

Vegan SoulFlour
presents

may day 2026
vol. 1

**EAT
THE
RICH**
(plants)
(in fiber)



breakfast breads
& bars

from foodbank parcel
ingredients

Vegan
SoulFlour™

Vegan SoulFlour presents

eat the (plants) rich (in fiber)

breakfast breads & bars
from foodbank parcel ingredients

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to my mom, dad
& grandmas

in this zine ingredients

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waste not!!

save fruit syrup	
overnight oats	
mix syrup with plant-based milk, or use on its own	
smoothies	
freeze syrup in cube trays & add frozen cubes to smoothies	
flavor boost	
replace water with syrup in baking recipes for flavor	
boost & sweetener	

boxed stuff	
pancake mix	
oats - rolled or quick	
instant potatoes/potato flakes	
canned stuff	
pumpkin, potatoes	
peaches, pineapples	
carrots, spinach	
chickpeas, cannellini beans	
lentil soup	

other stuff	
applesauce	
peanut butter	
vegetable oil	
pancake syrup	
baking soda	
salt & spices	

notes

“prepare pan” = lightly grease with oil or line with parchment paper/muffin liners

abbreviations	
C = cup	
T = tablespoon	
t = teaspoon	

oat milk-ish for baking
2 T oats + 1 C water + pinch salt
blend for 1 min

equipment

potato masher or hand mixer	
food processor or blender (for oat flour & purees)	
if no blender/food processor	
substitute 1 C oat flour with 1½ C pancake mix or flour	
OR 1 C pancake mix/flour + ¼ C oats	



SWEET

MORNING MUFFINS
CARROT MUFFINS

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PUMPKIN BREAD

slightly sweet with a hint of warm spice

ingredients

- 1 can pumpkin puree
- 1 can cannellini beans, *liquid separated (aquafaba)* *
- 6 T aquafaba
- ¼ C vegetable oil
- ¼ C pancake syrup
- 1 C oat flour
- 1 ½ C pancake mix
- 1 ½ t baking soda
- ¼ t salt (a pinch if beans & pumpkin are salted)
- 1 T apple cider vinegar

if available:

- 1 t vanilla
- 2 t cinnamon, ½ t ginger

*substitute with great northern beans for a firmer texture

steps

- 1 prep** – preheat oven to 350°
prepare 9x5 loaf pan
- 2 wet** – puree beans in blender or food processor
add pumpkin puree, aquafaba, oil, syrup & vanilla
blend until fully combined, scraping sides
- 3 dry** – in a large mixing bowl, mix dry ingredients: *oat flour, pancake mix, baking soda, salt, cinnamon & ginger*
- 4 vinegar** - stir apple cider vinegar into wet mixture
- 5 combine** – fold pumpkin blend into dry mixture until well combined
- 6 pan** – pour batter into prepared loaf pan & bake at 350° for 60 min or until a toothpick comes out clean
- 7 cool** – let cool for 10 min before transferring to cooling rack
cool completely before cutting
(about 1 hr)

topped with carrot cake spread, p 15



MORNING MUFFINS

oats, applesauce & pb make this mildly sweet muffin a balanced breakfast

steps

- 1 prep** – preheat oven to 350° & prepare muffin tray with a light coating of oil or liners
- 2 dry** – in large mixing bowl, whisk together pancake mix, rolled oats & salt
- 3 wet** – in a separate bowl, stir together oat milk, aquafaba, applesauce, sugar & peanut butter
- 4 combine** – make a well in the dry mixture, pour in wet mixture, stir until well combined
- 5 add mix-ins** – gently fold in diced pears or raisins/nuts into batter (if using)
- 6 tray** – using a ¼ measuring cup or ice cream scoop, distribute batter to each muffin space
- 7 topping** – lightly sprinkle topping over each muffin (if using)
- 8 bake** at 350° for 25 to 30 minutes, or until toothpick comes out clean, edges are golden brown & muffins are pulling away from the pan
- 9 cool** – let cool in tray for 10 min before transferring muffins to cooling rack, store in an air-tight container & refrigerate for 3 to 5 days

makes 12

ingredients

- 2 C pancake mix
- 1 C oats – rolled
- 1 C oat milk
- 6 T aquafaba
- ¼ C applesauce *
- 2 T peanut butter
- ¼ C brown sugar **
- (or pancake syrup)

optional mix-in

- 1 can of pears
drained well & diced or
raisins/nuts/trail mix

optional topper

- ¼ C oats + 1 T syrup +
pinch of salt

**can substitute with oil*

***add an additional*

*¼ C sugar or syrup
for sweeter muffins*



shown with
carrot cake
spread, p 15

CARROT MUFFINS

ingredients makes 12

- 1 C pancake mix
- 1/2 C oat flour
- 1/2 C potato flakes
- 1 can carrots, drained & rinsed
- 1/2 C syrup
- 1/2 C brown sugar
- 1/4 C oil
- 3 T aquafaba
- 1 T apple cider vinegar
- 1/2 t salt
- 1 t cinnamon + 1/2 t ginger (optional)

**for greater rise: add 1 T baking powder & 1 t baking soda*

steps

- 1 **prep** – preheat oven to 375° & prepare muffin tray
- 2 **crumble** – in a small mixing bowl, stir together crumble, mixing with fingers if needed
- 3 **wet** – in a food processor or blender, blend drained carrots, syrup, sugar, oil & aquafaba until a smooth puree forms
- 4 **dry** – in a large mixing bowl, whisk together oat flour, potato flakes, pancake mix, salt & cinnamon/ginger
- 5 **combine** – fold wet ingredients into dry until just combined
- 6 **tray** – using a 1/4 measuring cup or ice cream scoop, transfer batter into prepared muffin tin & lightly top each muffin with crumble
- 7 **bake** at 375° for 20 to 25 minutes, or until toothpick comes out clean, edges are brown & muffins are pulling away from the pan
- 8 **cool** – let cool in tray 10 min before transferring muffins to cooling rack, store refrigerated for 3 to 5 days

crumble

- 1/4 C quick oats
- 2 T brown sugar
- 1 T peanut butter
- pinch of salt
- dash of cinnamon



TATTIE SCONES
CREAMY WHITE BEAN SPREAD
LENTIL PATTIES

SAVORY

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TATTIE SCONES

makes 8 to 10 tatties

ingredients

1 can potatoes, drained & rinsed (about 1 C)

½ to ¾ C pancake mix

pinch of salt & black pepper

2 T oil for frying

optional cooking method

1 - divide the dough & form 2 balls

2 - roll out each to a large circle

3 - pan-fry & slice like a pizza

to serve

pair with lentil patties

& creamy white bean spread, p 15



steps

- 1 prep** – drain & rinse potatoes spread onto paper towels & pat dry
- 2 mash** – in a large bowl, mash potatoes with a masher or pulse in food processor (pulsing keeps from liquifying)
- 3 season** – stir salt & pepper into potatoes
- 4 form dough** – fold in pancake mix ¼ C at a time until a soft & fluffy dough forms, lightly knead in the bowl
- 5 roll** – on a floured surface, roll out dough to about ¼” thick
- 6 cut** – for round disks, cut with a 4” cookie cutter (or glass/small bowl)
- 7 skillet** – heat skillet to medium, add oil & give it a moment to get hot
- 8 fry** – gently lower scones to pan, leaving room around each & cook for 2 to 3 min on each side or until golden brown
- 9 serve hot** & store in fridge for up to 3 days freeze up to 3 months



SPINACH WRAPS

makes 8 to 10 tortillas

ingredients

- ¾ C oat flour
- ¼ C potato flakes
- ¾ C pancake mix
- ½ C canned spinach, drained well
- 2 T oil
- ¼ to ½ C warm water
- ¼ t salt

tortilla chips

lightly brush cooked tortillas with **oil & sprinkle with salt**
cut into triangles
bake at 375° for 10 to 12 min
or until crispy

low fat & sodium option:

omit oil & salt, bake at 375° for 15 to 20 min, flipping chips halfway through



steps

- 1 prep** – puree spinach & oil in a blender or food processor until smooth
- 2 dry** – in a large mixing bowl, stir oat flour, potato flakes, pancake mix & salt
- 3 combine** – mix spinach puree into dry ingredients until a crumble forms
- 4 dough** – add water, a little at a time, until dough is firm & a little sticky
- 5 knead** on a floured surface for 2 min, form into a ball, place in an oiled bowl
- 6 rest** – cover the bowl with a damp cloth or paper towel – let rest 30 min
- 7 roll** – cut into 8 equal sections & roll out to 10” circle-like shapes, separating each with parchment/wax paper or damp paper towels
- 8 cook** – in a dry skillet, cook over medium-high heat for 1 to 2 min each side
- 9 keep warm & moist** – wrap in cloth napkin or towel, slightly dampened, until ready to serve

POTATO BISCUITS

makes 8 to 10 biscuits

ingredients

- 2 C pancake mix
- 1 C potato flakes
- ¾ C hot water + 2 T oil
- ½ C oat milk + 1 t apple cider vinegar (buttermilk)
- 1 t baking soda
- ¼ t salt
- 1 T pancake syrup for brushing (optional)



pumpkin biscuits

swap out potatoes for canned pumpkin puree for a supermoist biscuit with a hint of sweet

- 2 ½ C pancake mix
- ½ can pumpkin puree*
- ½ C oat milk + 1 t apple cider vinegar (buttermilk)
- 1 t baking soda
- ¼ t salt

follow steps 1, 2 & 4 (skip step 3)

step 5 - fold pumpkin puree into dry mix

follow steps 6 thru 10

**for remaining ½ can pumpkin, use in c-3po bars (p12) or freeze for later use*



steps

- prep** – preheat oven to 425°
- buttermilk** – stir vinegar into oat milk let sit 5 to 10 min
- taters**– stir together hot water, oil & potato flakes
- dry** – in a large bowl, whisk together pancake mix & baking soda
- combine** – fold hydrated potato flakes into pancake mix until a crumble forms
- bind** – add oat milk + vinegar & stir until just combined
- roll** – using a light touch, gently roll out dough to ½” thick on a floured surface
- cut** – dust a 3” cutter (or top of glass) with pancake mix & cut out biscuit shapes, gently form a ball with dough scraps & roll out again to cut remaining biscuits
- bake** at 425° on an ungreased baking sheet for 10 to 12 min or until biscuits are golden brown on top
- serve** - lightly brush with syrup, serve warm

PINEAPPLE RICE BARS
C-3PO BARS

BARs

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PEANUT BUTTER BARS

ingredients

base layer

- 1 ¾ C oats – rolled
- ½ C peanut butter
- ½ C pancake syrup
- ¼ C applesauce
- ¼ t salt
- ½ t baking soda
- ½ t cinnamon

filling

- ½ C peanut butter
- 2 T pancake syrup
- 1 t ginger (optional)

topping

- ½ C oats – quick or rolled
- 2 T applesauce
- pinch of salt
- dash of cinnamon

thick bars: 8x8 baking/cake pan

thin bars: 9x12 baking sheet

steps - base layer

prep – preheat oven to 350°, prepare pan

dry – in a large bowl, stir together oats, salt, baking soda & cinnamon

wet – in a separate bowl, whisk together peanut butter, syrup & applesauce

combine – fold wet mixture into dry until oats are fully coated

spread – using a spatula, spread base layer onto prepared pan/sheet until an even layer is achieved (can slightly dampen spatula to help spread)

bake – pre-cook base layer at 350° for 15 min, prep the other layers while it bakes

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steps - filling

check the first layer to see if it's set (dry, lighter in color)

remove from oven & let cool a few minutes

mix filling – stir together peanut butter, syrup & ginger with a fork until smooth

spread filling over the base, using an oven mitt to keep the pan steady

steps - topping

mix topping – stir oats, applesauce, salt & cinnamon until oats are evenly coated

spread – evenly sprinkle topping over the filling & press firmly so it sticks to filling

bake – return pan to oven & bake for an additional 15 to 20 min

(optional: brush with oil 10 min into cooking time for crispiness)

cool in pan for 10 to 15 min, let cool completely before cutting (1 hr), store air-tight in fridge for up to 5 days



C-3PO BARS

*slightly sweet chewy golden bars
packed with nutrients from
carrots, pumpkin, pineapple, pb & oats*

C **3P** **O**

ingredients

2 C oats – rolled or quick
½ can pumpkin puree (about ¾ C)
½ can carrots, drained & rinsed *
½ can pineapple, drained (about ¾ C)
¼ to ½ C pancake syrup (to taste)
¼ C brown sugar (optional)
¼ C peanut butter
¼ t cinnamon
pinch of salt (if pb is unsalted)

optional spices:

¼ t turmeric, ¼ t ginger
pinch of black pepper

top with carrot cake spread, p 15

*use remaining ½ can carrots in spread

thick bars: 8x8 baking/cake pan

thin bars: 9x12 baking sheet

steps

- 1 prep** - prepare pan, preheat oven to 350°
- 2 carrots** - roughly mash carrots in a large bowl
- 3 wet** - to the carrots, add pumpkin, pineapples, syrup, sugar, peanut butter & spices, stir until fully combined
- 4 oats** - stir in oats thoroughly *the batter will be very thick, but spreadable*
- 5 spread** onto pan/sheet, smooth the top
- 6 bake** at 350° for 20 min
- 7 topping** – blend carrot cake spread ingredients (p15) until smooth
- 8 remove** pan from stove **drizzle** topper over bars (or spread a thin layer)
- 9 bake** for an additional 10 to 15 min or until edges are golden brown
- 10 cool** in pan for 5 to 10 min & let cool completely before cutting





PINEAPPLE RICE BARS

ingredients

pineapple rice

½ C uncooked white rice

1 C pineapple juice from can
pinch of salt

pineapple rice bars

prepared pineapple rice
(1 to 1 ½ C cooked)

1 can pineapple

(14 oz), drained

½ C pineapple juice
(or amt remaing)

½ C pancake syrup

¼ C brown sugar (or syrup)

3 T aquafaba

1 C oat flour

2 C oats – rolled or quick

1 t salt

½ t ginger powder

glaze: 2 T syrup +
pinch of ginger

worry-free rice

common practice for rice storage
is to refrigerate within 2 hours
& store for 3 to 4 days

*if using leftover rice for this recipe,
enjoy bars within 2 to 3 days*

steps

- 1 rice** – in a small saucepan, combine rice with 1 C pineapple juice & salt, bring to a boil, cover & simmer for 15 to 20 min or until juice is absorbed & rice is fluffy, though damp - let cool
- 2 prep** – prepare an 8x8 pan preheat oven to 350°
- 3 wet** – in a food processor or blender combine rice, ½ C pineapple juice, syrup, sugar & aquafaba
- 4 mash** – in a small bowl, roughly mash pineapples
- 5 dry** – stir together oat flour, oats, salt & ginger
- 6 combine** – fold the wet mixture into dry until well combined, gently fold in pineapples to evenly distribute
- 7 spread** onto pan, smoothing the top
- 8 bake** - bake for 20 min at 350°, prepare glaze
- 9 glaze** – at 20 min of baking, remove pan from oven & brush on glaze, return to oven keep remaining glaze
- 10 bake** – continue baking for an additional 10 to 15 min or until outer edges are golden & pulling away from pan
- 11 cool** – remove from oven, brush on remaining glaze, let cool in pan for 10 to 15 min, transfer to cooling rack, cool completely before cutting, about 1 hr

PEACH COBBLER BARS



ingredients

granola base

1 C oats

¼ C peanut butter

¼ C applesauce

2 T pancake syrup

¼ t salt (if pb is unsalted)

peach filling

1 can peaches, drained & diced *

¼ C brown sugar or syrup

¼ C oat flour

½ t cinnamon

¼ t salt

cake crumb topping

¼ C + 2 T pancake mix

½ C + 2 T oats

2 T pancake syrup

2 T applesauce

1 to 2 T oat flour as needed for crumb

steps - base layer

prep – preheat oven to 350°

prepare pan

wet – in a large bowl, whisk together peanut butter, applesauce, syrup & salt

combine – stir oats into wet mixture until oats are fully coated

spread – using a spatula, spread base layer onto prepared pan/sheet smooth the top

bake – pre-cook base layer at 350° for 15 min

prep the other layers while it bakes

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thick bars: 8x8 baking/cake pan

thin bars: 9x12 baking sheet

**see p1 for ideas utilizing peach syrup*

steps - filling & topping

1 **combine** – mix all filling ingredients & let sit for 10 min to thicken

2 **make crumble** – stir together crumble ingredients EXCEPT oat flour until well combined - add oat flour 1 T at a time until a crumb forms

3 **spread** - remove pan from oven & spread filling over the base, using an oven mitt to keep the pan steady

4 **topping** - sprinkle crumble topping evenly over filling

5 **bake** – return pan to oven & bake for an additional 15 min

6 **browning** - remove from oven & lightly brush crumble topping with syrup or oil

7 **bake** - return to oven & bake for an additional 5 to 10 min or until golden brown peaks form on crumble

8 **cool** in pan for 10 to 15 min transfer to cooling rack & let cool completely before cutting

STUFFERS & SPREADS

LENTIL PATTIES

makes 10-12 patties or 4 burger-sized patties

ingredients

1 can lentil soup, separated *
½ C quick oats
½ C potato flakes
3 T aquafaba
¼ C canned spinach, drained well
**broth can used as flavor boost in lieu of spices
-- see breakfast scramble, right*

steps

mix all ingredients in a bowl
let sit for 5 to 10 min to bind
form into breakfast sausage-sized
patties & cook over **medium heat** for
2 to 3 min each side

optional method

oven-fry on prepared baking sheet at
400° for 10 to 15 min, turning halfway

CARROT CAKE SPREAD

ingredients

½ can carrots, drained & rinsed
½ can cannellini beans
1 T peanut butter + 2 T syrup
2 T brown sugar + ½ t cinnamon
1 T to 4 T oat milk (optional)

STEPS - BOTH SPREADS

blend all ingredients EXCEPT
oat milk in a food processor
or blender until smooth

add oat milk gradually
for desired consistency

store stuffers & spreads, air-tight in fridge for 3 to 5 days

BREAKFAST SCRAMBLE

makes 2 servings, approx. 1 C each

ingredients

½ can chickpeas
(drained & rinsed - save aquafaba!)
½ can spinach, drained well
¼ C lentil soup broth – for flavor
salt & pepper, spices to taste

steps

sauté all ingredients over
medium heat
serve with biscuits, tatties,
or in spinach wrap

CREAMY WHITE BEAN SPREAD

ingredients

1 can cannellini beans
(drained & rinsed - save aquafaba!)
¼ C chickpeas
2 T to 4 T oat milk
¼ t salt, ¼ t black pepper
½ t garlic & onion powder
1 t herb (i.e., parsley)
1 T to 4 T oat milk

**to create drizzle/swirl, thin out consistency
with oat milk & try 1 of the following:**

- 1) pour into **squeeze bottle**
- 2) spoon into **plastic baggie**, snip a tiny
portion of its corner, carefully press out air
before squeezing spread
- 3) create a cone out of **parchment paper** with
a nearly closed point, spoon spread into cone,
twist top around spread & squeeze gently

aquafaba guide

save that bean goo!

“bean water” sounds as appealing as “hot dog water.” aquafaba, on the other hand, is an excellent binding agent & strong emulsifier, regardless of bean.

for whipping, chickpea aquafaba is always best, but I might just try a savory black bean aquafaba whip for kicks.

for the recipes in this book, I used chickpea, cannellini & great northern aquafabas interchangeably. whatever was available in that moment was used & flavor was not altered.

see types of bean water to the right to determine which best fits your tastes.

use aquafaba within
3 days or freeze up to
3 to 6 months - thaws well

chickpea

most mildly flavored
& best option for sweets

cannellini & navy

slightly nutty & savory in flavor,
though still pretty neutral

great northern

savory flavor, will slightly
alter taste

kidney, pinto, black

hearty & savory flavor best used in
dishes that feature its bean,
can add to tortilla recipes for
richer flavor & binding

*note: thinner aquafabas (i.e., lentil)
are not as effective*

substitutions guide

bean swaps for baking

these 3 beans can be used interchangeably, though they have slight differences...

cannellini

light, slightly nutty flavor, adds creamy moisture (rather than firmness)

navy beans

creamy, light flavor, similar to cannellini in texture when baking

great northern beans

nutty flavor, very savory, holds firm shape

apple cider vinegar

activates leavening agents

(baking soda) & is preferred in baking for its slightly sweet taste

substitute with other vinegars at a 1:1 ratio

lemon or lime juice is less acidic than vinegar, add about ½ t extra

other ingredients

pancake syrup - sugar

vegetable oil - any cooking oil or applesauce

oats - quick or rolled, texture might change slightly

so, who wrote this thing?

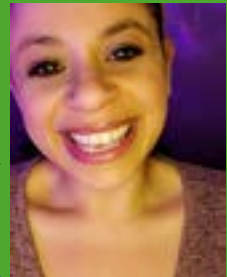
growing up, I was taught which
businesses & corporations to avoid for
good & why - be it their policies, a
racist advertisement, a dehumanizing or
oppressive practice... indeed, I was
raised to put my money where my heart is.

and when there is no money?
there is still possibility.
when my food choices are limited, each
ingredient's potential expands.

from my parents who made
the simplest foods bangin,
to their parents who made much
out of nothing - I learned abundance is
about what I can do/share/give
with what I have -- and that's a LOT.

it is with joy & purpose
that I share this amalgamation of
generations of kitchen alchemy
& the compassion, wellness, &
RESISTANCE of a vegan lifestyle.

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