

# Breakfast

## **Congee**

In a slow cooker add

2 ½ cups liquid (can be water or any kind of milk)

½ cup oat groats

1 tablespoon coconut oil

nutmeg

cinnamon

Optional: any kind of fruit, dried or fresh

Cook on low over night. It's ready to eat when you get up. I like to add yogurt or milk and some nuts.

## **KASHA**

**Prep Time:** 3 min

**Cook Time:** 40 min

**Total Time:** 34 min

**Yields:** 6

### **Ingredients**

3 cups raw buckwheat groats

½ cup raw almond butter

½ cup chopped raw pecans

½ cup raw pumpkin seeds (pepitas)

2 tablespoons REAL maple syrup or raw honey (optional)

½ teaspoon cinnamon

pinch of sea salt

½ cup unsweetened dried fruit of your choice (optional)

### **Instructions**

Preheat oven to 300 degrees

Spread raw buckwheat groats across a large cookie sheet and bake for about 40 minutes, shuffling them around about halfway through, until slightly golden

Mix all other ingredients in a large bowl as best you can

Immediately out of the oven, stir in warm toasted groats into the bowl until everything is evenly distributed (the heat from the groats will soften the nut butter and allow it to coat everything nicely)

Let cool to room temperature

Place in a tightly sealed glass storage container and store in the fridge

### **Notes**

This recipe is super versatile — you can switch out almond butter for your

favorite nut butter, trade the seeds and nuts for other varieties, and play with the amount of maple syrup you use to vary the sweetness. Enjoy Kasha Krunch with milk, yogurt, or as a dry snack.

### **Breakfast ideas**

#### **FRIED EGGS WITH SAUTÉED ARUGULA**

Serves 1

2 tbsp. extra virgin olive oil, coconut oil or rendered bacon fat 2-3 large eggs

1 small garlic clove, minced or pressed

2-3 c. baby arugula

Heat 1 tbsp. of the oil in a medium saucepan over medium heat. When it shimmers, crack the eggs and slip gently into pan. Cook for 2-3 minute, depending on how soft you want the yolk. For sunny-side-up: spoon a little of hot oil on the yolk to form a coating. For over-easy: flip the eggs over and let cook for 1 minute. Remove eggs and place on a plate.

Return pan to heat; add arugula and season with salt and freshly ground black pepper. You may want to add 1-2 tbsp. water to help cook the greens. Cook until just wilted, about 1 minute.

Place the eggs on top of greens in the pan. Slide the greens and eggs out on your plate.

### **Breakfast Cups**

Serves 4

CUPS:

$\frac{3}{4}$  cup almond flour

$\frac{1}{3}$  cup coconut flour

$\frac{1}{4}$  cup any kind of milk, I use almond

1 tsp baking soda

1 egg

3 TBSP butter or coconut oil, melted

Filling:

4 eggs, whisked

$\frac{1}{4}$  cup chopped spinach or chard or kale

$\frac{1}{2}$  cup cooked sausage or bacon (optional)

sea salt and ground pepper to taste

goat cheese (optional)

These can be made in advance and then heated in the toaster oven or microwave.

Preheat oven 350 degrees

With a hand mixer mix all the ingredients except the butter/coconut oil. Add the oil and mix well. Let stand 5 minutes.

Divide the dough into 4 equal pieces and place each in a greased muffin cup, pressing down on the bottom and up the sides to form a cup.

Bake for 10 minutes and remove from oven.

Whisk the filling ingredients except for the goat cheese and fill the cups. Add a tablespoon of goat to the egg cup.

Bake 12-15 minutes or until egg sets.

Let cups cool for a few minutes, then gently remove and serve or put in the fridge to enjoy later.

### **Egg and Tofu Scramble**

INGREDIENTS 2 eggs, 1pkg Firm Tofu, 1 red bell pepper, 1 cup mushrooms. 1/4 tsp turmeric.

Saute vegetables and add egg/tofu mixture, turmeric and serve with salsa

### **EGG serving options**

Two range fed chicken eggs prepared anyway you desire and 1/4 cup salsa on top along with 1/2 cup fresh whole fruit.

2 poached eggs served on zucchini and topped with salsa with 1/2 grapefruit or melon of your choice

Eggs Florentine (1 or 2 poached eggs served on 1/2 cup of spinach sautéed in olive oil

Scrambled eggs with sauteed kale and turkey bacon

### **Smoothie**

Nutrimeal Free shake mix with frozen berries and milk. Make the night before and put in fridge for breakfast or freeze in plastic container. Then just grab and go to school. It will thaw by lunch.

### **APPLE TAHINI SMOOTHIE**

Serves 1

2 tbsp. tahini (sesame seed butter) 1/2 banana

1 small apple

1/2 tsp. honey

2 tbsp. chia seeds

1/4 tsp. cinnamon

1 1/2 c. water

2 tbsp. whey powder (optional)

Place all ingredients except whey powder in a high-speed blender. Blend until smooth. Add whey, if using. Blend gently, until mixed well. Enjoy!

### **SMOKED SALMON SALAD WRAP**

If you don't like salmon, you can make it without the salmon.

Serves 1

1 tbsp. fresh lemon juice

2 tbsp. extra virgin olive oil

Sea salt and freshly ground black pepper

2 Nori sheets

handful of mixed baby greens

small handful broccoli sprouts

2-4 thin slices red onion (optional)

1/2 avocado, sliced

1/2 tsp. capers

2 - 3 oz. smoked salmon

Whisk lemon juice and olive oil together. Set aside.

Place 1 nori sheet on plate or cutting board.

Place baby salad green, broccoli sprouts, red onion and capers at the bottom edge of nori sheet.

Spoon about 1 tbsp. of lemon dressing over salad.

Add salmon (if using nori place about 1 oz. of salmon in each nori sheet.

Fold nori sheet over salad and begin to roll away from you.

Seal with a dab of water across the top edge of nori sheet. Enjoy.

### **Chia Pudding with Pears, Cashews & Honey**

1 c. whole fat yogurt, coconut yogurt, almond milk (or other milk of choice)

1-2 tbsp. milk of choice (optional)

1 small ripe pear, cut into 1/4 – 1/2 inch cubes

3 – 4 tbsp. chia seeds

1 tsp. honey, to taste

A dash of ground cinnamon, optional

1/4 cup of cashews, whole or rough chop

In a container or pint Mason jar, whisk together yogurt (or milk) and chia until combined well. If using yogurt, add 1-2 tbsp of milk so it doesn't get too thick.

Add fruit and honey. Mix well.

Sprinkle some cinnamon on top.

Cover and place in fridge overnight. (If you don't do this overnight, make sure you let the chia seeds soak in the yogurt or milk for at least 20 minutes. This gives them time to expand and soften.)

Add nuts, if using. Enjoy in the morning straight from the container.

### **CHIA PUDDING WITH NUT BUTTER AND FRESH BERRIES**

Serves 1

1 c. almond milk (or other milk of choice)

1 tbsp. almond butter (or nut butter of choice)

4 tbsp. chia seeds

1-2 tsp. honey or maple syrup, optional

Handful of fresh or frozen raspberries or other berry Handful of walnuts or other nut

In a container or pint Mason jar, whisk together milk and nut butter. Add chia and stir to combine well.

Add fruit on top. Mix well or leave on top.

Cover and place in fridge overnight.

Enjoy in the morning straight from the container.

### **WALNUT BANANA BREAKFAST DRINK**

1 Banana

1 cup of Milk, 1% or skimmed

USANA vanilla Shake powder

1 tbsp of chopped raw walnuts

Directions: Combine all the ingredients in a blender and blend smoothly. You may add ice or use a frozen peeled banana for a thicker drink.

### **Coconut Quinoa Breakfast Bowl**

½ cup cooked quinoa warmed with (canned, unsweetened) coconut milk, add cinnamon & stevia to taste, top with 1/8 cup of toasted pumpkin seeds or almond slivers

### **Peanut Butter Breakfast Cookies**

#### **Ingredients**

2 large (140 grams each), ripe bananas

2 large (50 grams each) eggs

2 1/2 cups (200 grams) rolled oats (certified gluten-free if necessary)

1 cup (260 grams) peanut butter

3 tablespoons honey

2 teaspoons cinnamon

Pinch of salt

#### **Directions**

Preheat the oven to 350°F. Spray a cookie sheet with cooking spray.

Add the ripe bananas and eggs into a medium mixing bowl. Mix with a spatula, mashing on the banana to get chunks as small as possible. Add the oats, peanut butter, honey, and salt, and stir until just combined. The mixture will get thick and hard to stir.

Use a 1/4 cup measure to portion cookie dough into 12 balls. Take each ball and split it in half to create 24 smaller balls. Roll each ball and lightly smash it between your palms to create a mini cookie.

Place the cookies on the baking sheet. Bake until the edges start to brown, 12 to 15 minutes.

### **Nutrition Information**

**Serves: 8 | Serving Size: 3 cookies**

**Per serving:** Calories: 299; Total Fat: 15g; Saturated Fat: 3g; Monounsaturated Fat: 0g; Cholesterol: 53mg; Sodium: 131mg; Carbohydrate: 34g; Dietary Fiber: 6g; Sugar: 13g; Protein: 11g

**Nutrition Bonus:** Potassium: 271mg; Iron: 13%; Vitamin A: 2%; Vitamin C: 4%; Calcium: 3%

### **Keto Walnut-Cashew Porridge**

#### **Ingredients**

1/4 cup (35g) raw cashews  
1/4 cup (27g) walnuts  
1 cup (240ml) unsweetened almond milk  
1 teaspoon vanilla  
2 tablespoons chia seeds  
1 medium apple, chopped  
1 teaspoon cinnamon

#### **Directions**

Soak the cashews and walnuts in cool water for at least 4 hours or overnight, then drain and rinse. Place the soaked nuts in a food processor and grind to a slightly chunky texture, then transfer to a small pot. Add almond milk and vanilla and place over low heat. Stir for about 5 minutes to soften and thicken the mixture. Stir in chia seeds and cook for another minute. Remove from heat. If desired, let cool and store, tightly covered, for up to four days, reheating as needed in the microwave. In a medium bowl, toss the chopped apple and cinnamon and serve porridge with apple pieces on top.

**Serves: 2 | Serving Size: 1/2 cup plus 2 tablespoons nut porridge topped with about 1/2 cup apple pieces**

**Nutrition (per serving):** *Calories: 291; Total Fat: 20g; Saturated Fat: 3g; Monounsaturated Fat: 6g; Cholesterol: 0mg; Sodium: 60mg; Carbohydrate: 26g; Dietary Fiber: 9g; Sugar: 11g; Protein: 8g*

## **Vegan Chickpea Frittata**

### **Instructions**

1 tablespoon olive oil, divided  
1 cup (160g) onion, chopped  
1 cup (100g) cauliflower, chopped  
2 cups (56g) fresh spinach  
1/2 teaspoon salt  
1 1/2 cups (138g) chickpea flour  
1/2 teaspoon black pepper

### **Directions**

Preheat the oven to 375°F (190°C), and use 1 teaspoon olive oil to grease a deep, 9-inch (23 cm) pie pan, reserve.

Place a large saute pan over medium-high heat, coat with remaining olive oil and add the onion and cauliflower. Stir, reducing the heat to medium when it starts to sizzle. When the cauliflower is tender, about 4 minutes, remove from the heat and stir in the spinach and salt. Let it stand as the spinach wilts.

In a medium bowl, whisk the chickpea flour, pepper and 1 1/2 cups (375ml) water. Stir the cooked vegetables into the chickpea mixture, then pour into the prepared pie pan. Smooth the top.

Bake for 45 minutes, until the top is cracked and feels firm when pressed.

Let cool for 5 minutes on a rack before slicing in 6 pieces.

Leftovers can be stored, tightly covered, in the refrigerator for up to 4 days.

**Serves: 6 | Serving Size: 1/6 of the frittata**

**Nutrition (per serving):** *Calories: 126; Total Fat: 4g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 0 mg; Sodium: 223mg; Carbohydrate: 17g; Dietary Fiber: 4g; Sugar: 4g; Protein: 6g*

## **Cold Brew Mocha Smoothie**

### **Ingredients**

1 1/3 cups (310ml) cold brew coffee, frozen into cubes  
1/2 cup (113g) whole fat plain Greek yogurt



1/2 cup (118ml) unsweetened almond milk or any milk you like  
2 medjool dates, pitted  
1 1/2 tablespoons unsweetened cocoa powder  
1/2 teaspoon vanilla extract

**Directions**

Pour the coffee into an ice cube tray and freeze until solid, about 4 hours. Place the yogurt, milk, dates, cocoa powder and vanilla in a blender and process until smooth. Scrape down the sides of the blender. Add the coffee ice cubes and blend until smooth. Pour into glasses and serve immediately.

**Serves: 2 | Serving Size: 1 1/4 cups per serving**

**Nutrition (per serving):** *Calories: 154; Total Fat: 3g; Saturated Fat: 2g; Monounsaturated Fat: 0g; Cholesterol: 14mg; Sodium: 66mg; Carbohydrate: 26g; Dietary Fiber: 3g; Sugar: 20g; Protein: 9g*

# Snacks

## **Good snacks always contain a protein and fat.**

Almond or any nut butter with a piece of fruit

Goat cheese and pear

Celery and peanut butter

Hummus and carrots

Broccoli or carrots and ranch dressing or avocado dressing

Nutrimeal free shake with fruit

Tempeh, stir fry it like tofu with Tamari and garlic powder. It can be eaten room temperature. It's a fermented food.

Wraps. At whole foods you can get paleo wraps. Take one and fill it with peanut butter and jelly or carrots and avocado, turkey bacon, greens, and goat cheese. Any filling that includes a fat and protein and some greens would be great.

## **Quick and Easy Almond Cake Recipe**

Take a round or 8×8 square cake pan and grease it with some REAL butter.

Don't use those chemical sprays such as PAM. They have propellant in them.

That's like the gas you use in your car. Not something you want in a cake.

Mix ¼ cup honey with ¾ cup coconut sugar. You can use regular sugar if you don't have coconut. If that is the case, don't use the honey.

Add ½ tsp vanilla. I make my own with a couple of vanilla beans in a small bottle of cheap vodka and leave it sit for about 4 months.

Beat in 4 eggs using hand mixer. I still have my mother's from 50 years ago!

Then 1 stick (½ cup) of softened butter. Just pop it in the micro wave on defrost for 30 seconds to soften.

Once you have all the wet ingredients well blended, add 2 1/2 cups almond flour (not meal) and 2 tsp baking powder.

Pour this into the greased pan. Bake at 350 for about 15 minutes. You can serve this with some fresh [berries](#) or other fruit in season.

# Lunch/Dinner

Your plate should be mostly in veggies, small protein, and a carb, if desired.

## **Suggestions**

Any of these options can be heated in the morning and put in a thermos for an on the go meal.

Roast broccoli, carrots, parsnips, cauliflower in advance. These hold up well in the fridge and are easy to re-heat to pack for lunch or serve for dinner.

Soup. Use veggie broth and chop carrots or your favorite veggies. Heat in the morning and pack in a thermos. Great for lunch.

## **GREEN SALAD**

Leaf lettuce, Raw mushrooms, Tomato, Avocado, Scallions, Chickpeas

Turkey or chicken (optional)

Combine salad ingredients and use Italian salad dressing Italian dressing—2 parts extra-virgin olive oil, 1 part red wine vinegar (can substitute fresh lemon juice), crushed garlic, salt, pepper to taste

## **SWISS CHARD SOUP**

1 bunch Swiss chard

1 small onion, chopped

3 cloves minced garlic

4 cups vegetable or low fat, low sodium chicken or veggie stock

Parmesan cheese

Sauté onion and garlic in olive oil; add 4 cups vegetable stock or low-fat chicken stock and bring to boil; add 1 bunch chopped Swiss chard, reduce heat , cover and simmer chard until soft (10 min); add cooked white beans; serve with parmesan cheese sprinkled on top.

## **CHICKPEA SALAD**

1 can drained garbanzo beans

1 can drained red kidney beans

2 stalks sliced celery

olive oil

pepper

## **EGGPLANT PARMESAN**

1 large eggplant

Olive oil

8 oz mozzarella cheese

2 cups sauce

1/2 cup, grated parmesan cheese

Slice unpeeled eggplant into 1/4 to 1/2 inch slices; fry in hot olive oil until soft; in baking dish, layer eggplant, shredded low-fat mozzarella cheese, spaghetti sauce, parmesan cheese. Cover and bake 350 degrees for 20-30 minutes.

### **· SAUCE**

Small onion, chopped

4 garlic cloves, chopped

2 tbsp tomato paste

1 can (15 oz) chopped tomatoes

1 tbsp oregano

Olive oil

Sauté chopped onion and garlic in olive oil; add tomato paste; stir in undrained tomatoes and water as needed; season with oregano, simmer 15-30 minutes.

## **MINESTRONE**

1/4 lb turkey bacon

2 medium onions, chopped

1 clove garlic, minced

1/2 cup chopped celery

1 sliced carrot

1 cup chopped cabbage

1/2 cup chopped turnip

1 cup spinach

1/2 cup peas

1/4 cup chopped parsley

6 cups vegetable stock or low-fat, low-salt chicken broth

1/2 tsp thyme

1/2 tsp basil

1 cup cooked white beans

Sauté vegetables and then add broth and spices; simmer for 45 minutes; add 1 cup cooked beans; serve with parmesan

### **SPINACH SALAD**

1 bunch fresh spinach

1 cup sliced mushrooms

1/2 cup sliced red onion

1 sliced hard boiled egg

1/2 cup orange wedges, halved

Extra-virgin olive oil

Red wine vinegar

Chicken chunks (optional)

Mix salad with ingredients; make salad dressing with 2 parts olive oil and vinegar

### **CURRY CHICKEN/tofu SALAD**

5-6 chicken breast halves, boned and skinless or firm tofu

1 tbsp soy sauce

1 cup mayo

1 cup chopped celery

1 1/2 tsp lemon juice

2 tsp curry powder

1 can sliced water chestnuts

Simmer chicken breasts in water, covered 30 minutes or until done; cool and cube; mix remaining ingredients and chill

### **You Won't Believe it's Cauliflower Pizza Crust**

1 cup cooked, riced cauliflower\*

1 egg

1 cup mozzarella cheese

1/2 tsp fennel

1 tsp oregano

2 tsp parsley

\*\*pizza or alfredo sauce

toppings (make sure meats are cooked)  
mozzarella cheese

Delicious and easy.

Preheat oven to 450 degrees Fahrenheit.

Spray a cookie sheet with non-stick spray.

In a medium bowl, combine cauliflower, egg and mozzarella. Press evenly on the pan. Sprinkle evenly with fennel, oregano and parsley.

Bake at 450 degrees for 12-15 minutes (15-20 minutes if you double the recipe).

Remove the pan from the oven. To the crust, add sauce, then toppings and cheese.

Place under a broiler (grill for the Europeans) at high heat just until cheese is melted.

## **Glorious Greens**

Green vegetables are the foods most missing in modern diets. Learning to cook and eat greens is essential to creating health. When you nourish yourself with greens, you will naturally crowd out the foods that make you sick. Greens help build your internal rainforest and strengthen the blood and respiratory system. They are especially good for city people who rarely see fields of green in open countryside. Green is associated with spring, the time of renewal, refreshment and vital energy. In Asian medicine, green is related to the liver, emotional stability and creativity.

Nutritionally, greens are very high in calcium, magnesium, iron, potassium, phosphorous, zinc and vitamins A, C, E and K. They are crammed with fiber, folic acid, chlorophyll and many other micronutrients and phytochemicals. Whenever possible, choose organic. But eating non-organic greens is much better than not eating any greens at all!

Some of the benefits of eating dark leafy greens are:

- Blood purification
- Cancer prevention

- Improved circulation
  - Strengthened immune system
  - Promotion of healthy intestinal flora
- Promotion of subtle, light and flexible energy
- Lifted spirit and elimination of depression
  - Improved liver, gall bladder and kidney function
  - Cleared congestion, especially in lungs by reducing mucus

There are so many greens to choose from. Find greens that you love and eat them often. When you get bored with your favorites, be adventurous and try greens that you've never heard of before. **Broccoli** is very popular among adults and children. Each stem is like a tree trunk, giving you strong, grounding energy. Rotate between **bok choy, napa cabbage, kale, collards, watercress, mustard greens, broccoli rabe, dandelion** and other leafy greens. **Green cabbage** is great cooked or raw, or in the form of sauerkraut. **Arugula, endive, chicory, lettuce, mesclun** and **wild greens** are generally eaten raw, but can be consumed in any creative way you enjoy. **Spinach, Swiss chard** and **beet greens** are best eaten in moderation because they are high in oxalic acid, which depletes calcium from bones and teeth, and may lead to osteoporosis. Cook these vegetables with something rich like tofu, seeds, nuts, beans, butter, animal products or oil. This will help balance the effect of the oxalic acid.

## **Cooking Greens**

Try a variety of methods like steaming, boiling, sautéing in oil, water sautéing, waterless cooking or lightly pickling, as in a pressed salad. Boiling makes greens plump and relaxed. Boil for under a minute so that the nutrients in the greens do not get lost in the water. You can also drink the cooking water as a health-giving broth or tea if you're using organic greens. Steaming makes greens more fibrous and tight, which is great for people who are trying to lose weight. Raw salad is also a wonderful preparation for greens. It's refreshing, cooling and supplies live enzymes.

When some people hear "leafy green vegetables," they often think of iceberg lettuce, but the ordinary, pale lettuce in restaurant salads doesn't have the power-packed goodness of other greens. Get into the habit of adding these

dark, leafy green vegetables to your daily diet. Try it out for a month and see how you feel.

### **Kale Sauté with Lemon and Sea Salt**

Serves 2

- 1 bunch kale, stems removed and leaves sliced into strips
- 1 garlic clove, thinly sliced
- 2 tablespoons olive oil
- 1 tablespoon lemon zest
- 1 lemon, juiced
- 1 teaspoon fresh ginger, minced
- Salt and pepper

Heat the olive oil in a large pan over medium heat. Add the thinly sliced garlic; sauté for 1 minute. Add the kale to the pan along with 2 tablespoons of water. Cook, stirring often for 2-3 minutes. Season with fresh ginger, lemon zest, sea salt, and pepper, to taste. Stir in the lemon juice and toss to coat evenly before spooning the kale into a serving dish.

### **Creamy Roasted Vegetable Soup**

Serves 2

- 1 zucchini, chopped
- 1 squash, chopped
- 2 carrots, chopped
- ½ yellow onion, chopped
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1 cup dairy-free milk

**ROAST THE VEGETABLES.** Preheat oven to 400 degrees. Place vegetables on a baking sheet and drizzle with olive oil and sea salt. Roast vegetables for 20 minutes.



PREPARE THE SOUP. Place roasted vegetables into a blender and blend, slowly add in the milk to get a creamy consistency. Once you have your desired consistency, serve.

### **Carrot & Ginger Soup**

Serves 2

2 Tablespoons olive oil  
½ yellow onion, chopped  
2 inches ginger root, minced  
1 garlic cloves, minced  
3 cups vegetable or bone broth  
1 apple, cubed  
½ pounds carrots, peeled and chopped  
Sea Salt & ground pepper

In a large pot over medium heat add olive oil and sauté onion until translucent, about 3 minutes. Add garlic and ginger and sauté another minute until fragrant.

Add vegetable stock or broth, carrots and apple and cook for 20-30 minutes. Place soup into a high speed blender and blend until smooth or keep as a chunky soup.

### **Vegetable Sauté with Coconut Oil**

Serves 2

2 carrots, thinly sliced  
1 cup snow peas, trimmed  
1 yellow onion, chopped  
1 zucchini, thinly sliced  
1 yellow squash, thinly sliced  
1 tablespoon coconut oil  
Sea Salt and pepper to taste

Place a large pan over medium–high heat. Add coconut oil, then add onions and sauté 2 minutes. Add carrots, snow peas and squash and sauté 8-10 minutes until vegetables soften. Season with sea salt and pepper and serve.

# Sanoviv Breakfast Recipes

## **Lime Pudding Shake**

Ingredients:

(2 servings)

1 cup fresh almond milk or coconut milk

1/2 avocado, medium

1 whole lime, peeled & seeded

1 serving of protein powder (plant, rice, pea, whey)

Add raw honey to taste (stevia may be used)

Add a pinch of unrefined sea salt

Add 4-8 ice cubes

Preparation:

Put all ingredients into a blender and blend on high until rich, smooth and pudding-like.

Nutrition Information

for one serving

(with whey protein powder and almond milk)

Total Calories 360

Protein 28 g

Fat 17 g

Carbohydrate 29 g

Fiber 9 g

## **Flax Seed Nutola**

Ingredients:

(6 servings/3 cups)

1 cup whole organic flax seeds

1 cup raw sunflower seeds

2 cups Brazil nuts

1/4 teaspoon unrefined sea salt

1/2 tablespoon cinnamon

1/2 cup dates (8-10)

1-2 cups of water

1/4 teaspoon Xylitol (optional)

Preparation:

1. Soak the nuts and sunflower seeds only in clean water and leave

them overnight in a lightly covered glass bowl. The next day, drain them using a colander and rinse them well.

2. Put half of the nuts and seeds into a food processor and blend until ground.
3. Crush remaining nuts and seeds and put everything into a large bowl.
4. Mix the sea salt and cinnamon together and add to the mixture.
5. Put dates in a blender with 1-2 cups of water and xylitol and blend. This will have the consistency of syrup. Note: Using 2 cups of water will create less sweetness overall.
6. Coat the entire nuts and seeds mixture with the date syrup, using your hands to coat the entire mix. This is what distributes the flavor evenly. Be sure to press handfuls of the mixture (one handful at a time). This will extract any extra oil from the nuts.
7. Spread the mixture onto dehydrator sheets and dry at 120 degrees for 24-48 hours depending on the "crunchiness" you want (longer times will make it more crunchy and dry).
8. Store in a glass jar or bowl with a tight lid.

## **Veggie Scramble**

Ingredients:

(1 serving)

2 organic eggs

1 Tablespoon sundried tomatoes, chopped

2 cups fresh organic spinach, chopped

1 cup mushrooms, chopped

1 teaspoon butter or organic olive oil

Unrefined sea salt and pepper to taste

1 Tablespoon crumbled goat feta cheese

Preparation:

1. Place tomatoes, spinach and mushrooms in a skillet and stir fry in butter or olive oil for 3-4 minutes over medium heat.
2. Remove from pan and place on a medium plate.
3. Scramble eggs in same pan for 3 minutes.
4. Place on the bed of veggies. Add salt and pepper to taste.
5. Sprinkle top with crumbled feta cheese.

Variations:

- You may use vegetables of your choice, but be sure to include a dark leafy green (spinach, kale, chard).
- As a dairy-free option, omit the cheese and use Daiya vegan cheese.

#### Nutrition Information

(one serving)

Total Calories 270

Protein 19 g

Fat 18 g

Carbohydrate 12 g

Fiber 3 g