

Rise & Dine

Take back your mornings. Ultra-nutritious recipes breathe new life into breakfast

For years, nutrition experts have emphasized the importance of eating a good breakfast. The first meal of the day should deliver a healthy dose of much-needed nutrients and give you the energy you need to crush the morning ahead.

It's easy to eat in autopilot and risk breakfast burnout, especially on busy mornings. Stave off the breakfast blahs by switching things up with these nutrient-dense dishes. They'll breathe new life into your breakfast routine—and you!



PREP: 15 MINUTES | CHILL: OVERNIGHT

Granola Blueberry Chia Pudding

MAKES 2 SERVINGS

For a make-ahead breakfast with plenty of nutritional heft, look no further than this delicious, thick pudding. It takes advantage of chia's power to soak up liquid. For variety, replace the blueberries with other berries.

- ½ cup milk or unsweetened dairy-free milk of choice
- 1 cup plain or vanilla Greek-style yogurt or dairy-free yogurt of choice
- 1 cup fresh or frozen (thawed) blueberries, more for topping
- 2 teaspoons honey
- 1 teaspoon lemon zest
- 1 teaspoon pure vanilla extract
- ½ teaspoon ground cinnamon
- 🧂 Pinch of salt
- 6 tablespoons chia or salba seeds
- 1 cup gluten-free granola, for topping
- 2 tablespoons chopped almonds, other nuts or sunflower seeds, for topping, optional

1. Place milk, yogurt, blueberries, honey, lemon zest, vanilla, cinnamon and salt in a blender container and blend until smooth.
2. Divide mixture between 2 wide-mouth jars. Add 3 tablespoons chia seeds to each jar and stir to combine. Seal jars and chill overnight.
3. When ready to serve, top each jar with an equal amount of granola, almonds and fresh blueberries.

Each serving contains 549 calories, 22g total fat, 3g saturated fat, 0g trans fat, 12mg cholesterol, 136mg sodium, 68g carbohydrate, 18g fiber, 31g sugars, 22g protein, 29Est GL.

PHOTOGRAPH BY MATTHEW KADEY

PREP: 15 MINUTES
COOK: 10 MINUTES

Pumpkin Apple Oatmeal

MAKES 4 SERVINGS

Yes, you can enjoy hearty, gluten-free steel-cut oats on harried weekday mornings. Soaking the oats in hot water overnight softens them; your only task in the morning is to stir in other ingredients and warm it up. Pumpkin and apple deliver tempered natural sweetness to this heavenly spiced oatmeal. If desired, pumpkin or sunflower seeds can replace the nuts for some crunch.

- 1 cup gluten-free steel-cut oats
-  Pinch of salt
- $\frac{1}{3}$ cup milk or dairy-free milk of choice
- 1 apple, finely chopped
- $\frac{1}{2}$ cup pumpkin puree
- $\frac{1}{4}$ cup ground flaxseed
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{4}$ cup chopped walnuts, pecans, pumpkin seeds or sunflower seeds
- $\frac{1}{4}$ cup coconut flakes
- 4 teaspoons pure maple syrup

1. Place oats, 3 cups water and a pinch of salt in a medium saucepan. Bring to a boil, immediately turn off heat and let oats soak overnight, covered.
2. The next morning, stir in milk, apple, pumpkin, flax, vanilla, cinnamon, ginger and cloves. Heat 10 minutes over medium-low heat, stirring occasionally.
3. Serve oatmeal topped with nuts or seeds, coconut and a drizzle of maple syrup.

Each serving contains 332 calories, 13g total fat, 4g saturated fat, 0g trans fat, 2mg cholesterol, 37mg sodium, 47g carbohydrate, 10g fiber, 12g sugars, 11g protein, 20Est GL.



PREP: 20 MINUTES | COOK: 25 MINUTES

Rainbow Millet Scramble

MAKES 3 SERVINGS

Most people would benefit from eating more vegetables, so why not rise and dine on this savory upgrade on scrambled eggs? For faster mornings, the millet can be prepared up to 3 days ahead. Leftovers of the scramble can be reheated over low heat in a skillet or in the microwave at medium (50%) power. This dish is good for lunch and dinner, too. For variety, top each serving with a dollop of sour cream and some diced avocado.

- $\frac{3}{4}$ cup uncooked millet
- 2 pinches of salt
- 6 large eggs
- 2 teaspoons fresh thyme
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon red chili flakes, optional
- 2 teaspoons canola oil or grapeseed oil
- $1\frac{1}{2}$ cups cherry tomatoes, halved
- 1 orange bell pepper, chopped
- 2 scallions, chopped
- 1 cup cooked or canned black beans, drained
- 3 cups fresh baby spinach
- $\frac{1}{2}$ cup grated cheddar cheese of choice, optional
- 1 cup gluten-free jarred salsa of choice

1. Place millet, 2 cups water and salt in a small saucepan. Bring to a boil, reduce heat to medium-low and simmer, covered, until millet is tender and water is absorbed, about 20 minutes. Set aside, covered, 5 minutes; then fluff with a fork.
2. Crack eggs into a large bowl. Add thyme, salt, pepper and chili flakes (if using) and whisk to combine.



Shopping List

For gluten-free and allergy-friendly ingredients, check out these products.

Chia Seeds

Salba Smart
salbasmart.com

Granola

Bakery on Main
bakeryonmain.com

Bob's Red Mill
bobsredmill.com

KIND

kindsnacks.com

Ham

Applegate Farms
applegate.com

Boar's Head

boarshead.com

Dietz & Watson

dietzandwatson.com

Steel-Cut Oats (purity protocol)*

GF Harvest
glutenfreeoats.com

*Gluten-free purity protocol oats have been grown, harvested and processed in dedicated fields and facilities, not mechanically separated later. They are recommended for people with celiac disease and gluten sensitivity.

Not every product sold by every company listed is gluten-free or allergy-friendly. Read ingredient labels carefully. When in doubt, confirm ingredients directly with the manufacturer.



3. Heat oil in a skillet over medium heat. Add tomatoes, bell pepper, scallions and black beans; cook 2 minutes. Stir in spinach and heat until slightly wilted. Reduce heat to medium-low, pour eggs into pan and cook, stirring gently and frequently until small, creamy egg curds form. Stir in cooked millet and cheese (if using). Serve with salsa.

Each serving contains 501 calories, 16g total fat, 4g saturated fat, 0g trans fat, 423mg cholesterol, 639mg sodium, 65g carbohydrate, 9g fiber, 7g sugars, 25g protein, 32Est GL.

PREP: 15 MINUTES | COOK: 5 MINUTES

Ham & Pear Sandwich

MAKES 4 SERVINGS

Sweet and savory, this breakfast sandwich is a welcome break from standard breakfast fare. The pear sauce can be made a few days ahead and reheated in a saucepan or microwave before serving.

Pear Sauce

- 1 teaspoon canola oil or grapeseed oil
- 1 shallot, finely chopped
- ¼ cup orange juice
- 2 ripe but firm pears, cored and cut into ¼-inch dice
- 2 teaspoons honey
- ¼ teaspoon ground cinnamon
- Pinch of salt

Sandwiches

- 8 teaspoons grainy Dijon-style mustard
- 8 slices gluten-free bread, toasted
- 8 slices gluten-free ham
- 2 cups fresh arugula

1. To make pear sauce, heat oil in a small saucepan over medium heat. Add shallot and sauté until softened, about 2 minutes. Add orange juice, pears, honey, cinnamon and pinch of salt. Bring mixture to a boil,

Morning Glories

Short on time? These gluten-free store-bought products will give you a quick and nutritious start to your day.

Birch Benders

Paleo Toaster Waffles (birchbenders.com)
Made with ground tiger nuts and cassava flour, these toaster-ready waffles contain no added sugar so you can be a little more generous with the maple syrup.

Bob's Red Mill

Tropical Muesli Cup (bobsredmill.com)
This portable just-add-boiling-water muesli cup contains a sprightly mix of gluten-free oats, mango,

coconut and macadamia nuts to wake up your palate.

JUST Egg

(justforall.com)
Years in the making, this plant-based egg replacer makes omelettes and scrambled eggs that are remarkably similar to what comes from the bird. No shell cracking required.

Manitoba Harvest

Hemp Yeah! (manitobaharvest.com)
Blend a scoop of this plant-based pea and hemp

protein powder with milk, frozen berries and a spoonful of nut or seed butter for an inspiring breakfast smoothie.

Seven Sundays

Blueberry Chia Buckwheat (sevensundays.com)
This bundle of gluten-free grains, fruit and seeds is a nutritious upgrade to most boxed cereals. Try soaking the muesli in milk for fast morning nourishment.

Siggi's

Simple Sides Honey

Yogurt (siggis.com)
Deliciously thick Icelandic skyr yogurt is gussied up with figs and walnuts for a protein-packed breakfast treat that isn't sky-high in sugar.

Wild Zora

Cliffside Coconut Berry (wildzora.com)
You don't have to be camping to enjoy this muesli-style medley of freeze-dried berries, coconut, flax and nuts. Just add hot water to the pouch and dig in.

reduce heat and cook until pears have softened, about 5 minutes.

2. To assemble a sandwich, spread some mustard on a slice of toast and top with ham slices, some pear sauce and arugula. Spread more mustard on a second slice of toast and place on sandwich. Repeat to assemble remaining sandwiches.

Each sandwich with pear sauce contains 310 calories, 8g total fat, 1g saturated fat, 0g trans fat, 38mg cholesterol, 1024mg sodium, 48g carbohydrate, 5g fiber, 19g sugars, 16g protein, 21Est GL.

Each tablespoon of pear sauce contains 12 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 3mg sodium, 3g carbohydrate, 0g fiber, 2g sugars, 0g protein, 1Est GL.



Contributing chef Matthew Kadey, RD, (rocketfuelfoods.net) is a registered dietitian and food writer. He is author of *The Muffin Tin Chef* (Ulysses Press), *The No-Cook, No-Bake Cookbook* (Ulysses Press) and *Rocket Fuel: Power-Packed Food for Sports and Adventure* (VeloPress).

Once Again, Our Product Line is Growing!



100% Employee-Owned
www.oanb.com

