

Recipes to Make Mother's Day Special

Alisa Fleming, www.GoDairyFree.org ~ Decades ago, you could easily throw together a quick breakfast of eggs, bacon, and toast for a breakfast in bed treat on Mother's Day. But today, moms are asserting their dietary individuality out of desire or necessity. With each passing day, there are a growing number of moms who may eat vegan, gluten-free, dairy-free, sugar-free, or raw for their personal well being. However, this does not mean that your precious mother isn't deserving of some breakfast in bed & hellip; heaven's no! On the contrary, your mother (or wife) would be that much more appreciative of a breakfast, brunch, or treat that she did not have to lift a finger for, but that catered to her special diet. Short on ideas? Well, I've got a few:

Keep in mind & hellip; vegan means egg-free, dairy-free, meat-free, and honey-free, naturally…

Fuzzy Navel ~ vegan, raw, gluten-free, sugar-free, soy-free ~ No, we aren't serving up alcohol for breakfast. If you aren't well versed in raw food, smoothies are an easy way to treat the raw foodie in your life with a simple blender.

Strawberry Smoothie ~ vegan, raw, gluten-free, sugar-free, soy-free ~ It is hard to beat the wonderful simplicity of a strawberry, orange, banana smoothie.

Ultra-Thick Chocolate Shake ~ vegan, gluten-free, soy-free ~ Yes, for breakfast!

Waffles ~ vegan, low fat, soy-free ~ Really, what could be easier? Substitute the soymilk with the milk alternative of your choice for a soy-free waffle.

5 Minute Pancakes ~ vegan, soy-free, low fat ~ Okay, perhaps these are even easier? Once again, substitute the soymilk with the milk alternative of your choice for a soy-free plate of pancakes.

Gluten-Free Pumpkin Waffles or Pancakes ~ dairy-free, gluten-free, soy-free, low fat ~ Lets not forget those gluten-free moms! Gluten-free flour mixes are very easy to find these days and a great shortcut, just check the natural food baking section.

Coconut Chai Breakfast Cake ~ vegan, low fat, soy-free ~ This cake has no added oil or fat, and uses oats and whole wheat flour for a breakfast worthy treat with a side of indulgence.

Strawberry Love Muffins ~ vegan, soy-free ~ Okay, this is a repeat performer from Valentine's Day, but these muffins from My Sweet Vegan are so easy to make, and perfect for every “love” oriented holiday.

Blueberry Cobbler ~ vegan, gluten-free, soy-free ~ What better time for a special breakfast treat than mother's day? Going the extra mile to pick up a special flour to make this gluten-free will surely win you some brownie points.

Crepes ~ vegan, gluten-free, soy-free, sugar-free ~ No kidding. This recipe includes two filling recipes too, one sweet, one savory!

Vegan Omelette ~ vegan, gluten-free, low fat, sugar-free ~ This is actually a “recipe for one,” making it handy for mother's day, but feel free to multiply it for more servings.

Asparagus Frittata ~ dairy-free, gluten-free, low fat, sugar-free ~ This recipe is an interesting mix of tofu and eggs or egg whites for a healthy but flavorful twist on a formerly fatty favorite.

For more great brunch recipes see:

- [Go Dairy Free Recipes ~ Beverages, Bread, Breakfast](#)
- [Fat Free Vegan ~ Bread & Breakfast Recipes](#)
- [Karina's Kitchen ~ GFCF Recipes](#)
- [Bittersweet ~ Recipe Collection](#)

If mom happens to be a cook or baker herself (amateur or professional), she may also enjoy a cookbook full of new recipes as a gift, instead of the usual chocolate and flowers. The following are a few of my personal recommendations:

- If your mom or wife is vegan, dairy-free, egg-free, or watching her girlish figure (but still in need of some sweets!) & hellip;
- [My Sweet Vegan](#) ~ A personal favorite, baked goods and desserts to suit every palate
- [Joy of Vegan Baking](#) ~ I haven't tried it yet, but hear good things
- [Vegan Cupcakes Take Over the World](#) ~ A classic for cupcake loving moms

If your mom or wife is gluten-free …

- Mother Necessity Gluten Free/Casein Free Ice Cream, Smoothies & Protein Shakes ~ I haven't tried this one yet, but the whole "mother" thing seems fitting, and doesn't this one look good?
- Cooking Free ~ Carol Fenster really is the "mother" of gluten-free cooking / baking, and this cookbook is her masterpiece of dairy, egg, and gluten-free recipes.

If your mom or wife is dabbling in the fine art and health of raw food …

- Ani's Raw Food Kitchen ~ I have come across a few raw food cookbooks, but this one gets my top rating thus far.

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