**Plant-Based Recipes**

**(Breakfast)**

The American Institute for Cancer Research recommends a plant-based diet, incorporating a minimum of 5 servings of fruits/vegetables daily. This can be challenging to accomplish; hopefully, these recipes will help!

Always wash fruits and vegetables thoroughly. Many of these recipes are not cooked; there are good reasons to incorporate into your diet foods that are closer to their natural state, as cooking can decrease the nutritional value.

Some of these recipes call for soaked nuts or seeds. Soaking nuts and seeds increases their nutritional value, as it begins the germination process. You can add 1 T of food-grade hydrogen peroxide to the soak water to make sure they are extra clean. The recipes should be refrigerated and eaten within 3 days.

**Dietary needs vary; always follow the guidance provided by a registered dietician and/or your physician to include recipes that are suited to your particular needs.**

All recipes are used with permission from the authors. They are coded as follows, to help with your meal planning:

**= low glycemic**

**= fairly low glycemic**

**= higher glycemic**

**= high protein/high calorie**

***BREAKFAST***

**Nut Milk**

Suzy Edmonson, LOT, RMT, CHC

Makes ~ 3 cups

3 T nut butter (pecan, almond or walnut)

3 c water

Blend until smooth in a high-speed blender. Can be flavored with any of the following: coconut oil, raw carob powder, raw cacao powder, raw vanilla powder, chia seeds, salt, cardamom, cinnamon, mesquite pod meal, chai spice blend, ginger, nutmeg, mint, stevia…

**Chocolate Chia Porridge**

Suzy Edmonson, LOT, SNC, CHC

Makes ~ 5 cups, or 5 servings.

3 T nut butter

4.5 c water

1⁄4 t raw vanilla powder (optional)

3 T raw, vegan chocolate protein powder (such as Garden of Life or rejuvjuice.com)
3 dropperfuls vanilla stevia

1-2 T maple syrup (optional)

2 drops peppermint essential oil (optional)

1 pinch salt (optional)

¾ cups chia seeds

raw berries or banana (optional)

Blend all ingredients except chia seeds and fruit. Pour into a medium ­to large bowl. Add chia seeds and stir. The mixture will become porridge/pudding like in ~ 10 minutes.  Top with berries or banana, if you’d like. Call it porridge if you have it for breakfast, and pudding, if you have it for dessert.  I keep mine in cup‐sized mason jars in the fridge.

**Chocolate-Mint Granola**

(adapted from original recipe by Brandi Rollins, rawfoodsonabudget.com)

Makes 6 Cups/6 Servings

Equipment needed: Food processor

1 cup shredded or sliced dried coconut

1 cup raw sunflower seeds, soaked first, optimally 4 hours

1 cup raw walnuts, soaked first, optimally 1-2 hours

1 1/2 tsp vanilla

1/2 tsp sea salt

2-3 heaping tbsp raw cacao powder

1-2 few drops of mint essential oil or extract

1/4 tsp green stevia powder or extract

3 dates

2 1/2 cups raw almonds, preferably soaked 12 hours

1-3 tbsp maple syrup, agave, or honey

Consider dividing recipe in half or sharing it. This recipe uses mint essential oil (or extract), however, feel free to use other essential oils (or extracts) such as orange, or don’t use any at all and stick with chocolate.

Process the shredded coconut in a food processor until the oils begin to come out of the coconut (about 30 seconds). Add the sunflower seeds, and process until the seeds are broken down into a nutty flour. Add the walnuts, vanilla, sea salt, cacao, mint essential oil or extract, and stevia, and process until the walnuts are completely broken down into a nutty flour. Finally, add the dates and process until they are broken into small pieces. Pour the nut mixture into a large bowl. Chop the almonds in a food processor; add to the nut mixture and mix well. Add the maple syrup and stir. The granola should clump together into nutty clusters. Keep refrigerated.

***Cinnamon Chia Porridge***

Suzy Edmonson, LOT, SNC, CHC

4 servings/4 cups

Equipment needed: high-speed blender

3.5 T nut butter

3 c water
1.5 t pumpkin pie spice
1.5 t cinnamon
1⁄2 t salt
1‐2 dropperfuls vanilla stevia

3/4 c chia seeds
1⁄4 c raw shredded coconut (optional)

1⁄4 t raw vanilla powder (optional)

Blend all ingredients except chia seeds and coconut\* (if used). Pour into a med ­to large bowl. Add the chia seeds and coconut\* and stir. The mixture will become porridge/pudding like. Call it porridge if you have it for breakfast, and pudding, if you have it for dessert. I keep mine in cup‐sized mason jars in the fridge.

Per 1 serving:

Calories: 272

Protein: 10.17

**Mocha Latte**

Suzy Edmonson, LOT, SNC, CHC

1 ½ T any flavor Teccino herbal coffee, brewed

1 ½ scoops chocolate Rejuv raw, vegan protein powder (Rejuvjuice.com)

1 dropperful vanilla, coconut, or chocolate stevia

1 rounded t green powder, such as Moringa (optional)

Brew the coffee, allow it to cool to lukewarm (115 degrees, or less), and add the remaining ingredients. Stir, and enjoy warm. For a cold beverage, you can also put it all in a mason jar, shake, and refrigerate.

Per recipe:

Calories 211

Protein 28g

**Quick Succulent Granola**

(adapted from original recipe by Brandi Rollins, rawfoodsonabudget.com)

Makes 5 Cups/5 Servings

Equipment needed: Food processor, dehydrator (optional)

1 cup raw sunflower seeds, preferably soaked 4 hours

1 cup raw walnuts, preferably soaked 4 hours

1 1/2 tsp vanilla

1/2 tsp sea salt

1 1/2 tsp cinnamon, ground

3 heavy pinches nutmeg, ground

1/4 tsp green stevia powder

3 dates

2 1/2 cups raw slivered almonds

1 tbsp honey

In a food processor, process the sunflower seeds, walnuts, vanilla, sea salt, cinnamon, nutmeg, and stevia, and process until the walnuts are completely broken down. Add the dates and process until they are broken into small pieces. Pour the nut mixture into a large bowl. Sprinkle the slivered almonds onto the nut mixture and mix. Pour on the honey and stir. Granola should clump together into nutty clusters. Eat as is or pour the granola onto a dehydrator tray (no lining needed) and dehydrate for 24 hours (at 105 degrees). When stored in an airtight container, the granola will keep for 1 week. If you would like to store the granola longer, keep it in the refrigerator or freezer.

Tips to reduce the cost: Try to buy all of the dry ingredients from bulk bins. is way you can buy the amounts you need.