

# Apple and Oat Porridge

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## Ingredients:

4	cups water	½	teaspoon ground caraway seeds
1 ½	cups oat bran (not oatmeal)	½	teaspoon cinnamon
1	large apple - peeled/cored and chopped into very small pieces	½	teaspoon salt
1/3	cup raisins		Soy milk for serving (optional)

## Preparation:

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

**Yield:** 4 servings

## Potato and Green Onion Frittata

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This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish.

Preheat the oven to 350°F.

1/4 cup olive oil	2 tsp. salt, divided
1 onion, finely chopped	1/2 tsp. pepper, divided
4-5 green onions, chopped with the green and white parts separated	2 lb. firm tofu
4 cloves garlic, minced	2-3 Tbsp. soy sauce, to taste
2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)	

### Preparation:

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

**Yield:** 4 Servings

## Tofu Breakfast Scramble

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Tofu is a great source of protein. In this recipe, the tofu will pick up the fresh flavors from the vegetables. This recipe is perfect for a little ketchup, but most brands have sugar in them. So using a little tomato paste is a great addition.

### Ingredients:

- |   |                        |   |                                   |
|---|------------------------|---|-----------------------------------|
| 1 | box firm tofu          | 2 | green onions, finely sliced       |
| 1 | zucchini, diced small  | 1 | tablespoon fresh cilantro, minced |
| 1 | tomato, diced          | 1 | clove garlic, minced              |
| ½ | onion, diced           |   |                                   |
| 1 | red bell pepper, diced |   | Salt and pepper to taste          |
|   |                        |   | Tomato paste if desired           |

### Preparation:

1. Spray pan with 100% olive oil spray
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

**Tip:** You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms.