

# MUST-HAVES FOR A BREAKFAST BUFFET

## Checklist for a plant-based breakfast offering

A plant-based breakfast offering will be a delight for everyone, not just your vegan and vegetarian guests! ProVeg recommends including at least one product from every food category listed below in your breakfast buffet. Avoid labelling the dishes 'vegan.' Instead, use more neutral terms such as 'plant-based' or, alternatively, make use of small pictograms (such as a flower, leaf, carrot, etc.)

Food categories and examples	fulfilled	not fulfilled
<b>Whole grain and cereal products</b>		
<p><b>Bread and bread rolls</b>  <u>Attention!</u> These products may contain hidden ingredients of animal origin. According to traditional recipes, bread and bread rolls are always plant-based. However, industrially produced varieties might contain the following ingredients:</p> <ul style="list-style-type: none"> <li>• Dairy products (e.g. sweet whey powder, curd, yogurt)</li> <li>• Eggs</li> <li>• Animal fat (e.g. lard for lye pastries)</li> <li>• The flour-treatment agent cysteine</li> </ul>		
<p><b>Muesli and cereal flakes</b>  <u>Attention!</u> Some types of muesli (e.g. yogurt drops, milk chocolate)</p>		
<p><b>Crispbread, rice, spelt, and corn cakes</b>            These are gluten-free option for allergy sufferers</p>		
<p><b>Porridge made of cereals</b>            Ready to eat</p>		
<p><b>Homemade cakes and muffins</b>            Made with applesauce, banana, or flax seeds instead of eggs, and plant milk instead of cow's milk</p>		
<b>Dairy alternatives made from soy, cereals, or nuts</b>		
<p><b>Plant milk alternatives</b>  <a href="#">Different options for different purposes</a></p>		
<p><b>Plant-based yogurt, quark, cream cheese, or cottage cheese</b>            Made from soya, coconut, almond, hemp seeds, cashews, or lupines</p>		
<p><b>Vegan cheese</b></p>		
<b>Vegetables and salad</b>		
<p><b>Vegetable sticks or plant-based cold cuts</b></p>		
<p><b>Salad with dressing</b>  <u>Tip:</u> Balsamic vinaigrette salad dressing is naturally plant-based. For sweet dressings, plant-based sweeteners (see below) can be used instead of honey. For creamy dressings, plant-based dairy alternatives can be used (see above)</p>		

Fruit		
<b>Fruit salad</b>		
<b>Avocado</b> As a sandwich spread or cold cuts		
Smoothie or juice		
<b>Dried fruit as toppings</b>		
<b>Berries as toppings</b>		
Egg alternatives		
<b>Scrambled Tofu</b>		
<b>Desserts made with agar-agar or aquafaba</b> e.g. Chocolate mousse		
Nuts, kernels, and seeds		
<b>Nut butters</b> (Natural) peanut butter, almond butter, coconut butter, tahini		
<b>Nuts, kernels, and seeds as toppings</b>		
<b>Chia pudding</b>		
Plant-based protein sources		
<b>Tofu and seitan as cold cuts</b> Commercially available in different flavours, e.g. smoked tofu or basil tofu		
<b>Spread made from legumes</b> e.g. hummus		
<b>Plant-based meats</b> e.g. soya sausages		
Extras		
<b>Jam</b> Mostly gelled with pectin		
<b>Sweeteners</b> Plant-based honey, agave syrup, rice syrup, date syrup, apple syrup, sugar-beet molasses		
<b>Plant-based spreads</b>		

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