

Artistic Vegan Show #2

Gluten-Free Breakfast Hot Pockets – Filled with “egg + sausage crumbles!”



Vegan Omelette

- 1/2 Cup Dairy Free Milk
- 1 1/2 Tbsp Apple Cider Vinegar
- 1/3 Block Non-GMO Organic Tofu (Firm or Soft, Soft recommended, firm is ok)
- 2 Tbsp Chickpea Flour *Up to 1/4 cup no problem
- 1 Tbsp Starch (arrowroot, tapioca, potato, corn)
- 1/2 tsp each: Paprika, Turmeric, Black Pepper, Red Chili Flakes (or less if desired), garlic powder and about 1/4 tsp salt.

- 2 Tbsp Nutritional Yeast (I was out so passed but would have added it if I had it.)
- 2-3 Cloves Garlic
- Opt: 1 Tbsp Coconut Oil or Butter
- Handful of cilantro (opt but good)

Peaceful Preparation:

1. Add the dairy free milk and apple cider vinegar together in a small dish and mix well or whisk, set aside for 5 minutes.
2. Add everything to a blender, including the dairy free milk mixture. Blend until it is nice and smooth, scrape down the sides and blend again if needed.
3. Heat a non stick pan or griddle, add a little oil and then pour half or all of the batter to create the omelette. Let this cook for a few minutes, you can cover to help. Add your favorite toppings, flip, cook for another 2-3 minutes. Now break it apart into smaller crumble pieces for the “egg scramble”.

Morning Sausage Crumbles

- 1 Cup Walnuts
- 1 Tbsp Tamari
- 1/8 tsp Liquid Smoke (a drop or two; I used hickory flavor any will do)
- ¼ tsp Oregano (pinch)
- ½-¾ Tbsp Coconut Sugar
- ¼ tsp RPF or less
- Pinch of cloves
- S&P to taste about ½ tsp salt and ¼ tsp pepper
- 1 Mushroom
- 1 wedge of onion about 1/8 of an onion – slice
- 1/2 to 1 Tbsp Coconut Oil or Butter for the “pork fat” (1/2 tbsp is okay and less fattening.)

With:

1/2 White Onion - Sliced into ¼ to ½ inch pieces
1 serrano - Diced
2 Mushrooms - Sliced

Peaceful Preparation:

- Heat a non stick skillet and add the tiniest bit of oil or none at all. Add the onions, cook for a couple minutes, add the peppers, cook for another minute. Add the mushrooms, cook for another minute or two.
- Add all of the vegan breakfast sausage ingredients in a food processor, pulse until combined. Press down, give it one more blitz. Transfer to the skillet with the onion mix, heat until hot and nice and brown.
- Set aside, make the dough. You could totally stop here and eat, or put it on a bagel or an English muffin with some vegan cheese.....mmm...but trust me proceed!

Garlic Cilantro Empanada Crust - Free of: Gluten, Oil, Dairy and Yeast yet full of Flavor!

- 1 cup Gluten Free All Purpose Baking Flour like Bob's Red Mill or King Arthur

(I made ours with: I made 3 cups white rice flour mixed with 1 cup starch, and 1 tbsp gum; then pulled 1 cup out)

- 1 tsp Baking Powder
- ⅛ tsp Baking Soda
- ¼ tsp Salt
- 3 Cloves of Minced Garlic
- 2 Tbsp Chopped Cilantro
- 6 Tbsp Dairy Free Milk
- ½ tsp Lemon Juice

- Dash of coconut milk, Sprinkle of S&P + Nutritional Yeast to top.

Peaceful Preparation:

1. Mix together the dairy free milk and lemon juice in a small bowl and set aside for 3-5 minutes.
2. Whisk together the dry ingredients, then add the herbs. Stir in the garlic. Then add the dairy free milk mixture.
3. Mix and knead for 1 minute. Adjust if needed. It will be kind of sticky. Cover and sit for 5 min.
4. Knead for a few seconds, divide into 2-3 parts, roll into ball, flatten one, dust it with flour, and roll into oval or circular shape.
5. Stuff with the “egg” mixture, and the “morning sausage crumbles” – fold dough over, seal, press shut, pinch and then transfer to pan with parchment paper. Brush coconut milk on top brush it on, then sprinkle with salt, pepper and nutritional yeast.
6. Bake at 375 for 20-30 minutes until golden, cool for 5 minutes and eat it.

We served ours with a smoothie and a sliced avocado with the balance of the sausage crumbles on top. Very savory!

Mandarin Strawberry Smoothie

- 4 Mandarin Oranges
- 13 Frozen Strawberries
- Opt: 1 tsp Moringa Powder

Blend - serve with a fresh strawberry on the side.



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