

 COOKING SHOW #122 - BREAKFAST IN BED

# Tater Cakes & Gravy

## INGREDIENTS

- 5 russet potatoes, peeled and chunked
- 1/4 cup chickpea flour
- 3 tablespoons nutritional yeast
- 2 green onions onions, sliced thin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons baking powder (optional)
- 1-2 tablespoons soy milk, as needed
- fresh chopped chives, to serve

### White Gravy

- 1 cup rolled oats or oat flour
- 1/4 cup raw cashews
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1 tablespoon nutritional yeast
- fresh or dry herbs, to taste (sage, rosemary, marjoram, parsley, thyme)
- 1/2 rib celery
- OR
- 1 teaspoon tamari or miso paste
- 1 1/4 cups water or veggie broth, as needed

### Chef's Notes

If you don't have a high-speed blender, use oat flour instead!

No air-fryer? Try these in the oven for a few more minutes!

## METHOD

Boil the potatoes for about 10 minutes, then strain out the water.

Press the potatoes through a potato ricer for the smoothest consistency, but mashing with a potato masher will work too. Refrigerate the potatoes for a few hours or overnight.

In a large mixing bowl, add 2 cups of the cold mashed potatoes along with the remaining ingredients, except chives, and mix well to combine. It will start to form a pota-dough.

Use your hands to form about six 1/2" thick cakes. Place the cakes onto a parchment-lined baking sheet and air fry at 400°F for 15-20 minutes until golden, flipping half way through.

While the cakes are in the air fryer, prepare the White Gravy by adding all of the ingredients to a high-speed blender and blend until smooth, adding the last cup of liquid gradually as needed. You can enjoy as is or heat this up on the stove.

Once the potato cakes are done, drizzle the gravy on top along with fresh chopped chives!



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# Pizza Oatmeal Bake

## INGREDIENTS

- 1 cup rolled oats
- 1/4 cup canned diced tomatoes
- 2 tablespoons tomato paste
- 1/4 cup nutritional yeast
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1/2 teaspoon crushed red pepper or black pepper
- 1/4 cup yellow/red onion, diced
- 1/4 cup zucchini, diced
- 1/4 cup olives, sliced (optional)
- 1/4 cup spinach, chopped
- 1/4 cup mushrooms, chopped
- 1/4 cup bell pepper, diced
- 1 1/2 cups water or soy milk
- 1 teaspoon baking powder (optional)

Cashew Parmesan, to serve  
fresh chopped basil, to serve

### Cashew Parmesan

- 1/2 cup raw cashews
- 1/2 cup nutritional yeast
- 1 tablespoon WYW Stardust (optional)

### Chef's Notes

To simplify this dish you can use WYW Pizza Sauce or our pasta sauces in place of the diced tomatoes, onion powder, garlic powder, and Italian seasoning.

## METHOD

Preheat the oven to 400°F.

Add all of the ingredients to a large mixing bowl and mix well to combine. Transfer the batter to a shallow glass baking dish and spread into an even layer. Air fry for 13-15 minutes or bake for about 20 minutes until golden brown.

While the oats are baking, prepare the Cashew Parmesan by adding all of the ingredients to a small bullet blender and blend until you get a coarse, but consistent texture. Set aside.

To serve, top with Cashew Parmesan and fresh chopped basil, and enjoy!



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# Sunrise Skillet

## INGREDIENTS

- 1 large onion, diced
- 3 garlic cloves, minced
- 1 10 oz. bag frozen butternut squash
- 1 zucchini, chopped
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander
- 1/2 teaspoon ground turmeric
- 1 teaspoon Aleppo chili pepper
- OR
- crushed red pepper or black pepper, to taste
- 2 roma tomatoes, chopped
- 1/4 cup fresh mint, chopped
- 3 cups cooked starch(es) of choice (rice, lentils, quinoa, etc.)
- 1 lemon, juiced

## METHOD

Add the onion, garlic, butternut squash, and zucchini to a saucepan and sauté over medium-high heat for a few minutes, adding a little water or veggie broth as needed to keep from sticking.

After a few minutes, add in the cumin, coriander, turmeric, and pepper. Continue to sauté for a minute or two.

Then, add in the tomatoes along with the mint. Sauté for a few more minutes. Stir in the starch(es) and allow it to heat through.

Squeeze on fresh lemon and enjoy!

### Chef's Notes

Try WYW Zesty or Galaxy Dust in this recipe in place of the individual seasonings to change it up!

On the show we used quinoa and lentils, but you can use any combination of starches!



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# Mango Chia Seed Pudding

## INGREDIENTS

- 1 cup soy milk
  - 1-2 tablespoons date powder  
OR
  - 2-4 deglet dates
  - 1 tablespoon raw coconut shreds
  - 3 tablespoons chia seeds
  - 1 cup frozen mango, thawed
- toasted coconut shreds, to serve**



### Chef's Notes

Vary the amount of dates or date powder based on your desired level of sweetness. Our favorite is with 2T of the WYW Date Powder.

## METHOD

Add the soy milk, date power or dates, and coconut shreds to a small blender and blend until smooth.

Pour the blended milk into a mason jar along with the chia seeds and mix well. Place in the fridge overnight or for a few hours to set.

Serve this pudding with thawed from frozen mango or any fruit you like. Top with toasted or raw coconut shreds and enjoy.

To toast your own coconut, bake the raw shreds at 350°F for a minute or two until golden brown.

