

# Brunch DONE VEGAN STYLE

*Local food blogger and vegan Mira Weiner  
shares her delicious recipes and tips for creating  
a healthy and meat-free brunch menu*

RECIPES MIRA WEINER  
PHOTOGRAPHY & STYLING  
MISCHKE BOSSE

## This makes a great base for

flavoured milk, too – simply add  
raw cacao powder for chocolate  
milk, mixed berries for berry  
milk or bananas for banana milk

HOME-MADE  
OAT MILK



## RECIPES

**Home-made oat milk**

PREP TIME: **5 MINUTES**  
MAKES: **1 LITRE**

**INGREDIENTS**

6 cups filtered water (best if cold water)  
1.5 cups gluten-free oats  
4-5 small dates, pitted  
3 tsp unrefined coconut oil  
Pinch of pink Himalayan salt  
Pinch of cinnamon  
½ tsp vanilla powder or pure vanilla extract (optional)

**METHOD**

**1** Blend all the ingredients together in a high-speed blender for no more than 30 seconds.  
**2** Using a nut-milk bag, strain the milk twice for a smooth consistency. If you want a luxurious thicker milk, add ¼ cup of soaked nuts (cashews or macadamias) instead of the coconut oil to the mix.

**Chickpea omelette with pan-roasted cherry tomatoes, wild garden greens and smoky mushroom 'bacon'**

PREP TIME: **15 MINUTES**  
COOKING TIME: **10-12 MINUTES**  
SERVES: **4**

**INGREDIENTS**

1 flax 'egg' (1 tbsp flaxseeds, ground with 3 tbsp filtered water)  
1 cup chickpea flour  
½ tsp turmeric  
½ tsp dried vegetable stock or substitute with ¼ tsp garlic powder and ¼ tsp onion powder  
Pinch *kala namak* (black salt)  
1 tbsp nutritional yeast (optional)  
¼ tsp bicarbonate of soda  
½ tsp apple-cider vinegar (with 'the mother')  
1 cup filtered water

**METHOD**

**1** Make the flax 'egg' by combining the ground flax seeds with water, let it sit for a few minutes (I like to use a glass or cup for this).  
**2** In a separate bowl, mix the chickpea flour, turmeric, dried veg stock or garlic and onion powder, *kala namak* and nutritional yeast together.  
**3** Add the bicarbonate of soda, then the apple-cider vinegar on top of the bicarb – it will foam and work as baking powder. Mix the flax mixture and combine with the dry ingredients. Slowly add the water to first make a paste, then gradually add more water until a smooth batter is formed – it should be easy to pour.  
**4** Heat a non-stick pan with a drop of coconut oil on medium heat. Add half the batter to the pan and add the tomatoes (*page 50*) and greens mixture (*page 50*) to the wet batter while it's in the pan, and press down. Allow to cook and flip over. Cook for a few minutes on each side until golden brown. Use a lid to cover the pan and steam it so it cooks through evenly.  
**5** Serve with the creamy green dressing (*below*) and smoky mushroom 'bacon' (*page 50*).

**Creamy dreamy green sauce (nut-free)**

PREP TIME: **5 MINUTES**  
MAKES: **2 CUPS, DEPENDING ON DESIRED CONSISTENCY**

**INGREDIENTS**

Large handful coriander (about 25 g)  
Large handful basil (about 25 g)  
½ cup olive oil  
1 medium-sized lemon, juiced  
1-2 garlic cloves  
1 tbsp lemon paste  
Salt and pepper to taste

**METHOD**

**1** Blend all the ingredients together and set aside.

**Make your own**

home-made lemon paste using whole lemons without the pips including the rind, flesh and juice. Cut 1 whole lemon into pieces sprinkled with ¼ tsp pink Himalayan salt. Blend into a paste in a high-speed blender



**CHICKPEA OMELETTE WITH PAN-ROASTED CHERRY TOMATOES, WILD GARDEN GREENS AND SMOKY MUSHROOM 'BACON'**

## Creamy rainbow spinach and wild garden greens

PREP TIME: **5 MINUTES**  
COOKING TIME: **10 MINUTES**  
SERVES: **2-3**

### INGREDIENTS

½ onion, chopped  
1 large garlic clove or 2 small garlic cloves, minced  
Virgin (unrefined) coconut oil  
1 tsp dried veg stock (optional)  
Greens, finely chopped (I used a mix of rainbow spinach, kale, wild spinach and fresh nettle. The tops of organic veg such as turnips, kohlrabi and carrots are also great to use here)  
Glug of organic soy, unsweetened almond or cashew milk  
Salt and pepper to taste

### METHOD

**1** On medium heat, cook the onion and garlic with coconut oil. Once translucent, add the dried veg stock.  
**2** Add the finely chopped greens. Once the greens have cooked down, add a glug of plant-based milk and stir through the greens mixture.  
**3** Switch the heat off and let the flavours combine. You don't want the mixture too watery – it should be creamy.

## Smoky mushroom 'bacon'

PREP TIME: **10 MINUTES**  
COOKING TIME: **30 MINUTES**  
SERVES: **4**

### INGREDIENTS

2 tbsp olive oil  
2 tbsp tamari  
1 tbsp apple-cider vinegar (with 'the mother')  
1 tbsp maple syrup  
½ tsp smoked paprika  
¼ tsp garlic powder  
Few drops of liquid smoke for extra smoky flavour (optional)  
400 g large brown mushrooms, sliced with the stems removed

### METHOD

**1** Preheat the oven to 180°C.  
**2** Prepare the marinade by mixing together the olive oil, tamari, apple-cider vinegar, maple syrup, smoked paprika, garlic powder and liquid smoke. Combine well using a whisk. Test the marinade – if you prefer more smokiness, add more smoked paprika or liquid smoke; if you want it sweeter, add more maple syrup and if you want it saltier, add more tamari.  
**3** Adjust to taste and then add the sliced mushrooms to the marinade and gently coat, making sure the mushrooms are

## Why apple-cider vinegar with 'the mother'?

Organic unfiltered apple-cider vinegar is the most beneficial apple-cider vinegar from a health perspective. The 'mother' refers to the yeast and bacteria that is formed during the fermentation process

evenly coated on both sides. I like to use my hands to make sure the mushrooms don't break.

**4** Spread the mushrooms out on a baking tray with gaps between them and bake in the oven for 25-30 minutes. Check on them at the 20-minute mark. They should slowly bake until crispy on the edges. Alternatively, they cook just as well in a pan on the stovetop over low heat.

## Pan-roasted cherry tomatoes

PREP TIME: **2 MINUTES**  
COOKING TIME: **12-15 MINUTES**  
SERVES: **4**

### INGREDIENTS

1 tbsp good-quality olive- or virgin (unrefined) coconut oil  
1 garlic clove, minced  
1 punnet of cherry tomatoes  
Dried herbs – I like to use origanum, basil or thyme (optional)  
1 tsp coconut sugar  
Salt and pepper to taste  
My favourite added extra (optional): add 1 tbsp balsamic vinegar for sticky sweet-and-sour pan-roasted cherry tomatoes

### METHOD

**1** Depending on the size of the cherry tomatoes, they can either be used whole or sliced into halves. Heat the oil over medium heat. Use a large pan for this so the tomatoes are not on top of each other.  
**2** Once the oil is hot, add the garlic. Reduce the heat to low and cook for a few seconds, making sure that the garlic doesn't burn.  
**3** Add the tomatoes and dried herbs. Cook down for 7-10 minutes. Once the tomatoes begin to soften, add the coconut sugar. Continue to cook until soft.  
**4** Towards the end, you can add the balsamic vinegar and cook for a further 1-2 minutes. The tomatoes should be sticky and jammy in texture.



SMOKY MUSHROOM 'BACON'



## RECIPES

**CHICKPEA PANCAKES WITH COCONUT  
YOGHURT, BERRY COMPOTE AND ALMONDS****Why not  
baking powder?**

Unfortunately, the majority of commercial baking powders are filled with GMO cornstarch and fillers. You can make home-made baking powder using bicarbonate of soda and cream of tartar, but I prefer to use baking soda and apple-cider vinegar



## RECIPES

### Chickpea pancakes with coconut yoghurt, berry compote and almonds

PREP TIME: **10 MINUTES**

COOKING TIME: **30 MINUTES**

MAKES: **5-6 MEDIUM-SIZED PANCAKES**

#### INGREDIENTS

**¾ cup chickpea flour**  
**¼ cup gluten-free oat flour (blend gluten-free oats into a flour)**  
**2 tbsp coconut sugar**  
**¼ tsp ground cinnamon**  
**¼ tsp vanilla powder or pure vanilla extract**  
**½ tsp baking soda**  
**½ tsp apple-cider vinegar (with 'the mother')**  
**¾ cup plant-based milk (oat, almond or organic soy works well)**  
**2 tbsp maple syrup**

#### METHOD

**1** Combine the chickpea flour, oat flour, coconut sugar, cinnamon and vanilla together in a bowl.  
**2** Add the baking soda to the dry ingredients and the apple-cider vinegar on top of the baking soda. It will foam and help make the pancakes fluffy.  
**3** Slowly add the plant-based milk to avoid lumps and, once well-combined, add the maple syrup.  
**4** Heat a non-stick pan and cook the pancakes for about 2-3 minutes on each side or until golden brown.

### Berry compote

COOKING TIME: **10 MINUTES**

SERVES: **4**

#### INGREDIENTS

**500 g mixed berries**  
**Medium-sized lemon, juiced**  
**2 tbsp coconut sugar**  
**½-1 tbsp kuzu-root powder (or arrowroot)**

#### METHOD

**1** On low heat, slowly simmer the berries. Add the lemon juice and coconut sugar until the mixture cooks down.  
**2** Mix the kuzu-root powder with a bit of cold water to form a thin paste, then add to the berries and stir constantly until the milky white powder becomes clear. Remove from heat and allow to cool.

## WHERE TO BUY IT

Mira buys her foodie products from the brands themselves and online health shops, for example, Wellness Warehouse and Faithful to Nature. Here is a list of her favourite brands:

#### TAMARI

Tabu Food  
 Nude Foods  
 Clearspring Africa  
 Health Connection Wholefoods

#### NUTRITIONAL YEAST

Bragg  
 Nature's Choice  
 Health Connection Wholefoods

#### APPLE-CIDER VINEGAR

Earth Products  
 Good Life Organic  
 Bragg  
 Clearspring Africa



### MORE ON MIRA

Mira Weiner is an entrepreneur, avid foodie and plant-based advocate. She's a networker, creative cook and country pumpkin who hopes to inspire people to eat more plants, which is better for animals and our bodies. She has used a combo of plant-based nourishment and holistic therapies to kick-start her journey of healing from adrenal fatigue, burnout and anxiety.

@miraweiner

### Cheesy chickpea-, potato- and carrot kimchi latkes with cashew sour cream

PREP TIME: **15 MINUTES**

COOKING TIME: **20 MINUTES**

SERVES: **4-6**

#### INGREDIENTS

**1 flax 'egg' (1 tbsp ground flaxseeds with 3 tbsp filtered water)**  
**1½ cups peeled and grated potato**  
**¾ cup carrot kimchi, plus 1 tbsp liquid (can substitute with sauerkraut)**

## Kuzu instead of cornstarch?

Kuzu root is also known as Japanese arrowroot and is traditionally used in Japan for its thickening properties as well as its many health benefits. Kuzu is great for glazes, sauces, soups, desserts and jams. It has a clear glossy shine once gently heated with no strong flavour

**1 tsp tamari**  
**1 tbsp nutritional yeast**  
**1 tsp apple-cider vinegar (with 'the mother')**  
**Salt and pepper to taste**  
**½ cup chickpea flour**  
**¼ cup good-quality olive oil**  
**TO SERVE**

**Cashew sour cream (page 54)**  
**Black sesame seeds**  
**Limes, cut into wedges**  
**Fresh coriander**  
**Pickled jalapeños**

#### METHOD

**1** Make the flax 'egg' by combining the ground flax with filtered water and let it sit while preparing the rest of the dish.  
**2** Add the grated potato, carrot kimchi, tamari, nutritional yeast, apple-cider vinegar, and salt and pepper to a mixing bowl.  
**3** Mix the chickpea flour in and add the olive oil. Lastly, add the flax egg. Mix well. The batter, at first, will seem very dry but as you mix, it will form a thick consistency.  
**4** Form the batter into 4-6 latkes. Heat a non-stick pan over medium heat and cook the latkes for 3-4 minutes on each side, or until golden brown.  
**5** Serve with cashew sour cream, black sesame seeds, lime wedges, fresh coriander and pickled jalapeños.



## RECIPES

### Cashew sour cream

PREP TIME: **5 MINUTES**

MAKES: **1.5 CUPS, DEPENDING  
ON DESIRED CONSISTENCY**

#### INGREDIENTS

1 cup cashews, soaked overnight  
½ cup filtered water  
4 tbsp lemon juice  
2 tsp apple-cider vinegar  
(with 'the mother')  
1 tsp onion flakes  
1 tsp garlic powder  
½-1 tsp maple syrup  
½ tsp pink Himalayan salt  
¼ tsp miso paste

#### METHOD

**1** Place all ingredients in a high-speed blender and blend until silky smooth and creamy.

# WIN

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**AUTOMATIC ENTRY**  
for all *LivingSpace* subscribers.

*Ts&Cs on page 64.*

**CHEESY CHICKPEA-, POTATO- AND CARROT  
KIMCHI LATKES WITH CASHEW SOUR CREAM**

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