

# Power Breakfast Ideas



Start Your Day With the Energizing  
Magic of Fresh, Whole Living Foods

By  
Dr. Ritamarie Loscalzo

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Austin, Texas, USA.

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Cover photograph courtesy of Anna Tipps, [www.purelydelicious.net](http://www.purelydelicious.net) and [www.therawtable.com](http://www.therawtable.com). Anna is the creator of the *Deliciously Raw* calendar and the quarterly magazine, *Purely Delicious*. Anna is an amazing chef, photographer, visionary; friend and Mom, whose artistic talents and beautiful presence are truly inspiring to me. Thank you, Anna.

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"Creating Vibrant Health One Bite At a Time"

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## Table of Contents

Introduction .....	5
Green Beginnings .....	6
Fruit Based Breakfast.....	9
Cereal .....	10
Milk .....	11
Smoothies and “Milk” Shakes.....	12
Pudding.....	12
Pastries and Breads .....	13
Final Thoughts .....	13
Recipes .....	17
Green Drink .....	18
Tropical Green Smoothie .....	18
Lemony Mint Green Smoothie.....	19
Fruit with Chocolate Sauce .....	20
Fruit with Chocolate Sauce .....	20
Apple Ginger Breakfast Medley.....	21
Berries and Cream .....	22
Pineapple Cashew Date Pudding.....	22
Banana Mango Coconut Pudding.....	23
Chia Power Pudding .....	23
Quick and Easy Chia Pudding.....	24
Power Grawnola .....	25
Grawnola .....	26
Cashew Milk or Cream .....	27
Pumpkin Seed Mint Milk.....	28
Chai Nut Milk.....	28
Breakfast Quiche .....	29
Quiche Crust.....	29

Scrambled “No Eggs” .....	30
Spanish “Omelet” .....	30
Breakfast Pastries.....	31
Gluten Free Bagels.....	32
Oat Groat Porridge.....	33
Apple Spice Granola .....	34
Nut and Seed Milk Taste Testing Results.....	35
Shopping List.....	36
Index.....	38

## Introduction

“Breakfast is the most important meal of the day,” you’ve heard said by many of the so-called experts. What they fail to say, though, is how to make your first fuel of the day powerful enough to propel you forward with energy and gusto! Starchy toast and cereal breakfasts don’t work well, especially if you have blood sugar irregularities and insulin resistance. Most of the breads and cereals on the market today are high in sugar and processed flour – hardly rocket fuel for your brain and body. Even if you eat whole grain breads and cereals, the high starch content can leave you feeling sluggish almost immediately. Then, you have to struggle to stay awake. Bacon and eggs, with their low fiber and high saturated and trans fat content, are fraught with problems, and can lead to chronic inflammation and pain, digestive difficulties, heart disease and cancer.

*(Note: Read T. Colin Campbell’s The China Study for the most scientific and compelling epidemiologic evidence linking animal proteins to a wide range of diseases. It’s a real eye-opener.)*

Many health conscious writers recommend that you eat fruit alone. They think it’s the best breakfast. This works well for some people, and the idea of eating light in the morning makes sense, if you want to allow the body to continue the cleanse it begins during the sleeping hours. However, many still prefer to begin their day with something more substantial than fruit. They were raised on “stick to your ribs” breakfasts and have a hard time giving those up, especially if they are transitioning from the Standard American Diet (SAD) to a more healthful one.

With so many divergent opinions out there, it’s hard to know what to do. By now you must be wondering - what are healthy choices for a breakfast that fuels you into your day?

That’s not an easy answer. Truthfully, the best choice of breakfast food is highly individualized. It is dependent on body type, metabolic rate and energy demands. The ideal breakfast should be easily digestible, loaded with vitamins and minerals while being substantial enough to provide both a feeling of fullness and enough energy to get you through the morning without creating blood sugar nosedives within a couple of hours.

I recommend trying out some of the ideas presented here and finding what works best for your body type and physical demands. For example, an overweight, sedentary person with a sluggish metabolism will need to eat differently than a lean, mean and green fighting machine. Experiment with the different recipes and suggestions in this book and see which foods energize you the most. Over time, you’ll become an expert at revving yourself up each morning...and you’ll be so thrilled with the results.

Let’s get ready to rethink breakfast. Power up!

The recipes are divided into the following categories:

- Green Beginnings
- Fruit Based Meals
- Cereals with Nut and Seed Milks
- Smoothies and Shakes
- Pastries and Breads
- Breakfast Puddings
- Quiche

Since several of the recipes in this book use nuts and seeds, I've included a section about how to prepare nuts and seeds for recipes, including soaking and germinating techniques.

## Preparing Nuts and Seeds for Recipes



Nuts and seeds are easier to digest and more nutritious if you activate them first. When you cover them in water and let them soak, the germination process begins. The enzyme inhibitors, which keep the nut or seed from sprouting are deactivated and the proteins and fats begin to break down into smaller molecules. The nuts and seeds are then easier to digest.

**To Activate Nuts and Seeds:** Place them in a glass jar or ceramic bowl and completely cover with enough water to allow for doubling in size. Soak on kitchen counter or in the refrigerator for 4 hours or up to 8 hours. Harder nuts like almonds and hazelnuts require longer soaking time while softer and more delicate nuts and seeds require less time. Rinse and drain.

You can use them immediately, or you can leave them in the strainer and allow them to begin to sprout. Sunflower seeds sprout in 4-6 hours. Almonds don't fully sprout, but develop a short tail. Macadamia nuts don't sprout at all. They turn mushy if left in water too long. It's less important to soak the nuts that don't have skins, like macadamia nuts and cashews. In fact, soaking either of these for too long causes them to get really mushy and lose their taste.

Activated nuts can be stored in the refrigerator for up to 4 days. After that, they begin to get moldy. If you have a dehydrator, you can dehydrate the activated nuts for a couple of days, then store in the freezer. This way, you can just use what you need without having to soak in advance.

Some people soak a pound or two of nuts for 4-8 hours then dehydrate so they always have a handy supply of activated nuts.

## Green Beginnings

I am a big fan of starting the day with something green, although many people I counsel initially turn up their noses at the idea of vegetables in the morning. Greens are loaded with easily assimilated vitamins, minerals and proteins. They are so simple to digest. Unfortunately, in the western world, it's considered highly unusual to consume vegetables for breakfast. Many of those living in other parts of the world, specifically in the Orient, consider eating vegetables for breakfast as the norm. For example, in Japan, miso soup with vegetables is a typical breakfast, as it is for those in the western world who follow the macrobiotic lifestyle.

If you have a juicer, starting the day with a green juice is ideal. It can be followed by a solid meal, unless you don't tend to get hungry until later in the morning. There are many high-quality, powdered green drinks available if you do not have a juicer – or if you feel too time-pressured to make fresh juice in the a.m. Be sure to read labels. Some of these products contain sugar!

Fruit salad on a bed of lettuce and celery provides lots of vitamins and minerals. The minerals in the greens allow the fruit sugars to be absorbed slowly, providing steady energy for several hours. Fruit can also be combined with chopped nuts, seeds or avocado to slow down the sugar rush and make the fruit more satiating. Seeds like ground flax, hemp or pumpkin provide the important Omega-3 fats, minerals, and protein. Spices such as cinnamon, ginger, and cardamom enhance flavor and digestion and help the sugar get into the cells where it can be used to rev up your metabolism instead of creating toxic fat cells.

Green smoothies are a great way to start the day, although most people are skeptical when I first recommend this. They are quick, easy and – believe it or not – delicious. Before you panic – it's important to mention that fruit is a major component of green smoothies. In fact, Victoria Boutenko, a prominent raw foodist and author of the book *Green for Life*, mentions that green smoothies are at their most palatable (and delicious) when they are made with 60% fruit and 40% leafy greens. The benefits of consuming greens this way are well documented. Victoria's book is just one of the great resources available that delves into the benefits of consuming green smoothies on a regular basis.

When greens are blended, the nutrients that are locked in the cell walls are released when the cell is shattered by the blades of the blender. The alkaline minerals in the greens become fully available to neutralize the acids that create inflammation, pain and dysfunction in your body.

Consuming green smoothies at the start of the day will give you an amazing energy boost - better and more long-lasting than coffee!

The following is a basic green smoothie recipe guideline. My favorite green smoothie recipe is included in the recipe section. The adventurous among you can use these as a spring board and experiment with recipes of your own.

### **Basic Green Smoothie Guidelines**

#### **Ingredients:**

2 pieces or cups fruit  
2 or more cups greens  
2 cups water  
Herbs, spices and/or flavorings to taste (optional)

#### **Directions:**

Blend everything until smooth.

Of course, this is a general guideline. There are no real rules. Experiment. Find combinations you like. Start out using the milder greens like romaine lettuce and spinach. Continue experimenting by adding a little bit of the darker leaves, starting with the field greens and working up to kale and collard greens. Include some sprouts or young shoots in your concoction. Add lemon or lime. Maybe some ginger. How about cinnamon or cardamom? The addition of the spices not only enhances flavor but the nutritional content as well.

Okay. Okay. Maybe you're not ready to take the green plunge at breakfast. Perhaps the idea of veggies in the morning doesn't appeal to you...yet! Perhaps, you're looking for more transitional types of breakfast foods that'll be easier for you to implement, especially at first. I understand so I've come up with the following categories which include recipes for familiar foods made in healthier, more nutrient dense, easier to digest ways.



## Fruit Based Breakfast

Fruit is a great way to start the day for many people. One main exception to that truism is people with Candida (yeast overgrowth) or blood sugar problems. These individuals need to avoid excessive fruit or high-sugar content fruit such as bananas and mangoes. A few simple breakfast ideas follow:

- **Fruit salad:** cut up a variety of fruits and place in a bowl.
  - Mix in greens if desired to decrease sugar load and provide minerals to help with blood sugar regulation.
  - Add chopped nuts, seeds or avocado.
  - Add high Omega-3 seeds like ground flax, hemp or pumpkin seeds to greatly enhance the nutritional value. (You may want to soak these first for at least several hours to make them more easily digestible.)
  - Add a handful of raw cacao nibs to enhance flavor as well as antioxidants, neurotransmitter precursors and magnesium.
  - Add spices such as cinnamon, ginger, and cardamom to enhance flavor and digestion as well as to help with getting sugar into the cells
- **Sliced apples or other firm fruit topped with nut or seed butters or dips:** You can choose from a wide variety of ready-made nut and seed butters that can be purchased in jars: pumpkin seed butter, tahini, almond butter, cashew butter, pistachio butter, macadamia nut butter, Brazil nut butter, and coconut cream are all available. You can also make your own nut butters in the food processor, or you can make a topping (a couple of recipes are available in this book such as the cream in the Berries & Cream recipe, the sauce in the Fruit with Chocolate Sauce recipe.)



*Note: Other recipes are available in the Desserts recipe Booklets, available at <http://www.FreshnFunLiving.com> .*

Slice the fruit and lay on a plate. Spread nut or seed butters or other toppings on top of fruit slices. Decorate, if desired with shredded coconut, ground seeds, chopped nuts, goji berries, raisins, raw cacao nibs or chopped dates. For kids, it is fun to be creative in the decorating to encourage them to experiment. Make faces; spell their name, create creatures. Use your imagination.

## Cereal

Cereal is probably the most popular breakfast amongst kids and maybe adults as well. Cold cereals can be made from a variety of whole foods including nuts, seeds, dried fruits, buckwheat, and oats. These ingredients are combined with optional spices and flavorings such as cinnamon, vanilla, cardamom, and nutmeg. Finely-chopped, fresh fruits can also be added.

Porridge-type cereals can also be made by blending soaked whole sprouting oats, buckwheat, nuts, seeds and dried fruits.

Granola and muesli can also be easily made by combining the above ingredients. Adding a sticky sweetener such as agave nectar or even a nut butter helps hold the granola together. It can also be dehydrated for a crispy consistency.

All cereals can be topped with fresh nut or seed milks to provide a truly decadent (and transitional) treat.

## NOTES

## Milk

Nut and seed milks are easy to make, versatile and a healthful and delicious alternative to animal milk. (Note: For some great facts about the hazards of animal milk, check out <http://www.notmilk.com>.) All nuts and seeds can be made into milk. Each has its own unique flavor. For example, macadamia and cashew milk are very smooth and creamy. You can drink them straight from the blender whereas almond milk is denser, thicker and a bit grittier. It usually needs to be strained. A variety of nuts and seeds can also be combined for even more variation. Experiment to find your favorites. Here are the basics:

### **Basic Nut Milk Guidelines**

#### **Ingredients:**

1 part nuts or seeds

3 - 4 parts water (2 parts water for cream)

Sweetener (optional) Examples are dates or other dried fruit, agave nectar, yacon syrup and stevia.

Flavorings (optional) Examples are flavor extracts, such as vanilla, mint, almond, orange, raw cacao or carob, sweet herbs and spices like cinnamon, cardamom, mint, ginger, and fruit.

#### **Preparation:**

##### ***Option 1: Thick milk or cream***

- Put all ingredients into a blender and process until smooth and creamy.
- If sweet milk is desired, add agave nectar, yacon syrup or soaked and pitted dates and blend again. (Note: Dates will thicken the milk and cause it to lose its white milky color.)
- Flavorings such as vanilla, chocolate or other flavor extracts or spices can be added.
- Fruits such as banana or strawberry can be blended in as well.

##### ***Option 2: Thinner milk***

- Put all ingredients into a blender and process until smooth and creamy
- Strain through a strainer or muslin bag. (Note: If you plan to make a lot of nut milks and can afford the expense, consider purchasing a Soyabella Milk Maker by Tribest. It retails for around \$110.00! Contact us at [info@drritamarie.com](mailto:info@drritamarie.com) if you'd like to pick one up.)
- Reserve the pulp for other recipes.
- Add sweetener and flavorings as desired to taste

## Smoothies and “Milk” Shakes

Smoothies and shakes make quick and filling delicious breakfast meals. A standard smoothie recipe calls for juice and fruit with ice or frozen fruit. Some people add yogurt, milk, or protein powder to give the smoothie a creamier texture and additional protein. This makes it more like a milk shake. Delicious, filling and nutritionally-dense smoothies and shakes can be made by using a nut or seed milk as the base and adding frozen fruit. The possibilities are endless. Piña colada and “eggnog” are my favorites.

When I was a child, one of my favorite breakfasts was “eggnog”. My mom put milk, raw egg, cinnamon and nutmeg in the blender with sugar and the family loved it. I originally made a healthier version of eggnog at Christmas time by making a thick cashew/macadamia nut milk (I used 2 cups of water to 1 cup of nuts), sweetened with either a few dates or agave nectar, and flavored with cinnamon, nutmeg, clove and cardamom (small amounts of each). My family loved it!!! I now sometimes make it for breakfast.

The point is that you can reinvent the flavors and experiences you remember in a healthier, life-affirming way. It takes creativity, a little know how and a willingness to experiment.

## Pudding

Pudding makes a quick and easy breakfast. I’m not talking about the box of sugar, chocolate and chemicals that your mom simmered with milk to make chocolate pudding. I am talking about whole foods blended to a creamy consistency. You can simply blend a couple of different fruits for a simple pudding, or thicken with nut butters, whole blended nuts or seeds, coconut or avocado. Thickeners such as psyllium or coconut oil can be added for firmness.

While not an everyday breakfast at home, quiche and egg custards are popular breakfast foods. I have made a variety of eggless quiche recipes. The one included in this book (in the recipes section) has turmeric added to mimic the yellow color of egg and can be made with a crust or without.

## Pastries and Breads






One of the most popular American “on the run” breakfasts, pastries are also amongst the most health depleting. Typically made with white flour, white sugar, shortening, and often even dairy and eggs, pastries, including donuts, muffins and sweet rolls contribute to blood sugar swings, food cravings, obesity and a host of undesirable ailments. If you want to have a sweet treat for breakfast, there is no shortage of excellent recipes using dried fruits, nuts and seeds and buckwheat. I have included a simple cake recipe that is not only delicious, but loaded with nutrients, including protein. Living foods bread recipes require a dehydrator to make, so I am omitting them from this book. I have an entire class devoted to bread and cracker recipes. This will be made into a book within the near future.

## Final Thoughts

Breakfast is an important meal. How you fuel your body at the beginning of the day will determine how well you move through the rest of the day. Feed your body low fiber, nutrient depleted foods containing inflammatory fats and you will have low energy, poor concentration and irritating aches and pains. Fuel your body with nutrient rich, high fiber foods containing anti-inflammatory fats and you will find yourself soaring through the day, with energy, ease and mental clarity. The choice is yours.







# Equipment








## Equipment Needed to Make Many of the Recipes

	<p>Vitamix or other powerful blender  <a href="http://store.therawdiet.com/blenders1.html">http://store.therawdiet.com/blenders1.html</a>  <a href="http://healthnutalternatives.com/blenders.htm">http://healthnutalternatives.com/blenders.htm</a>  <a href="http://discountjuicers.com/blendercompare.html">http://discountjuicers.com/blendercompare.html</a></p>
	<p><b>Food Processor</b>          There are many brands and sizes to choose from. I like my 14 cup Hamilton Beach Big Mouth. Other people like Kitchen Aid and Cuisinart. Available at Amazon.com, Target and other places that carry kitchen supplies</p>
	<p><b>Bowls and dishes, measuring cups and measuring spoons</b>          You probably have plenty already</p>
	<p><b>Knives and cutting boards</b>          Be sure you have a sharp knife. I like a big cutting board and also a handful of smaller ones. The dollar store is a great place to get the small ones.</p>
	<p><b>Spoons. Spatulas and serving utensils</b>          You probably have all you need. If not, make a trip to the dollar store and stock up</p>

## Optional Equipment

These are nice to have to equip your Fresh 'n Fun Kitchen. They may not necessarily be used for the recipes in this book, but will be helpful to accumulate over time for more diverse food preparation potential.

	<p>Excalibur Dehydrator or one with a controlled temperature  <a href="http://healthnutalternatives.com/dehydrtr.htm">http://healthnutalternatives.com/dehydrtr.htm</a>  <a href="http://store.therawdiet.com/fode.html">http://store.therawdiet.com/fode.html</a>  <a href="http://discountjuicers.com/dehydratorcompare.html">http://discountjuicers.com/dehydratorcompare.html</a></p>
	<p><b>Champion or Green Star Juicer</b>  <a href="http://discountjuicers.com/juicers.html">http://discountjuicers.com/juicers.html</a>  <a href="http://healthnutalternatives.com/juicers.htm">http://healthnutalternatives.com/juicers.htm</a>  <a href="http://store.therawdiet.com/juicers1.html">http://store.therawdiet.com/juicers1.html</a></p>
	<p>Salad Press  <a href="http://www.goldminenaturalfoods.com/cookware/detail.aspx?ID=754">http://www.goldminenaturalfoods.com/cookware/detail.aspx?ID=754</a></p>
	<p>Mandolin  <a href="http://www.raw-gourmet.com/shop/mandoline-plus-p-202.html">http://www.raw-gourmet.com/shop/mandoline-plus-p-202.html</a></p>
	<p>Garlic press- available at any kitchen store. My favorite is the OXO brand  <a href="http://www.amazon.com/Oxo-Good-Grips-Garlic-Press/dp/B00004OCJX">http://www.amazon.com/Oxo-Good-Grips-Garlic-Press/dp/B00004OCJX</a></p>
	<p><b>Spiralizer</b>  <a href="http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Daps&amp;field-keywords=spiral+licer&amp;x=0&amp;y=0">http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Daps&amp;field-keywords=spiral+licer&amp;x=0&amp;y=0</a></p>

	<b>Cuisinart Ice Cream Maker</b> <a href="http://www.amazon.com/Cuisinart-ICE-20-Automatic-2-Quart-Ice-Cream/dp/B00000JGRT/ref=sr_1_1?ie=UTF8&amp;s=home-garden&amp;qid=1229030176&amp;sr=1-1">http://www.amazon.com/Cuisinart-ICE-20-Automatic-2-Quart-Ice-Cream/dp/B00000JGRT/ref=sr_1_1?ie=UTF8&amp;s=home-garden&amp;qid=1229030176&amp;sr=1-1</a>
	<b>Ice cream maker with built in freezer</b> <a href="http://www.amazon.com/s/ref=nb_ss_hq_8_6?url=search-alias%3Dgarden&amp;field-keywords=lello+4070+gelato+junior&amp;sprefix=lello+">http://www.amazon.com/s/ref=nb_ss_hq_8_6?url=search-alias%3Dgarden&amp;field-keywords=lello+4070+gelato+junior&amp;sprefix=lello+</a>
	<b>Citrus Juicer</b> Available at supermarkets, kitchen supply stores or online
	<b>Electric Citrus Juicer</b> <a href="http://www.amazon.com/Black-Decker-CJ525-CitrusMate-Citrus/dp/B00004SC51/ref=sr_1_1?ie=UTF8&amp;s=home-garden&amp;qid=1229030371&amp;sr=1-1">http://www.amazon.com/Black-Decker-CJ525-CitrusMate-Citrus/dp/B00004SC51/ref=sr_1_1?ie=UTF8&amp;s=home-garden&amp;qid=1229030371&amp;sr=1-1</a>
	<b>Chopper Grater</b> My favorites are OXO and pampered Chef <a href="http://www.amazon.com/Oxo-Good-Grips-Mini-Chopper/dp/B0002YTFS2/ref=sr_1_4?ie=UTF8&amp;s=home-garden&amp;qid=1229030456&amp;sr=1-4">http://www.amazon.com/Oxo-Good-Grips-Mini-Chopper/dp/B0002YTFS2/ref=sr_1_4?ie=UTF8&amp;s=home-garden&amp;qid=1229030456&amp;sr=1-4</a>
	<b>Microplaner</b> My favorite is by pampered chef <a href="http://www.pamperedchef.com/our_products/catalog/product.jsp?productId=10996&amp;categoryCode=CE">http://www.pamperedchef.com/our_products/catalog/product.jsp?productId=10996&amp;categoryCode=CE</a>
	<b>Spring Form Pans</b> <a href="http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Daps&amp;field-keywords=springform+pans&amp;x=0&amp;y=0">http://www.amazon.com/s/ref=nb_ss_gw?url=search-alias%3Daps&amp;field-keywords=springform+pans&amp;x=0&amp;y=0</a>



## Recipes

Green Drink .....	18
Tropical Green Smoothie .....	18
Lemony Mint Green Smoothie .....	19
Fruit with Chocolate Sauce .....	20
Fruit with Chocolate Sauce .....	20
Apple Ginger Breakfast Medley .....	21
Berries and Cream .....	22
Pineapple Cashew Date Pudding .....	22
Banana Mango Coconut Pudding .....	23
Chia Power Pudding .....	23
Quick and Easy Chia Pudding .....	24
Power Grawnola .....	25
Grawnola .....	26
Cashew Milk or Cream .....	27
Pumpkin Seed Mint Milk .....	28
Chai Nut Milk .....	28
Breakfast Quiche .....	29
Quiche Crust .....	29
Scrambled “No Eggs” .....	30
Spanish “Omelet” .....	30
Breakfast Pastries .....	31
Gluten Free Bagels .....	32
Oat Groat Porridge .....	33
Apple Spice Granola .....	34
Nut and Seed Milk Taste Testing Results .....	35

## Green Drink

*This is a good way to start including blended greens in your diet. It is a very light, mild tasting beverage which can be enhanced by the addition of lemon or lime juice or herbs and spices.*

### **Ingredients**

Any green leafy vegetables, such as dark green lettuces, kale, spinach, parsley, or any others  
Water

### **Directions:**

- Place a handful of green leafy vegetables in the blender.
- Cover with water and blend until vegetables are completely pureed.
- Add enough water to fill the blender and blend until vegetables are completely dissolved.
- Pour liquid into a 1 ½ to 2 quart container and fill with water.
- Shake well before drinking.
- Sip throughout the day in place of water.
- Adding fresh ginger root, lemon or mint to the blend results in a pleasant flavor.

*The resulting beverage should be a pale green, translucent color.*

## Tropical Green Smoothie

*This smoothie is a favorite! It can be frozen in an ice cream maker or ice cube trays and eaten as a dessert.*

### **Ingredients**

2 cups papaya  
1 mango  
½ of a pineapple  
3 - 4 cups spinach  
Water or ice (optional)



### **Directions**

- Blend the pineapple first. Because the pineapple is so juicy, you may be able to blend it without water, if your blender can handle it. Then add the mango and papaya, and blend until smooth
- Add spinach a handful at a time to desired sweetness.
- Add water or ice to desired thickness

## Lemony Mint Green Smoothie

*This soup is very refreshing and can be eaten any time of day. Make up your own version. Use different herbs. Add other green vegetables. I have made it without the avocado, without the apple and without the mint. I always find it refreshing and very energizing. I have made a version of this that is basically a blended salad. Lots of lettuce, tomato, cucumber, celery, flax oil, apple cider vinegar and herbs. It is an easy way to eat lots of fresh, raw vegetables.*

### **Ingredients**

1 - 2 medium apples depending on desired sweetness  
½ - 1 lemon, juiced  
1 head Romaine hearts  
½ - 1 medium avocados, depending on thickness and richness desired  
1 handful mint leaves  
2 - 4 cups water

### **Directions**

- Start with the lower quantity of each ingredient and blend in Vita-Mix or blender until creamy. (Note: If you don't have a Vita-Mix or other high-speed blender, be sure to cut your ingredients in small pieces so as not to blow out the motor. You may also consider quartering the recipe.)
- Adjust to desired thickness, sweetness and lemon flavor.

### **Preparation Tips**

- 2 tablespoons of dried mint can be used in place of the fresh mint
- Add a larger measurement of water if you prefer a thinner soup.
- Adjust the lemon and mint to taste.

## Fruit with Chocolate Sauce

### Ingredients

- ½ cup cashews or macadamia nuts
- ¼ cup raw, organic coconut cream concentrate
- ½ cup raw cacao powder
- ¼ cup raw agave nectar
- ¼ cup water
- Sliced fresh fruit: apples, strawberries, pears



### Directions

- Place all ingredients except the fresh fruit in a blender and blend until smooth and creamy. Add more water if it is too thick. Add more chocolate powder for a darker chocolate
- For a lighter flavor, use the flesh and water from a young coconut instead of the coconut cream. Adjust water accordingly to achieve the right texture
- Place fresh fruit on a plate and the sauce in a bowl.
- Dip and eat. Kids love it!

### Variations:

- Omit the coconut and use more nuts
- Omit the nuts and increase the coconut
- Use ¼ cup cashew butter instead of the cashews
- Use carob instead of chocolate.

## Apple Ginger Breakfast Medley

*This recipe is very satiating. I feel full for many hours after eating it.*

### **Ingredients**

1 - 2 apples, finely diced  
1/8 - 1/4 cup almonds, soaked and chopped  
1/4 inch piece of ginger, minced  
1/4 cup lemon juice  
1/4 teaspoon cinnamon

**Toppings:** (Your choice) cacao nibs, goji berries, coconut flakes, raisins, hemp seeds, etc.

### **Optional Sauce:**

1 tablespoon coconut cream  
1/2 tablespoon flax oil  
1 teaspoon agave nectar  
1 teaspoon raw cacao powder (optional – for chocolate sauce)

### **Directions**

- Make the topping by blending coconut cream concentrate, flax oil, agave and chocolate (if desired) until smooth and creamy. Add a small amount of water if needed to make it pourable.
- Place all ingredients in a bowl and stir to combine.

### **Preparation tips**

- Apples, ginger and almonds can be chopped in a food processor or using a food chopper tool. I use one from Pampered Chef.

## Berries and Cream

*Kids love this recipe!*

### **Ingredients**

1 cup berries of choice, washed and sliced if desired  
¼ cup cashews or macadamia nuts, soaked for 4 hours if desired to increase digestibility  
2 tablespoons lemon juice  
2 tablespoons water  
Pinch of sea salt  
1 teaspoon agave nectar  
¼ teaspoon vanilla extract

### **Directions**

- Place nuts, water, salt and lemon juice in blender or Vita-Mix.
- Blend on high speed for several minutes, or until mixture is smooth, thick and creamy.
- Adjust amount of water for desired consistency
- Spoon topping over berries and serve.

## Pineapple Cashew Date Pudding

### **Ingredients**

2 cups pineapple, cubed  
2 tablespoon cashew butter  
1 tablespoon tahini  
10 large dates

### **Directions**

- Place pineapple in blender and liquefy.
- Add cashew butter and tahini and process until smooth.
- Add dates and blend until creamy. Increase or decrease dates for desired consistency.

## Banana Mango Coconut Pudding

### Ingredients

- 1 large mango
- 2 bananas
- 1 tablespoon coconut cream concentrate or flesh from a young coconut  
(Note: Young coconuts are available at most health food stores and Asian markets. They are white. The flesh is jelly-like and translucent-white.)
- ¼ cup water
- ¼ cup unsweetened shredded coconut

### Directions

- Blend all ingredients except shredded coconut at high speed until smooth and creamy.
- Adjust water to desired consistency.
- Add shredded coconut and stir.

## Chia Power Pudding

*Chia seeds are filled with Omega-3 fats, minerals and protein. They are filling and are an excellent food for increasing strength and endurance!*

### Ingredients

- 1 cup chia seeds soaked in 6-7 cups of water, juice or smoothie for 8 hours or longer.
- 1 cup raw, organic coconut flour (finely ground coconut) or shredded coconut
- 2 - 4 tablespoons raw agave nectar or ¼ - ½ cup pitted dates, soaked in water and blended to a paste
- 1 - 2 teaspoons pure, organic, raw vanilla powder, vanilla extract, or other flavorings to taste
- Pinch of salt
- 1 teaspoon cinnamon (optional)

### Directions

- Chia seeds will have absorbed all of the liquid and expanded. They will be thick and gelatinous.
- Stir coconut flour into chia.
- Add vanilla powder, salt, flavorings or cinnamon, if using.
- Stir in agave nectar or date paste. Taste. Add more sweetener or blended fruit if additional sweetness is desired.
- If desired, top with chopped nuts, raisins or goji berries that have been soaked to soften.
- If you'd like to serve the pudding like porridge, pour nut or seed milk on top.

## Quick and Easy Chia Pudding

*Chia seeds are filled with Omega-3 fats, minerals and protein. They are filling and are an excellent food for increasing strength and endurance!*

### **Ingredients**

1 cup chia seeds

5 - 6 cups flavored liquid: nut or seed milk, fresh pressed juice, a smoothie, or any combination of the above, with water if desired.

1 - 2 teaspoons pure, organic, raw vanilla powder, vanilla extract, or other flavorings to taste

Pinch of salt

1 teaspoon cinnamon (optional)

Additional sweetener if needed: raw agave nectar or pitted dates, soaked in water and blended to a paste

*(Note: The amount of additional sweetness needed will depend on the liquid you use. If you soak the chia in fruit juice or a sweet smoothie, no additional sweetener may be needed. If you use nut or seed milk, you will probably want to add extra sweetness.)*

### **Directions**

- Soak chia seeds in 6-7 cups of water, juice or smoothie for several hours or overnight. *(The longer you soak them, the more liquid you will need).*
- Once chia seeds have absorbed all of the liquid and expanded, it will be thick and gelatinous.
- Add your choice of flavorings: vanilla powder, cinnamon, or other flavorings *(Note: Flavorings are available from Frontier herbs. They have a large variety of organic flavors, such as orange, peppermint, lemon, and raspberry).*
- Stir in agave nectar or date paste. Taste. Add more sweetener or blended fruit if additional sweetness is desired.
- If desired, top with chopped nuts, raisins or goji berries that have been soaked to soften.



## Power Grawnola

### Ingredients

¾ cup chopped walnuts  
¾ cup chopped pecans  
½ cup almonds, preferably soaked and rinsed  
1 cup pecans  
1 cup dates, pitted  
1 tablespoon cinnamon  
⅛ teaspoon salt  
2 cups buckwheat, sprouted and rinsed\*  
½ cup hemp seeds  
½ cup sunflower seeds  
½ cup pumpkin seeds  
1 cup raisins, soaked briefly in water to soften  
½ cup goji berries (optional), soaked briefly to soften  
Agave nectar if needed for additional sweetness

### \* Sprouting Buckwheat

- Place buckwheat in a bowl, cover with water and soak overnight.
- The next day, rinse the buckwheat and place in a strainer. Rinse once or twice a day until the buckwheat has sprouted and the sprouts are about half the length of the seed.
- Set buckwheat aside to drain while preparing the other ingredients

### Directions

- Place ¾ cup each of walnuts and pecans in the food processor and pulse chop into small pieces. Place the mixture in a bowl.
- Put almonds, pecans, dates, cinnamon and salt in food processor and process until sticky and somewhat smooth. Put in bowl with chopped walnuts and pecans.
- Add buckwheat, pumpkin seeds, sunflower seeds, raisins and goji berries to bowl and mix well.
- Taste and add agave or additional cinnamon if desired.
- Spread on dehydrator tray about ¼ inch thick.
- Dehydrate at 110 degrees until crunchy.
- Store in air tight container. To extend the shelf life, store in refrigerator.
- Eat as is or top with nut or seed milk or cream and fresh berries.

*\*\*Hulled raw buckwheat can be purchased at Whole Foods, or online at Sun Organic Farms or Goldmine Natural Foods*

## Grawnola

### Ingredients

- 1 cup buckwheat, sprouted and dehydrated or drained and left to dry \*
- 1 cup chopped nuts – walnuts, almonds, pecans
- 1 cup seeds, optionally sprouted and dehydrated – sunflower , pumpkin, hemp and/or sesame
- 1 cup raisins
- ½ cup goji berries (optional)
- 1 teaspoon cinnamon
- 2 - 3 tablespoons agave nectar
- 1 - 2 tablespoon cashew butter or tahini

### \*Sprouting Buckwheat

- Place buckwheat in a bowl, cover with water and soak overnight.
- The next day, rinse the buckwheat and place in a strainer. Rinse once or twice a day until the buckwheat has sprouted and the sprouts are about half the length of the seed.
- Set buckwheat aside to drain while preparing the other ingredients

### Directions

- Combine agave nectar and cashew butter and blend with a fork or in blender until smooth. Add a small amount of water if needed to make it thin enough to spread over the remainder of ingredients.
- Put remainder of ingredients in a bowl and stir until well combined.
- Add agave mixture to bowl and mix, using hands if needed to coat well.
- Serve as is or dehydrate for 12-24 hours to crisp it.
- Store in air tight container. If not dehydrated, store in refrigerator.
- Eat as is or top with nut or seed milk or cream and fresh berries.

*\*\*Hulled raw buckwheat can be purchased at Whole Foods, or online at Sun Organic Farms or Goldmine Natural Foods*

## Cashew Milk or Cream

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### **Ingredients**

½ cup cashews, soaked 4 hours and rinsed , or unsoaked  
1 cup water for cream, 2 cups water for milk  
2 tablespoon agave nectar (optional) or 1/4 cup dates (optional)  
⅛ teaspoon flavor extract (optional)

### **Directions**

- Put cashews and water in blender or Vita-Mix and blend until smooth and creamy.
- If you do not have a powerful blender, like the Vita-Mix, and the nuts or seeds are unsoaked, a smoother consistency can be obtained by first grinding the nuts in a blender or in a coffee grinder and then transferring to the blender. Add 1/2 cup water to blender and blend for about 15 seconds, until the mixture becomes a saucy consistency. Slowly add the remaining water and blend until it is smooth and creamy.
- The following step is generally not needed if using a Vita-Mix or other high powered blender, unless the consistency is not smooth enough. Strain mixture through cheesecloth or a nut milk muslin bag. Save the pulp for other recipes.
- Add agave nectar and flavorings if desired.
- For a thinner cream or milk, add more water.

## Pumpkin Seed Mint Milk

### Ingredients

1 cup pumpkin seeds, soaked for 4 hours or overnight, rinsed and drained  
3 - 4 cups water  
5 large dates or 2 tablespoons raw agave nectar  
¼ cup cacao powder  
1 - 2 drops peppermint oil or ¼ teaspoon mint flavor (Frontier Herbs)

### Directions

- Place all ingredients in blender and process until smooth and creamy.
- If desired, you may strain mixture through cheesecloth or a nut milk muslin bag. Save the pulp for other recipes.

## Chai Nut Milk

### Ingredients

1 cup soaked Brazil nuts  
3 - 4 cups water  
2 teaspoons vanilla  
¼ teaspoon cardamom  
2 teaspoon cinnamon  
2 soaked dates

### Directions

- Place all ingredients in blender and process until smooth and creamy.
- If desired, you may strain mixture through cheesecloth or a nut milk muslin bag. Save the pulp for other recipes.

## Breakfast Quiche

### Ingredients

1 recipe Quiche Crust (optional see below)  
4 cups finely diced vegetables (red bell pepper, spinach, mushrooms, onion, broccoli)  
1 cup nuts (*Note: Macadamia nuts or cashews are creamiest.*)  
¼ cup lemon juice  
½ teaspoon salt  
3 tablespoons coconut cream concentrate or 2 tablespoons coconut oil  
¼ - ½ teaspoon turmeric

### Directions

- Finely chop the vegetables either by hand or in the food processor. Place in a large bowl.
- In blender, Vita-Mix or food processor, combine nuts, lemon juice, salt and turmeric until thick and creamy. Adjust the turmeric to desired color without overpowering the taste.
- Pour creamy mixture over vegetables and stir well.
- Pour mixture into prepared crust or into a baking dish without crust.
- Chill for at least 30 minutes, or overnight before serving.
- Slice into individual-sized pieces and serve.

## Quiche Crust

### Ingredients

1 cups almonds (soaked or unsoaked)  
1 ½ cups pecans (unsoaked)  
1 - 2 teaspoons salt  
2 - 4 tablespoons water  
1 - 2 tablespoon ground flax seeds or psyllium husk or 1 tablespoon coconut oil(optional)

### Directions

- Place nuts in food processor and pulse chop until nuts are a fine powder. Add salt.
- Add water a small amount at a time until mixture starts to hold together.
- While the processor is running, slowly add flax , psyllium or oil, if needed, to hold crust together,
- Press into a 9 inch pie plate.

## Scrambled “No Eggs”

### Ingredients

- ½ cup dry sunflower seeds (best if soaked and then dehydrated)
- 1 cup dry Brazil nuts or almonds (best if soaked and then dehydrated)
- ¼ teaspoon of salt
- ¼ teaspoon powdered kelp (optional)
- 1 teaspoon turmeric
- ½ cup filtered water

### Directions

- Place all ingredients in a food processor.
- Process until smooth but not creamy.

## Spanish “Omelet”

### Ingredients

- ¼ cup chopped cilantro
- ½ cup diced tomato
- 2 tablespoon chopped scallions
- 1 - 2 cups spinach, wilted by massaging with 1 teaspoon salt
- Pinch of black pepper
- 1 batch breakfast scrambled “no-eggs”

### Optional

- ½ cup fresh or frozen corn (if using frozen make sure you thaw in warm water)
- 1 - 2 cups spinach, wilted by massaging with 1 teaspoon salt

### Directions

- In a bowl, combine “scrambled “no-eggs” with cilantro, tomato, scallions, spinach and corn, if using.
- Add fresh crushed black pepper to taste.

### Serving suggestions

- Great served with fresh salsa, guacamole or nut sour crème.
- Serve like a “breakfast taco” in a homemade raw tortilla warmed in dehydrator.
- Serve wrapped in a romaine lettuce or collard leaf.
- Add jalapeño or cayenne pepper for a spicy dish.

## Breakfast Pastries

### Ingredients

2 cups nuts – a variety is tastiest: almond, pecan hazelnut, macadamia, coconut, pistachio  
1 cup dried fruits: dates, pitted, figs, raisins, apricots  
1 dash sea salt  
1 - 2 teaspoon vanilla extract

### Directions

- Process nuts and dates with salt and vanilla in food processor until it is completely chopped. Mixture should be a little coarse and hold together. If needed, add a tablespoon or 2 of water.
- Remove from food processor and work dough with hands until it holds together.
- Place on a serving plate and form into a rectangle and cut into serving sized pieces. Or form into balls and press into circles or other desired shapes. They should be between one and one and a half inches thick.
- Place in refrigerator until ready to serve.
- These can be topped with a “glaze” by using the cream from the Berries and Cream recipe.

### Preparation Tips

- Any combination of nuts and dried fruits can be used. For example, almonds give it a drier, flakier consistency.
- Pecans give it a more oily consistency.
- Pecans with blended with ½ cup raisins and ½ cup dates makes a very rich and sweet dough. It is one of my favorites.
- Coconut can be added for a nice variation.
- Chopped dried fruit or nuts can be added after processing for a chunkier texture.
- To make cinnamon rolls, make the cream from the Berries and Cream recipe and add cinnamon. Roll the “dough” into 6 - 8 inch long snakes and form into coils. Drizzle the cinnamon cream over and serve.
- The pastries can be warmed in the dehydrator if desired.

## Gluten Free Bagels

*The caraway seeds in this recipe makes the bagels taste surprisingly like rye bread.*

### **Ingredients**

- 2 cups sunflower seeds
- 3 cups sprouted buckwheat
- 1 cup sprouted quinoa or an additional cup of sprouted buckwheat
- 1 teaspoon minced onion
- 1 ½ teaspoons sea salt
- ¼ cup caraway seeds

### **\* Sprouting Buckwheat**

- Place buckwheat in a bowl, cover with water and soak overnight.
- The next day, rinse the buckwheat and place in a strainer. Rinse once or twice a day until the buckwheat has sprouted and the sprouts are about half the length of the seed.
- Set buckwheat aside to drain while preparing the other ingredients

### **Directions**

- Grind sunflower seeds in food processor until fine.
- Add buckwheat, quinoa, if using, onion and salt and blend well.
- Remove from processor, and add caraway seeds by hand.
- Form dough into 4 inch round bagels with a hole in the middle and place on a mesh dehydrator screen.
- Dehydrate at 105 degrees for 16 - 24 hours.

*This recipe can also be used to make bread. Instead of forming the dough into bagels, spread flat, about ¼ inch thick on the teflex sheets of the dehydrator trays. Score into squares of the size you'd like the bread slices to be.*



## Oat Groat Porridge

*\*\*\*\*\*This recipe contains **gluten** and is not suitable for those with celiac disease or gluten intolerance. \*\*\*\*\* You can try substituting buckwheat for the oats for a gluten free version.*

### Ingredients

1 cup sprouting oats, soaked overnight and drained  
3 - 4 dates, soaked or 1 tablespoon agave nectar  
1 apple, peeled and chopped  
1 tablespoon water (or more if needed)  
½ teaspoon cinnamon  
½ teaspoon vanilla  
¼ teaspoon salt  
Nut or seed milk for topping

### Directions

- Combine oats, dates or agave, apple, water, cinnamon, vanilla and salt and process in food processor until smooth.
- Serve with nut or seed milk and top with fresh or dried fruit of choice.
- Adjust cinnamon and vanilla to taste.

*The following recipe is courtesy of Anna Tipps, Living on Live Foods chef, instructor, and teacher, certified by Alissa Cohen. Anna is the publisher of **Purely Delicious**, a magazine that explores the wonders of the raw foods lifestyle. For more of Anna's recipes, visit her websites and subscribe to her quarterly magazine.*

<http://www.purelydelicious.net>

<http://www.therawtable.com>

## Apple Spice Granola

### Ingredients Group 1

2 cups dates, soft or soaked if they are hard and dry  
 ½ cup agave nectar  
 ¼ cup water  
 2 tablespoon lemon juice  
 1 teaspoon ground cinnamon  
 ¼ teaspoon ground ginger  
 ¾ teaspoon sea salt  
 1 teaspoon alcohol-free vanilla



### Ingredients Group 2

3 cups buckwheat groats, soaked and sprouted  
 2 cups raisins  
 2 cups dried sweet apples, finely cubed or shredded  
 1 cup pumpkin seeds, soaked  
 1 cup sunflower seeds, soaked  
 ¼ cup flax seeds, soaked in ½ cup water for about 3 hours

### Directions

- Process Group 1 ingredients together in a food processor or blender until smooth.
- Pour out into a large bowl and stir in Group 2 Ingredients
- Stir well to mix.
- Spread over 4 - 5 dehydrator trays onto Paraflex sheets.
- Allow to dehydrate at 115 degrees for 5 hours.
- Flip and gently peel off non-stick sheets.
- Continue dehydrating for an additional 8 hours or until completely dry.
- When it's ready, crumble it up and store in an air-tight container.
- If you keep it in the refrigerator, it stays really crunchy and will keep for weeks, if it lasts that long.

## Nut and Seed Milk Taste Testing Results

*Use this chart to record your impressions of the various nut and seed milks that you sample.*

Nut or Seed Milk Name	Taste	Texture	Variations Tasted	Comments
pumpkin seed				
chia seed				
hemp seed				
sesame seed				
almond				
macadamia nut				
cashew				
pecan				
Brazil nut				
coconut				
Combo (write out combos in lines below)				

## Shopping List

The following chart lists all the ingredients used in all the recipes in this book, including optional ingredients. You can make copies and use it to organize your shopping. Decide which recipes to make and check off the ingredients on the chart. If you already have enough for the recipe, check the already have column. If you need to purchase more of the ingredient, tally the amount needed for all the recipes you plan to make in the quantity needed column. Finally, use the comments column for anything that may help you in shopping: where to buy it, substitutions, etc.

Food	Used in Recipes	Already Have	Quantity Needed	Comments
<b>Raw Organic Nut and Seeds</b>				
pumpkin seeds				
flax seeds (golden and/or brown)				
sunflower seeds				
chia seeds				
hemp seeds				
sesame seeds				
almonds				
macadamia nuts				
cashews				
pecans				
walnuts				
pine nuts				
Brazil nuts				
coconut flakes				
coconut - shredded				
<b>Raw Organic Nut and Seed Butters and Oils</b>				
cashew butter				
Tahini (sesame seed butter)				
coconut butter (Artisana brand)				
flax oil				
<b>Dried Fruit *</b> (should be eaten sparingly by diabetics and those with blood sugar disorders )				
dates, medjool				
figs, black mission and calmyrna				
organic raisins				
goji berries				
apricots				
<b>Grains</b>				
buckwheat(not a true grain)				
quinoa				
oats				

## Power Breakfast Ideas

Seasonings, Condiments, and sweeteners				
unrefined sea salt(pink or Himalayan)				
vanilla extract				
peppermint essential oil				
almond extract				
kelp powder				
black pepper				
cayenne				
cinnamon				
ginger				
mint				
turmeric				
carob powder				
cacao powder (raw chocolate)				
cacao nibs (raw chocolate)				
agave nectar				
Fresh or Frozen Fruits * (choose organic whenever possible especially with berries)				
blueberries				
bananas				
apples				
pineapple				
strawberries				
pear				
lemons				
mango				
avocado				
Vegetables * (choose organic whenever possible especially with berries)				
romaine				
spinach				
ginger				
red bell pepper				
mushrooms				
onion				
broccoli				
cilantro				
tomato				
scallion				
corn				
jalapeño				

## Index

### A

Apple Ginger Breakfast Medley .....	21
Apple Spice Granola .....	34

### B

Banana Mango Coconut Cashew Pudding .....	23
Berries and Cream .....	22
Breakfast Pastries .....	31
Breakfast Quiche .....	29

### C

Cashew Milk or Cream .....	27
Chai Nut Milk .....	28
Chia Power Pudding .....	23

### F

Fruit with Chocolate Sauce .....	20
----------------------------------	----

### G

Gluten Free Bagels .....	32
Grawnola .....	26
Green Drink .....	18

### L

Lemony Mint Green Smoothie	19
----------------------------	----

### O

Oat Groat Porridge .....	33
--------------------------	----

### P

Pineapple Cashew Date Pudding .....	22
Power Grawnola .....	25
Pumpkin Seed Mint Milk .....	28

### Q

Quiche Crust .....	29
Quick and Easy Chia Power Pudding .....	24

### S

Scrambled No Eggs .....	30
Spanish Omelet .....	30

### T

Tropical Green Smoothie .....	18
-------------------------------	----

## About the Author, Dr. Ritamarie Loscalzo

Fresh, joyful, and vibrant, brimming with energy and wisdom to guide you gently back to health, Dr. Ritamarie Loscalzo combines experience, education, and practical advice to make healthful eating fun again.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change one's diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate people to achieve their health goals. As a health catalyst, Dr. Ritamarie provides the transformational spark to ignite the desire of change in her clients.



Dr. Ritamarie holds a Doctor of Chiropractic Degree, and is a Diplomat of the American Clinical Nutrition Board. She is a Certified Clinical Nutritionist, with a Master of Science in Human Nutrition. She attained certification as a living foods chef, instructor, coach and teacher. Her articles have appeared in Natural Awakenings, Purely Delicious, Journal of Nutritional Perspectives and many online publications. She is the founder of the International Association of OnLine Holistic Nutrition Providers ([AOLNP](http://AOLNP.com)) and the author of several books.

Learn about the amazing transformative powers of Green Foods by requesting your **FREE** e-Book on the Magic of Greens at [www.GreenFoodMagic.com](http://www.GreenFoodMagic.com)

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