

THRAWBERRY

10 super fast
& vegan breakfast
recipes

warning:
fruits OVERLOAD

special
GUEST:
BANANA
BREAD

ice CREAM FOR
BREAKFAST?
oh yes!

best cinnamon
GRANOLA! IT'S ALL
ABOUT THE CRUNCH

FEATURING

the perfectly CREAMY PORRIDGE

THE RAW BERRY

This eBook is full of taste and flavor that will make your kitchen smell like a bakery. Get ready for Crunchy Cinnamon Granola, Cashew Vanilla Porridge, Sunrise Smoothie, Banana Bread and many more fabulous and easy breakfast ideas.

Note: I use a variety of plantbased milks, nut butters and fruit powders. You can always substitute and be creative. Remember, food should be about fun and enjoyment. There are no rules. These are simply 10 of my most favorite breakfast recipes for you.



THRAWBERRY





CRUNCHY CINNAMON

granola

crunchy cinnamon granola

GRANOLA FOR 2

YOU'LL NEED:

- 100 g rolled oats
- 40 g almonds
- 40 g buckwheat
- 20 g chia seeds
- 20 flax seed
- 20 g shredded coconut
- 2 tbsp maple syrup
- 2 tbsp coconut oil
- 2 ripe bananas
- 2 tsp ground cinnamon

1. Start by preheating the oven to 180°C/350°F. Add the almonds, buckwheat, chia seeds and flex seed to your blender and pulse until you have smaller pieces. Don't pulse them too much, we just want to break them down a little bit.

2. Melt the coconut oil in a small sauce pan at medium heat. Once it has turned liquid set aside.

3. In a large bowl, add the dry mix you've just made.

Continue to add the shredded coconut, rolled oats, a pinch of salt and coconut oil.

4. Take a plate or a cutting board. Peel the bananas and mash them with a fork. Add to the mix and stir well with a big spoon.

5. Pour the mixture on a baking tray. You can also use baking sheets to prevent sticking. Spread the mixture evenly with the spoon and let it bake for about 15-20 minutes.

6. Check after 8 minutes and stir again so that the granola turns slightly brown from every side.

7. Once the granola is ready, take it out and let it cool down slightly. Before it turns cold, add the cinnamon. You can also add raisins, goji berries or other dried fruit to your taste.

You can also double the recipe and make it in advance. It holds up to two weeks if you store it in an airtight container. It makes a nice homemade gift as well, if you put it into a nice jar. The creation is all yours.

CASHEW VANILLA PORRIDGE



cashew vanilla porridge

MAKES ONE BOWL

YOU'LL NEED:

- 80 g fine-rolled oats
- 200 ml water
- 100 ml cashew milk (or any other plant-based milk)
- 2 tbsp cashew butter
- 2 tbsp maple syrup
- 1/2 tsp vanilla powder
- fruit of your choice

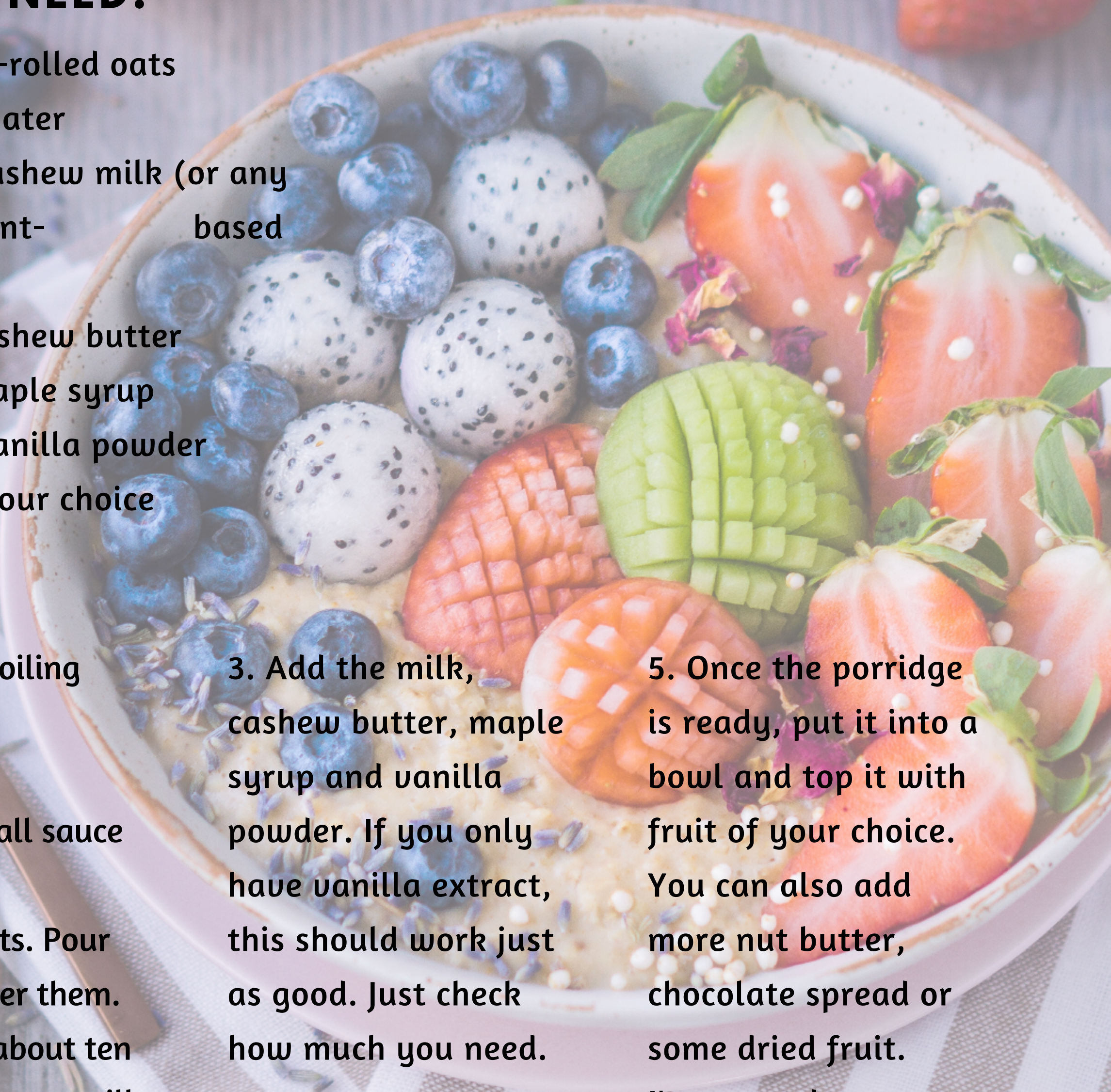
1. Start by boiling the water.

2. Take a small sauce pan and add the rolled oats. Pour the water over them. Let it sit for about ten minutes. The oats will absorb all the water during this time which ensures a super creamy texture.

3. Add the milk, cashew butter, maple syrup and vanilla powder. If you only have vanilla extract, this should work just as good. Just check how much you need.

4. Cook at medium heat while stirring. After a few minutes the porridge should have reached a thick, yet creamy consistency.

5. Once the porridge is ready, put it into a bowl and top it with fruit of your choice. You can also add more nut butter, chocolate spread or some dried fruit. I've topped my porridge with some strawberries, blueberries, kiwi and white pitaya.



SUNRISE SMOOTHIE



sunrise smoothie

MAKES 3 JARS

YOU'LL NEED:

- 1 ripe pineapple
- 1 ripe mango
- 100 g strawberries
- juice of 4 large oranges
- a handful of grapes
- 2 tbsp shredded coconut

1. Peel and cut the pineapple and mango into pieces.

2. Cut the oranges in half and squeeze them out.

3. Wash the grapes and put them into your blender along with all the other ingredients - except for the strawberries.

4. Pour half of the mixture into three jars.

5. Add the strawberries to the blender and mix again.

6. Pour the rest of the smoothie into the jars and enjoy.

Filled in an airtight container this smoothie holds up to 48 hours. Store in the fridge.

raw buckwheat porridge



raw buckwheat porridge

MAKES 2 JARS

YOU'LL NEED:

- 200 ml water
- 100 g buckwheat
- 100 g green grapes
+ for decoration
- 100 ml coconut
milk
- 10 g shredded
coconut
- 4 tbsp chia seeds
- 1 tbsp peanut
butter
- a handfull
blueberries

1. Take an airtight container and fill in the buckwheat and water. Let this soak overnight in the fridge.

2. Drain and rinse the buckwheat the next morning.

3. Add the buckwheat to your blender along with the grapes, coconut milk, shredded coconut, chia seeds and peanut butter. Just blend shortly - we don't want a smoothie.

4. Take two jars. Fill the bottom with blueberries and grapes you put aside for decoration. Pour in the porridge and top with berries as well. You can also decorate this porridge with some mint leaves and raw buckwheat. Enjoy!



FLUFFY pancakes & blueberry YOGURT



fluffy pancakes & blueberry yogurt

PANCAKES FOR 2

YOU'LL NEED:

- 500 ml almond milk
- 300 g spelt flour
- 2 tbsp chia seeds
- some coconut oil for the pan
- 200 g coconut yogurt
- 3 tsp blueberry fruit powder
- fresh blueberries

1. Take a big mixing bowl and add almond milk, flour and chia seeds. Mix well with a whisk. Let it sit for about 10 minutes to make sure the chia seeds will soak up some liquid and therefore thicken the batter without needing eggs.

2. Take a big pan and turn to medium heat. Melt just a little bit of coconut oil. I always use about 1/4 of a tablespoon.

3. If the batter turned out too thick for your taste you can add some water to make it thinner.

4. Make the pancakes as you like them. Set aside.

5. Take three bowls and divide the coconut yogurt evenly. Divide the fruit powder to each bowl as following: 1/2 tsp, 1 tsp and 1 1/2 tsp. This will deepen the color to create an ombre look. Stack as seen in the picture. But you can also just mix it all together and enjoy as you like it. Decorate with fresh blueberries.

date caramel



date caramel

MAKES ONE JAR

YOU'LL NEED:

- 160 g dates
- 100 ml freshly boiled water
- 70 g tahini
- 60 g cashew butter
- 40 ml maple syrup

Add all the ingredients to your blender and blend well. Fill the mixture in an airtight jar or container and store in the fridge.

This spread goes well with porridge, banana bread, pancakes and any other sweet treat. Imagination has no limits get creative and enjoy!

This spread holds up to 2 weeks if stored correctly.



CHIA PORRIDGE & date caramel



chia porridge & date caramel

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PORRIDGE FOR 1 YOU'LL NEED:

- 60 g fine-rolled oats
- 180 ml freshly boiled water
- 100 ml almond milk
- 1 tbsp chia seeds
- 1 tbsp peanut butter
- date caramel (see previous recipe)
- a handful fresh blueberries

1. Take a small sauce pan. Add the rolled oats and freshly boiled water.

Let it sit for 10 minutes. This will ensure the perfectly creamy texture.

2. Add the almond milk, chia seeds and peanut butter. Cook at medium heat until you've reached a creamy texture.

3. Fill into a jar or bowl and top with some date caramel and fresh blueberries.

NICE CREAM for breakfast



nicecream

for breakfast

MAKES 2 JARS

YOU'LL NEED:

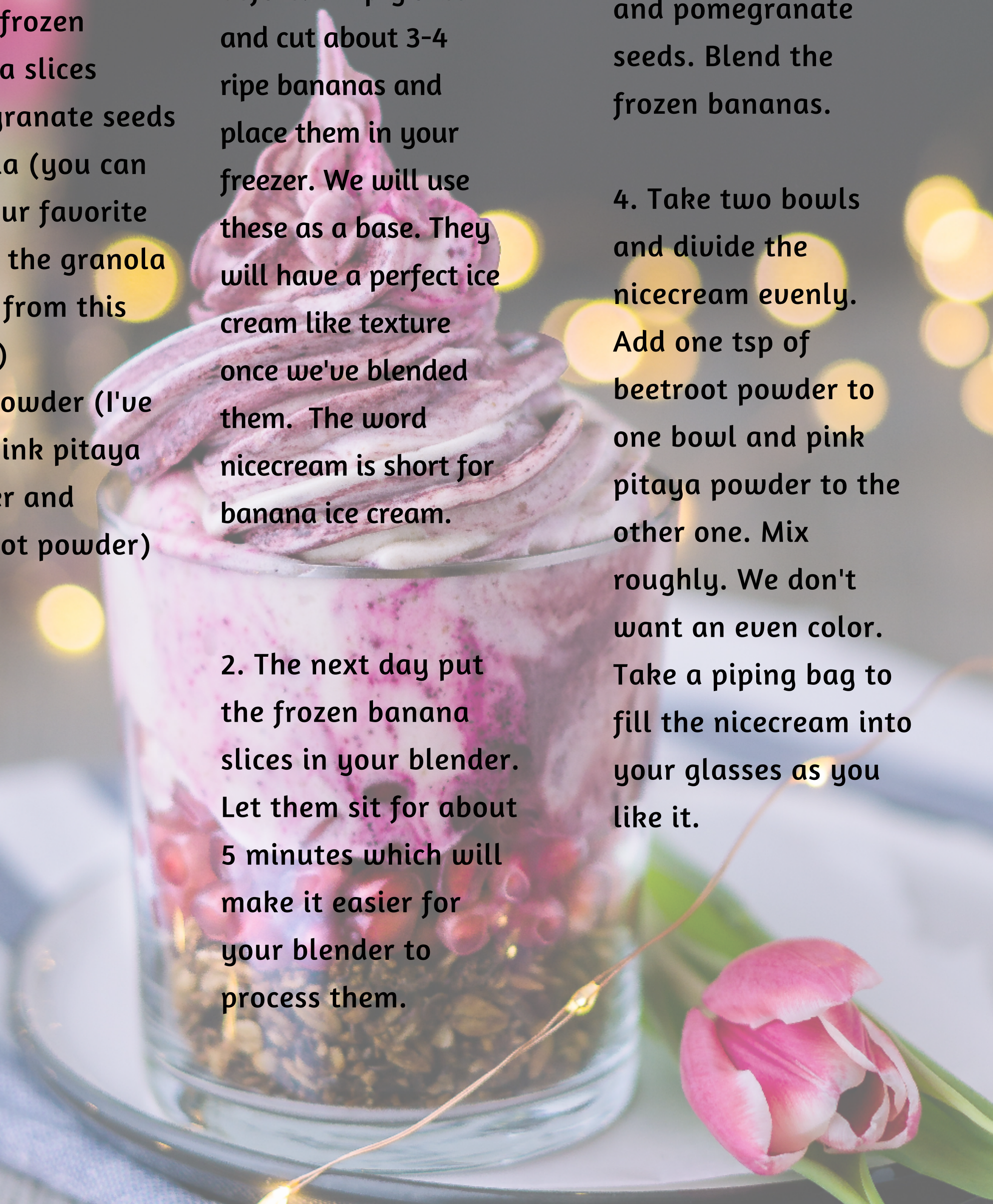
- 400 g frozen banana slices
- pomegranate seeds
- granola (you can use your favorite one or the granola recipe from this eBook)
- fruit powder (I've used pink pitaya powder and beetroot powder)

1. Prepare the frozen banana slices the day before. Simply slice and cut about 3-4 ripe bananas and place them in your freezer. We will use these as a base. They will have a perfect ice cream like texture once we've blended them. The word nicecream is short for banana ice cream.

2. The next day put the frozen banana slices in your blender. Let them sit for about 5 minutes which will make it easier for your blender to process them.

3. Fill two jars or glasses with granola and pomegranate seeds. Blend the frozen bananas.

4. Take two bowls and divide the nicecream evenly. Add one tsp of beetroot powder to one bowl and pink pitaya powder to the other one. Mix roughly. We don't want an even color. Take a piping bag to fill the nicecream into your glasses as you like it.



BANANA bread



banana bread

MAKES 1 BREAD

YOU'LL NEED:

- 200 g almond meal (or ground the almonds yourself)
- 50 g shredded coconut
- 50 g puffed amaranth
- 5 tbsp melted coconut oil
- 2 tbsp ground flax seed
- 1/2 cup of lukewarm water
- 1/4 cup maple syrup
- 2 ripe bananas
- 1 tsp baking powder
- 1 tsp cinnamon

1. Preheat your oven to 180°C/350°F. Take the water and mix it with the flax seed. Stir well and set aside. This will be our egg replacement. Stir every once in a while as the mixture thickens up.

2. Take a big mixing bowl. Add the almonds, shredded coconut, puffed amaranth, baking powder and cinnamon. Mix well.

3. Peel the bananas and mash them with a fork. Add them to the mixture along with the coconut oil, maple syrup and soaked flax seed. Mix well.

4. Grease a loaf pan with some coconut oil and fill with the batter. Put into the oven for about 30 minutes. This varies depending on your oven and the size of the loaf pan.

5. Once the banana bread is ready let it cool down slightly. I've served mine with coconut yogurt and fresh berries.

favorite MATCHA



favorite matcha

MAKES 1 MATCHA

YOU'LL NEED:

- 1/4 tsp matcha powder
- 200 ml freshly boiled water, boiled to 80°C/170°F
- 80 ml oat milk

1. Fill the water in it and add the matcha powder. Mix well for at least 15 seconds.

2. Foam the oat milk. I have a milk foamer. You can also foam it by taking a small sauce pan, heating it up while stirring well.

3. Pour the foamed milk into your glass. Add a sweetener of choice if you want to. Enjoy.



thank you

Did you like this eBook? If you are recreating my recipes I'd be happy to share them on my Instagram or Facebook! Simply use #therawberryeats to make sure I see them.

A BIG THANK YOU goes out to the constant support of my Instagram community. You know who you are! Your kind words, encouragement and positive feedback put me where I am today.

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