

**Elysabeth Alfano, Awesome Vegans**  
**BANANA OATMEAL PUMPKIN COCONUT CARROT RAISIN MUFFINS**

Category: Dessert  
Diet: Vegan  
Cuisine: American

Ingredients:

1/2 cup (1 medium) very ripe banana, mashed  
1 1/2 cups rolled oats  
1/2 cup Pumpkin, unsweetened  
1 cup shredded unsweetened coconut  
1 tablespoon maple syrup  
2 tablespoons date syrup  
1 tablespoon vanilla extract  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon pumpkin spice  
1 teaspoon cinnamon  
2 tablespoons soy milk  
3/4 cup raisins  
1 cup shredded carrots

Directions:

Preheat oven to 350° F

In a large bowl, add all ingredients together and mix thoroughly with a large spoon.

Bake by any of these methods:

- Place batter in muffin tin with parchment cups and bake for 23-minutes
- Place batter in 5x7 inch small baking dish with parchment paper and bake for 25 minutes. Cut in bars
- Spoon onto baking sheet with parchment paper for 15-minutes for cookies.

Enjoy as there is NO SUGAR, NO FLOUR and NO BUTTER in this sweet and healthy treat.

**YUMMY BREAKFAST BOWL**

Category: Breakfast  
Diet: Vegan  
Cuisine: American  
Yield: 1 serving

1/5 of a container soft Tofu OR 1/2 cup plain non-dairy yogurt  
2 tablespoons hemp seeds  
Berries or fruit (diced) of your choice  
1 tablespoon date syrup

1/2 cup raw oats

Mix ingredients in a bowl and be on your way.

## **WATERMELON LEMON MINT SALAD**

Category: Breakfast

Diet: Vegan

Cuisine: American

Yield: 1 serving

### Ingredients:

½ medium sized watermelon

Mint

Lemon

### Directions:

Wash/dry mint and chop.

Cube the watermelon. And place in a large bowl.

Add the mint.

Squeeze a half lemon into the salad. Stir. Voila!