

BREAKFAST BESTS

CURRIED CHICKPEAS

2 cups cooked chickpeas or 1 - 16 oz. can
1/4 cup fresh-squeezed lemon juice (or substitute lime)
1 shallot OR 1/3 cup purple onion, minced or diced
3 cloves garlic, minced
1/2 tsp. turmeric
1/4 to 1/2 tsp. cayenne pepper
2+1/2 tsp. ground cumin
1/2 tsp. ground coriander
1/2 tsp. curry powder
2 Tbsp. Braggs liquid aminos
1 Tbsp. canola oil for stir-frying
1/2 cup cilantro, lightly chopped (optional)

Heat up a wok. Add 1 Tbsp. oil plus the shallots (or onion) and garlic. Stir-fry 1 minute.

Add all of the dry spices, plus Braggs, and 1 Tbsp. water. Stir-fry together briefly.

Add the chickpeas and continue stir-frying until they are covered with the spice mixture. Add 1/4 cup or more of water and heat until hot.

Remove from heat. Stir in the lemon juice. Serve with whole wheat pita wedges and top chickpeas with chopped cilantro.

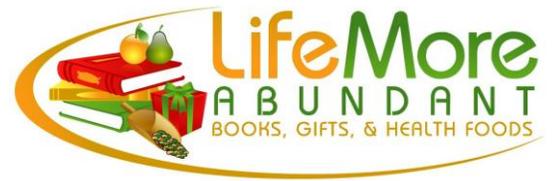
TOMATO LENTIL DELIGHT

2 c. uncooked lentils
1 c. chopped onion
1/2 c. sliced celery
1/2 c. diced carrot
4 garlic cloves, minced
1 Tbsp. dried parsley
28 oz. diced Italian tomatoes
1 Tbsp. honey
1/4 tsp. cumin
1/4 tsp. oregano
1/4 tsp. basil
1 Tbsp. olive oil
1 tsp. salt

Cook lentils, onion, carrot, celery, and garlic together in 4 c. water for 1/2 hour.
Add remaining ingredients and simmer for 1/2 hour.
Serve over wheat toast or brown rice.

MILLET PUDDING

3/4 c. millet



4 c. soy milk
3 Tbsp. honey or agave nectar
1 tsp. vanilla
1 tsp. fresh lemon juice
½ c. unsweetened coconut
½ c. chopped dates or raisins

Combine soy milk, millet, and coconut in pot and allow to boil.
Add remaining ingredients. Pour into casserole dish sprayed in non-stick cooking spray.
Cover and allow to bake at 350 degrees for 1 hour.
Serve with fresh fruit and soy whip cream.

ALMOND OAT WAFFLES

2 ¾ c. soy milk
½ c. water
¼ c. canola oil
½ c. raw almonds
1 ½ c. oats
1 ¼ c. whole wheat flour, whole wheat pastry flour, or white wheat flour
1 tsp. vanilla extract
1 tsp. maple flavoring
2 tsp. baking powder
1/2 tsp. salt

Optional Ingredients: 1 mashed ripe banana, ¼ c. wheat germ, 2 Tbsp. flax seed, egg replacer equal to 2 eggs, or ¼ c. soft tofu

Blend together all ingredients. Bake approximately 5 minutes.