-bought frozen fruit will work just as well.
  2. Allow fruit to freeze completely in the freezer.
  3. Blend the frozen fruits, milk and yogurt in a high-speed blender until smooth
  4. Stop and push the frozen fruit down, mixing around as much as possible.
  5. Add additional liquid if needed.
  6. Divide the smoothie into two bowls and top with your favourite toppings such as seasonal fruit, nuts and puffed grains (amaranth or quinoa) or granola.
- Note: Best enjoyed immediately



# Healthy Breakfast Muffins



## INGREDIENTS

- 2 large, mashed bananas
- 2/3 cup natural peanut butter
- 1 teaspoon pure vanilla extract
- ½ cup apple sauce
- 1 ½ cup rolled oats - I used quick oats
- 1 teaspoon baking powder

## INSTRUCTIONS

1. Mash bananas in a mixing bowl
2. Add in vanilla paste, apple sauce and peanut butter
3. Throw in rolled oats and baking powder
4. Swirl the mixture until combined
5. Pour the mixture into lined muffin tray
6. Bake for 20-25 minutes
7. Serve warm smothered with nut butter and/or maple syrup.

# Dreamy Overnight Oats



## INGREDIENTS

Oats layer:

½ cup oats

1 tbsp maple syrup

1/3 cup milk

Splash of vanilla extract

(Optional) 20g protein powder

Chia jam:

1/3 cup raspberries

1 tbsp chia

Chocolate layer:

20 g dark chocolate

2 tbsp coconut cream

1 tsp sweetener, to taste

extra fruit and nuts to serve

## INSTRUCTIONS

1. Mash bananas in a mixing bowl
2. Add in vanilla paste, apple sauce and peanut butter
3. Throw in rolled oats and baking powder
4. Swirl the mixture until combined
5. Pour the mixture into lined muffin tray
6. Bake for 20-25 minutes
7. Serve warm smothered with nut butter and/or maple syrup.

# Pro-biotic Yogurt Bowl



## INGREDIENTS

- 1 cup vegan yogurt (I used plain coconut)
- 3 strawberries, sliced
- ½ banana, sliced
- ¼ cup, diced mango (sub seasonal fruit)
- ½ cup fresh mixed berries
- ¼ cup granola
- 1–2 tbsp chopped walnuts (or nuts of choice)
- drizzle of maple syrup

## INSTRUCTIONS

1. Mash bananas in a mixing bowl
2. Add in vanilla paste, apple sauce and peanut butter
3. Throw in rolled oats and baking powder
4. Swirl the mixture until combined
5. Pour the mixture into lined muffin tray
6. Bake for 20-25 minutes
7. Serve warm smothered with nut butter and/or maple syrup.

# Blueberry Chia Pudding



## INGREDIENTS (2 servings)

6 tbsp chia seeds  
1.5 cups almond milk  
1/2 cup vegan yogurt  
2 tbsp maple syrup  
1 cup frozen blueberries  
(defrosted)  
1 tsp vanilla  
Seasonal fruit for topping  
Shredded coconut for topping

## INSTRUCTIONS

1. Add all ingredients to a glass container and refrigerate overnight!
2. Top with your favourite fruit and coconut shreds
3. Stays good up to 4 days.



# Easy Nut and Seed Granola



## INGREDIENTS (2 servings)

- 1/4 cup maple syrup / rice malt syrup
- 3 tbsp coconut oil
- 1 tsp vanilla extract
- 2 cups rolled oats (GF)
- 1 tbsp cinnamon
- 1 1/2 cup nuts and seeds of choice
- 1 tbsp cinnamon

## INSTRUCTIONS

1. Preheat oven to 190c / 375f.
2. Mix the wet ingredients until smooth.
3. Add the dry ingredients and mix to combine.
4. Spread it evenly on a baking tray lined with parchment paper and press it down a little.
5. Bake for 15-20 minutes until golden brown.
6. Let it cool completely and break the big chunks into smaller pieces.

# Breakfast Bruschetta



## INGREDIENTS (1 serving)

2 slices of sourdough  
2 cloves roasted garlic  
½ avocado sliced  
1 tomato, sliced (Heirloom if available)  
¼ red onion, finely diced sliced  
3 tbsp crumbled vegan feta (fennel fronds or parsley) to garnish  
EVOO to drizzle  
1 tsp lime juice  
sea salt, to taste  
black pepper or chilli flakes, to taste

## INSTRUCTIONS

1. Lay sourdough plain or toasted
2. Spread roasted garlic on the bread with a knife
3. Layer avocado, sliced tomato and onion
4. Drizzle Lime juice EVOO
5. Sprinkle salt, pepper and/or chilli flakes
6. Garnish with fresh herbs (parsley or fennel fronds)

# Protein-rich Brownie



## INGREDIENTS (1 serving)

1 cup (160g) cooked or canned chickpeas, rinsed and drained  
½ cup (50g) almond flour  
½ cup (110g) nut butter - I used a mix of peanut and almond butter  
¼ cup maple syrup  
2 tbspcacao powder  
1 tsp vanilla pinch of sea salt  
Handful of chocolate chips

## INSTRUCTIONS

1. Place all the ingredients (except for the chocolate chips) in a food processor and blend until smooth and thick batter.
2. Pour brownie dough into small square or rectangular baking dish lined with parchment paper (wet your hand if it's sticking too much to your fingers).
3. Decorate with more chocolate chips and bake in 180C for 25-30 minutes.
4. Let cool down and enjoy with your favourite beverage!

# Almond Hot Chocolate



## INGREDIENTS (serves 2)

- ¼ cup Blanched Almonds
- 1-2 Dried apricots (optional)
- Small strip orange rind (secret ingredient)
- 2 medjool dates
- 1 tbsp cacao powder
- 1/8 tsp cinnamon
- 1 tsp maple syrup (to taste)
- ¼ tsp vanilla
- 1 shot of espresso (for mocha / latte)

## INSTRUCTIONS

1. Soak almonds, apricots, dates and orange rind in a bowl for 2 hours (Soaking overnight in the fridge works really well too).
2. Add cacao powder, cinnamon, vanilla, and maple. Blend to a fine creamy milk consistency.
3. Transfer to a saucepan. Add another cup of water.
4. Boil and serve with a sprinkle of cacao

PS: if using coffee, add espresso to the cup before pouring the hot chocolate

# Fruity Breakfast Smoothie



Banana-Raspberry  
Breakfast Smoothie

## INGREDIENTS (1 serving)

- 1/2 cup frozen raspberries
- 1 frozen banana
- 1/4 cup oats
- 1 cup almond milk
- 2 tbsp almond butter
- Sweetener as desired

## INSTRUCTIONS

Blend everything in a high-speed blender until smooth.  
ENJOY!



# Loaded Papaya Boat



## INGREDIENTS

- 1 cup plain coconut yogurt
- 1 cup black grapes or blueberries
- Handful fresh raspberries
- 1 Kiwi fruit
- ½ Lime, juice (optional)
- Granola (for homemade, recipe 2 posts before this, excluding pinned posts)
- A drizzle of maple syrup
- Shaved dark chocolate – no breakfast is complete without chocolate

## INSTRUCTIONS

1. Cut papaya lengthwise into two.
2. Scoop out the seeds.
3. Load up with your favourite toppings' yogurt, seasonal fruit and granola.
4. Drizzle Lime juice and maple syrup.
5. Sprinkle shaved chocolate.
6. Dive into the delicious freshness!

Note: load up with any seasonal fruit available in your region