

# *Breakfast Without Bacon*

---

**Four Simple Recipes for  
Meatless Mornings**

**Trevor Welch**

# Why Meat-less?

There's nothing wrong with the occasional strip of bacon to go with your meal in the morning. However, having bacon every single day would be terrible for you!

Bacon, eggs, sausage, and many of our savory breakfast favorites are loaded with cholesterol and other unhealthy things. If we were to eat these for breakfast daily, we would slowly build-up high cholesterol in our blood, leading to an increased risk of heart disease or even a stroke.

Finding a day in the week (pst, Mondays) to experiment with meatless alternatives not only adds to your culinary skills, but also gives your body a break from the more heavier meals to enjoy something easy to digest and light.

While there are only a handful of recipes in this book, I hope that by trying one of these dishes, you'll consider healthy, meatless mornings more often.

- Trevor

## Recipes Ahead

Overnight Oats	1
Vegan Lox	2
Sweet Potato Tacos	4
Tex Mex Casserole	5

# Overnight Oats

## Ingredients

1/3 cup milk	2 teaspoons honey
1/4 cup rolled oats	1 teaspoon ground cinnamon
1/4 cup Greek yogurt	1/4 cup fresh blueberries
2 teaspoons chia seeds	

## Instructions

1. Combine milk, oats, Greek yogurt, chia seeds, honey, and cinnamon in a 1/2 pint jar with a lid; cover and shake until combined.
2. Remove lid and fold in blueberries.
3. Cover jar with lid and refrigerate oatmeal, 8 hours to overnight.



# Vegan Lox

---

## Story

Smoked salmon is one of my favorite ingredients that I love to include in a dish when I can, but the taste of guilt associated the environmental damage caused by salmon farms always lingers in my mind afterwards.

Luckily, this meatless morning meal saves the day by giving us a delicious and guilt-free alternative to lox packed with flavor.

## Ingredients

3 Large Carrots  
1 Tsp. Sea Salt  
¾ Cup Hot Water  
1 Tsp. Nori Granules  
3 Tbsp. Caper Brine  
2 Tbsp. Rice Vinegar

1 Tbsp. White Miso Paste  
3 Tbsp. Soy Sauce  
1 Tsp. Lemon Juice  
1 Tsp. Garlic Powder  
¼ Cup Olive Oil



## Instructions

1. Place carrots in a pot, covered with salted water and bring to a boil. Cook for 5-10 minutes or until fork-tender but not mushy. Carrots should hold their shape.
2. Transfer to an ice bath for 2 minutes to stop cooking. Place on a wire rack to dry.
3. Meanwhile, in a container or bowl, whisk together hot water, nori granules, caper brine, vinegar, miso paste, soy sauce, garlic powder and lemon juice. Set aside.
4. Using a very sharp knife, very carefully, slice the carrots lengthwise. Make some thin strips and some sashimi-style pieces. Lay in the marinade. Let sit in the fridge as long as you can. I find overnight works best. The longer they sit, the more the carrot takes on the flavour and texture of smoked salmon.
5. When ready to use, remove from the fridge and allow the carrots to come to room temperature and serve in your favourite manner.

# Sweet Potato Tacos

## *Ingredients*

4 Cups Sweet Potatoes	Pepper (to taste)
2-3 Tbsp. Olive Oil	1 Cup Refried Black Beans
1 Small Sweet Onion	8 Corn or Flour Tortillas
2 Cloves of Garlic	½ Cup of Monterrey Jack
Salt (to taste)	Cilantro (to taste)

## *Instructions*

1. Place olive oil and sweet potatoes in a large skillet.
2. Cover skillet and cook over medium heat for 5-7 minutes, stirring occasionally.
3. Add onions, garlic, salt and pepper. Continue cooking over medium heat for 12-15 minutes, or until sweet potatoes are cooked through.
4. Fill each tortilla with 2 tablespoons black beans and equal amounts of the sweet potato/onion mixture.
5. Top with cheese and cilantro and enjoy!



# Tex Mex Casserole

## *Ingredients*

1 Cup uncooked quinoa	1 Can corn
2 Tsp chili powder	1 Cup crushed tomatoes, canned
½ Tsp cumin powder	1 Cell pepper, diced (1 cup)
¼ Tsp garlic powder	½ Cup onion, diced
¼ Tsp salt	1 Cup cheese (or nutritional yeast)
1 can black beans	1 Cup water

## *Instructions*

1. Preheat oven to 350 F.
2. Line an 8-inch square pan with parchment paper.
3. Drain the beans and corn.
4. In a large bowl, combine all ingredients until well-mixed.
5. Spread into the prepared pan, and bake on the center rack 28 minutes.
6. Without opening the oven door, turn off the heat and let the casserole sit in the closed oven for an additional 25 minutes.
7. Remove, and serve. The casserole will firm up more overnight as well – store leftovers covered in the fridge for 3-4 days.



# Inside This Book

**Between these few pages are four  
beginner level vegetarian recipes that  
have been curated together to help others  
realize just how easy it can be to make  
meatless alternatives for breakfast**

**I am not a culinarian, but if even I can  
make these dishes myself, then I am  
confident others are able to as well**

*Stay Healthy*

*All photography by me  
All recipes by others*

