

BECOMING EMPOWERED IN THE KITCHEN

recipes



plant based comfort

TRAINER JEN



VEGAN PROTEIN PANCAKES

INGREDIENTS

1/2 C Coconut Milk

1/2 Cup Oats

1/2 Ripe Banana

1 Scoop Plant Based

Protein Powder

1 tsp Cinnamon

PREP TIME: 10 MIN

COOK TIME: 15 -20 MIN

TOTAL TIME: 25-30 MIN

SERVES: 1

DIRECTIONS

1. Place all Ingredients In blender, I place dry Ingredients in first
2. Blend until smoothe
3. Separate Into two pancakes in 2 pan set at medium heat
4. Wait till you see the sides browning and flip (roughly 4-6 min)
5. Cook another 4-6 min or until done at your liking
6. Top with desired toppings (banana, enjoy life chips, strawberries, blueberries, pecans, maple syrup, etc)
7. SAVOR & ENJOY! :)

NOTE: This recipe was created on a cast iron with a gas stove. Different pans and surfaces may change consistency and cook timing.



DESSERT PROTEIN RICE CAKES

INGREDIENTS

2 rice cakes

1 TBS nut butter of choice

(I use sun butter)

1/2 Banana / fruit of choice

1 Scoop Plant Based

Protein Powder

3 TBS coconut milk

2 TBS coconut whipped

cream

dash of cinnamon

PREP TIME: 10 MIN

COOK TIME:

TOTAL TIME: 10 MIN

SERVES: 1

DIRECTIONS

1. Mix 1 scoop of protein powder with milk, this may vary depending on protein powder consistency. I use either vanilla or chocolate VEGA protein powder and roughly 3 TBS coconut milk. whipped up to make icing like consistency.
2. Spread nut butter across two rice cakes
3. Add on the whipped protein icing
4. Layer In the coconut whipped cream (optional)
5. Top with desired fruits. I love banana and fresh figs
6. Sprinkle with cinnamon
7. SAVOR & ENJOY! :)



SUPERFOOD OATMEAL BOWL

INGREDIENTS

1/2 cup oatmeal

1 cup coconut milk

dash of salt

1 tsp brown sugar

1 tsp unsweetened

coconut flake

1 tsp sunflower seeds

1 tbsp dried mulberries

1 tbsp dried goji berries

dash of cinnamon

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 1

DIRECTIONS

1. Bring 1 cup coconut milk to a light boil in pot at medium high heat. Sprinkle a dash of salt in.
2. Add 1/2 cup oatmeal to pot stirring occasionally at medium heat. Cook till at a consistency you like.
3. Sprinkle in and stir brown sugar
4. Transport oatmeal to your serving bowl
5. Add on all superfood toppings
6. Sprinkle with cinnamon
7. SAVOR & ENJOY! :)



AVO TOAST W/ TEMPEH BACON

INGREDIENTS

1/2 avocado

2 slices Dave's killer bread

3 1/4 inch slices of tempeh

salt

garlic

paprika

1/4 cup chopped bell pepper

1 tbsp chopped onion

1 1/4 cup chopped cherry

tomato

1 tsp red pepper flake

drizzle honey

1 tbsp olive oil

PREP TIME: 10 MIN

COOK TIME: 10 MIN

TOTAL TIME: 20 MIN

SERVES: 1

DIRECTIONS

1. Preheat oven to 350* or have toaster ready to go

2. Chop onions, peppers, and tomatoes. Mash up avocado & lightly season with salt and garlic.

3. Sprinkle sliced tempeh with olive oil and place on medium high pan. Season well with salt, garlic, paprika, flipping after 5 min, re apply oil and season. Cook another 5 min

4. Place bread in oven for 6 minutes or toaster while tempeh bacon is cooking.

5. Spread avocado on bread, top with peppers, onions, tomatoes, or other veggies. Add a dash of red pepper flake on top. and drizzle with honey.

6. SERVE, SAVOR, & ENJOY! :)



TOFU SCRAMBLE

INGREDIENTS

3 oz extra firm, patted dried

tofu

1 tsp olive oil

1/4 cup chopped mushroom

1/4 cup chopped onion

1/4 cup chopped bell pepper

1/2 cup frozen or fresh spinach

1 tbs chopped chives

2 tbs nutritional yeast

1.5 tsp Himalayan salt

1 tsp garlic powder

1/2 tsp ginger

1/2 tsp turmeric

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 1

DIRECTIONS

1. Chop & sauté all veggies over medium heat with olive oil. Add a dash of salt & garlic while cooking.

2. Drain and dry tofu. I use a towel for this. Crumble up and place on paper towel to let moisture out before cooking.

3. Once veggies are soft (about 5-8 min), toss in crumbled tofu with a drizzle more of olive oil.

4. Add in remaining seasonings, blend and let sit over low to medium heat allowing the tofu to blend and cook in its flavor.

5. After about 5-8 minutes serve your tofu scramble. Pairs great with Dave's killer bread or a wheat tortilla topped with salsa.

6. SERVE, SAVOR, & ENJOY! :)

Thank you for cooking with me. You can follow along on instagram for more delicious bites.

XXO

Trainer Jen

