

Healthy Breakfast Alternatives



Overnight Oats

- 1 Mason Jar - Pint
- 1/2 Cup Steel Cut Oats (Uncooked)
- 1 Cup Non-Dairy Milk
- 1 tsp. Chia Seeds
- 1 tsp. Flax Seeds
- 1/4 Cup Chopped Fruit (strawberry, apple, pear) or whole blueberries
- 1/2 Banana, Chopped
- 1 Tbsp. Walnuts
- 1 Tbsp. Dried Cranberries

Add to jar in the order listed above. Cover and let sit in fridge overnight.

Tofu Scramble

- 2 Packages Extra Firm Water Packed Tofu
- 1 Bell Pepper, diced
- 1 Onion, diced
- Additional Veggies of Choice
- 1/8 tsp Turmeric
- 1 Tbs Oregano
- Ground Black Pepper (To Taste)

Chop veggies and saute on low for 10 minutes. Press tofu to remove excess water. Add turmeric and oregano then begin mashing with a fork. Add tofu to sauteed veggies and cook for 10-15 minutes on medium heat or until tofu becomes bright yellow. Goes great with quinoa and salsa.

Grits & Greens

- 2 Cups Corn Grits
- 6 Cups Water
- 1 Bunch Turnip Greens
- 1 Bunch Collard Greens
- 2 Large Carrots, julienned
- 1 Large Onion, diced

Place grits and water in a saucepan. Cover and bring to a low boil while stirring. Reduce heat to medium and cook about 20 minutes. De-stem and cut greens into bit size pieces. Saute carrots and onions on medium low heat until caramelized. Then, add greens, cover and turn to medium high for about 5 minutes then reduce heat to low and cook for about 25 minutes or until wilted.

Avocado Toast

- 2 pieces of thick-cut bread
- 1 Avocado
- 4 Radishes
- 1/4 cup Arugula
- 1/2 cup Cherry Tomatoes, cut in half
- 1 Tbsp Sesame Seeds
- 1 Lime
- pinch of Salt

Toast bread until desired crispiness. Add toppings!

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Topics in the works: What to do with
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If you are local to the Dallas-Fort Worth area, the dinner can be conducted in person.
Otherwise, it will be conducted via ZOOM.