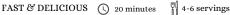
# OATMEAL BREAKFAST BARS









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

1/4 cup chia seed

1-3 bananas

1-2 eggs

2 ths of coconut oil

1tspsalt

1 tsp vanilla extract

#### Optional add-ons:

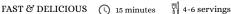
1 tsp orange peel extract 1/4 cup coco chips 1/2-1 cup water (makes them softer)

### 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 Ninga 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









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 iars.
- 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:
  - o mango, cacao powder, honey, & almond extract
  - blueberries & honey
  - o unsweetened organic applesauce, cinnamon, hawthorn berry powder & honey
  - o 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

- 1/2 -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.