

VEGAN COOKBOOK

**Healthy Tastes Great
Volume 1 Breakfast**



RACHEL FRANK MS

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Healthy Tastes Great Vegan
Cookbook
Volume: 1 Breakfast

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Text © 2013 Happy Health Publishing

First Published in the USA in 2013 by
Happy Health Publishing
Columbia, SC 29229

<http://www.happyhealthpublishing.com>

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Rachel Frank, MS
Healthy Tastes Great Vegan Cookbook
Volume: 1 Breakfast

Other Books by Rachel:

[Healthy Tastes Great Vegan Cookbook Vol. 2 Bread](#)

[Raw Energy Bar Invasion: 50 Fruit & Nut Bar Recipes](#)

[Stress the Silent Killer: Stress Management Techniques for Fighting Back](#)

#1 Amazon Best Seller - Food Allergy Cookbooks

“This is a very well-laid out and well-written book with superb photography. I will be looking for more books in this series.

- Donna Kuper, *How to Declutter and Make Money Now*

“I tried making the banana bread muffins and all I can say is OMG! What started out as a breakfast treat turned into my lunch and afternoon snack as well!

- BW

“My interest in the book is from a healthy-eating focus. I really love the

suggestions about grinding flax seeds and how to use in recipes.”

- R Johnson

“Really good recipes that are so easy to follow. I like the visual to help me see how the food should look when it's done.”

- FrankMo

“Great book to add to my line of cookbooks especially love the almond milk recipe now i can make healthier foods after i go and workout.”

- Padro

“My family will never buy box pancake mix again these were so simple and

delicious. I look forward to more volumes in this series.”

- Jason F.

Great book, amazing ideas, and very helpful and creative. Loved it!!! I am excited to see what the author writes next”

- Jen L.

Dedication

This book is dedicated to my amazing family who patiently taste tested every version and revision of my recipes.

Thank you for tasting my successes and flops...loosen those belts because more is coming!

Chapter 1

Introduction

Introduction to Vegan Cooking

You may have bought this book because you are interested in or enjoy the types of the foods mentioned on the cover, you are interested in healthier cooking, or you have food allergies. In any case, I think it is always best to start with the basics. If you are a pro in vegan cooking then feel free to jump ahead.

This book is meant as a basic introduction to vegan cooking. It is recommended that you read the entire recipe all the way through to ensure you have all the ingredients on hand and

understand what is involved in the recipe. Happy cooking!

Vegan Basics

What and why are questions I hear a lot when I tell people that I am a vegan. So I thought this would be a great place to start. Let's start with the term vegan. I'm sure you are more familiar with the term vegetarian. A vegetarian is a person that does not consume animal meat, but still eats and drinks dairy products and eggs.

Vegans take things a step further. They do not consume any animal meat, animal secretions (i.e. dairy, eggs, or honey),

and in most cases they do not use or wear materials from animals such as leather and wool. Being a vegan, for many people, is more than a food choice it is a lifestyle in which the individual has decided not to support or live by the suffering of another creature.

There are a number of health benefits to eating a vegan diet. Individuals on a vegan diet often weigh less, have lower cholesterol due to the elimination of eggs and meats, have a reduced risk of heart disease from consuming less saturated fats from eliminating meat products, improved digestion from the increase in fiber and greens, smoother and clearer skin as many people are sensitive to dairy without knowing it,

and they live longer from their healthier eating habits.

As an added bonus, vegan foods just taste great! My husband now prefers these dishes and gets upset when I cook for him with dairy and eggs. He says that he can taste the difference and swears my vegan baking is moister and more flavorful than traditionally baked items.

Basics of Vegan Cooking

When I tell people that I do all of my baking without eggs and dairy, I get a lot of odd and shocked looks. People cannot imagine their favorite foods without these items and can be hesitant to try them, thinking they will taste funny. But, I let the food speak for itself and the food always wins them over. Often I will not tell people that my food is vegan until after they have tried it and are raving about how delicious it is. Vegan baking is a great way to win people over and show them how great these healthy foods can taste!

Ditch the Eggs

Eggs are loaded with saturated fat and cholesterol, which contribute to health issues such as high blood pressure and heart disease. The average egg has 213mg of cholesterol and 2g of saturated fat.

My family's favorite part of egg free cooking is licking the batter from the bowl and eating raw cookie dough. Sure we risked this before, but with over 76 million cases of food borne illness each year in the United States, I would much rather be licking foods I know are salmonella free. The other added bonus is eating foods that are heart healthy. We have a family history of high blood pressure, high cholesterol, and heart disease. So anything we can do to

reduce our risk of developing these illnesses is at the top of our to do list.

In traditional baking, eggs serve as binders, leavening agents, and add moisture. There are many alternatives to using eggs, depending on what you are cooking, that can do all of those things. They include flaxseed, bananas, apple sauce, and commercial egg replacers.

Ground Flaxseed

Using ground flaxseed is my absolute favorite egg alternative in baking! It adds moisture, protein, and omega-3 fatty acids all at once. Grocery stores do sell ground flaxseed sometimes called flax meal. However, I recommend buying whole flaxseeds and

grinding them yourself using a coffee grinder. This allows you to have fresh ground flaxseed on hand all the time, it is cheaper, and you can grind them as fine as you want.

I prefer to grind flaxseed powder fine, because it creates the creamiest and smoothest egg replacer possible. Once you grid your flaxseed, it should be stored in an airtight container in the refrigerator to preserve the nutrients. This is another reason I suggest grinding your own. The pre-ground flaxseed in the grocery store is stored at room temperature causing a loss of valuable nutrients and decreased shelf life.

To make flaxseed eggs you combine 1Tb (15g) of ground flaxseed with 3Tb

(45ml) of water per egg. Mix vigorously with a whisk, or use a mini food processor, until the mixture becomes thick and creamy almost with an egg like consistency.

I use flaxseed in just about all of my baking. However, in lighter colored foods you can spot the dark specks of the ground flaxseed and this might not be desirable. So if I am making something like a vanilla cake or light colored muffins I may use a different egg replacer deepening on my mood and who I am cooking for.

Bananas

Bananas are amazing, they are both delicious and wonderful for you. They

are high in potassium and magnesium. This is great for people with high blood pressure and heart disease. They can also help increase energy levels and reduce the production of muscle cramps/lactic acid during physical activity.

When using bananas, always use ripe bananas. Those are the ones that are nice and yellow and have some brown spots. If you try using green bananas the flavor and moisture content will not be the same and can alter the final product.

To replace eggs with bananas, thoroughly mash $\frac{1}{2}$ of a banana for each egg. If you have very large bananas, then $\frac{1}{2}$ of a banana will act as 2 eggs. I use bananas solely when I want a banana flavored item like muffins, breads, or

pancakes. The bananas will give the baked good a strong banana flavor and scent, so make sure this is what you want in your finished item.

Applesauce

Using unsweetened organic applesauce is a great way to add moisture, fiber, and vitamin C to your baking. Applesauce can also be used to replace or reduce oil and butter in recipes if you want to reduce the fat and calorie content of a recipe.

When you are replacing eggs, use 1/4 cup of applesauce per egg. As a replacement for oil or butter, use a 1:1 ratio. However, I recommend that you do not replace all of the eggs, oil, or

butter with applesauce. There needs to be some fat content in the baked good; try replacing the eggs and up to 1/2 the oil or butter instead.

Applesauce adds a lot of moisture to your cooking. For this reason, I recommend it for cakes, breads, and brownies. Remember to choose unsweetened and organic when possible to prevent your baked goods from being overly sweet.

Commercial Egg Replacers

Two common commercial egg replacers are Ener-G Egg Replacer and Bob's Red Mill Egg Replacer. Both are powder mixtures that you add water to and can store in the pantry. My favorite is Ener-

G Egg Replacer. Commerical egg replacers, unlike the other alternatives, do not offer any additional nutritional value.

The directions for using the egg replacers are on the packages. It will involve adding water to the powder and mixing until it is smooth. This option is great for cookies or cakes where you do not want the specks from the ground flaxseed or flavors from the bananas and applesauce.

Look in the baking section of your local grocery store or health food store for these egg replacers. If they do not sell them, ask them to start carrying the item. They are available online as well.

No Dairy Necessary

In our society the word milk instantly brings to mind cow's milk. However, milk can also be the liquid extracted from plants, nuts, and grains. The most common non dairy milks are almond milk, rice milk, oat milk, soy milk, and coconut milk. The type of milk that you use is personal preference for the most part. There are some milks that are better suited for certain recipes than others.

Almond Milk

Almond milk is by far my favorite of the non dairy milks! It is naturally cholesterol free, high in protein, fiber, and vitamin E. It comes in a variety of

flavors including unsweetened, vanilla, and chocolate. For baking purposes, I prefer unsweetened because it allows me to control the level of sweetness in the final product. My favorite brand is Almond Breeze.

Soy Milk

Soy milk is my other favorite milk for everyday baking and cooking. It is slightly thicker than almond milk and does not add any flavor to the dish like oat milk can. This is a great option if you consume soy products.

Oat Milk

Oat milk can have a nutty and richer flavor. For baking, I would only use it

in dishes where this is desired like muffins, breads, or waffles.

Rice Milk

Rice milk is the thinnest of the milks. It also comes in unflavored, vanilla, and chocolate. For baking, I only recommend this to someone with allergies to nuts, soy, or oats because it is so thin.

Coconut Milk

Of all the milks, coconut milk is the thickest and richest. Coconut milk also has a sweeter flavor than the other milks and is higher in fat. I use this exclusively for rich baking like frostings and whipped cream.

DIY Buttermilk

If you have a recipe that calls for buttermilk, do not fear. To make your own buttermilk add 1 Tb of lemon juice or vinegar to 1 Cup of your favorite milk. Let the mixture sit for 10 minutes and you have your own home made buttermilk.

DIY Condensed Milk

It is very easy to make your own condensed milk. In a blender combine 4 oz silken tofu, 1/4 Cup milk, and 1/4 Cup granulated sugar. More or less milk and sugar can added to create the desired thickness and sweetness.

Non-Dairy Butter

There are several vegetable fat based butters on the market that can be used in place of dairy butter. My favorite and the easiest to find brand is Earth Balance. This butter comes in stick and tub form with options ranging from unsalted to organic. It is used just like dairy butter in cooking at a 1:1 ratio.

Essential Kitchen Tools

I absolutely LOVE kitchen tools and gadgets. Maybe a little too much according to my husband, but he enjoys the end product so he puts up with my addiction. Below is a list of my favorite and frequently used kitchen tools. While some are essentials, others are just nice to have around and make life easier. You do not need to go out now and buy every single item I list here. Make use of what you have and if you find you are always in need of a specific tool, then it might be time to invest in that one.

Basic Essentials

- Easy to read measuring cups and spoons for both solids and liquids
- Mixing bowls of assorted sizes
- Silicone or wood mixing spoon
- Silicone Spatulas (large and small)
- Silicone turner to fit your size pans
- Rolling pin
- Baking/ Cookie trays (I like to have two on hand)
- Cooling racks (again I prefer two)
- Medium to large frying pan with lid
- Small, medium, and large sauce pans with lids

- Medium to large flat griddle
- BPA free plastic or glass storage containers
- Ice cream scoop
- 8X8 baking pan
- Pie pan
- Round cake pan
- Chef Knife 8 to 10 inches
- Paring knife 3 to 5 inches
- Bread knife
- Wood cutting board that fits your largest knife

Optional Recommendations

- High speed blender (I love my [Vitamix](#). It's an investment, but lasts forever and makes the creamiest smoothies, soups, and nut butters in the world!)
- Mini prep food processor
- 7 to 9 cup food processor
- Hand mixer
- Stand mixer
- Deep frying pan for pan frying (no need for deep fryer here)
- Toaster oven
- Dehydrator (square is best)

Chapter 2

Drinks



Ultimate Smoothie Formula

Yield:

16-24oz

Ingredients:

1 Frozen Banana

1 Cup Fruit/ Veggie Juice

1 – 1 1/2 Cup Almond/ Soy Milk

1 Cup Frozen Fruit

Directions:

Combine all ingredients into a blender and process until smooth. Add more or less liquid to reach the desired thickness.

Favorite Combinations:

Blueberry Pomegranate Explosion

(great for urinary tract health)

Use 1/2 cup apple juice, 1/2 cup pomegranate juice, and only blueberries for the frozen fruit

Strawberry Spritzer

Use 1/2 cup apple juice, 1/2 cup lemonade in place of juice, and all strawberries for the frozen fruit

Orange Dreamsicle

Use 1 cup of orange juice and 1 small container of vanilla yogurt in place of the frozen fruit

Tropical Grand Slam

Use 1 cup orange juice and a mixture of frozen pineapple, mango, and raspberries

Hot Chocolate Heaven

Yield:

2 servings

Ingredients:

2 Tb + 2 tsp Cocoa Powder

2 Tb Pure Maple Syrup

2 Cups Your Favorite Milk

1/2 tsp Vanilla

Directions:

Combine all ingredients in a sauce pan with a whisk. Heat until almost boiling.

Enjoy :)

Easy Almond Milk

Yield:

32oz

Ingredients:

1 Cup Raw Almonds

4 Cups Water, plus more for soaking

Directions:

1 - Place the almonds in a mixing bowl and cover with water. Let sit for at least 6 hours to overnight.

2 - Strain the almonds and place them into a high speed blender with 4 cups of water. A Vitamix blender is amazing for this. Do not use a food processor.

3 - Blend on high for 2-3 minutes.

4 - Strain the mixture into a bowl using a sieve and spatula. Thoroughly press all of the liquid out of the nut meal.

Reserve the nut meal for smoothies or cooking if desired.

5 - Cover the mesh sieve with several layers of cheese cloth and strain the liquid again this time into the jar you will be storing the milk in. On this straining, do not press hard, just gently let the liquid flow.

6 - Cover the jar and store in the refrigerator for up to 5 days.

* Have fun and add vanilla beans or cocoa to your milk for extra flavor.

Chapter 3

Muffins & Biscuits



Banana Bread Muffins

Yield:

12-18 Standard Size Muffins

Ingredients:

2 Cup Whole Wheat Flour

1 1/2 tsp Baking Soda

1/2 tsp Salt

2 Tb Ground Flaxseeds

1 Cup Granulated Sugar

1/3 Cup Safflower or Canola Oil

4 Ripe Bananas Mashed (use bananas with brown spots on the peel for rich flavor & moisture)

1/4 cup Water

1 tsp Vanilla

Sugar for Sprinkling

Directions:

1 - Preheat the oven to 350F and line or spray 12 muffins tins.

2 - In a medium bowl combine the flour, baking soda, salt, and ground flaxseeds.

3 - In a large bowl beat together the oil and sugar until it resembles wet sand.

Add the mashed bananas, water, and vanilla and mix well.

4 - Add the dry ingredients to the wet and stir until just until combined (do not over mix).

5 - Fill the muffin tins 3/4 full and sprinkle the tops with sugar if desired.

6 - Bake for 18-25 minutes until the muffins have risen and the tops are

turning golden.

7 - Remove from the oven and let sit for 3 minutes then use a fork to pop the muffins out of the tins and cool completely on a wire rack.

Variations:

Chocolate Chips Awesomeness -
Follow the directions above and fold in 1/2 cup of chocolate chips just before filling the muffin tins.

Spiced Muffins - Add 1 tsp of cinnamon and 1/2 tsp of nutmeg to the dry ingredients before mixing them with the wet ingredients.



Better Than Betty's Berry Muffins

Yield:

12 Standard Size Muffins

Ingredients:

1 1/4 Cup Whole Wheat Flour

3/4 Cup Unbleached All Purpose Flour

2/3 Cup Granulated Sugar

2 tsp Baking Powder

1/4 tsp Salt

2 Tb Ground Flaxseeds (optional)

1 1/4 Cup Almond Milk

1/4 Cup Safflower or Canola Oil

1 Tb Water

1 tsp Vanilla

1 Cup Frozen Berries (Break apart larger berries)

Sugar for Sprinkling

Directions:

1 - Preheat the oven to 400F and spray or line 12 muffin tins.

2 - In a medium mixing bowl combine the dry ingredients.

3 - In a large bowl combine the wet ingredients.

4 - Add the dry ingredients to the wet and stir until just combined (do not over mix as this produces tough muffins).

5 - Gently fold in the berries.

6 - Use an ice cream scoop to fill the muffin tins 3/4 full and sprinkle the tops

of the muffins with a pinch of sugar if desired.

7 - Bake for 18 minutes or until the muffin tops are slightly golden and an inserted toothpick comes out clean.

8 - Use a fork to remove the muffins from the tins and cool on a wire rack.



English Muffins

Yield:

6-8 Standard Size Muffins

Ingredients:

1 1/2 Cup Warm Water

1 Tb Granulated Sugar

2 tsp Active Yeast

1/2 Cup Warm Almond Milk

1 1/2 Cup Bread Flour

1 Cup Whole Wheat Flour

1 tsp Salt

1 tsp Baking Soda

2 Tb Ground Flaxseeds (optional)

Cornmeal

Special Tool:

Muffin Rings

Directions:

- 1 - In a small bowl combine the water, sugar, and yeast. Set aside for 5-10 minutes to proof.
- 2 - In a large bowl combine the flours and flax seed.
- 3 - Add the warm milk and proofed yeast mixture stirring well. The mixture will be very wet and not resemble a formed bread dough.
- 4 - Cover the bowl with plastic wrap or a damp towel and let rise for 45-60 minutes until it is bubbly and has doubled in size.

* If your home is cooler, try making a proofing box in your microwave. Fill a coffee mug with about 1 cup of water and microwave for 90 seconds. Place the mug in the back corner of the microwave and then put the baking bowl in the middle of the microwave and close the door. This creates a warm moist environment for the yeast to rise.

5 - Heat a flat skillet on medium heat and spray with non stick cooking spray. Spray the inside of the muffin rings and place on the skillet.

6 - Add the salt and baking soda to the dough and mix until combined.

7 - Use a 1/3 cup to scoop the dough into each muffin ring. Sprinkle the tops with cornmeal. Let cook for 5-10 minutes

until the bottom is golden brown and flip. It may be easier to remove the muffin rings with tongs before flipping.

8 - Cook the other side for 5-10 minutes until the muffin sounds hollow when tapped. Repeat with the remaining dough.

9 - Let the muffins cool completely on a wire rack before storing them.



Peanut Butter Cup English Muffins

Yield:

1 English Muffin

Ingredients:

1 English Muffin

2 Tb Peanut Butter

1 Tb Chocolate Chips

Directions:

1 - Slice english muffin in half and toast to preferred darkness.

2 - Spread 1 Tb of peanut butter on each muffin half.

3 - Divide the chocolate chips between

the muffin halves.

4 - Put the muffins back into the toaster oven and let the residual heat melt the chocolate chips, approx. 5 minutes.

5 - Remove the muffins from the oven and use a knife to swirl and combine the peanut butter and melted chocolate.

Perfect Southern Biscuits

Yield:

10 Biscuits

Ingredients:

2 Cup Self Rising Flour (extra for dusting)

1/4 tsp Baking Soda

1 Tb Baking Powder

1 tsp Salt

6 Tb Butter, very cold and cubed

3/4 Cup Almond Milk

1 tsp Lemon Juice

Directions:

1 - Preheat the oven to 450 F.

2 - In a measuring cup or small bowl combine the milk and lemon juice and set aside.

3 - Combine the dry ingredients in a medium bowl. Then cut in the butter until the mixture is course and grainy. Do not over mix to prevent overheating the butter.

4 - Make a well in the middle of the dry ingredients, add the milk mixture, stir until just combined.

5 - Add more milk if necessary the batter should be a very wet dough. The humidity and temperature can impact the flours absorption rates.

6 - Turn dough onto a lightly floured board or counter.

7 - Using your hands, gently pat the

dough until it is 1/2 inch thick. Then fold the dough onto itself several times and pat back down until 1 inch thick.

8 - Use a round cookie cutter or drinking glass to cut the dough into rounds.

9 - Gently combine the scraps and cut more rounds.

10 - Place the biscuits on an un-greased cookie sheet. If you prefer soft sides or pull apart biscuits, place them touching, otherwise place them 2 inches apart.

11 - Bake for 10-12 minutes or until the the biscuit tops are light golden brown. Serve warm.

* The key to excellent biscuits is handling the dough as little and as gently as possible to prevent tough gluten

strands from developing.

* Make extra dough and freeze the uncooked biscuits. Then cook them, from frozen, at 450 F for 20 minutes.

Chapter 4

Scones & Dessert Breads



Pumpkin Scones

Yield:

8 Standard Size Scones

Ingredients:

2 Cups Whole Wheat Flour

1/3 Cup Packed Brown Sugar

1/4 tsp Baking Powder

2 Tb Ground Flaxseeds

3/4 tsp Ground Cinnamon

1/2 tsp Ground Nutmeg

1/4 tsp Ground Ginger

1/4 tsp Salt

1/3 Cup Almond Milk

2 tsp Apple Cider Vinegar

1/3 Cup Safflower or Canola Oil

1/2 Cup Canned Pumpkin

1 tsp Vanilla

Glaze:

1 Cup Powdered Sugar

1 tsp Vanilla

2-3 Tb Almond Milk

Directions:

1 - Preheat oven to 400F and spray or line a baking sheet with parchment paper.

2 - In a small bowl mix the almond milk and vinegar and set aside.

3 - In a large bowl mix the dry ingredients until combined.

4 - In a medium bowl mix the oil, pumpkin, and vanilla. Add the milk mixture to the wet ingredients and mix

well.

5 - Mix the dry ingredients into the wet and stir just until combined.

6 - Lightly flour a work surface for forming and cutting the scones. Pat or roll the dough into a 8 inch circle. With a sharp knife or dough cutter, cut the circle into quarters and then cut each quarter in half to get 8 scones.

7 - Place the scones on the baking sheet and bake for 12-15 minutes until golden and an inserted toothpick comes out clean. Remove from the oven and transfer the scones to a cooling rack.

8 - Make the glaze by whisking the powdered sugar, vanilla, and 2 Tb of almond milk together. Add the extra almond milk if a thinner glaze is desired.

9 - Glaze the scones by either scooping the glaze onto a spoon and drizzling across the tops of the scones or dip the scones into the glaze for a heavy coating.



Sinful Cinnamon Rolls

Yield:

8 Cinnamon Rolls

Ingredients:

1/2 Cup Almond Milk

3 Tb Butter

2 1/4 Cup Flour

1 1/4 tsp Yeast

2 Tb Sugar

1/4 tsp Salt

1 Tb Ground Flaxseed

3 Tb Water

Filling:

2/3 Cup Brown Sugar, Packed

2 tsp Sugar

1/3 Cup Butter, Softened

Glaze:

- 1 Cup Powdered Sugar
- 1 tsp Vanilla
- 2-3 Tb Almond Milk

Directions:

- 1 - Heat the milk until just boiling, remove from heat, add 3 Tb butter, and let cool until lukewarm.
- 2 - In a large mixing bowl combine the flour, yeast, sugar and salt.
- 3 - In a small bowl whisk the ground flaxseed and water until thick and creamy.
- 4 - Add the flaxseed mixture to the milk and butter and stir well.
- 5 - Mix the dry ingredients into the wet

and stir just until combined.

6 - When the dough comes together, place it on a lightly floured work surface and knead for 5 minutes until smooth.

7 - Place a damp cloth or plastic wrap over the dough and let it rest for 10 minutes.

8 - In a small bowl mix the filling ingredients together.

9 - Roll out the dough into a 10X7 rectangle, spread the filling onto the dough leaving a 1/2 border around the edges, roll up the dough, and pinch the seams together.

10 - Cut into 8 equal pieces. It is easiest to cut the log in half and then cut each half into 4 pieces.

11 - Lightly grease a baking pan or

muffin tin and place the rolls cut side up on the pan. Loosely cover with a damp cloth or plastic wrap and let sit in a warm area for 30 minutes or until doubled in size. While the dough is rising preheat the oven to 375F.

12 - Bake for 18-20 minutes or until golden. While the rolls are cooking, make the glaze by whisking together the ingredients until smooth. Drizzle the glaze over the cooked rolls and serve warm.

Maple Oatmeal Scones

Yield:

8 Scones

Ingredients:

2 1/4 Cup Whole Wheat Flour

1/2 Cup Quick Oats

1 Tb Baking Powder

1 Tb Brown Sugar

1 tsp Salt

2 Sticks Cold Cubed Butter (1 Cup)

1/4 Cup Soy Milk

1/2 tsp Apple Cider Vinegar

1/4 Cup Pure Maple Syrup

2 Tb Ground Flaxseeds

6 Tb Water

Glaze:

1 Cup Powdered Sugar
1-2 Tb Soy Milk
1 Tb Pure Maple Syrup
1 tsp Vanilla

Directions:

- 1 - Preheat the oven to 400F and spray or line a baking sheet with parchment paper.
- 2 - In a small bowl mix the almond milk and vinegar and set aside.
- 3 - In a large bowl mix the dry ingredients until combined.
- 4 - Add the cubed butter to the dry ingredients and mix until the butter has been broken down into pea sized pieces.
- 5 - In a small bowl or mini food

processor whisk the ground flax seeds and water until they reach an egg like consistency.

6 - In a medium bowl mix the milk mixture, maple syrup, and flax seed mixture.

7 - Add the wet ingredients to the dry ingredients and mix just until combined.

8 - Lightly flour a work surface for forming and cutting the scones. Pat or roll the dough into a 8 inch circle. With a sharp knife or dough cutter, cut the circle into quarters and then cut each quarter in half to get 8 scones.

9 - Place the scones on the baking sheet and bake for 20-25 minutes until golden and an inserted toothpick comes out clean. Removed from the oven and

transfer the scones to a cooling rack.

10 - Make the glaze by whisking the powdered sugar, vanilla, maple syrup, and 2 Tb of almond milk together. Add the extra almond milk if a thinner glaze is desired.

11 - Glaze the scones by either scooping the glaze onto a spoon and drizzling across the tops of the scones or dip the scones into the glaze for a heavy coating.

12 - For added decoration sprinkle oats and brown sugar on top of the scones.



Crazy Good Coffee Cake

Yield:

8X8 Coffee Cake

Topping:

1 Cup All Purpose Flour

1 Cup Brown Sugar

1/2 Cup Butter, softened

1 tsp Cinnamon

Cake:

1/2 Cup Butter, softened

3/4 Cup Brown Sugar

1/4 Cup Sugar

1 1/2 tsp Energize Egg Replacer

1 Tb Water
1 Cups All Purpose or Pastry Flour
1/2 tsp Baking Powder
1/8 tsp Salt
2 1/2 Tb Cup Soy or Coconut Milk
Creamer

Directions:

- 1 - Preheat the oven to 325 F.
- 2 - In a medium sized bowl combine the topping ingredients. The mixture will have a moist sand like consistency. Set aside.
- 3 - In a large bowl, cream the butter and sugars until smooth and fluffy.
- 4 - In a small dish combine the egg replacer and water until the powder is thoroughly mixed.

5 - In a medium bowl, combine the flour, baking powder, and salt. Add the dry to the moist ingredients. Then after combined, add the creamer and mix until incorporated.

6 - Pour 1/2 of the cake batter into an 8X8 pan, sprinkle 1/2 of the topping mixture on top, and pour the remaining batter into the pan

7 - Sprinkle the remaining topping over the batter covering as thoroughly as possible.

8 - Bake for 50 minutes, or until the edges are light brown. Cool and slice into the desired serving sizes.

Chapter 5

Waffles & Pancakes



Wow Me Waffles

Yield:

6-8 Waffles

Ingredients:

3 Tb Ground Flaxseeds

1/2 Cup Warm Water

6 Tb Melted Butter

1 tsp Vanilla

1 1/2 Cup Warm Almond Milk

1 3/4 Cup Whole Wheat Flour

1 Tb Baking Powder

1 Tb Granulated Sugar

1/4 tsp Salt

Optional:

1/2 Cup Chocolate Chips

1/2 Cup Frozen Fruit (cut or break larger pieces down to pea sized pieces)

Directions:

- 1 - Preheat a waffle iron.
- 2 - In a small bowl or mini food processor whisk the ground flax seeds and water until they reach an egg like consistency.
- 3 - In a medium bowl combine all the wet ingredients until well mixed. *Make sure the milk is warm or it will cause the butter to harden into clumps*
- 4 - In a large bowl combine the flour, baking powder, sugar, and salt and stir until well mixed.
- 5 - Combine the wet ingredients into the dry and mix until just combined.
- 6 - If adding in chocolate chips or fruit gently fold them into the batter.

7 - Scoop 1/2 cup of batter, or recommended amount from your iron directions, into the waffle iron and cook according to the waffle irons directions.

8 - Serve immediately, keep warm in a 200F oven, or let cool completely on a wire rack and freeze.

These waffles are just as amazing when frozen and cooked in a toaster oven just like any other frozen waffle so plan to make extra for this purpose



Pancake Paradise

Yield:

8 Pancakes

Ingredients:

3/4 Cup Almond Milk

2 Tb Vinegar or Lemon Juice

1 Cup Flour

2 Tb Sugar

1 tsp Baking Powder

1/2 tsp Baking Soda

1/2 tsp Salt

1 Tb Ground Flaxseed

3 Tb Water

* Optional 1/4 Cup Blueberries

Directions:

1 - In a large bowl, combine the almond milk with the vinegar or lemon juice in a

small dish and set aside for 5-10 minutes.

2 - In a small bowl, combine the flour, sugar, baking powder, baking soda, and salt in a large mixing bowl.

3 - In a small bowl whisk the ground flaxseed and water until thick and creamy. Add to the milk mixture.

4 - Slowly add the dry ingredients to the wet ingredients until thoroughly combined and any large lumps are gone.

5 - Heat a large skillet over medium to medium high heat and coat with cooking spray.

6 - Use 1/4 Cup scoop to pour batter onto the skillet. Cook until bubbles appear on the top surface, flip, and cook until the bottom is golden brown.



Fabulous French Toast

Yield:

4-6 pieces

Ingredients:

4-6 Slices of Stale Bread (leave uncovered overnight)

1 Cup Vanilla Soy Milk

2 Tb Flour

1 Tb Sugar

1 tsp Cinnamon

1 Tb Nutritional Yeast (optional adds richness)

Powdered Sugar (optional)

* If you use plain soy milk add 1 tsp vanilla

Recipe:

1 - Heat a large skillet over medium heat

and coat with cooking spray.

2 - Mix together milk, flour, sugar, cinnamon, and nutritional yeast.

3 - Lightly dip each side of the bread into the mixture. Cook on the skillet until golden brown, flip, and cook the other side until golden brown.

4 - Repeat with all pieces of the bread.

5 - If desired sprinkle the tops of the toast with powdered sugar.

Chapter 6

Granola & Oatmeal



Three Bears Oatmeal

Yield:

1 Serving

Ingredients:

1/2 Cup Quick/ Instant Oats

1/2 Cup Milk (Almond, Soy, or Coconut
all taste great)

1 Tb Ground Flax Seed

1/4 tsp Vanilla

Directions:

1 - Bring the milk to a boil (if you like thinner or thicker oat meal add more or less milk).

2 - Mix in the oats, flax seed, and vanilla.

3 - Place into a bowl and add optional toppings if desired.

Toppings/ Variations:

Raspberry Cheesecake:

1 Tb Preserves/ Jam

1 Tb Softened Cream Cheese

Place on top and drag across with a knife.

Peanut Butter & Jelly

1 Tb Preserves/ Jam

1 Tb Softened Peanut Butter

Place on top and drag across with a knife.

Banana Crisp:

1 Sliced Banana

1/2 tsp Cinnamon

Mix the cinnamon into the oatmeal and

then top with the sliced bananas.

Carrot Cake:

1 Carrot, Finely Grated

1/2 tsp Cinnamon

1/4 tsp Ginger

Pinch Nutmeg

1 Tb Pure Maple Syrup

Mix all of the ingredients into the oatmeal.

Mocha Wake Up

1/4 Cup Brewed Coffee

1 Tb Cocoa Powder

1 Tsp Sugar or Maple Syrup

Mix all of the ingredients into the oatmeal. You may need to adjust the milk or oat amounts to account for the

additional liquid depending on how thin or thick you like your oatmeal.

Energize Me Granola

Yield:

2 Quarts

Ingredients:

6 Cup Quick Cooking Oats

1/2 Cup Maple Sugar

1/2 Cup Wheat Germ

1/4 Cup Ground Flaxseeds

1/2 Cup Shredded Coconut

1/2 Cup Sunflower Seeds

3/4 Cup Cashew Halves or Pieces

1/4 Cup Raisins

1/4 Cup Gogi Berries (or add-in of your choice)

1/2 Cup Safflower Oil

1/3 Cup Pure Maple Syrup

2 tsp Vanilla

Directions:

1 - Preheat the oven to 350F.

2 - Place the oats in a thin layer inside a 9X13 baking pan and bake for 10 minutes.

3 - Place the cooked oats in a large mixing bowl and add all the dry ingredients. Mix well until all ingredients are distributed into the oats.

4 - Add the wet ingredients and mix until everything is moistened and coated by the wet ingredients.

5 - Place 1/2 of the mixture into the 9X13 baking pan and bake for 10 minutes. Remove from oven and stir. Place back into oven and cook for

another 5-10 minutes until everything is evenly toasted and browned.

6 - Repeat with other half of the mixture.

7 - After the granola is cool, stir and place in an airtight container.

8 - Store the granola in the freezer for longer shelf life and excellent crunch.



Fruit Parfait Fun

Yield:

2 Servings

Ingredients:

1 Cup Fresh Cut Fruit of Your Choice

1 Container Yogurt

1/2 Cup Granola/ Cereal

Directions:

1 - Toss the cut fruit to combine.

2 - In each parfait dish layer the fruit, granola, and cereal into as many layers as desired.

Chapter 7

Sides & Toppings



Happy Hash Browns

Yield:

4 servings

Ingredients:

3 Tb Oil (I suggest Olive, Canola, Safflower, or Grapeseed)

1 lb Potatoes, Peeled and Grated

Salt & Pepper (or seasoning of your choice)

Directions:

1 - Heat the oil in a large frying pan over medium high heat.

2 - While the pan is heating, squeeze as much moisture out of the potatoes as possible. Use paper towels or a potato ricer for this step.

3 - Add the grated potatoes to the pan in

and press into a thin layer, no more than 1/2 inch thick. Sprinkle your seasonings over the potatoes.

4 - After several minutes lift the edge of the potatoes to see the bottom of the hash brown. Once the bottom is golden brown, use a spatula to flip the potatoes. Continue cooking until that side is golden brown.

5 - Serve warm.



Berry-Tastic Jammy Jam

Yield:

24-32 oz

Ingredients:

56 oz Blackberries, Frozen/Thawed or Fresh

28 oz Sugar

3 1/2 oz Lemon Juice, Fresh Squeezed
Canning Jars with Lids

Jar Prep:

1 - Preheat the oven to 225F.

2 - Place the glass canning jar on a large baking sheet and put them in the center of

the oven. Leave them here while the jam cooks to sanitize the jam.

3 - Place the lids in a small sauce pan and boil them for several minutes while cooking the jam.

Directions:

1 - Place a small plate with 5 metal spoons in the freezer.

2 - Combine the berries, sugar, and lemon juice in a copper jam pot or a large tall sided stock pot.

3 - Heat slowly stirring with a large heatproof rubber spatula until the berries begin releasing a lot of juice.

4 - Turn heat up to high and stir frequently. Gently skim heavy foam from the surface as necessary.

5 - Start testing jam for doneness 15 minutes after it reaches a boil. To test, remove the pan from the heat, take a small spoonful with the frozen spoon, place the spoon back into the freezer for 5 minutes, remove the spoon and see if the jam runs. If the jam does not run and has thickened to a new jelly consistency it is finished. If it still runs, return the pan to the heat for 1-2 minutes and repeat the process until the jam is done.

* For a smoother jam use an immersion blender to puree any remanning fruit and strain the finished jam through a sieve before canning.

6 - Remove the jars from the oven and the lids from the water, dry the lids.

7 - Using a funnel add the jam into the

jars until filled 3/4" from the top. Wipe the tops and sides with a damp cloth or paper towel to remove any drippings. Place the lids onto the jars.

8 - Place the covered and filled jam jars onto a cookie sheet and bake in the oven for 15 minutes. Remove and place the jars onto a cooling rack. Listen and look for the center of the lips to "pop" inward indicating that the jars are sealed. After the jars cool tighten the lids. Unopened the shelf life for the jam is 8-12 months.

Dream of Whipped Cream

Yield:

4 Servings (8 oz)

Ingredients:

1 Can Coconut Milk, Full Fat,
Unflavored, and Unsweetened
3 Tb Cup Powdered Sugar
1-2 Tb Tapioca Flour
2 tsp Vanilla

Directions:

- 1 - Chill the can of coconut milk overnight in the refrigerator.
- 2 - Open the can and carefully drain off the clear liquid at the top of the can.
- 3 - Using a spatula scrape the chilled

cream out of the cans.

4 - Gradually add in the powdered sugar while beating the mixture with a hand or stand mixer. Add in the vanilla. Then add the tapioca flour 1 Tb at a time testing for the desired flavor and consistency.

5 - You can add other flavors here such as cinnamon, coffee, or cocoa powder. Continue to taste as you mix and add more powdered sugar if necessary.

6 - Place the whipped cream into a covered storage container and chill for 2 hours, the mixture will firm up in the refrigerator.

Resources:

Author's Website:

<http://www.AuthorRachel.com>

Author's Blog:

<http://www.VeganCatLady.com>

Book's Website:

<http://www.HealthyTastesGreatCookboo>

Coming Spring 2013:

[Healthy Tastes Great Cooking Classes](#)

[More Healthy Tastes Great Volumes](#)

Thank you for trying out the Healthy Tastes Great Cookbook Series!

If you loved this cookbook and have a moment to spare, I would really appreciate a short review on the page where you bought this book. Your help in spreading the word is greatly appreciated. Reviews make a world of difference in helping other readers find this book.

The other Healthy Tastes Great Volumes will be released Spring and Summer 2013! You can sign up to be notified of the next book as well as pre-release

specials here:

<http://www.AuthorRachel.com>

Acknowledgements

I want to thank my husband for his patience and discerning tongue when it came to testing out my “hippie” recipes. I would also like to thank my parents and grandmother for being recipe testers. A final thank you goes out to my crazy kiddos, the four legged kind, for keeping my feet and lap warm during my many hours at the computer getting this book together.

I was inspired to explore vegan and gluten free cooking from my own health issues and those of my family. I have endometriosis and degenerative disk disease which are irritated by estrogen

and inflammatory foods. This first sparked my interest in dairy free and healthy cooking. My parents and grandparents all have high cholesterol and high blood pressure. This lead to further exploration into egg free and healthy cooking. While I was in the middle of this cookbook, my grandmother had a heart attack and triple bypass surgery. This fueled my drive to get my book series underway and published. I am now equally excited to have other Healthy Tastes Great series dedicated to health issues such as diabetes and heart disease.

I was inspired by many cookbook authors, TV cooking shows, and chefs.

My favorites include Colleen Patrick-Goudreau, Chloe Coscarelli, and The Vegan Zombie. Their books, recipes, and passion for vegan cooking were inspiring and motivating.

When deciding to self publish this series I was both excited and intimidated. I found a lot of great information from the gentlemen, well maybe just men is more appropriate, of The Self Publishing Podcast. I also took an e-course from Joanna Penn and CJ Lyons on self publishing. A big thank you goes out to all of you for confidence you inspired in me and the wonderful information you put out there for us newbie indie publishers.

About the Author



Rachel Frank is an Amazon Bestselling Author in Special Diets and Women's Health. She was born in Rochester, NY and grew up in Western NY. She married an Active Duty Army Service Member and has moved across the

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