

B Is for Breakfast



No need to specially request a veg meal at any of these four picturesquely situated bed-and-breakfasts—their menus are completely meat-free. And even if you're planning a summer staycation, you can still re-create the breakfast part at home, courtesy of the recipe we serve up from each veg haven.

THE WHITE PIG BED & BREAKFAST AND ANIMAL SANCTUARY Schuyler, Va.

When an innkeeper volunteers for the nearby Thoroughbred Retirement Foundation (rehabilitating slaughter-bound race horses), you know she's serious about animal welfare. Dina Brigish's commitment to compassion is apparent throughout The White Pig Bed & Breakfast and Animal Sanctuary, but nowhere more than with the pony, two cats, four dogs, and 11 rescued potbellied pigs she's given a home on her farm. For its human guests, The White Pig provides a type of sanctuary too. The surrounding 170 acres of rolling Virginia forest and meadowland offer a natural buffer between you and a harried world, and there are plenty of ways to kick back: visit the pigs; schedule a massage; soak in the hot tub; amble the property's on-site trails; and, of course, linger over the homemade vegan breakfast served each morning in the bright farmhouse kitchen. While recharging your batteries, you're also helping keep the critters on the farm healthy and happy—proceeds from the B&B go toward maintaining the Animal Sanctuary. \$160–\$185; thewhitepig.com —Mary Margaret Chappell

The White Pig Blueberry Pancakes

SERVES 6 | 30 MINUTES OR FEWER

This recipe is adaptable to a variety of dietary needs, says White Pig proprietor Dina Brigish: you can substitute spelt or gluten-free flour, or use oat or almond milk in place of soymilk. At the B&B, these pancakes come to you hot off the griddle following a first-course soy yogurt parfait. Serve with pure maple syrup.

- 2 cups all-purpose flour
- 6 Tbs. Sucanat natural cane sugar
- 2 Tbs. nonaluminum baking powder, such as Rumford
- $\frac{1}{4}$ tsp. salt
- 2 cups unsweetened soymilk
- 2 cups blueberries

1. Whisk together flour, sugar, baking powder, and salt in large bowl. Slowly whisk in soymilk, adding more, if necessary, for a smooth, spreadable batter.

2. Coat large skillet or griddle with cooking spray, and heat over medium heat. Scoop $\frac{1}{4}$ cup batter into hot pan, and sprinkle with 2 Tbs. blueberries. Cook 3 to 4 minutes, or until batter begins to bubble and pancake edges start to brown. Flip, and cook 2 to 3 minutes more, or until cooked through and browned on both sides. Repeat with remaining batter and blueberries.

PER SERVING (2 PANCAKES): 259 CAL; 9 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 54 G CARB; 0 MG CHOL; 588 MG SOD; 2 G FIBER; 14 G SUGARS 

