



HOW TO --- ENJOY POWER BREAKFAST

POWER PANCAKES

Serves 4

2.5 cups rolled oats, organic, GF
1/2 cup buckwheat
2 cups non dairy unsweetened milk such as almond, soy or coconut milk
2 bananas, ripe, mashed
2 tsp flax seeds, ground
pinch of salt

optional stir-ins:

1 tbsp pumpkin puree or any seasonal fruit puree
1 tbsp chocolate chips
1 tbsp coconut chips
2 tbsp berries
1/8 th tsp cinnamon, pie spice, cardamom, saffron

Directions:

In a blender grind oats and buckwheat into a fine powder

Add non dairy milk, banana, flax and salt and blend it to form a pourable batter. Stir in the add ins of choice.

Warm the skillet and pour 1/3 rd cups of the batter into even rounds.

Allow the pancake to cook until bubbles appear around the edges, then flip and cook until golden brown.

POWER PORRIDGE

Serves 4

1 cup steel cut oats
1/2 cup quinoa
1/4 cup millet
1/4 th cup buckwheat
4 dates, seedless, chopped
4- 5 cups water (start with 4 cups and add as needed) 1/8 th tsp cinnamon, cardamom, pie spice

In a thick bottom pan bring water to a boil. Stir in all the ingredients and simmer on the stove for 20-25 minutes or until desire consistency and texture.

Scoop 1/2 cup in a bowl and stir in non dairy milk, berries, flax seeds, fruit and enjoy

POWER TOAST SWEET

Serves 1

1 slice sprouted grain bread or a rice cake or a wasa cracker 2 tsp peanut, almond or sunflower seed butter
1/2 tsp flax seeds, sesame seeds, chia seed, hemp seeds
4 tsp fruit of choice. Try mango, plum, peach, berries, figs

Toast the bread slice. Spread the nut or seeds butter. Sprinkle the seeds and top it up with fruit of choice. Enjoy!

POWER TOAST SAVORY

Serves 1

1 slice sprouted grain bread or a rice cake or a wasa cracker 2 tsp hummus or cooked and crushed lentils or refried beans 1/2 tsp flax seeds, sesame seeds, chia seed, hemp seeds
2-3 slices of avocado
1 tbsp salsa or fruit chutney
1 tsp cilantro, fine chopped

Toast the bread slice. Spread the hummus or lentils or beans, sprinkle seeds. Top it up with the rest of the ingredients as per taste. Enjoy!

POWER UP GRANOLA CLUSTERS

Serves 2

- 1/3 cup pure maple syrup or local honey
- 1/3 cup nut or seed butter
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1 tbsp cinnamon or pie spice or cardamom
- 2 cups rolled oats (not Instant), gluten-free, organic
- 1/2 cup pumpkin seeds
- 1/2 cup almonds or walnuts
- 1/2 cup unsweetened coconut flakes
- 1/3 cup dried fruit

Preheat the oven to 325F. In a large bowl, combine sweetener, nut or seed butter, vanilla, spice, salt whisk everything together with a spatula.

Add all the other ingredients EXCEPT dry fruits. Transfer this mixture to a greased or lined baking tray and press it into a thin, even layer using a spatula.

Bake for 20 minutes on the bottom rack of the oven, then remove and use a spatula to toss/flip the granola. Return to the oven and bake for an additional 6-7 minutes, then remove.

Immediately sprinkle the dried fruit over the granola, gently toss the mixture. Let the granola cool down completely on the tray before removing.

Store at room temperature or in the fridge (recommended for crunchier granola) for up to one month.

CARAMELIZED SWEET POTATO-BLACK BEAN BREAKFAST SKILLET

Serves 2

2 medium sweet potatoes, cubed
1 cup medium red onion, diced
1 cup bell pepper, green, yellow, red, diced 1 cup black beans, canned or cooked
drained 1/2 cup salsa
4 avocado slices
2 tsp sunflower or pumpkin seeds
2 tsp cilantro
salt and pepper

Preheat the oven to 400 degrees.

Combine sweet potato, onions, peppers and bake for 25-30 minutes or until sweet potatoes are done.

You can also cook the vegetables separately and combine with the baked potato. Add beans, salsa and top it with avocado, cilantro and seeds.

Serve warm.

POWER SMOOTHIE

Serves 2

1.5 cups blueberries, frozen, organic 1/2 cup pineapple
2 cups spinach, organic
1 brazil nut or few walnuts
2 tsp flax, chia, hemp mixed
2 dates

1.5 cups non-dairy milk of choice
use.

Blend all the ingredients into a smoothie. Freeze extra for the future

