

Breakfast 2026

Savory Oat Patties

2 cups water
¼ cup Bragg Liquid Aminos
2 tsp onion powder
½ tsp ground or rubbed sage
1 tsp garlic powder
¾ tsp cumin
¼ cup ground or finely chopped walnuts
2 cups quick oats

Preheat oven to 350 degrees. Spray a large cookie sheet with cooking spray or line with parchment paper.

Place all of the ingredients in a medium sized pot. Bring to a boil and reduce heat. Stir in the oats and cook until the oatmeal mixture is very thick. Let the mixture cool for a few minutes and then place heaping tablespoons onto the cookie sheet. A cookie scoop works well for this. Flatten the patties. Bake for 15 minutes on one side and flip over. Bake for an additional 10 minutes.

Soy Curl Sausage Crumbles

1 cup crushed Butler Soy Curls
Boiling Water
1 tsp fennel seeds, crushed
½ tsp dried basil
½ tsp dried oregano
½ tsp ground or rubbed sage
2 cloves of garlic, minced or pressed
5 tsp Bragg Liquid Aminos or soy sauce
1 Tbsp olive or avocado oil

Pour the boiling water over the soy curls to just cover. Let soak for 5 minutes. Drain the excess water off. Put the soy curls in a nonstick skillet and add all of the other ingredients to the pan and toss together. Cook over medium heat until the soy curls start to brown. Serve as is or add to gravy.

Country Style Gravy

4 ½ cups water, divided
½ cup raw cashews
¼ cup cornstarch or arrowroot powder
1 ½ tsp salt
2 tsp onion powder
¼ tsp garlic powder
1 recipe Soy Curl Sausage Crumbles

Place ½ cup of the water and the cashews through the onion powder in a blender. Blend until smooth. Pour the blended mixture in a saucepan. Add the remaining 4 cups of water to the blender and blend to rinse the blender. Pour the water into the saucepan. Heat over medium heat, whisking constantly, until it comes to a boil and thickens. Add the sausage crumbles and serve over biscuits or toast.

Easy Drop Biscuits

1 cup unbleached white flour
3 cup white whole wheat flour
5 tsp non-aluminum baking powder
2 tsp salt
½ cup light olive or avocado oil
1 ¾ cup water

Preheat oven to 400 degrees. Spray a large cookie sheet with nonstick spray or line with parchment paper.

Mix the flours, baking powder, and salt in a bowl. In another bowl, mix together the water and oil. Add to the dry ingredients and stir until just mixed. Use an ice cream scoop and place scoops of dough 2 inches apart. Flatten the tops a little. Bake for 20 minutes.

Breakfast 2026

Tex Mex Breakfast Bowl

Polenta-

1 cup Bob's Red Mill Polenta
3 cups water
1 tsp salt

Bring the water and salt to a boil in a medium sized pot. Whisk in the polenta and reduce heat. Cook for 5 minutes, stirring occasionally. Remove from the heat and let stand for 1-2 minutes.

Smoky Black Beans

2 15 oz cans black beans, drained and rinsed
¾ cup water
1 tsp onion powder
¼ tsp garlic powder
½ tsp cumin
½ tsp smoked paprika
Salt to taste

Combine the ingredients in a medium sized pot. Cook over medium heat until heated through. Smash about a third of the beans with a spoon on the side of the pan. Stir and cook until thickened.

Place a portion of the polenta in a bowl. Top with some beans. Some suggestions to top your bowl-

Pico de Gallo or other salsa

Sliced or diced avocado
Sliced black olives
Chopped Cilantro
Cheezy Sauce

French Toast (Isa Chandra Moskowitz)

1 loaf day old whole grain bread
2 cups nondairy milk
¼ cup cornstarch
½ cup chickpea flour

If you have bread that needs cut, slice into ½-1 inch slices. In a shallow dish, whisk the cornstarch into the nondairy milk. Whisk in the chickpea flour, it's OK if a few lumps. Dip the bread slices and cook in nonstick pan coated in a little oil. Fry until browned on both sides.

Protein Overnight Oats (Meal Prep)

16 oz package soft silken tofu
3 1/3 cup unsweetened soy milk
5 medjool or 15 smaller dates, pitted
5 tsp vanilla
2 ½ cups rolled oats
10 Tbsp chia seeds
10 Tbsp peanut butter or almond butter powder, or plant-based protein powder, optional
Pinch of cinnamon, optional

Place the silken tofu, soy milk, dates, and vanilla in a blender and blend until the dates are all blended up.

In a bowl, place the oats, chia seeds, peanut butter, and cinnamon and stir together. Add the contents from the blender and stir. Let sit for a few minutes to start to thicken. Divide between 5 containers that hold at least 2 cups. Refrigerate overnight. Can add fruit, nuts, or seeds before eating.

Muesli

4 cups rolled oats
½ cup sliced almonds or other nut or seed
½ cup unsweetened coconut
2 tsp almond extract
1 tsp vanilla
½ cup raisins
1 medium apple shredded
1 cup apple juice

Combine all the ingredients in a bowl. Cover and chill overnight. Serve as is or with nondairy milk or more apple juice.