

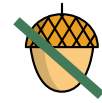
EASY VEGAN

FREEZER BREAKFASTS



Vegan Breakfast Burritos

Full of plant-based protein, melty vegan cheese and homemade taco tofu crumbles, these Vegan Breakfast Burritos are great anytime of day. Plus they are perfect for meal prep!



NUT-FREE

Prep Time: 15 minutes
Total Time: 1 hour, 5 mins
Serves: 8

TACO TOFU CRUMBLES:

2 blocks extra firm tofu
1/4 cup less-sodium soy sauce
2 tablespoons olive oil
1 tablespoon ground cumin
2 teaspoons smoked paprika
Opt: 1/4-1/2 teaspoon sea salt,
or to taste

BURRITOS:

3 bell peppers, sliced
1 onion, sliced
8 10" tortillas
2 cans refried beans
1 block vegan cheddar cheese
(about 7 oz), shredded
1-2 cups salsa

FAITH'S TIP

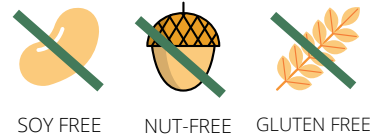
To freeze, place a burrito onto a large square of aluminum foil. Wrap the burrito tightly in the aluminum foil and place it inside a freezer-safe zip-lock bag or [reusable silicone freezer bag](#).

1. Start by preheating your oven to 400F/200C and greasing two baking sheets with cooking spray. Set the baking sheets aside.
2. Make your vegan taco tofu crumbles. Press two blocks of extra firm tofu for about 15 minutes. While the tofu is being pressed, whisk together the marinade. Next, crumble the pressed tofu into the marinade and stir everything well so that all the tofu is coated in the marinade. Pour the tofu out onto your greased baking sheet and spread it out into a single layer. Place the tofu into the oven to bake for about 40 minutes, stirring after 20 minutes, until browned and slightly crispy.
3. Place the sliced peppers and onions on the second greased baking sheet and drizzle them with some olive oil and sprinkle them with salt. Stir everything well before placing the veggies in the oven for about 35 minutes, stirring after 20 minutes, until they are soft and slightly charred.
4. Once the tofu and veggies have finished cooking, you can assemble your breakfast burritos. Place a large tortilla on a flat surface. Spread a layer of refried beans down the middle of the tortilla. Then add on some of the taco tofu crumbles, roasted veggies, vegan shredded cheddar cheese and salsa. Roll up the burrito and continue this process until you have about 8 breakfast burritos. If desired, you can cook each burrito on a hot skillet coated in a little oil until browned on the outside. Or you can freeze them for later!

VEGAN BAKED OATMEAL CUPS

(2 Flavors!)

Full of whole grains and sweetened naturally with fruit, these two different flavors of Vegan Baked Oatmeal Cups are a healthy and fun way to start your morning!



Prep Time: 10 minutes
Total Time: 35 minutes
Serves: 12 for each flavor

CHUNKY MONKEY CUPS:

- 1 1/2 cups non-dairy milk
- 1 cup mashed banana
- 2 tablespoons ground flaxseed
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 3 cups old-fashioned rolled oats
- 1/4 cup walnuts, chopped
- 1/4 cup mini chocolate chips

CINNAMON ROLL CUPS:

- 1 1/2 cups non-dairy milk
- 1 cup unsweetened applesauce
- 2 tablespoons ground flaxseed
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 3 cups old-fashioned rolled oats
- 1/4 cup almond butter
- 2 tablespoon coconut sugar
- 1 teaspoon cinnamon

1. Preheat your oven to 350F/180C and grease a standard size muffin pan with cooking spray. Set it aside.

2. In a large mixing bowl, whisk together the almond milk, fruit puree, ground flaxseed, baking powder, cinnamon and salt until combined.

3. Next, stir in the old-fashioned rolled oats. For the chunky monkey cups you'll also fold in the chocolate chips and walnuts.

4. If you're making the cinnamon roll baked oatmeal cups, prepare the cinnamon swirl in a separate bowl by stirring together the almond butter, coconut sugar and cinnamon until smooth.

5. Divide the batter equally among the muffin cups. For the cinnamon roll oatmeal cups, fill each muffin cup half way up with the batter before adding a teaspoon of the cinnamon swirl "paste." Use damp fingers to spread the paste out into an even layer before topping each cup with the remaining oatmeal batter.

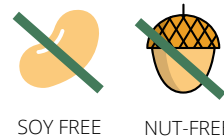
6. Bake the oatmeal cups for about 25 minutes or until set. Allow the cups to cool for 10 minutes in the pan before removing them to a wire rack to cool completely.

FAITH'S TIP

To make these cups nut free, omit the walnuts from the chunky monkey cups and use sun butter instead of almond butter in the cinnamon roll cups!

WHOLE WHEAT BANANA SHEET PAN PANCAKES

Made with whole wheat flour and sweetened naturally with banana and maple syrup, these Whole Wheat Vegan Banana Pancakes are a healthy start to the day!



Prep Time: 10 minutes
Total Time: 30 minutes
Serves: 8

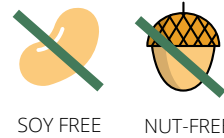
2 flax eggs*
2 ripe bananas, mashed
1 3/4 cups non-dairy milk
2 tablespoons coconut oil,
melted
1 tablespoon maple syrup
2 teaspoons baking powder
1 teaspoons baking soda
1/2 teaspoon salt
2 cups whole wheat flour

- 1.** Preheat your oven to 425F/218C and line a quarter sheet pan (or a 9x13 inch baking dish) with parchment paper or grease it liberally with cooking spray.
- 2.** Prepare your flax eggs by whisking 2 tablespoons of ground flaxseed with 6 tablespoons of water. Set the "eggs" aside to thicken.
- 3.** In a large mixing bowl, mash the ripe bananas. Add in the remaining wet ingredients, baking powder, baking soda, salt, and thickened flax eggs. Whisk everything together until fairly smooth.
- 4.** Lastly stir in the whole wheat flour.
- 5.** Spread the batter evenly into your prepared baking dish and bake for 14-17 minutes. Allow the pancakes to cool for a few minutes in the pan before using the parchment paper to lift the sheet of pancakes onto a wire rack to cool.
- 6.** Slice and enjoy warm or allow the pancakes to cool completely before freezing.

FAITH'S TIP

*To make 2 flax eggs, whisk together 2 tablespoons of ground flaxseed with 6 tablespoons of water. Set the mixture aside to thicken.

THE FLUFFIEST PUMPKIN SHEET PAN PANCAKES



Baked in the oven and full of warming spices, these fluffy Pumpkin Sheet Pan Pancakes make for the perfect breakfast all year round!

Prep Time: 10 minutes
Total Time: 30 minutes
Serves: 8

1 flax egg*
1 1/2 cups non-dairy milk
1 cup pumpkin puree
2 tablespoons oil
2 tablespoons apple cider vinegar
1 teaspoon vanilla
2 cups flour**
1/3 cup brown sugar
1 tablespoon cinnamon
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon pumpkin pie spice
1/2 teaspoon salt

FAITH'S TIP

*To make a flax egg, whisk together 1 tablespoon of ground flaxseed with 3 tablespoons of water. Set the mixture aside to thicken.

**You can use either white, whole wheat or a combination of both flours.

- 1.** Preheat your oven to 425F/218C and line a quarter sheet pan (or a 9x13 inch baking dish) with parchment paper or grease it liberally with cooking spray.
- 2.** In a large mixing bowl, whisk together the ground flaxseed and water and let it thicken for 5 minutes while you prepare the rest of your ingredients.
- 3.** Once the flax mixture has thickened, add in the remaining wet ingredients, from the non-dairy milk to the vanilla and whisk well to combine.
- 4.** In a separate mixing bowl, whisk together the remaining dry ingredients, from the flour to the salt. Add the dry ingredients into your wet ingredients and whisk until just smooth.
- 5.** Immediately pour the batter onto your lined and greased sheet pan and bake the pancakes for 14-17 minutes or until cooked through and slightly golden.
- 6.** Remove the pan from the oven and place it on a wire rack to cool for a few minutes. After a while, if you can, carefully remove the sheet of pancakes from the pan and place it on a cutting board so you can cut it into squares or rectangles.
- 7.** Serve warm with maple syrup and/or fruit or allow the pancakes to cool completely before freezing them for later.

VEGAN FROZEN YOGURT PROTEIN CUPS



These three ingredient Vegan Frozen Yogurt Protein Cups are a fun, refreshing and sweet way to sneak in some extra plant-based protein throughout your day.

Prep Time: 15 minutes

Total Time: 1 hour

Serves: 12

1 1/2 cups granola
1 1/2 cups non-dairy yogurt
1/2 cup favorite protein powder,
or to taste

FAITH'S TIP

The type of yogurt and protein powder you use will obviously make a big difference as to how these cups will taste. I like to use unsweetened non-dairy yogurt and Women's Best Chocolate Protein Powder.

If you don't have protein powder, you could also stir some stewed berries into the yogurt instead!

If you need these cups to be nut or soy free, make sure you check the ingredients on your yogurt, granola and protein powder!

1. Line 12 muffin cups with silicone muffin liners.
2. Pour a little bit of granola into the base of each muffin cup, crushing up any large pieces with your hand. Alternatively you can use my [No-Bake Energy Bite](#) dough and press about 1 tablespoon of dough into the base of each muffin liner.
3. In a mixing bowl, combine the non-dairy yogurt and protein powder until smooth.
4. Divide the yogurt "mousse" evenly among the muffin cups, pressing it down slightly so that the granola sticks to the yogurt.
5. Place the cups into the freezer until set...although I also love the yogurt mousse at room temperature!
6. Store the yogurt cups in a freezer safe zip-lock bag until ready to enjoy. Allow them to thaw for a little bit before eating.

PLANT BIASED

In my Plant Biased print book and ebook, I share practical advice and mouth-watering recipes (including 100+ photos so you know what you're making!) for those looking to start a healthier vegan or plant-based diet.

Whether you're an absolute beginner in plant-based healthy eating or you're looking for more inspiration to spice up your vegan meals, Plant Biased will be the one indispensable cookbook you always keep handy in the kitchen.



What This Beginner's Guide Will Teach You

- ✓ **Why Plant Biased?** Understand the "why" behind your choice to go plant-based!
- ✓ **Vegan Cooking Basics:** What you need to know and what to avoid when cooking.
- ✓ **Grocery Shopping:** How to confidently find healthy, unprocessed foods at the store.
- ✓ **Nutritional Guidelines:** Make sure you and your family meet all your nutritional needs!
- ✓ **Kitchen Essentials:** Learn to create a place where you'll LOVE to cook!

90+ Vegan Recipes (and LOTS of Photos!)

- ✓ **Breakfast Recipes:** Pancakes, granola, breads, donuts, oatmeals and more!
- ✓ **Main Meal Recipes:** Creative, hearty and healthy meals that will satisfy even meat-eaters!
- ✓ **Dessert Recipes:** Even vegans need dessert, and these recipes won't disappoint.
- ✓ **Snack & Bread Recipes:** Delicious breads and snacks to keep everybody filled.
- ✓ **Drink Recipes:** Smoothies, juices, milks and teas to compliment any meal.

...and much, much more!

[BUY PLANT BIASED ON AMAZON!](#)



About the The Conscientious Eater

Faith started her plant-based food blog over six years ago as a way to document her (overnight!) transition to a plant-based diet. Her recipes are often inspired from her travels around the world and are both family and friend approved. As a new mom, Faith focuses on quick, wholesome recipes that the entire family can enjoy together.

She believes in a balanced diet, so baked goods and dessert are always included! She hopes the recipes she shares on her blog will not only inspire you in the kitchen, but make plant-based eating seem fun and attainable.



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