

Apple and Oat Porridge

Ingredients:

4	cups water	1/2	teaspoon ground caraway
1 1/2	cups oat bran (not oatmeal)		seeds
1	large apple - peeled/cored and chopped into very small pieces	1/2	teaspoon cinnamon
1/3	cup raisins	1/2	teaspoon salt
			Soy milk for serving (optional)

Preparation:

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

Yield: 4 servings

Potato and Green Onion Frittata

This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish.

Preheat the oven to 350°F.

1/4 cup olive oil	2 tsp. salt, divided
1 onion, finely chopped	1/2 tsp. pepper, divided
4-5 green onions, chopped with the green and white parts separated	2 lb. firm tofu
4 cloves garlic, minced	2-3 Tbsp. soy sauce, to taste
2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)	

Preparation:

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

Yield: 4 Servings

Tofu Breakfast Scramble

Tofu is a great source of protein. In this recipe, the tofu will pick up the fresh flavors from the vegetables. This recipe is perfect for a little ketchup, but most brands have sugar in them. So using a little tomato paste is a great addition.

Ingredients:

- | | | | |
|---|------------------------|---|-----------------------------------|
| 1 | box firm tofu | 2 | green onions, finely sliced |
| 1 | zucchini, diced small | 1 | tablespoon fresh cilantro, minced |
| 1 | tomato, diced | 1 | clove garlic, minced |
| ½ | onion, diced | | |
| 1 | red bell pepper, diced | | Salt and pepper to taste |
| | | | Tomato paste if desired |

Preparation:

1. Spray pan with 100% olive oil spray
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

Tip: You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms.