



Nourishing compassion for our bodies, the earth and all beings.

Easy Recipes Regularly Enjoyed by the Plant-Powered Earth Holders

Breakfasts

Easy Fruited Oats Breakfast (makes 1 serving)

It doesn't get much simpler than this for a filling, delicious, unprocessed breakfast! This is a great idea for breakfast on-the-go because the oats soften after soaking for a short period of time!

¼ - ¾ cup rolled oats
cinnamon and nutmeg, to taste
¼ to 1 cup soy, rice, almond milk
Fresh fruit and dried fruit of choice
Ground flax seeds
Other nuts and seeds of choice
1 teaspoon liquid sweetener, such as maple syrup (optional)

1. Place raw rolled oats in a bowl.
 2. Sprinkle on a layer of cinnamon and small amount of nutmeg.
 3. Stir in ½ - 1 cup soy, rice or almond milk or other dairy alternative.
 4. Top with seasonal fruit: blueberries, bananas, strawberries, apples, peaches, raisins (as examples) and a small amount of sweetener, if desired.
 5. Top with small amount of nuts or seeds of choice: walnut, ground flax, pumpkin, sunflower seeds.
 6. Stir and enjoy!
- (Add more dairy alternative, if needed.)

Recipe by Veg-Appeal, www.veg-appeal.com

Banana Nut Oat Clusters (makes 12 clusters, depending on size; one serving is about 3 clusters)

1/2 cup raisins, chopped dates, or dried cranberries
2 tablespoons warm water to soak dried fruit
2 medium bananas, mashed
1 1/2 cups old-fashioned oats
2 tablespoons of peanut or almond butter (optional)
1/2 cup chopped walnuts or almonds
1/4 cup unsweetened coconut (optional)
1 teaspoon vanilla
1/2 teaspoon cinnamon
Olive oil or canola oil for oiling cookie sheet

1. Add 2 tablespoons of warm water to dates or raisins and soak for 10 minutes. (If dried fruit is moist, no need to soak.)
2. Preheat oven to 325 degrees.
3. Combine the mashed bananas and the oats (and peanut butter, if using). Add the nuts, coconut, vanilla, cinnamon, and the soaked dates, raisins, or cranberries. Mix well.

4. Scoop a heaping tablespoon of mixture and place onto a slightly oiled cookie sheet. Continue with the remaining batter.
5. Bake for 13 minutes or until golden brown.

Recipe by Veg-Appeal, www.veg-appeal.com

Breakfast Rice Pudding (makes 6 1/2-cup servings)

2 cups cooked brown rice (left-over rice is great!)
1 1/2 cups vanilla-flavored rice, soy, or almond milk
1/4 cup raisins
2 tablespoons maple syrup
1 teaspoon vanilla extract
1/4 teaspoon cinnamon

In a medium saucepan combine all ingredients and bring to a slow simmer. Cook uncovered, stirring occasionally, for about 10 to 20 minutes, or until thick. Serve hot or cold.

Modified from recipe from [Foods That Fight Pain](#) by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.

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