Patricia’s Breakfast Pancakes

http://recipes.vegsoc.org/recipe.aspx?cId=823&counter=0&submit=Previous&keywords=&andor=all&cBreakfast=yes&cVegan=yes&cMenu=0

This recipe is egg free This recipe is dairy free Suitable for vegans Nut free

**Preparation notes**

Serves 2  
Preparation time 5 minutes  
Cooking time 10 minutes

**Ingredients**

1 mug plain flour  
1 tsp baking powder  
1 mug soya milk  
1 ripe banana  
1 tbsp vegetable oil

**Method**

1. Mix the plain flour and baking powder in a large bowl.

2. Add the soya milk and a mashed ripe banana. Mix well with a wooden spoon.

3. Heat the vegetable oil in a frying pan and pour in a quarter of the mixture. When golden on the bottom, turn and cook the other side.

Serve immediately with maple syrup or fruit salad and plain soya yoghurt, soya cream or vanilla vegan ice cream.

Traffic Light Smoothie

http://recipes.vegsoc.org/recipe.aspx?cId=807&counter=0&submit=Previous&keywords=&andor=all&cBreakfast=yes&cVegan=yes&cMenu=0

This recipe is egg free This recipe is dairy free Suitable for vegans

**Preparation notes**

Serves 4   
Preparation time 10 minutes  
Vegan

**Ingredients**

**Green layer:**  
4 kiwi, peeled and chopped  
1 pear, peeled and chopped  
¼ honeydew melon, sliced   
150ml apple juice  
  
**Amber layer:**  
2 mangos, peeled and stoned  
¼ honeydew melon, sliced  
100ml orange juice  
  
**Red layer:**  
200g strawberries  
100g raspberries  
¼ honeydew melon, sliced  
100ml cranberry juice

**Method**

1. Place the green layer into a blender and thoroughly whizz. Transfer to a separate jug and rinse out the blender.   
  
2. Repeat with the remaining layers.   
  
3. To serve, share the green layer between four glasses. Carefully spoon over the amber layer and finally the red layer. Serve straight away.

Avocado, Chilli and Lime on Toast

http://recipes.vegsoc.org/recipe.aspx?cId=941&counter=0&submit=Previous&keywords=&andor=all&cBreakfast=yes&cVegan=yes&cMenu=0

**Introduction**

Olive oil contains a compound called oleocanthal which has been shown to have anti-inflammatory properties.

This recipe is egg free This recipe is dairy free Suitable for vegans Nut free

**Preparation notes**

Serves 2  
Preparation: 5 mins   
Cooking: 5 mins

**Ingredients**

2 medium avocados, peeled and stoned   
1 small red chilli, finely chopped   
10g fresh coriander, finely chopped   
1 tsp lime juice   
Pinch of salt   
Pinch of ground black pepper   
2 slices wholemeal or granary sliced bread   
2 tsp olive oil

**Method**

1. Put the avocado flesh into a small bowl.   
  
2. Add the chilli, coriander, lime juice, salt and pepper to the avocado then combine by gently mashing with a fork.   
  
3. Toast the bread, and then drizzle each slice with the olive oil.   
  
4. Top the two slices of toast with the avocado mixture and serve.

Breakfast Fruit Compote

http://recipes.vegsoc.org/recipe.aspx?cId=805&counter=0&submit=Previous&keywords=&andor=all&cBreakfast=yes&cVegan=yes&cMenu=0

This recipe is egg free This recipe is dairy free This recipe is wheat free Suitable for vegans

**Preparation notes**

Serves 4  
Preparation time 10 minutes  
Cooking time 25 minutes  
Can be vegan\*

**Ingredients**

**Compote:**  
2 apples, peeled, cored and sliced  
200g ready to eat prunes, sliced  
30g sultanas  
200ml apple juice  
  
**Yoghurt mixture:**50g blueberries or blackberries (reserve a few for the topping)  
200g zero fat Greek yoghurt (or soya yoghurt for vegan option\*)  
 **Topping:**  
75g oats  
50g chopped hazelnuts  
Pinch of nutmeg or cinnamon

**Method**

1. Place the compote ingredients into a large pan and gently simmer for 15 minutes, stirring occasionally.

2. Fold the blueberries into the yoghurt and set aside.

3. Place the oats, nuts and nutmeg or cinnamon into a non-stick pan. Gently heat for five minutes, stirring from time to time.

4. To serve, share out the fruit into four dishes, add a little yoghurt then top with the oat mixture and the reserved blueberries.