

1. Turmeric & Ginger Oatmeal

Ingredients:

- 1/2 cup rolled oats 1 cup almond milk
- 1/2 tsp turmeric powder 1/4 tsp ground ginger 1 tbsp chia seeds

- 1 tbsp honey or maple syrup 1 tbsp crushed walnuts
- 1/2 banana, sliced

- 1. Cook oats in almond milk over medium heat.
- Stir in turmeric, ginger, and chia seeds.
 Once thickened, sweeten with honey and top with walnuts and banana slices.



2. Berry Chia Pudding with Flaxseeds

Ingredients:

- 3 tbsp chia seeds
- 1 cup coconut milk1 tsp vanilla extract

- 1 tbsp ground flaxseeds
 1/2 cup mixed berries (blueberries, raspberries, strawberries)
- 1 tsp raw hońey

- 1. Mix chia seeds, coconut milk, and vanilla
- extract in a jar. Refrigerate overnight.

 2. In the morning, stir well and top with flaxseeds, berries, and honey.



3. Avocado & Spirulina Smoothie Bowl

Ingredients:

- 1/2 avocado
- 1 banana
- 1 cup spinach1 tsp spirulina powder1 tbsp hemp seeds

- 1/2 cup coconut water1 tbsp granola (for topping)

- 1. Blend all ingredients (except granola) until smooth.
- 2. Pour into a bowl and top with granola.



4. Mushroom & Kale Scramble

Ingredients:

2 eggs (or tofu for vegan option)
1/2 cup kale, chopped
1/4 cup mushrooms, sliced
1 tbsp olive oil

- 1/4 tsp black pepper
- 1/4 tsp Himalayan salt

- 1. Sauté mushrooms and kale in olive oil for 3 minutes.
- 2. Add beaten eggs (or crumbled tofu) and scramble until cooked.
- 3. Season with salt and pepper.



5. Quinoa & Almond Butter Power Bowl

Ingredients:

- 1/2 cup cooked quinoa
 1/2 cup almond milk
 1 tbsp almond butter

- 1 tbsp goji berries
- 1 tbsp pumpkin seeds
- 1/2 apple, chopped
- 1 tsp cinnamon

- 1. Warm quinoa in almond milk.
- 2. Stir in almond butter and cinnamon.
- 3. Top with goji berries, pumpkin seeds, and apple slices.

