

Vegan Breakfast Prep Checklist

45 minutes on Sunday, 5-minute breakfasts all week

VeganPreps

How This Guide Works

Spend 45 minutes on Sunday evening prepping breakfast components. Then grab, blend, or heat them in under 5 minutes every weekday morning. No thinking required before coffee.

What You Get

- A Sunday prep timeline that takes 45 minutes total
- 4 breakfast formula cards with 3 flavor variations each
- The full breakfast recipe collection from VeganPreps
- 3 spotlight recipes with complete ingredients and step-by-step instructions

WHY PREP BREAKFASTS

Morning decisions drain willpower. When breakfast is already prepped, you skip the "what should I eat" debate and start the day with something filling. Prepped overnight oats and smoothie packs keep for 5 days in the fridge or freezer.

For the full recipe collection, visit veganpreps.com.

Sunday Prep, Weekday Eat

45 minutes of prep on Sunday evening. 5-minute breakfasts Monday through Friday.

Sunday Evening (45 minutes total)

0:00 – 0:10 (10 MIN)

Make 5 jars of overnight oats

Combine oats, plant milk, chia seeds, and sweetener in 5 mason jars. Seal and refrigerate. Add toppings in the morning.

0:10 – 0:20 (10 MIN)

Mix batch pancake batter

Whisk flour, baking powder, sugar, and salt in a large bowl. Store dry mix in a sealed container. In the morning, add plant milk and a mashed banana for 2 pancakes in 5 minutes.

0:20 – 0:35 (15 MIN)

Assemble 5 smoothie freezer packs

Fill 5 freezer bags with frozen fruit, a handful of greens, and protein boosters (hemp seeds or protein powder). Label each bag. In the morning, dump into blender with plant milk and blend for 30 seconds.

0:35 – 0:45 (10 MIN)

Chop fruit and prep toppings

Slice bananas (freeze for smoothies), wash berries, chop nuts, portion out nut butter into small containers. Store everything in airtight containers.

Weekday Mornings (5 minutes or less)

MONDAY – FRIDAY OPTIONS

Grab an overnight oats jar and add toppings (2 min). Dump a smoothie freezer pack into the blender with milk and blend (3 min). Or add wet ingredients to the dry pancake mix and cook 2 pancakes on a hot skillet (5 min).

Breakfast Formula Cards

4 base formulas with 3 flavor variations each. 12 different breakfasts from simple templates.

OVERNIGHT OATS: OATS + PLANT MILK + CHIA SEEDS + SWEETENER + TOPPINGS

Classic: Rolled oats, oat milk, chia seeds, maple syrup, sliced banana, walnuts

Chocolate PB: Rolled oats, soy milk, chia seeds, cocoa powder, peanut butter, banana

Berry: Rolled oats, almond milk, chia seeds, agave, mixed berries, coconut flakes

SMOOTHIE PACKS: FROZEN FRUIT + GREENS + PROTEIN BOOSTER

Tropical: Frozen mango, pineapple, spinach, hemp seeds. Blend with coconut water.

Berry Blast: Frozen mixed berries, banana, kale, flax seeds. Blend with oat milk.

Chocolate: Frozen banana, cocoa powder, spinach, peanut butter, protein powder. Blend with soy milk.

PANCAKES: FLOUR + PLANT MILK + FLAX EGG + MASHED BANANA

Classic: All-purpose flour, oat milk, flax egg, banana, vanilla extract, maple syrup

Blueberry: Whole wheat flour, soy milk, flax egg, banana, fresh blueberries folded in

Chocolate Chip: All-purpose flour, almond milk, flax egg, banana, dairy-free chocolate chips

SAVORY: TOFU SCRAMBLE BASE + VEGETABLES + SPICES

Classic: Crumbled tofu, turmeric, nutritional yeast, bell peppers, onions, black salt

Mediterranean: Crumbled tofu, sun-dried tomatoes, spinach, olives, Italian seasoning

Southwest: Crumbled tofu, black beans, corn, jalapeño, cumin, salsa on the side

FLAX EGG

1 tbsp ground flaxseed + 3 tbsp water. Stir and let sit for 5 minutes until it thickens into a gel. Replaces 1 egg in any pancake or waffle recipe.

What's Inside

1. Easy Blueberry-Cherry Oatmeal Crisp (Dairy-Free)
2. Chewy Crunchy Oatmeal Raisin Cookies
3. Best Vegan Cherry-Chocolate Oat Cookies
4. Valentine's Day Smoothie Bowl (5 Minutes)
5. Best Meyer Lemon Chia Seed Pudding (Overnight)
6. Easy Crispy Tofu Scramble (5-Minute Breakfast)
7. Fluffy Vegan Apple Cinnamon Pancakes
8. Lemon-Apricot Chia Seed Muffins (Easy Recipe)
9. Dairy-Free Whole Wheat Apple Pancakes
10. Authentic Vegan Banana Pancakes (Quick)
11. Down Home Vegan Pancakes (Fluffy)
12. Yam & Oat Breakfast Casserole (Meal Prep)
13. Easy Date and Fennel Tofu Scramble Recipe
14. Spanish Tofu Omelette (30-Minute Vegan Dinner)
15. Best Tofu Pancakes with Mushroom Sauce
16. Quick Vegan Pumpkin Pie Pancakes
17. Golden Tofu Scramble with Sun-Dried Tomatoes
18. Quinoa Porridge with Toasted Almonds (Easy)
19. Best Soaked Buckwheat Oat Pancakes
20. Banana Quinoa Waffles (Quick Vegan Recipe)
21. Easy Green Scrambled Tofu (5-Minute Recipe)
22. Easy Superfood Smoothie Bowl (Ready in 5 Minutes)
23. Low Carb 'Granola' Recipe (No Baking)
24. Best Spiced Chai Overnight Oats (Prep Ahead)
25. Easy Chia Bircher Muesli (Make Ahead Recipe)
26. Acai Berry Smoothie Bowl for 2 (Quick & Easy)
27. Best Vegan Stovetop Granola (Homemade Recipe)
28. 4-Ingredient Vegan Crepes (Ready in 20 Min)
29. Quick Low-Fat Vegan Pancakes (30-Minute)
30. Easy Vegan Breakfast Patties (Make-Ahead)
31. Lemon Quinoa Breakfast Bowl (Gluten-Free)
32. Crispy Vegan Waffles (Make-Ahead Friendly)
33. Easy Vegan Mediterranean Scramble (Tofu)
34. Easy Green Vegan Smoothie (5-Minute)
35. Easy Chocolate Cherry Smoothie (Ready in 5 Min)
36. Best Pear-Fect Vegan Smoothie Recipe
37. Best Raw Superfood Oat Smoothie (Vegan)
38. Green & Sweet Smoothie (Super Easy)
39. Easy Date Oat Bars (No-Bake, 15 Minutes)
40. Peanut Chocolate Chia Quinoa Poppers (No-Bake)
41. Chocolate Cherry Protein Smoothie (Quick Fix)
42. 30-Second Blueberry Chia Breakfast Smoothie
43. Tropical Smoothie Bowl With Mango (Easy)

Recipes

1. Easy Blueberry-Cherry Oatmeal Crisp (Dairy-Free)

15 min Serves 6

INGREDIENTS

- 2 pints blueberries (4 cups)
- 1/2 lb pitted, halved fresh cherries (1 cup)
- 1/3 cup sugar
- 1/4 cup fresh orange juice
- 2 tablespoons cornstarch
- 1 tablespoon grated orange zest
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon salt
- 1 pinch freshly ground black pepper
- 1 1/3 cups whole-wheat flour
- 3 tablespoons sugar
- 1/2 teaspoon baking powder
- 3 tablespoons vegan butter, melted and cooled
- 2/3 cup quick-cooking rolled oats
- 2 tablespoons sliced almonds

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish.
2. In a large bowl, combine blueberries, cherries, sugar, orange juice, cornstarch, orange zest, cardamom, salt, and black pepper. Toss until fruit is evenly coated, then spread in the prepared baking dish.
3. In a separate bowl, whisk together whole-wheat flour, sugar, and baking powder. Add melted vegan butter and mix with a fork until clumps form. Stir in rolled oats and sliced almonds.
4. Scatter the topping evenly over the fruit filling, breaking up any large clumps with your fingers for an even crumble layer.
5. Bake for 30–35 minutes, until the topping is golden brown and the fruit filling is bubbling around the edges.
6. Remove from oven and let cool for 10 minutes before serving. Serve warm on its own or with a scoop of vegan vanilla ice cream.

2. Chewy Crunchy Oatmeal Raisin Cookies

25 min Serves 12

INGREDIENTS

1 cup (90 g) rolled oats
1 cup (120 g) whole wheat flour
30 g (3 tablespoons) raisins
1/4 teaspoon baking powder
1/3 teaspoon salt
3 tablespoons grapeseed oil (or olive oil or vegetable oil)
3 tablespoons pure maple syrup
3 tablespoons apple juice
2 tablespoons soy milk (or water)

INSTRUCTIONS

1. In a large bowl, mix together rolled oats, whole wheat flour, raisins, baking powder, and salt.
2. In a small bowl or measuring cup, whisk together oil, maple syrup, apple juice, and soy milk until combined.
3. Pour the wet mixture into the dry ingredients and stir until a cohesive, slightly sticky dough forms. If it seems dry, add 1 tablespoon more soy milk. Cover and refrigerate for 20 minutes to allow the oats to absorb the liquid.
4. Preheat oven to 350°F (180°C). Line a large baking sheet with parchment paper.
5. Scoop tablespoon-sized portions of dough, roll into balls, place on the baking sheet, and flatten slightly to about 1/2-inch thickness. Repeat for all dough.
6. Bake for 10–12 minutes until the edges are golden and the bottoms are lightly browned. The tops may still look soft — they firm up as they cool. Cool on the pan for 10 minutes before transferring.

3. Best Vegan Cherry-Chocolate Oat Cookies

15 min Serves 24

INGREDIENTS

1/3 cup neutral oil (canola or vegetable)
1 cup brown sugar, packed
1/4 cup unsweetened applesauce
1 teaspoon vanilla extract
1 cup all-purpose unbleached flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup quick-cooking rolled oats
2/3 cup semisweet vegan chocolate chips
1/3 cup dried cherries

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line two baking sheets with parchment paper.
2. In a large bowl, whisk together oil, brown sugar, applesauce, and vanilla until smooth and well combined.
3. Add flour, baking soda, baking powder, and salt to the wet ingredients. Stir until a dough forms. Fold in rolled oats, chocolate chips, and dried cherries.
4. Drop rounded tablespoons of dough onto the prepared baking sheets, spacing them 2 inches apart. Flatten slightly with the back of a spoon.
5. Bake for 10–12 minutes until the edges are set and the tops look just dry — centers will firm up as they cool. Do not overbake. Cool on the baking sheet for 5 minutes, then transfer to a wire rack.

4. Valentine's Day Smoothie Bowl (5 Minutes)

5 min Serves 2

INGREDIENTS

1½ cups water
1 small beet, peeled and chopped
½ cup diced cucumber
2 celery stalks, roughly chopped
1 apple, cored and cubed
1 mango, cubed
½ lemon, peeled
1 banana, peeled
1 package (4 oz) frozen acai, broken into chunks
2 tablespoons hemp hearts
2 tablespoons cacao nibs
¼ cup fresh blueberries
2 tablespoons fresh raspberries
2 teaspoons chia seeds
10 fresh mint leaves

INSTRUCTIONS

1. Add water, beet, cucumber, celery, apple, mango, lemon, banana, and frozen acai to a high-powered blender. Blend on high for 60 seconds until completely smooth and thick; if the mixture is too thick to blend, add water 1 tablespoon at a time.
2. Check consistency: the base should be thick enough to hold toppings without sinking—similar to soft-serve ice cream. If too thin, add more frozen acai or banana and blend again for 20 seconds.
3. Divide the smoothie evenly between two wide bowls.
4. Top each bowl with hemp hearts, cacao nibs, blueberries, raspberries, chia seeds, and mint leaves. Arrange decoratively and serve immediately.

5. Best Meyer Lemon Chia Seed Pudding (Overnight)

10 min Serves 4

INGREDIENTS

2 cups raw almonds, soaked in water 6–8 hours and drained
1 1/2 cups filtered water
2 tablespoons organic chia seeds
3–4 tablespoons pure maple syrup
2 tablespoons organic coconut oil, melted
Zest of 1 Meyer lemon
3 tablespoons fresh Meyer lemon juice (from about 1 lemon)
1 teaspoon vanilla extract
1/2 cup golden raisins (optional)

INSTRUCTIONS

1. Blend soaked, drained almonds with 1 1/2 cups filtered water in a high-speed blender for 60 seconds until smooth. Strain through a nut milk bag or fine-mesh cheesecloth into a bowl; squeeze out all liquid. Discard pulp or save for another use.
2. To the fresh almond milk, add maple syrup, melted coconut oil, Meyer lemon zest, Meyer lemon juice, and vanilla extract. Whisk until fully combined.
3. Stir in chia seeds and golden raisins if using. Mix well to distribute seeds evenly and prevent clumping.
4. Pour into 4 individual jars or containers, seal, and refrigerate overnight (minimum 6 hours) until pudding has set and chia seeds are fully swollen.
5. Stir each portion before serving. Adjust sweetness with a small drizzle of maple syrup if needed. Top with fresh fruit or additional lemon zest.

6. Easy Crispy Tofu Scramble (5-Minute Breakfast)

5 min Serves 2

INGREDIENTS

2 teaspoons olive oil, plus more as needed
16 ounces (450 g) firm water-packed tofu, rinsed and patted very dry
3 tablespoons nutritional yeast flakes
1/2 teaspoon granulated onion powder
1 small onion, thinly sliced
1 cup sliced mushrooms
1 garlic clove, minced
White pepper, to taste
1.5 tablespoons soy sauce

INSTRUCTIONS

1. Pat tofu thoroughly dry with paper towels, then crumble it into a bowl in rough, uneven pieces about 1-2 cm.
2. Heat olive oil in a large non-stick skillet over medium-high heat, add the crumbled tofu in a single layer, and cook without stirring for 3 minutes until the bottom is golden and crispy.
3. Sprinkle nutritional yeast and granulated onion over the tofu, stir to coat, and continue cooking for another 2 minutes, adding a little more oil if the pan is dry.
4. Push the tofu to one side of the pan, add the sliced onion and mushrooms to the empty side, and cook for 2-3 minutes until mushrooms are tender and onion is softened.
5. Add the minced garlic, stir everything together, pour soy sauce over the mixture, and cook for 1 more minute until the sauce is absorbed.
6. Season with white pepper, taste for salt (soy sauce is already salty), and serve immediately.

7. Fluffy Vegan Apple Cinnamon Pancakes

15 min Serves 4

INGREDIENTS

2 cups all-purpose flour
3 teaspoons baking powder
1/4 cup granulated sugar
2 teaspoons ground cinnamon
1/2 teaspoon salt
3/4 cup water
1 cup apple cider (unsweetened)
1/2 cup unsweetened applesauce
1 teaspoon vanilla extract
1 tablespoon neutral oil or vegan butter, for the griddle

INSTRUCTIONS

1. Whisk together flour, baking powder, sugar, cinnamon, and salt in a large bowl until evenly combined.
2. In a separate bowl or jug, stir together water, apple cider, applesauce, and vanilla extract. Pour the wet mixture into the dry and stir until just combined – a few lumps are fine. Let the batter rest for 5 minutes.
3. Heat a non-stick griddle or large skillet over medium heat (about 175C / 350F) and lightly grease with oil or vegan butter.
4. Pour 1/4 cup batter per pancake onto the griddle. Cook until the edges look set and bubbles form across the surface, about 2 to 3 minutes. Flip and cook for a further 1 to 2 minutes until golden brown and cooked through.
5. Keep warm in a 95C (200F) oven while you cook the remaining batter. Serve with maple syrup and warm apple cider.

8. Lemon-Apricot Chia Seed Muffins (Easy Recipe)

20 min Serves 12

INGREDIENTS

3/4 cup unsweetened almond milk
3 tablespoons chia seeds
1 cup almond meal
1 1/2 cups whole spelt flour
1 tablespoon baking powder
1/4 teaspoon baking soda
1/8 teaspoon ground turmeric
1/4 teaspoon sea salt
1/2 cup pure maple syrup
1/2 cup unsweetened apricot nectar
1/4 cup melted coconut oil
1/4 cup fresh lemon juice
3 tablespoons grated lemon zest (from about 3 large lemons)
3 small apricots or plums, pitted and quartered

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a 12-cup standard muffin tin with paper liners or grease with coconut oil.
2. Combine almond milk and chia seeds in a small bowl. Stir well and let sit for 10 minutes until thick and gel-like.
3. In a large bowl, whisk together almond meal, spelt flour, baking powder, baking soda, turmeric, and salt. In a separate bowl, whisk together maple syrup, apricot nectar, melted coconut oil, lemon juice, lemon zest, and the chia gel.
4. Pour wet ingredients into dry ingredients and fold gently until just combined – do not overmix. Batter will be thick.
5. Divide batter evenly among the 12 muffin cups, filling each about 3/4 full. Press one apricot or plum quarter into the top of each muffin.
6. Bake for 23 to 26 minutes until the tops are golden and a toothpick inserted in the center comes out clean. Cool in the tin for 5 minutes, then transfer to a wire rack.

9. Dairy-Free Whole Wheat Apple Pancakes

15 min Serves 4

INGREDIENTS

1 1/2 cups whole wheat pastry flour
1 tablespoon baking powder
1/4 teaspoon salt
1 tablespoon ground flaxseed mixed with 3 tablespoons water (flax egg, let sit 5 minutes)
2 tablespoons apple juice concentrate, thawed
1 cup unsweetened soy milk
1 tablespoon neutral oil (canola or light olive oil, for batter)
2 medium Granny Smith apples, peeled, cored, and grated
1-2 tablespoons neutral oil (for cooking)

INSTRUCTIONS

1. In a small bowl, mix ground flaxseed with 3 tablespoons water and let sit for 5 minutes to gel. In a large bowl, whisk together whole wheat pastry flour, baking powder, and salt.
2. In a separate bowl, whisk together flax egg, apple juice concentrate, soy milk, and 1 tablespoon oil. Add grated apple and stir to combine.
3. Pour wet ingredients into dry ingredients and stir until just combined – do not overmix. If the batter is very thick (depends on apple moisture), add 1-2 tablespoons extra soy milk. Let batter rest 3 minutes.
4. Heat a non-stick skillet or griddle over medium heat (about 350°F). Add a thin film of oil and swirl to coat.
5. Pour 1/4 cup batter per pancake onto the griddle. Cook for 2-3 minutes until bubbles form and edges look dry. Flip and cook 1-2 minutes more until golden brown on the underside.
6. Serve immediately with maple syrup or a light dusting of cinnamon.

10. Authentic Vegan Banana Pancakes (Quick)

5 min Serves 4

INGREDIENTS

1 cup rolled oats
1 cup wholemeal (whole wheat) flour
2 teaspoons baking powder
1/4 teaspoon salt
2 tablespoons chia seeds
1 cup unsweetened soy milk
1 large ripe banana (or 2 small), mashed
1 tablespoon coconut oil or neutral oil, plus more for pan

INSTRUCTIONS

1. In a large bowl, mash the banana until smooth. Add soy milk and coconut oil and whisk to combine.
2. Add rolled oats, wholemeal flour, baking powder, salt, and chia seeds. Stir until just combined — do not overmix. Let batter rest for 5 minutes so the oats and chia seeds absorb liquid and the batter thickens.
3. Heat a non-stick skillet or griddle over medium-low heat. Lightly grease with a small amount of oil. Drop heaping tablespoons of batter onto the pan to form small, thick pancakes (about 3 inches across). Do not spread.
4. Cook for 3–4 minutes until bubbles form on the surface and the edges look set. Flip carefully and cook for 2–3 minutes more until cooked through. Adjust heat down if browning too fast. Serve warm with maple syrup or fresh fruit.

11. Down Home Vegan Pancakes (Fluffy)

15 min Serves 4

INGREDIENTS

1 cup whole wheat flour
1/2 cup unbleached white flour
1/2 cup oat flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/4 teaspoon sea salt
1 tablespoon flax seed meal
1 1/4 cups water
3/4 cup unsweetened soymilk
1 tablespoon pure maple syrup
1 tablespoon canola oil (for batter)
2 tablespoons canola oil (for cooking)

INSTRUCTIONS

1. In a large bowl, whisk together whole wheat flour, white flour, oat flour, baking powder, cinnamon, baking soda, salt, and flax seed meal until well combined.
2. In a separate bowl or measuring cup, whisk together water, soymilk, maple syrup, and 1 tablespoon canola oil. Pour the wet ingredients into the dry ingredients and stir just until combined – do not overmix. A few lumps are fine. Let the batter rest for 5 minutes to thicken.
3. Heat a large non-stick skillet or griddle over medium heat (around 350–375°F if using an electric griddle). Add a small amount of canola oil and swirl to coat.
4. Pour approximately 1/4 cup of batter per pancake onto the griddle. Cook for 2–3 minutes until bubbles form across the surface and the edges look set. Flip carefully and cook for another 1–2 minutes until the underside is golden brown.
5. Transfer to a plate and cover loosely with foil to keep warm. Repeat with remaining batter, adding oil to the pan as needed between batches.
6. Serve hot with maple syrup and fresh fruit.

12. Yam & Oat Breakfast Casserole (Meal Prep)

15 min Serves 6

INGREDIENTS

2 medium yams (about 1 lb total), peeled and cubed into 1-inch pieces

1 cup old-fashioned rolled oats

2 cups water

2 tablespoons flax meal

1/4 cup pure maple syrup

1/2 teaspoon ground cinnamon

1/2 teaspoon pumpkin pie spice

For the topping: 1/2 cup chopped walnuts, 1/4 cup old-fashioned rolled oats, 2 tablespoons light brown sugar, 2 tablespoons chia seeds, 2 tablespoons olive oil

INSTRUCTIONS

1. Preheat the oven to 375 F (190 C). Grease an 8x8-inch baking dish with a little olive oil or cooking spray.
2. Steam or microwave the yam cubes for 8 to 10 minutes until completely tender when pierced with a fork. Transfer to a large bowl and mash until smooth.
3. Stir the oats, water, flax meal, maple syrup, cinnamon, and pumpkin pie spice into the mashed yam until fully combined. Pour the mixture into the prepared baking dish and spread evenly.
4. In a small bowl, combine the topping walnuts, oats, brown sugar, chia seeds, and olive oil. Mix until the oats are coated, then scatter evenly over the casserole.
5. Bake for 30 to 35 minutes until the top is golden brown and the center is set and no longer jiggles when the dish is gently shaken.
6. Cool for 10 minutes before slicing into 6 portions. Refrigerate leftovers in an airtight container for up to 5 days and reheat individual portions in the microwave for 90 seconds.

13. Easy Date and Fennel Tofu Scramble Recipe

10 min Serves 2

INGREDIENTS

1 tablespoon olive oil

1/2 cup onion, halved and thinly sliced

1/2 cup fennel, thinly sliced

1 teaspoon garam masala

3/4 cup Medjool dates, pitted and chopped

15 ounces (425 g) firm tofu, pressed and crumbled

1/4 cup fresh cilantro, chopped

1/4 cup unsalted pistachios, chopped

1/4 teaspoon salt, plus more to taste

INSTRUCTIONS

1. Press tofu for at least 10 minutes using a towel and heavy weight, then crumble into rough chunks about 1-2 cm in size.
2. Heat olive oil in a large non-stick or cast iron skillet over medium heat, add onion and fennel, and cook stirring occasionally for 5-6 minutes until softened and beginning to color at the edges.
3. Add garam masala and chopped dates to the pan, stir to combine, and cook for 1 minute until fragrant.
4. Add the crumbled tofu, spread into an even layer, and cook without stirring for 2-3 minutes to let the bottom brown slightly, then stir and cook another 2 minutes.
5. Season with salt, remove from heat, and fold in chopped cilantro and pistachios.
6. Serve immediately, adding extra salt to taste.

14. Spanish Tofu Omelette (30-Minute Vegan Dinner)

15 min Serves 2

INGREDIENTS

1 tablespoon olive oil
1 clove garlic, minced
1 small onion, finely chopped
1 medium potato (about 6 oz), thinly sliced into 1/8-inch rounds
1/4 green bell pepper, diced
1 small tomato, finely chopped
1/4 teaspoon dried oregano
1 lb (16 oz) soft tofu, drained and patted dry
1/4 cup unbleached all-purpose flour
1 tablespoon cornstarch
1/4 teaspoon ground turmeric
1 teaspoon nutritional yeast
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Heat olive oil in a 10-inch non-stick skillet over medium heat. Add potato slices in a single layer and cook 4–5 minutes per side until just tender and lightly golden. Remove and set aside.
2. In the same skillet, add onion, garlic, and bell pepper. Cook over medium heat 4–5 minutes until softened. Add tomato and oregano, cook 2 minutes. Remove from heat.
3. In a blender or using a fork, mash tofu with flour, cornstarch, turmeric, nutritional yeast, salt, and pepper until smooth and uniform – the mixture should be thick and pourable.
4. Arrange cooked potato slices in the bottom of the skillet over the sautéed vegetables. Pour the tofu batter evenly over the top. Cover with a lid and cook over low heat for 12–15 minutes until the edges are set and the center is firm to the touch.
5. To flip: place a large plate over the skillet, invert to turn the omelette onto the plate, then slide it back into the skillet uncooked-side down. Cook uncovered 3–4 minutes until the bottom is golden. Alternatively, finish under the broiler for 3–4 minutes until set and lightly browned.
6. Slide onto a serving plate and let rest 2 minutes before cutting into wedges. Serve warm.

15. Best Tofu Pancakes with Mushroom Sauce

20 min Serves 4

INGREDIENTS

MUSHROOM SAUCE:

1 tablespoon olive oil
2 cups cremini or white mushrooms, finely chopped
2 cloves garlic, minced
1 tablespoon whole wheat flour
1 cup calcium-enriched soy milk
Salt and freshly ground black pepper to taste

PANCAKE BATTER:

1 pound firm tofu, well-drained and pressed
1/2 cup whole wheat flour
1/2 cup plain soy milk
1 cup bean sprouts
1/2 cup sliced water chestnuts
1/4 cup green onions, finely chopped
1/2 cup shiitake mushrooms, thinly sliced
1/4 cup hijiki seaweed, soaked 10 minutes in cold water and drained
1 tablespoon tamari or soy sauce
2 tablespoons fresh ginger, peeled and grated
2 tablespoons olive oil, for frying

INSTRUCTIONS

1. Soak hijiki in cold water for 10 minutes, drain, and set aside. Drain and press tofu firmly with paper towels or a tofu press to remove as much moisture as possible.
2. Make the mushroom sauce: heat 1 tablespoon olive oil in a small saucepan over medium heat. Add cremini mushrooms and garlic, cook 5 minutes until softened. Whisk in flour and cook 1 minute. Pour in soy milk, whisk constantly over medium heat until sauce thickens, about 3–4 minutes. Season with salt and pepper, keep warm on low.
3. Make the pancake batter: crumble pressed tofu into a large bowl until it resembles coarse cottage cheese. Add flour, soy milk, bean sprouts, water chestnuts, green onions, shiitake mushrooms, drained hijiki, tamari, and ginger. Mix well – the batter should hold its shape; if too wet, add 1–2 tablespoons more flour.
4. Heat a large 12-inch nonstick skillet over medium-high heat. Add 1 tablespoon olive oil and swirl to coat. Working in batches, scoop about 1/3 cup batter per pancake and press into a 3/4-inch thick round. Cook 3 minutes undisturbed until golden and set on the bottom. Flip and cook 2–3 minutes more until golden on the second side. Drain on paper towels.
5. Repeat with remaining batter, adding remaining olive oil as needed. Serve pancakes hot with warm mushroom sauce spooned over the top.

16. Quick Vegan Pumpkin Pie Pancakes

10 min Serves 4

INGREDIENTS

1 1/2 cups unbleached all-purpose flour
3 tablespoons sugar
1 tablespoon baking powder
1 teaspoon pumpkin pie spice
1/2 teaspoon salt
1 1/4 cups unsweetened soymilk
1/3 cup canned pumpkin puree (not pumpkin pie filling)
1 tablespoon vegetable oil
Vegan butter or neutral oil for the pan

INSTRUCTIONS

1. Whisk together flour, sugar, baking powder, pumpkin pie spice, and salt in a large bowl.
2. In a separate bowl, whisk together soymilk, pumpkin puree, and vegetable oil until smooth.
3. Pour wet ingredients into dry ingredients and stir until just combined – a few lumps are fine. Do not overmix.
4. Heat a non-stick skillet or griddle over medium heat (about 350F if using an electric griddle) and lightly grease with vegan butter or oil. Pour 1/4 cup batter per pancake and cook until bubbles form on the surface and edges look set, about 2–3 minutes. Flip and cook 1–2 minutes more until cooked through.
5. Repeat with remaining batter. Serve immediately with maple syrup.

17. Golden Tofu Scramble with Sun-Dried Tomatoes

10 min Serves 2

INGREDIENTS

1 tablespoon olive oil
1 medium yellow onion, finely diced
2 cloves garlic, minced
1 teaspoon ground turmeric
400 g (14 oz) firm tofu, pressed and drained
1/4 cup sun-dried tomatoes in oil, drained and roughly chopped
2 tablespoons nutritional yeast
1/2 teaspoon salt
1/4 teaspoon black pepper
1 small bunch fresh basil, leaves thinly sliced

INSTRUCTIONS

1. Press the tofu for at least 10 minutes to remove excess moisture, then crumble it by hand into rough, scrambled-egg-sized pieces.
2. Heat olive oil in a large non-stick skillet over medium heat. Add the onion and cook, stirring occasionally, for 5–6 minutes until softened and translucent. Add the garlic and turmeric and cook for 1 minute until fragrant.
3. Add the crumbled tofu to the pan. Spread it out and let it cook undisturbed for 2–3 minutes to develop a golden crust on the bottom, then stir and repeat once more.
4. Stir in the sun-dried tomatoes and nutritional yeast. Season with salt and pepper. Cook for a further 2 minutes, stirring, until everything is heated through and the scramble is dry and golden.
5. Remove from heat, scatter fresh basil over the top, and serve immediately on toast, in a wrap, or alongside roasted vegetables.

18. Quinoa Porridge with Toasted Almonds (Easy)

10 min Serves 4

INGREDIENTS

1 cup red quinoa
1 cup water
1 cup unsweetened almond milk (for cooking)
1/2 cup unsweetened almond milk (for serving, stirred in at end)
1/4 teaspoon fine sea salt
1/2 cup dried apricots, roughly chopped
1/3 cup raw almonds, roughly chopped and toasted
2–3 tablespoons maple syrup, for serving

INSTRUCTIONS

1. Place quinoa in a fine-mesh strainer and rinse under cold running water for 60 seconds, rubbing with your fingers to remove saponins. Drain well.
2. Combine rinsed quinoa, 1 cup water, 1 cup almond milk, salt, and chopped apricots in a medium saucepan. Bring to a boil over medium-high heat, then reduce heat to low, cover, and simmer for 15–18 minutes until liquid is absorbed and quinoa tails are visible.
3. While quinoa cooks, toast almonds in a dry skillet over medium heat for 3–4 minutes, stirring frequently, until golden and fragrant. Remove from heat immediately.
4. Remove quinoa from heat and let stand covered for 5 minutes. Stir in remaining 1/2 cup almond milk to loosen to a creamy porridge consistency.
5. Divide into 4 bowls. Drizzle each with maple syrup and top with toasted almonds. Serve hot.

19. Best Soaked Buckwheat Oat Pancakes

10 min Serves 4

INGREDIENTS

1 cup rolled oats
1 cup buckwheat flour
2 tablespoons coconut flour
2 tablespoons ground flaxseed
1 1/2 cups unsweetened almond milk
1 tablespoon raw apple cider vinegar or plain kombucha
1 large ripe banana, mashed
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon sea salt
1 teaspoon vanilla extract
2 teaspoons coconut oil or neutral oil, for the pan

INSTRUCTIONS

1. The night before: combine oats, buckwheat flour, coconut flour, flaxseed, and almond milk in a bowl. Stir in apple cider vinegar or kombucha, cover, and let soak at room temperature for 6 to 8 hours.
2. In the morning, mash banana thoroughly and stir it into the soaked oat mixture along with vanilla extract. Add baking powder, baking soda, and salt, and stir until just combined. The batter will be thick; if it seems too stiff, add 2 tablespoons of almond milk.
3. Heat a non-stick skillet or griddle over medium heat and lightly brush with coconut oil.
4. Pour 1/4 cup of batter per pancake onto the skillet. Cook for 3 to 4 minutes until bubbles form on the surface and edges look set, then flip and cook for 2 to 3 minutes on the second side.
5. Transfer to a plate and repeat with remaining batter, re-oiling the pan as needed. Serve warm with fresh fruit and maple syrup.

20. Banana Quinoa Waffles (Quick Vegan Recipe)

10 min Serves 4

INGREDIENTS

2 large overripe bananas
3 cups quinoa flour
1 1/2 cups vanilla-flavored soy milk
1 cup water
1 teaspoon ground cinnamon
2 teaspoons baking powder
1/4 teaspoon salt
Cooking spray or neutral oil for greasing

INSTRUCTIONS

1. Preheat your waffle iron to medium heat (around 375°F / 190°C if adjustable). Peel and mash bananas in a large bowl until smooth with no large lumps.
2. Add soy milk and water to the mashed banana and whisk to combine. Add quinoa flour, baking powder, cinnamon, and salt. Whisk until a smooth, thick batter forms. Let batter rest for 5 minutes.
3. Lightly grease the waffle iron plates with cooking spray. Pour enough batter to fill the iron (typically 3/4 to 1 cup per waffle, depending on iron size). Close and cook for 5–6 minutes until steam stops escaping and the waffle is golden and crisp.
4. Remove waffle carefully with a fork and place on a wire rack — do not stack, or they will steam and go soft. Repeat with remaining batter. Serve with maple syrup or fresh fruit.

21. Easy Green Scrambled Tofu (5-Minute Recipe)

5 min Serves 2

INGREDIENTS

1 (12 oz) package firm tofu, drained and crumbled
1 tablespoon olive oil
1-2 tablespoons soy sauce
1/2 teaspoon ground turmeric
1/4 teaspoon black pepper
1/2 teaspoon dried oregano
6-8 kalamata olives, pitted and roughly chopped
1/2 cup sun-dried tomatoes, drained if oil-packed, roughly chopped
1/2 cup fresh spinach, roughly chopped

INSTRUCTIONS

1. Heat olive oil in a medium non-stick skillet over medium-high heat. Add crumbled tofu and cook 3-4 minutes, stirring occasionally, until it starts to dry out and take on a little color.
2. Season with soy sauce, turmeric, oregano, and black pepper. Stir well to coat the tofu evenly with the yellow color from the turmeric.
3. Add sun-dried tomatoes and olives. Cook 2 minutes, stirring, until heated through.
4. Add spinach and stir 1 minute until just wilted. Remove from heat and serve immediately on toast, in a wrap, or alongside roasted vegetables.

22. Easy Superfood Smoothie Bowl (Ready in 5 Minutes)

5 min Serves 1

INGREDIENTS

1 cup frozen dragon fruit (pitaya) chunks (or 1 Pitaya Plus frozen smoothie pack)
1 ripe banana, fresh or frozen and sliced
1/2 cup unsweetened almond milk (plus more if needed to blend)
1 tablespoon chia seeds
1/2 cup fresh or frozen blueberries
1/2 cup granola or roughly chopped mixed nuts
1 tablespoon unsweetened shredded coconut (optional)

INSTRUCTIONS

1. Add the frozen dragon fruit, banana, and almond milk to a blender. Blend on high for 30-45 seconds until completely smooth — the base should be thick enough to hold toppings. Add more almond milk 1 tablespoon at a time only if the blender stalls.
2. Pour the smoothie base into a wide, shallow bowl.
3. Arrange blueberries, granola or chopped nuts, chia seeds, and shredded coconut on top. Serve immediately before the base melts.

23. Low Carb 'Granola' Recipe (No Baking)

10 min Serves 6

INGREDIENTS

2 cups dry textured vegetable protein (TVP)
granules

1/2 cup raw or roasted almonds, roughly chopped

1/2 cup unsweetened flaked coconut

1 tablespoon Splenda or other granulated sweetener

1 cup unsweetened vanilla almond milk (or
unsweetened soy milk), for serving

1/2 cup fresh berries or sliced banana (optional, for
serving)

INSTRUCTIONS

1. Combine dry TVP, chopped almonds, and flaked coconut in a large bowl. Stir in sweetener until evenly distributed.
2. Store the dry granola mix in an airtight container at room temperature for up to 2 weeks.
3. To serve, measure 1/3 cup of the granola mix into a bowl. Pour 1/4 cup almond milk over the top and let sit for 2 minutes so the TVP softens slightly.
4. Top with fresh fruit if desired and serve immediately.

24. Best Spiced Chai Overnight Oats (Prep Ahead)

10 min Serves 1

INGREDIENTS

1/2 cup rolled oats

1/2 cup brewed chai tea, cooled

1/2 cup unsweetened almond milk

2 tablespoons apple butter

1 tablespoon chia seeds

1 tablespoon maple syrup

1/2 teaspoon vanilla extract

1/4 teaspoon ground cinnamon

Pinch of ground cardamom

Pinch of sea salt

INSTRUCTIONS

1. Brew a strong cup of chai tea and allow it to cool to room temperature.
2. In a jar or container with a lid, combine rolled oats, chia seeds, cinnamon, cardamom, and sea salt. Stir dry ingredients together.
3. Add cooled chai tea, almond milk, apple butter, maple syrup, and vanilla extract. Stir thoroughly until everything is combined and apple butter is fully mixed in.
4. Seal the jar and refrigerate for at least 4 hours, or overnight. The oats and chia seeds will absorb the liquid and thicken.
5. In the morning, stir the oats, add a splash of almond milk if too thick, and top with fresh fruit, nuts, or a drizzle of maple syrup before serving.

25. Easy Chia Bircher Muesli (Make Ahead Recipe)

10 min Serves 1

INGREDIENTS

3/4 cup regular rolled oats
3/4 cup unsweetened almond milk, plus more for serving
1/3 cup freshly squeezed orange juice
1/2 cup grated apple, packed (about 1 medium apple, skin on)
2 tablespoons golden raisins
1 tablespoon chia seeds
1/2 cup fresh berries or sliced seasonal fruit
2 tablespoons chopped walnuts
Pure maple syrup, to taste (optional)

INSTRUCTIONS

1. In a jar or bowl with a tight-fitting lid, combine rolled oats, almond milk, orange juice, grated apple, golden raisins, and chia seeds, and stir well to combine.
2. Cover and refrigerate overnight, or for a minimum of 6 hours, until the oats have fully absorbed the liquid and the chia seeds have thickened the mixture.
3. In the morning, stir the muesli and check the consistency – add a splash of additional almond milk if it is thicker than you prefer.
4. Transfer to a serving bowl and top with fresh berries or seasonal fruit, chopped walnuts, and a drizzle of maple syrup if desired.
5. Serve cold.

26. Acai Berry Smoothie Bowl for 2 (Quick & Easy)

5 min Serves 2

INGREDIENTS

4 oz (115 g) frozen unsweetened acai pulp (such as Sambazon), broken into pieces
2 ripe bananas, peeled and frozen
1 1/4 cups (300 ml) unsweetened almond milk
1/2 cup (45 g) rolled oats
1 1/2 cups (225 g) fresh mixed berries, divided (half for blending, half for topping)
1 tablespoon unsweetened coconut flakes, for topping
2 teaspoons maple syrup, for drizzling

INSTRUCTIONS

1. Add frozen acai pulp, frozen bananas, almond milk, oats, and 3/4 cup of the mixed berries to a high-speed blender.
2. Blend on high, tamping down as needed, until completely smooth and very thick — the consistency should be thicker than a drinkable smoothie. Add a splash more almond milk only if the blender stalls.
3. Divide the smoothie base evenly between two bowls.
4. Top each bowl with the remaining 3/4 cup mixed berries and the coconut flakes. Drizzle each with 1 teaspoon maple syrup and serve immediately.

27. Best Vegan Stovetop Granola (Homemade Recipe)

5 min Serves 14

INGREDIENTS

2 cups rolled oats
1 cup sliced almonds
1/2 cup chopped walnuts
1/2 cup chopped pecans
1/2 cup wheat germ or ground flaxseed meal
1/4 cup neutral vegetable oil (such as sunflower)
1/2 cup pure maple syrup
3/4 cup sucanat (or packed brown sugar)
1 cup raisins

INSTRUCTIONS

1. In a large bowl, combine oats, almonds, walnuts, pecans, and wheat germ (or flaxseed). Stir to mix evenly.
2. Heat oil in a large 12-inch heavy-bottomed skillet over medium heat. Add maple syrup and sucanat. Stir until sucanat dissolves and mixture begins to bubble, about 2 minutes.
3. Add the oat-nut mixture to the skillet. Stir constantly with a wooden spoon, coating everything in the syrup. Cook over medium heat, stirring every 30 seconds, until oats are golden and smell toasty, about 5–7 minutes. Lower heat if anything darkens too quickly.
4. Remove skillet from heat. Stir in raisins. Spread granola in a single layer on a parchment-lined baking sheet to cool completely, about 20 minutes — it crisps as it cools.
5. Break into clusters and store in an airtight container at room temperature for up to 2 weeks.

28. 4-Ingredient Vegan Crepes (Ready in 20 Min)

7 min Serves 4

INGREDIENTS

1 1/2 cups (360 ml) plain soy milk, plus more if needed
1 cup (125 g) all-purpose flour
1/3 cup (30 g) quick-cooking oats
1 tablespoon maple syrup
1 pinch fine salt
1 teaspoon neutral oil or vegan butter, for the pan

INSTRUCTIONS

1. Combine soy milk, flour, oats, maple syrup, and salt in a blender; blend until completely smooth, about 30 seconds. The batter should be thin and pourable — add a splash more soy milk if it is too thick. Let batter rest for 5 minutes.
2. Heat a 9 or 10-inch (23–25 cm) nonstick skillet or crepe pan over medium heat until hot. Brush lightly with oil or vegan butter.
3. Pour about 1/4 cup batter into the center of the pan and immediately tilt and swirl the pan in a circular motion to spread the batter into a thin, even round.
4. Cook until the edges look dry and the bottom is lightly golden, about 2 minutes. Flip with a thin spatula and cook the other side for 30 to 60 seconds. Transfer to a plate.
5. Repeat with remaining batter, re-oiling the pan as needed. Serve crepes with fresh fruit, vegan yogurt, or maple syrup.

29. Quick Low-Fat Vegan Pancakes (30-Minute)

10 min Serves 4

INGREDIENTS

1 cup plus 2 tablespoons whole wheat flour
1 1/2 teaspoons baking powder
1 tablespoon vegan brown sugar
1 pinch salt
1 1/4 cups unsweetened soymilk (plus up to 1/4 cup more if batter is too thick)
1 tablespoon unsweetened applesauce
1 tablespoon canola oil
1/4 cup chopped walnuts or pecans (optional)
2 tablespoons vegan carob chips or vegan chocolate chips (optional)

INSTRUCTIONS

1. Whisk together flour, baking powder, brown sugar, and salt in a large bowl until evenly combined.
2. In a separate bowl, whisk soymilk, applesauce, and canola oil together. Pour wet ingredients into dry ingredients and stir until just combined – a few lumps are fine. If batter is too thick to pour, add soymilk 1 tablespoon at a time. Fold in nuts and carob chips if using.
3. Heat a non-stick griddle or large skillet over medium heat (about 350F / 175C). Lightly grease with a drop of canola oil or non-stick spray.
4. Test the griddle by flicking a few drops of water onto the surface – they should sizzle and evaporate immediately. Pour 1/4 cup batter per pancake and cook until bubbles form and pop on the surface and edges look set, about 2–3 minutes.
5. Flip each pancake and cook for 1–2 minutes more until the bottom is golden brown. Transfer to a warm plate and repeat with remaining batter.
6. Serve immediately with maple syrup, fresh fruit, or additional toppings of your choice.

30. Easy Vegan Breakfast Patties (Make-Ahead)

30 min Serves 8

INGREDIENTS

2 tablespoons olive oil, plus more for frying
1/2 cup (80 g) yellow onion, finely chopped
1 cup (80 g) shiitake or button mushrooms, finely minced
2 tablespoons spelt flour or whole wheat flour
1 1/2 cups (360 ml) warm vegetable broth
1 tablespoon soy sauce or Bragg's Liquid Aminos
1/2 teaspoon dried sage
1/2 teaspoon dried thyme
1/4 teaspoon black pepper
1 cup (90 g) rolled oats
1 cup (180 g) cooked brown rice
1 cup (120 g) raw walnuts, finely chopped

INSTRUCTIONS

1. Heat 2 tablespoons olive oil in a large skillet over medium heat. Add onion and mushrooms and cook 5–6 minutes until the mushrooms release their liquid and it evaporates. Stir in the flour and cook 1 minute.
2. Gradually whisk in the vegetable broth, soy sauce, sage, thyme, and black pepper. Stir constantly over medium heat for 3–4 minutes until the mixture thickens into a gravy-like consistency.
3. Remove from heat and stir in rolled oats, cooked brown rice, and chopped walnuts until fully combined. Transfer mixture to a bowl, cover, and refrigerate for at least 30 minutes (or up to overnight) until firm enough to shape.
4. Scoop about 1/4 cup of the mixture per patty and shape into flat rounds about 1 cm (1/2 inch) thick. You should get approximately 8 patties.
5. Heat a thin film of olive oil in a non-stick skillet over medium heat. Cook patties in batches for 4–5 minutes per side until deep golden brown and firm. Do not press or flip until a crust has formed.
6. Serve immediately, or cool completely, wrap individually, and freeze for up to 1 month. Reheat from frozen in a toaster oven at 180°C (350°F) for 8–10 minutes.

31. Lemon Quinoa Breakfast Bowl (Gluten-Free)

10 min Serves 2

INGREDIENTS

1 cup uncooked quinoa, rinsed and drained
2 cups unsweetened almond milk
1 tablespoon maple syrup
1/4 teaspoon ground cinnamon
1 pinch kosher salt
1 1/2 teaspoons lemon zest (from 1 small lemon)
6 ounces fresh or frozen blueberries
4 teaspoons granulated sugar
2 teaspoons fresh lemon juice
1 1/2 tablespoons water
1/4 cup sliced almonds

INSTRUCTIONS

1. Toast almonds in a dry skillet over medium heat for 3 to 4 minutes, stirring often, until golden and fragrant. Transfer to a plate to cool.
2. Combine quinoa, almond milk, maple syrup, cinnamon, and salt in a medium saucepan over medium-high heat. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes until the quinoa has absorbed the liquid and the grains show their spiral tails.
3. While quinoa cooks, make the blueberry compote: combine blueberries, sugar, lemon juice, and water in a small saucepan over medium heat. Cook for 5 to 7 minutes, stirring occasionally, until berries burst and the mixture thickens slightly. Remove from heat.
4. Remove quinoa from heat and let stand covered for 3 minutes, then fluff with a fork and stir in lemon zest.
5. Divide quinoa between 2 bowls. Spoon blueberry compote over the top and finish with toasted sliced almonds. Serve warm.

32. Crispy Vegan Waffles (Make-Ahead Friendly)

15 min Serves 4

INGREDIENTS

6 tablespoons water
2 tablespoons ground flaxseed
1 cup rolled oats
1 3/4 cups unsweetened soy milk
1/2 cup all-purpose flour
1/2 cup whole wheat flour
2 tablespoons canola oil
4 teaspoons baking powder
1 teaspoon vanilla extract
1 tablespoon agave nectar
1/2 teaspoon salt

INSTRUCTIONS

1. Whisk together ground flaxseed and water in a small bowl; set aside for 5 minutes until gel forms.
2. Blend rolled oats in a high-powered blender for 30 seconds until finely ground into oat flour; transfer to a large mixing bowl and add all-purpose flour, whole wheat flour, baking powder, and salt.
3. Add soy milk, canola oil, vanilla extract, agave nectar, and the flaxseed gel to the dry ingredients; whisk until a smooth, pourable batter forms. Do not add extra liquid unless batter is too thick to pour.
4. Preheat waffle iron to medium-high and lightly grease with cooking spray or a thin layer of canola oil.
5. Pour approximately 3/4 cup batter per waffle onto the iron, close the lid, and cook for 5 to 6 minutes until steam stops escaping and the waffle is deep golden and pulls away cleanly from the iron.
6. Transfer finished waffles to a wire rack (not a plate) so the bottom stays crispy; repeat with remaining batter. To freeze, cool completely, stack between parchment sheets, and store in an airtight container for up to 2 weeks. Reheat in a toaster until hot and crispy.

33. Easy Vegan Mediterranean Scramble (Tofu)

5 min Serves 2

INGREDIENTS

1 (400g/14 oz) package firm tofu, drained
1 tablespoon oil from the sun-dried tomato jar (or olive oil)
2 cloves garlic, minced
115g (4 oz) sliced mushrooms
2 tablespoons chopped sun-dried tomatoes in olive oil
1 (65g/2.25 oz) can sliced black olives, drained
1/2 teaspoon turmeric
2 tablespoons nutritional yeast
1/2 teaspoon salt
1/4 teaspoon ground black pepper
Fresh parsley or basil to garnish (optional)

INSTRUCTIONS

1. Drain tofu and crumble it into rough, uneven pieces with your hands directly over the sink to remove excess liquid.
2. Heat oil in a non-stick skillet over medium-high heat; add garlic and mushrooms and cook 3–4 minutes, stirring occasionally, until mushrooms are browned and liquid has evaporated.
3. Add sun-dried tomatoes and olives; stir for 30 seconds, then add crumbled tofu, turmeric, nutritional yeast, salt, and pepper.
4. Stir-fry everything together for 4–5 minutes until the tofu is heated through and lightly golden, breaking up any large chunks; taste and adjust salt.
5. Remove from heat and serve immediately, garnished with fresh parsley or basil if using.

34. Easy Green Vegan Smoothie (5-Minute)

5 min Serves 1

INGREDIENTS

1/2 cup water
1 cup frozen mango chunks
1 cup tightly packed baby spinach
1/2 ripe avocado
2 tablespoons fresh lemon juice
1 tablespoon maple syrup (or to taste)
1 cup ice cubes

INSTRUCTIONS

1. Add water, frozen mango, spinach, avocado, lemon juice, and maple syrup to a blender. Blend on high speed for 45–60 seconds until smooth.
2. Add ice cubes and blend again on high for 20–30 seconds until thick and creamy.
3. Taste and adjust sweetness with more maple syrup or tartness with more lemon juice. Pour into a glass and serve immediately.

35. Easy Chocolate Cherry Smoothie (Ready in 5 Min)

5 min Serves 1

INGREDIENTS

1 ripe banana (frozen for thicker texture)
1/2 cup frozen dark cherries
1/3 cup rolled oats
1/4 cup shelled walnut halves
1 cup unsweetened almond milk
1 teaspoon unsweetened cocoa powder
1/4 teaspoon almond extract
5 ice cubes

INSTRUCTIONS

1. Add almond milk to the blender first, then add oats and walnuts and blend for 30 seconds to break them down before adding remaining ingredients.
2. Add banana (broken into chunks), frozen cherries, cocoa powder, almond extract, and ice cubes to the blender.
3. Blend on high for 60–90 seconds until completely smooth, scraping down the sides once if needed.
4. Taste and adjust: add more banana for sweetness, more cocoa for chocolate intensity, or more almond milk to thin the consistency.
5. Pour into a glass and drink immediately.

36. Best Pear-Fect Vegan Smoothie Recipe

5 min Serves 1

INGREDIENTS

1 ripe banana, peeled and broken into chunks
120 ml (1/2 cup) unsweetened soy milk
120 ml (1/2 cup) unsweetened apple juice
1/2 ripe pear, peeled, cored, and chopped (about 1/2 cup)
60 ml (1/4 cup) fresh or frozen blueberries

INSTRUCTIONS

1. Peel and break the banana into chunks; peel, core, and chop the pear.
2. Add all ingredients to a blender in the order listed: banana, soy milk, apple juice, pear, blueberries.
3. Blend on high for 45–60 seconds until completely smooth with no fruit chunks remaining.
4. Taste and add a few drops of lemon juice if you want more brightness, or a small piece of extra banana for more sweetness.
5. Pour into a glass and serve immediately, or refrigerate for up to 1 hour.

37. Best Raw Superfood Oat Smoothie (Vegan)

5 min Serves 2

INGREDIENTS

2 sweet apples, cored and roughly chopped
2 cups unsweetened almond milk
2 ripe bananas, peeled
1 tablespoon almond butter
1 tablespoon coconut sugar
1 tablespoon maca powder
1 teaspoon spirulina powder
1 teaspoon chlorella powder
1 cup rolled oats (certified gluten-free if needed)

INSTRUCTIONS

1. If you have time, soak oats in almond milk for 15 minutes beforehand to make blending easier and the texture smoother.
2. Add almond milk to the blender first, then add oats, bananas, chopped apples, and almond butter.
3. Add coconut sugar, maca powder, spirulina, and chlorella.
4. Blend on high for 60 to 90 seconds until completely smooth. If the smoothie is too thick, add additional almond milk 1/4 cup at a time and blend again.
5. Pour into two glasses and serve immediately. If new to spirulina or chlorella, start with 1/2 teaspoon each and increase gradually over time.

38. Green & Sweet Smoothie (Super Easy)

5 min Serves 1

INGREDIENTS

1/3 medium cucumber (about 80 g), roughly chopped
1 cup (30 g) fresh baby spinach
1/2 ripe mango (about 150 g), peeled and chopped
10 fresh or frozen gooseberries
120 ml (1/2 cup) apple juice, no added sugar
60 ml (1/4 cup) water
2 tablespoons chia seeds

INSTRUCTIONS

1. Add cucumber, spinach, mango, and gooseberries to a high-speed blender.
2. Pour in the apple juice and water. Blend on high for 45–60 seconds until completely smooth.
3. Add chia seeds and blend for a further 10 seconds to distribute evenly without over-grinding (this preserves some texture).
4. Pour into a large glass and serve immediately. Stir once before drinking if the chia seeds have started to settle.

39. Easy Date Oat Bars (No-Bake, 15 Minutes)

15 min Serves 9

INGREDIENTS

1/4 cup chia seeds
1 cup water (for chia gel)
20 pitted Medjool dates
1/2 cup warm water (for softening dates)
1 cup rolled oats
1 cup raisins (unsweetened)
1/2 cup raw sunflower seeds
2 teaspoons ground cinnamon

INSTRUCTIONS

1. Combine chia seeds with 1 cup water in a small bowl, stir well, and let sit for 10 minutes until a thick gel forms.
2. Place dates in a bowl with 1/2 cup warm water and soak for 5 minutes, then transfer dates and soaking water to a food processor and blend into a smooth paste.
3. In a large mixing bowl, combine rolled oats, raisins, sunflower seeds, and cinnamon, then add the date paste and chia gel and stir until everything is evenly coated and the mixture holds together when pressed.
4. Line an 8x8-inch (20x20 cm) baking dish with parchment paper, transfer the mixture into the dish, and press down firmly with damp hands or a flat spatula into an even layer about 2 cm thick.
5. Refrigerate uncovered for at least 30 minutes until firm, then lift out using the parchment, place on a cutting board, and cut into 9 equal bars.
6. Store in an airtight container in the refrigerator for up to 5 days.

40. Peanut Chocolate Chia Quinoa Poppers (No-Bake)

15 min Serves 12

INGREDIENTS

1/2 cup sprouted quinoa (dry, uncooked)
1/2 cup cocktail peanuts
1/2 cup pitted Medjool dates (about 8–10 dates)
1/2 cup organic dark roasted crunchy peanut butter
1/2 tablespoon chia seeds
2 tablespoons unsweetened cocoa powder
1/4 cup cinnamon sugar (for rolling)

INSTRUCTIONS

1. Toast the sprouted quinoa in a dry skillet over medium heat for 3–4 minutes, shaking the pan, until golden and fragrant. Some grains will pop – this is normal. Transfer to a plate to cool completely.
2. Place dates in a food processor and pulse until a sticky paste forms. Add peanut butter, cocoa powder, and chia seeds and process until combined.
3. Add toasted quinoa and peanuts to the food processor. Pulse in short bursts until the mixture comes together but still has texture – do not over-process. The mixture should hold its shape when pressed together. If too dry, add 1 teaspoon water and pulse again.
4. Scoop tablespoon-sized portions of the mixture and roll into balls between your palms. Roll each ball in cinnamon sugar to coat.
5. Place poppers on a parchment-lined plate or tray and refrigerate for at least 30 minutes until firm. Store in an airtight container in the refrigerator for up to 1 week.

41. Chocolate Cherry Protein Smoothie (Quick Fix)

5 min Serves 1

INGREDIENTS

80 g (about 1/2 cup) fresh cherries, pitted (or frozen, thawed)
200 ml (3/4 cup) unsweetened almond milk
2 tablespoons pumpkin seed protein powder
1 1/2 teaspoons organic unsweetened cocoa powder
1 teaspoon ground flaxseeds

INSTRUCTIONS

1. Pit the fresh cherries. If using frozen cherries, let them thaw for 5 minutes — they will also make the smoothie colder and thicker.
2. Add the cherries, almond milk, protein powder, cocoa powder, and ground flaxseeds to a blender.
3. Blend on high for 45–60 seconds until completely smooth. Taste and add a pitted date or a few drops of maple syrup if extra sweetness is desired.
4. Pour into a glass and serve immediately.

42. 30-Second Blueberry Chia Breakfast Smoothie

2 min Serves 2

INGREDIENTS

2 cups (480 ml) full-fat coconut milk (from a carton or BPA-free can, shaken well)
1 cup (150 g) mixed berries, frozen or fresh
1 ripe banana, peeled and frozen
2 tablespoons plant-based protein powder (vanilla or unflavored)
1 tablespoon organic wild blueberry powder
1 teaspoon chia seeds, plus more for garnish

INSTRUCTIONS

1. Add coconut milk to the blender first, then add frozen banana, mixed berries, blueberry powder, protein powder, and chia seeds.
2. Blend on high speed for 45 to 60 seconds until completely smooth and creamy. If too thick, add a splash of coconut milk; if too thin, add a few more frozen berries.
3. Pour into two glasses, sprinkle with extra chia seeds, and serve immediately.

43. Tropical Smoothie Bowl With Mango (Easy)

5 min Serves 1

INGREDIENTS

1 1/2 cups frozen mango chunks
1 frozen banana, sliced
1 tablespoon unsweetened coconut cream
1/4 teaspoon vanilla extract
1/4 cup vanilla-flavored almond milk (plus more as needed)
1 tablespoon unsweetened flaked coconut
1 teaspoon goji berries
1/2 teaspoon chia seeds
1/4 cup fresh pineapple or mango chunks (optional topping)
1 tablespoon granola (optional topping)

INSTRUCTIONS

1. Add frozen mango, frozen banana, coconut cream, vanilla extract, and almond milk to a high-powered blender. Blend on high for 30 to 45 seconds, stopping to scrape down the sides as needed.
2. Check consistency—the base should be thick enough to eat with a spoon and hold toppings without sinking. If too thick, add almond milk 1 tablespoon at a time and blend briefly. Do not over-thin.
3. Pour into a bowl and immediately top with flaked coconut, goji berries, and chia seeds. Add optional pineapple chunks and granola if using. Serve right away.

Looking for More?

This is one of 27 free guides in the VeganPreps PDF Vault.
Browse meal plans, cheat sheets, printable planners, and
more.

[Browse All 27 Free Guides](#)



Scan to open on your phone

VeganPreps

veganpreps.com