

OATMEAL BREAKFAST BARS

FAST & DELICIOUS



20 minutes



4-6 servings



Start your mornings feeling nourished & energized. Prepare a batch ahead of time for a quick, convenient breakfast all week long. Be sure to refrigerate them after making, as they're low in sugar & can spoil within 2 days if left out. Perfect for busy mornings, workdays, or travel — just remember to refrigerate upon arrival at your destination.

INGREDIENTS

2 cups organic oats

¼ cup chia seed

1-3 bananas

1-2 eggs

2 tbs of coconut oil

1 tsp salt

1 tsp vanilla extract

Optional add-ons:

1 tsp orange peel extract

¼ cup coco chips

½-1 cup water (makes them softer)

DIRECTIONS

1. Add all the dry ingredient to a large bowl & mix. Then add in wet ingredients to the same bowl. Optional: process oats in a Ninja to make them even easier to digest.
2. Oil a baking sheet, scoop out cookie size portions on the baking sheet & bake at 350 degrees for 10-12min.
3. Other optional add-ons or combinations for inspiration are:
 - ½ cup amaranth – add fiber & minerals
 - 2 tbs powdered herbs: hawthorn, lion manes, cordyceps, gogi berry, moringa &/or matcha
 - 2 tsp powdered herbs: cinnamon, cardamom, fennel &/or anise

NO COOK OVERNIGHT OATS

FAST & DELICIOUS

🕒 15 minutes

🍴 4-6 servings



Start your mornings feeling nourished & energized. Prepare a batch ahead of time for a quick, convenient breakfast all week long. You can make a 1 week supply & place in individual mason jars for a meal on the go. Try to eat at room temperature or heat slightly in a small pot on the stove. Do not microwave or you will destroy nutrients.

INGREDIENTS

- 1 cup organic oats
- 2 cup organic oat milk or almond milk (no sugar added)
- 2 dollop of grass-fed butter (Kerrygold is a great brand)
- 2 tbs chia seed
- 1 tsp organic cinnamon, cardamom, ginger, rose hips, gogi berry or fennel

DIRECTIONS

1. Mix ingredients together in a large mixing bowl & then divide portions into pint size mason jars.
2. Add fruit & nuts on top if desired
3. Refrigerate mason jar overnight. Eat in the morning or for lunch.
4. There are countless yummy variations:
 - mango, cacao powder, honey, & almond extract
 - blueberries & honey
 - unsweetened organic applesauce, cinnamon, hawthorn berry powder & honey
 - bananas, cocoa powder or peanut butter & honey
 - pureed pumpkin, & pumpkin pie spices

MISO BROTH BREAKFAST

FAST & DELICIOUS

🕒 15 minutes

🍴 1 servings



Start your mornings feeling nourished & energized with miso soup. This simple, versatile dish can be made deeply nourishing while still being quick and convenient—perfect for busy mornings. Miso, made from fermented soybeans or other legumes, supports gut health with its rich probiotic content. When combined with mineral-rich bone broth, it becomes a warming, restorative base. Add immune-supporting mushrooms, and you've got a breakfast that's both grounding & invigorating.

INGREDIENTS

½ -1 tbs of organic miso paste

1 cup water or bone broth

1 tsp cordyceps powder (or reishi, lions mane or turkey tail)

1-2 shitake or maitake mushrooms chopped & sautéed in butter

1 raw egg (optional but great for extra protein & healthy fats)

DIRECTIONS

1. Boil 1 cup to a quart of water
2. Prepare a mug or thermos by adding any other ingredients from above or otherwise that you'd like. Including the raw egg if desired (It will cook when adding the boiled water).
3. Once the water has boiled pour the hot water into your mug or thermos (with other desired ingredients) & allow to steam off for 1-2 min. Mix w/ a spoon.
4. Once the water has cooled a bit add your miso paste. **Note:** because the miso is a ferment you don't want to pour boiling water over it as it will kill the beneficial friendly microbial life.