

Micheff Sisters "Breakfast with Mom" - 08040

Buckwheat Pancakes

$\frac{3}{4}$ c. whole wheat flour
 $\frac{1}{2}$ c. buckwheat flour
2 tsp. aluminum-free baking powder
2 Tbsp. brown sugar
1 Tbsp. flax seed
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. cinnamon
1 tsp. pure vanilla
2 Tbsp. canola oil
1 $\frac{1}{4}$ c. soymilk

1. Mix the dry ingredients in a small bowl. Slowly add the wet ingredients and stir until mixed well.
2. Heat a skillet that has been oiled or sprayed with a non-stick cooking spray. Pour the batter into the skillet in 5-inch circles. When bubbles appear on the top of the pancake, flip with a spatula. Brown the other side and remove from pan. Serve hot with your favorite topping.

Yield: six 5-inch pancakes

My family loves pancakes and waffles on Sunday mornings with warm homemade blueberry topping. This is a light and fluffy (not to mention healthy) pancake. You can use this recipe to make great waffles too! And if you happen to have any left over they freeze well. **Cinda Sanner**

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Banana Nut Pancakes

1 c. whole wheat flour
1 medium banana
¼ c. pecan pieces
¼ tsp. sea salt
1 ½ tsp. Rumford baking powder
1 Tbsp. pure virgin canola oil
2 Tbsp. pure maple syrup
1/8 tsp. cinnamon
1 tsp. vanilla
1 c. Soy Milk

SAUCE:

½ c. pineapple juice
2 Tbsp. orange juice
1 Tbsp. corn starch
1 Tbsp. water

1. In a medium-sized bowl mash the banana until it is of a mushy consistency. Add the canola oil, pure maple syrup and vanilla.
2. Mix the dry ingredients together and slowly stir into the wet ingredients. Gently stir until blended.
3. In a hot skillet sprayed with vegetable oil put ¼ cup of batter and spread to make a round pancake. Fry until golden on both sides.
4. In a small saucepan, mix the cornstarch and water together until smooth. Add the pineapple and orange juice and cook until thickened. Serve while hot, pouring over the Banana Nut Pancakes. For garnish sprinkle toasted coconut on top of the sauce and put a sliced strawberry on top.

Yield: eight 4-inch pancakes

My husband is a quiet man and doesn't comment much about his food. But when he tasted these pancakes he expressed more than once how delicious they were. I love to create recipes that bring a smile to his face. Enjoy!

Linda Johnson

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Sweet Potato Waffles

1 ¼ c. whole wheat pastry flour
2 tsp. baking powder
½ tsp. salt
1 tsp. cinnamon, ground
½ tsp. ginger, ground
¼ tsp. nutmeg, ground
1/8 tsp. cloves
½ c. pecan pieces
1 c. sweet potatoes, cooked and mashed
¼ c. canola oil
1/3 c. pure maple syrup
1 tsp. vanilla extract
2 c. soymilk (more if needed)

Directions:

1. In a large bowl, mix all dry ingredients together. Then add rest of ingredients except for soy milk.
2. Mix well, then slowly add soymilk until the consistency is slightly thicker than pancake batter. Use additional soymilk as needed. (Moisture content varies due to the moisture content in the mashed sweet potatoes)
3. Pour 1 cup of batter into a hot waffle iron and bake until steam stops escaping - approximately 3-4 minutes depending on the individual waffle iron. Waffles should be golden, slightly crispy on the outside and tender and moist in the inside. Serve hot.

Yield: 4 waffles

These waffles taste like pumpkin pie, only the texture is more like bread. I love to add raisins, or crushed pineapple for variety. If you don't like nuts, just leave them out. They are good just like they are without adding a thing.....well.....may I suggest some pure maple syrup!

*Umm.....Mmm.....good! Make extra because they freeze quite well, keeping for 2-3 months. When you are ready to eat, just pop them into your toaster! Now that is what I call a fast and easy breakfast! **Brenda Walsh***

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Berry-Berry Sauce

4 c. blueberries
2 c. fresh strawberries, sliced
4 c. apple juice or grape juice
¼ c. pure maple syrup
Dash of cinnamon
¼ c. cornstarch
¼ c. cold water

1. Bring the juice and the blueberries to a boil.
2. Mix the cornstarch with the cold water and stir until well blended
3. Slowly pour the cornstarch mixture into boiling juice
4. Stir until thickened
5. Remove from heat and stir in the cinnamon
6. Add fresh strawberries right before serving.

Yield: Approximately 4-6 servings

Serve with a non-dairy whipped topping! **Linda Johnson**

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Picante Tofu Scramble

1 medium onion, chopped
1 medium red bell pepper, diced
1 medium carrot, peeled and shredded
1 clove garlic, minced (1tsp.)
1 tsp. ground cumin
½ tsp. ground turmeric
1 12.3-oz. package of Mori-Nu Tofu, firm, cubed (can also use water-packed tofu)
4 corn tortillas, torn in small to medium-sized pieces
½ tsp. hot sauce
salt to taste

SALSA:

1. Heat a large nonstick skillet over medium heat and coat with cooking oil spray. Add chopped onion, diced red pepper, and shredded carrots. Sauté until onions are clear. (You may need to spray the pan once or twice during sautéing to avoid sticking and burning)
2. When onions are clear, add the fresh garlic, spices and torn corn tortillas. Continue to sauté for 1 minute more. Add the tofu and hot sauce, and cook about 5 minutes, or until tofu is slightly browned. Serve warm with your favorite salsa.

Yields: four ¾ cup servings

*It is no secret that my family likes food with a lot of spice! You can omit the hot sauce or add just a dash if you prefer your food a little more mild. I like to serve this in corn tortilla cups. Just gently (to avoid tearing) place corn tortillas into muffin tins. Spray with a cooking spray and bake in a 375 degree oven for about 5 minutes, or until crisp. Garnish with salsa, Tofutti Better than Sour Cream and black olives.***Cinda Sanner**

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Potato Latkes

2 med. raw potatoes, shredded (or finely chopped)
2 Tbsp. all-purpose flour
½ tsp. salt
½ tsp. baking powder
1 Tbsp. raw onion, finely minced
canola oil as needed

1. Using a medium-sized bowl, shred potatoes into the bowl with a hand grater. Transfer potatoes to a food processor and process only slightly or finely chop with a knife.
2. Return to mixing bowl and add remaining ingredients. Pour enough oil into a skillet to cover the bottom of pan. Test oil temperature by dropping small piece of potato in pan. When there is an immediate sizzle then the oil is ready. Spoon approximately ¼ cup of potato mixture into the frying pan per latke. Fry on each side until golden. Remove from pan and place on platter with paper towels.

Yields: 6 Latkes (3-4 inch)

*Our grandma Micheff always made the best potato pancakes and she actually inspired this recipe. Grandma used eggs, but I was determined to find a way to make them without. These are surprisingly close to Grandma's except that I added onion. I really like the extra flavor it gives! These are great for breakfast with scrambled tofu, but really and truly, I love them for any meal! For a healthier version, instead of frying, you can spray a baking pan with a non-stick cooking spray and place latkes on the pan two inches apart. Bake at 400 degrees for 10-15 minutes then turn with spatula and bake another 10-15 minutes until golden and crispy!***Brenda Walsh**

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