

Breakfast Tacos with tofu and roasted potatoes

Ingredients:

- 1.5 lbs. red potatoes (small cubes)
- ½ yellow onion (small diced)
- 1-2 bell peppers (small diced)
- 1 jalapeno (diced)
- 1 tsp lemon juice
- ¾ tsp smoked paprika
- ½ tsp garlic powder
- Turn the tofu into scramble tofu
- 6" Tortilla shell

Toppings:

- Salsa
- Sour cream
- Guacamole
- Monterey jack cheese
- Creamy cumin ranch dressing

Method:

- In a large mixing bowl, combine the potatoes, onions, bell peppers, jalapeno, lemon juice, salt, smoked paprika and garlic powder
- Tossed well to combine. Pour mixture onto a baking sheet in one even layer. Bake for 20 minutes. Stir mixture and cook for another 15 minutes, stirring every 10 minutes until crispy.
- Build your tortilla "tacos" with the tofu scramble and pot/veg mixture
- Topping are self-served except the guacamole

Spiced Apple breakfast Bowl

2 servings

Ingredients:

- 2 tsp of canola oil
- ½ cup diced apple
- 2 tbsp. chopped pecans
- ¼ tsp pumpkin spice
- ¼ tsp cinnamon
- 1 ½ cup water
- ¾ cup large flake oats
- 1 pinch salt
- 1 tbsp. ground flax seeds
- 2 tbsp. raisin
- 1 tbsp. brown sugar
- Splash of almond milk

Toppings:

- Splash of vanilla almond milk
- Molasses or brown sugar
- Pecans
- Raisins
- Granola
- Fresh apple slices
- Pumpkin seeds

Method:

1. In a small saucepan, heat oil and sauté the apple for 2 minutes
2. Add the pecans, pumpkin pie spice, and cinnamon. Stir and cook for 1 minute
3. Add water and bring to a boil
4. Add the oats and salt. Turn heat down and simmer until the oats begin to thicken up.
5. Add the ground flax seed, raisin, brown sugar and the almond milk, cook until thick.
6. Serve in a bowl topped with a generous amount of vanilla almond milk, a sprinkle each of brown sugar, pecans, raisin, granola, pumpkin seeds and slices of apple for garnish