



Mother's Day Plant-Based Brunch Menu

Created by Big Wellbeing Co.



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Big Wellbeing Co.

Cooking your mum a day of delicious meals is a wonderful way to show her your love and appreciation. Preparing her some yummy dishes and treating her to a day of indulgence and relaxation will create lasting memories that she'll cherish for years to come.

Hi, my name is Tegan & I'm a clinical Naturopath with a strong focus on nutrition & Pilates instructor. My aim is to support my clients as they work towards improving their wellbeing goals.

I believe that both food & movement are powerful forms of medicine. There is nothing better than enjoying delicious, nutrient-dense food to help raise our mood and energy levels. Movement helps to reduce stress, build resilience & support your body as you age.

If you are looking for further support with your health I offer the following services:

- Personalised Meal Planning
- Naturopathy Consultations
- Group Zoom Pilates Classes
- 1:1 Zoom Pilates Sessions

For all bookings head to www.bigwellbeingco.com.au or email me directly at hello@bigwellbeingco.com.au

Tegan Barton
Naturopath (BHSc), Pilates Instructor.

Mother's Day Plant-Based Brunch Menu

1 day

	Sun
Drink	Blackberry Smash Mocktail
Appetizer 1	Vegan Ricotta & Balsamic Tomato Toast
Appetizer 2	Mixed Berry Fruit Salad
Main 1	Spinach & Potato Tofu Frittata
Main 2	Wild Blueberry French Toast
Dessert	Strawberry Crumble with Coconut Yogurt

Mother's Day Plant-Based Brunch Menu

35 items

Fruits

- 1 Banana
- 2 1/2 cups Blackberries
- 1/2 cup Blueberries
- 1 1/2 tsps Lemon Juice
- 1 1/3 tbsps Lime Juice
- 1/2 cup Raspberries
- 3 cups Strawberries

Breakfast

- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 1 1/2 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Slivered Almonds

Frozen

- 1 cup Frozen Blueberries
- 20 Ice Cubes

Vegetables

- 3 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 cup Cherry Tomatoes
- 1/2 cup Mint Leaves
- 3 Red Potato
- 1/2 Yellow Onion

Baking

- 1/2 cup Almond Flour
- 1 tbsp Arrowroot Powder
- 1/3 cup Nutritional Yeast
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 10 slices Gluten-Free Bread
- 640 grams Tofu

Condiments & Oils

- 2 tsps Apple Cider Vinegar
- 1 1/3 tbsps Balsamic Vinegar
- 3 tbsps Coconut Oil
- 1 tsp Miso Paste

Cold

- 2 cups Unsweetened Cashew Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 2 cups Sparkling Water
- 1/4 cup Water

Blackberry Smash Mocktail

7 ingredients · 10 minutes · 4 servings



Directions

1. In a shaker glass, muddle the blackberries with the water, maple syrup, lime juice, and mint, until smashed. Remove the mint.
2. Divide the ice cubes evenly between glasses.
3. Pour the blackberry mixture into the glasses and top with sparkling water. Garnish with mint. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated for up to three days.

Less Texture

Strain the blackberry mixture before pouring.

More Flavor

Use a flavored sparkling water.

Ingredients

- 2 cups Blackberries
- 1/4 cup Water
- 1/4 cup Maple Syrup
- 1 1/3 tbsps Lime Juice
- 1/2 cup Mint Leaves (plus extra for garnish)
- 20 Ice Cubes
- 2 cups Sparkling Water

Vegan Ricotta & Balsamic Tomato Toast

9 ingredients · 5 minutes · 4 servings



Directions

1. In a mixing bowl, mash the tofu and miso paste together with a fork until crumbly and wet. Gently fold in the nutritional yeast, apple cider vinegar, and basil. Season with salt and black pepper to taste. Mix well.
2. Spread the vegan ricotta onto the toast and top with tomatoes and balsamic vinegar. Enjoy!

Notes

Leftovers

Refrigerate the vegan ricotta in a separate airtight container for up to five days. The assembled toast is best enjoyed immediately.

More Flavor

Add garlic powder, onion powder, black pepper, spices or herbs.

No Apple Cider Vinegar

Use lemon juice instead.

Ingredients

200 grams Tofu (regular firm, drained)

1 tsp Miso Paste

2 tsps Nutritional Yeast

2 tsps Apple Cider Vinegar

1/4 cup Basil Leaves (chopped)

Sea Salt & Black Pepper (to taste)

4 slices Gluten-Free Bread (toasted)

1 cup Cherry Tomatoes (halved)

1 1/3 tbsps Balsamic Vinegar

Mixed Berry Fruit Salad

4 ingredients · 10 minutes · 3 servings



Directions

1. Add the fruit to a bowl and mix to combine. Divide into bowls or onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 3/4 cup.

Additional Toppings

Nuts, seeds, coconut flakes, honey and/or maple syrup.

Ingredients

1 cup Strawberries (chopped)

1/2 cup Blackberries

1/2 cup Blueberries

1/2 cup Raspberries

Spinach & Potato Tofu Frittata

8 ingredients · 1 hour 10 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a springform pan, baking dish, or loaf pan with parchment paper.
2. To a blender or food processor, add the tofu, cashew milk, nutritional yeast, arrowroot powder, salt, and pepper. Blend or process on high until a smooth consistency is achieved, at least one minute.
3. Add the tofu mixture to a large bowl, then add the potato, onion, and spinach. Mix well to combine. Pour into the baking dish or loaf pan and bake in the oven for 60 minutes, or until it is browning on top and cooked in the middle.
4. Slice, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

A 9-inch springform pan was used to make six servings. One serving is equal to one slice.

More Flavor

Add garlic and smoked paprika.

Additional Toppings

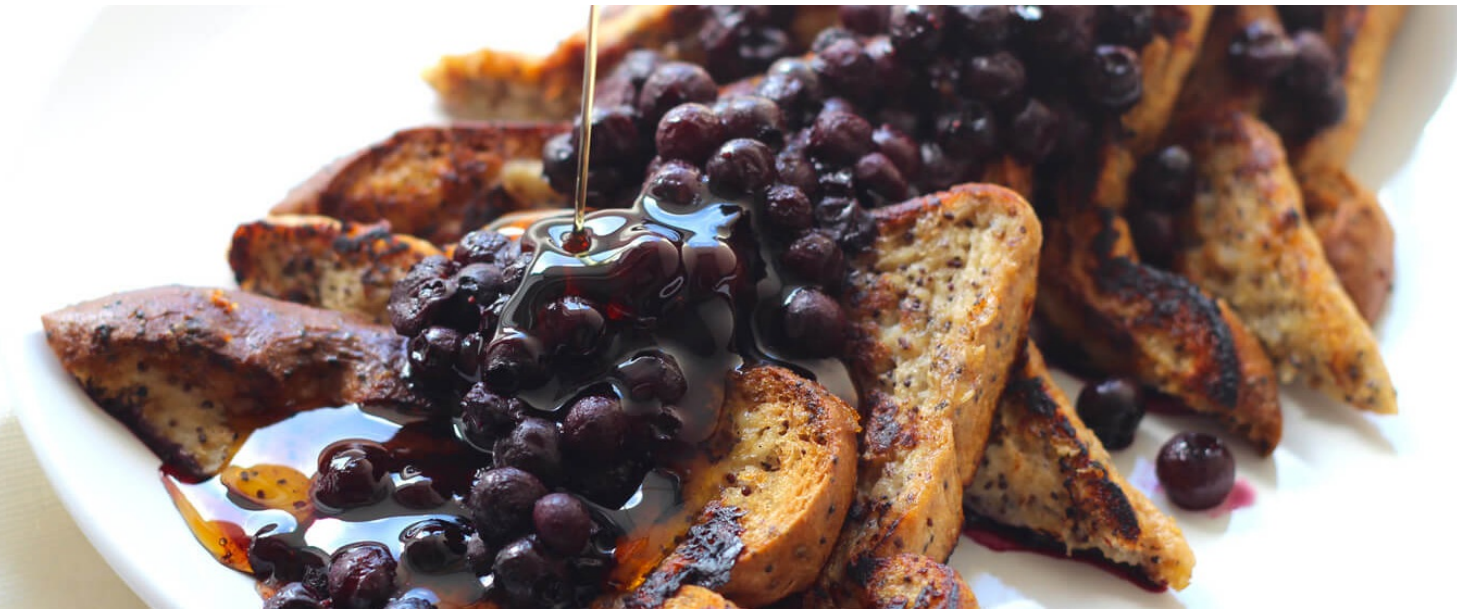
Bell peppers, mushrooms, and vegan cheese.

Ingredients

- 439 grams** Tofu (firm)
- 1 1/4 cups** Unsweetened Cashew Milk
- 1/3 cup** Nutritional Yeast
- 1 tbsp** Arrowroot Powder
- Sea Salt & Black Pepper (to taste)
- 3** Red Potato (cubed)
- 1/2** Yellow Onion (diced)
- 3 cups** Baby Spinach

Wild Blueberry French Toast

8 ingredients · 20 minutes · 3 servings



Directions

1. In a large, shallow bowl mash the banana. Add the chia seeds, cashew milk, and cinnamon. Let stand for about 5 minutes. During this time, heat a non-stick skillet over medium heat and grease with coconut oil.
2. Dip the bread slices into the banana mixture, making sure each side is coated, then immediately transfer them to the skillet. Cook for about 4 minutes per side, flipping carefully. Continue until all pieces of french toast are cooked.
3. While the french toast is cooking, add the frozen wild blueberries to a small saucepan. Heat over medium-high heat until the berries become soft and the juices are released.
4. Divide the french toast between plates and top with wild blueberries and maple syrup. Enjoy!

Ingredients

- 1 Banana (ripe)
- 1 1/2 tbsps Chia Seeds
- 3/4 cup Unsweetened Cashew Milk
- 1 tsp Cinnamon
- 1 1/2 tbsps Coconut Oil
- 6 slices Gluten-Free Bread (or sourdough)
- 1 cup Frozen Blueberries (wild)
- 1 1/2 tbsps Maple Syrup

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to three days. Reheat in a pan on the stove.

Serving Size

One serving is two pieces of toast with blueberries.

No Cashew Milk

Use any other milk.

No Blueberries

Use raspberries, strawberries, blackberries or peaches instead.

Strawberry Crumble with Coconut Yogurt

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (175°C).
2. In a mixing bowl, toss together the strawberries, vanilla extract, lemon juice, and 1/3 of the maple syrup. Transfer to a baking dish.
3. In a bowl combine the flour, salt, oil, and the remaining syrup. Spread evenly over the strawberries and sprinkle with slivered almonds. Bake in the oven for 25 minutes, or until the strawberries are juicy, and bubbly and the topping is golden-brown.
4. Let stand for five minutes before serving with the yogurt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

An 8-inch diameter baking dish was used to make two servings. One serving is approximately two cups.

More Flavor

Add other berries and chia seeds to the strawberries.

Additional Toppings

Fresh mint.

Ingredients

- 2 cups Strawberries (halved)
- 1 tsp Vanilla Extract
- 1 1/2 tps Lemon Juice
- 2 tbsps Maple Syrup (divided)
- 1/2 cup Almond Flour
- 1/4 tsp Sea Salt
- 1 1/2 tbsps Coconut Oil (melted)
- 1 tbsp Slivered Almonds
- 1 cup Unsweetened Coconut Yogurt