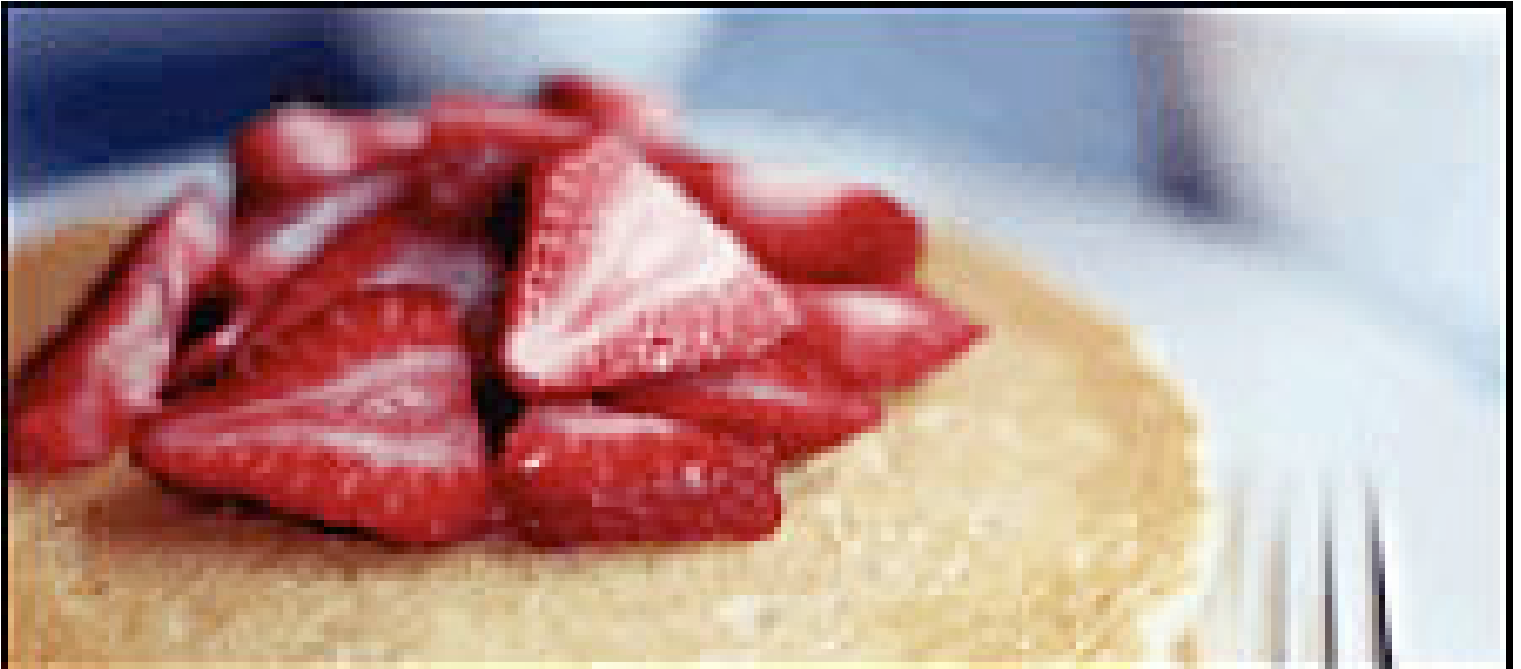


**ANTIOCH MISSIONARY BAPTIST CHURCH OF CAROL CITY
EMPOWERMENT FAST
BREAKFAST RECIPES**



Breakfast



Carrot Muffins

Serves 6 to 8

- 1 cup whole-wheat flour
- 1 cup oat bran
- 1 tablespoon cornstarch
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon all-spice
- 1/2 teaspoon cinnamon
- 2/3 cup grated carrots
- 1/3 cup maple syrup
- 1 cup water
- 1/4 cup canola oil



Preheat the oven to 375°F.

In a large mixing bowl, combine all of the dry ingredients (flour through cinnamon) and the grated carrots. Add all of the wet ingredients, maple syrup through oil. Mix well. Pour the batter into a lightly oiled muffin pan and bake for 25 to 30 minutes, or until an inserted toothpick comes out clean.

Fluffy Pancakes

Serves 4

- 1 1/2 cups whole wheat flour
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1 tablespoon sugar
- 1 1/2 cups soymilk or water
- 2 tablespoons virgin olive oil



Mix together the dry ingredients and then stir in the wet ingredients. If the batter is too thick, add 1 tablespoon of water at a time until reaching the desired consistency.

Pour onto a pan with a nonstick surface and cook over medium heat, turning once when the edges begin to bubble and brown.

Egg-Free Breakfast Scramble

Serves 2

- 1 14-ounce package extra-firm tofu, drained
- 2 tablespoons vegetable oil
- 1/4 teaspoon turmeric
- 1 tablespoon garlic powder
- 1 teaspoon onion powder
- 1/2 cup nutritional yeast
- salt and pepper, to taste
- 1/2 pound mushrooms, chopped (optional)
- 1 green onion, finely chopped (optional)
- 1 bell pepper, finely chopped (optional)

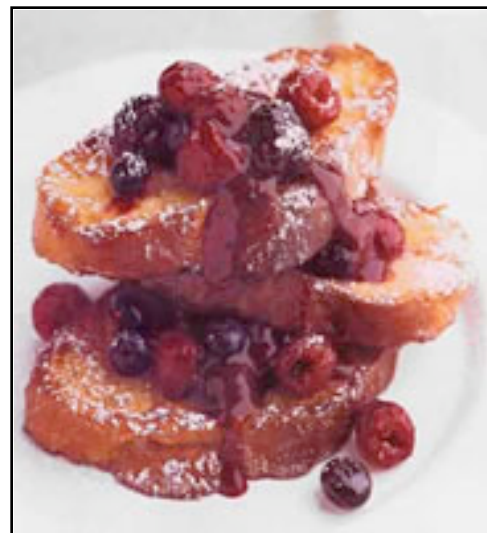


Using a fork or potato masher, crumble the tofu into small pieces and then sauté in oil in a frying pan. After a few minutes, add the remaining ingredients, turmeric through bell pepper, if used. Lightly toss in the pan until well-cooked. Serve warm.

Tofu French Toast

Makes 6 pieces

- 8 ounces silken tofu
- 1/2 cup water
- 1 teaspoon sweetener (molasses or maple syrup)
- 1/2 teaspoon cinnamon
- 1 banana
- 6 slices of bread
- fresh berries (optional)
- maple syrup



Mix all the ingredients except the bread in a blender until smooth. Pour the mixture into a shallow dish, dip the bread, and cook on a non-stick pan, turning once when the edges begin to brown.

Serve with fresh berries or maple syrup.

Roasted Breakfast Potatoes

Serves 2 to 4

- 4 medium baking potatoes
- 1 tablespoon garlic powder
- 1 tablespoon onion salt
- 1 tablespoon paprika
- 1 tablespoon cumin
- 1 tablespoon dried parsley
- 1 teaspoon cayenne (or more to taste)
- 1 teaspoon black pepper (or more to taste)
- 1/4 cup olive oil



Preheat oven to 450°F.

Wash the potatoes well and chop them into small chunks. Place them in a bowl with the spices and the olive oil. Toss well. Spread the seasoned potatoes on a baking sheet and bake for 20 to 25 minutes, until browned and crispy. Serve immediately.

For added flavor, top with salsa or picante sauce.