

Simple Vegan Brunch Recipes





Vegan brunch has never tasted so good, or been this simple to prepare.

COK's Vegan Food & Lifestyle Coach, **Jessica Carter**, shares a collection of simple recipes using straightforward techniques that bring new life to breakfast favorites.





Vegan Sausage & Veggie Frittata

Vegan sausage, lots of veggies, and tofu come together in this satisfyingly savory dish that's perfect for any meal of the day.

Ingredients

- 8 oz firm tofu (or ½ block)
- ¼ cup [Follow Your Heart Vegan Egg](#)
- 1 ½ cup unsweetened soy milk
- 2 tbsp [nutritional yeast](#)
- 1 tsp [black salt](#) (or 1tbsp soy sauce)
- 1 tbsp garlic powder
- 1 tbsp onion powder
- ½ tsp sea salt
- ½ cup + ¼ cup vegan shredded cheese
- ½ small diced onion
- 1 cup sliced mushrooms (any variety will work)
- 2 [vegan Italian sausages](#), diced
- 3 large handfuls of fresh kale
- 1 medium bell pepper diced
- 2 medium russet potatoes, thinly sliced
- 1 tsp grapeseed oil
- Olive oil cooking spray

Instructions:

1. Preheat your oven to 375 degrees Fahrenheit
2. In a blender, combine tofu, vegan egg replacer, soy milk, nutritional yeast, and all spices. Blend until smooth. Mixture should be the consistency of very thick pancake batter.
3. Add oil to a skillet over medium-high heat. Once the oil begins to ripple, sauté onions until fragrant. Add mushrooms, peppers, vegan sausage and kale and cover with a lid. Reduce heat to medium-low until kale is just wilted.
4. Pour blended frittata filling into a large mixing bowl and gently fold in ½ cup of shredded cheese and sautéed vegetables until well combined.
5. Spray a skillet or baking dish with cooking oil until evenly coated. Line the bottom of the pan with potato slices so that there are no gaps between them.
6. Pour filling onto the sliced potatoes and use a spoon or spatula to spread the mixture evenly. Sprinkle with remaining cheese and bake for approximately 45 minutes until the outer layer is golden brown around the edges and filling is firm to the touch.
7. Allow to cool for around 15-20 minutes. Enjoy!



Roasted Sweet Potato Hash

This warm and savory dish is colorful, simple, and textured. Roasting creates rich flavors that perfectly round out any brunch menu.

Ingredients

- 2 large diced sweet potatoes
- 1 large diced bell pepper
- ½ large diced yellow onion
- 1-15-oz can black beans, rinsed
- 3 cups chopped kale
- 1 tbsp minced garlic
- 1 tsp sea salt
- 1 tbsp grapeseed oil
- 1 tsp smoked paprika
- 1 tsp ground turmeric
- 1 tsp garlic powder
- 1 tsp onion powder

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a large mixing bowl, combine all ingredients except cilantro and gently stir until evenly coated with spices and oil.
3. Evenly distribute on a large parchment-paper-lined baking sheet. Bake for 20 minutes, flip the contents of the baking dish, and cook for an additional 20 minutes until edges are deeply browned and serve immediately.

Berry & Chia Pudding Parfait

Antioxidants and fiber overflow in this creamy, tart, and crunchy parfait thanks to chia seeds and mixed berries.



Ingredients

- ¼ cup chia seeds
- 2 cups almond milk
- 1 tsp vanilla extract
- 1 dash of ground cinnamon
- 2 cup frozen mixed berries
- ½ cup vegan granola
- ½ cup sliced almonds

Instructions

1. Mix chia seeds and almond milk together. Let sit for at least 30 minutes until mixture begins to thicken to a pudding like texture. Chia pudding can be stored in the refrigerator for up to a week in an airtight container.
2. In a serving dish add 2 layers each of chia pudding, berries, almonds, and granola. Use approximately ¼ cup each of berries and chia pudding for each layer. Reserve a few berries to decorate the top of each parfait.



Vegan Crab Cakes

A vegan spin on crab cakes, these compassionate plant-based patties get their flaky texture from artichoke hearts and hearts of palm. Their distinct seafood flavor is fueled by Old Bay seasoning, dulse flakes, and vegan oyster mushroom sauce.

Ingredients

- 2 - 15.5oz cans of chickpeas, drained
- 1 - 14oz can artichoke hearts
- 1 - 14oz can hearts of palm
- 2 tbs [dulse seaweed flakes](#) (can be replaced with kelp flakes)
- 2 tbs [vegetarian oyster sauce](#)
- 2 tbs Old Bay seasoning
- ½ tsp sea salt
- 1 tsp sesame oil
- 2 cloves garlic
- 3 whole green onions
- 2 stalks celery
- 2 tbsp [Neat Egg](#) mix (or milled chia seeds)
- ½ yellow onion, diced
- 1 handful fresh parsley leaves
- Cooking oil spray

Topping: Vegan tartar sauce (optional)

Instructions:

1. Preheat oven to 375 degrees F. Line a large cookie sheet with parchment paper and set aside.
2. Add chickpeas, artichoke hearts, and hearts of palm to a food processor. Pulse for a few seconds at a time until ingredients are flaky and well combined. Do not over process or the mixture will become mushy. Add mixture to a large bowl.
3. Add remaining ingredients to food processor and pulse until well combined. Everything should be finely minced until it is lumpy puree consistency. Add to the large mixing bowl.
4. Fold all ingredients together using a large spoon until well combined. Use a ⅓ cup measurer to portion patties and form into round discs, about 1-inch thick. Lightly spray parchment-lined baking sheet with cooking oil and place in evenly spaced rows.
5. Bake at 375 degrees for about 40 minutes. The patties should have an even golden-brown color. Remove from oven and cool for 10 minutes before serving.
6. Enjoy with vegan tartar sauce.



Banana Bread

This simple sweet bread is made with fresh ripe bananas, and is sure to be a crowd pleaser.

Ingredients

- 1 $\frac{3}{4}$ cup flour
- $\frac{2}{3}$ cup sugar
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon soda
- $\frac{1}{2}$ cup shortening
- 1 cup mashed ripe banana
- [Ener-G Egg Replacer](#) for 2 eggs ($\frac{1}{2}$ cups water, 2 Tablespoons powder)
- $\frac{1}{2}$ cup walnuts

Instructions

1. Preheat oven to 350 degree F. Spray a 8 in x 4 in standard loaf pan with cooking spray. Set aside.
2. In a large mixing bowl, combine flour, sugar, baking powder, salt and soda. Cut in shortening with a pastry cutter until small pieces are distributed throughout the flour mixture. Add in the mashed banana and the egg replacer. Stir with a wooden spoon until just combined. Gently fold in walnuts.
3. Bake for about 50 minutes until toothpick comes out clean and the top of the loaf is golden brown. Times will vary depending on oven.

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