

WELLNESS BEGINS IN THE KITCHEN

EBONY TREE

RECIPIES
INCLUDED

Breakfast
Edition



eBook

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BREAKFAST TOGETHER

THE HEART OF FAMILY HEALTH

Every family has its morning rituals. From the sleepy yawns of parents to the eager footsteps of children, mornings are a symphony of sounds and emotions. Amidst the rush to get ready for the day, there's a moment of calm, a moment of unity - the breakfast table. It's here that families come together, sharing not just meals but dreams, plans, and love. But beyond the conversations and laughter, have you ever paused to think about the role of the food that graces this table?



Breakfast, often dubbed the most important meal of the day, holds a special place in the heart of family wellness. It's not just about filling our stomachs; it's about fueling our bodies for the day ahead. The choices we make during this meal can set the tone for our energy levels, mood, and overall health. For children, a nutritious breakfast supports growth, cognitive development, and school performance. For adults, it's the cornerstone of metabolism, focus, and vitality.



However, in the hustle and bustle of modern life, ensuring a healthy breakfast can sometimes feel like a challenge. Between juggling work, school, and countless morning chores, families often resort to quick, less nutritious options. But here's the thing: health and convenience can go hand in hand. With a little knowledge and preparation, families can transform their morning meals into a powerhouse of nutrition.



Who doesn't love a good superhero tale? Those bedtime stories of caped crusaders saving the day have a special place in our hearts. But what if I told you that our breakfast tables host their own champions? Enter Avocado and Jamu Juice, the unsung heroes of the morning. These superfoods, with their rich nutrient profiles, are set to revolutionize our family's breakfast routine.

Avocado, with its creamy texture, is not just a treat for the palate but a powerhouse of essential nutrients. From heart health to skin glow, this 'green gold' promises a myriad of benefits. On the other hand, Jamu Juice, with its roots in traditional Indonesian medicine, brings a refreshing burst of wellness, known for its potential anti-inflammatory properties.

With Avocado and Jamu Juice on our plates and in our glasses, we're not just feeding our bodies; we're fueling our day with nutrition, joy, and a touch of magic.

BREAKFAST DYNAMIC DUO

- Aids Digestion Naturally
- Supports Heart Health
- Enhances Immune Response
- Protects Vision
- Supports Bone Strength
- Boosts Energy Levels





“
A healthy outside starts from the inside.”
Robert Urich

Who knew that behind the creamy texture of avocados lay a treasure trove of health benefits? It's like nature's little gift to our families! From keeping our hearts happy to giving our skin that natural glow, avocados are the unsung heroes of our breakfast table. Let's unwrap the many wonders of this 'green gold' and make it a family favorite.

Who's up for a breakfast adventure? Our Avocado Toast recipes are not just a treat for the taste buds but also a canvas for creativity. Let the little ones pick their toppings, watch the elders reminisce about their favorite avocado memories, and let's make breakfast a fun, family-cooking affair!

DELICIOUS AVACADO TOAST

- **Toast Bread:** Choose thick-cut grainy bread and toast until golden.
- **Prepare Avocado:** Mash $\frac{1}{2}$ large ripe avocado with 1-2 teaspoons lemon juice.
- **Season:** Add kosher salt and freshly cracked black pepper to taste.
- **Spread & Top:** Layer mashed avocado on toast; add optional toppings like red onion, tomato, broccoli sprouts, or cilantro.
- **Serve & Enjoy:** Relish the creamy, nutrient-rich Avocado Toast!

“

**Let food be thy
medicine and medicine
be thy food.”**

Hippocrates

From the heart of Indonesia to our family breakfast table, Jamu Juice is like a morning hug in a glass. Packed with nature's goodness and a taste that dances on the palate, it's a drink that both kids and adults will cherish. Let's raise a toast to health, freshness, and family bonds with every sip.



Gather around, family chefs! It's time to blend, mix, and pour some love into our glasses. Making Jamu Juice is a delightful experience, and when done together, it becomes a cherished family memory. With our easy guide, let's make mornings a little more refreshing and a lot more fun.

SUPER JAMU JUICE RECIPE

- Blend Ingredients: Combine 1 cup turmeric, $\frac{1}{2}$ cup ginger, and 4 cups water in a blender.
- Simmer Mixture: Pour into a saucepan, bring to boil, then simmer for 15 minutes.
- Add Sweetness & Tang: Stir in $\frac{1}{2}$ cup honey and $\frac{1}{4}$ cup fresh lime juice.
- Strain & Chill: Pass the mixture through a fine sieve, then refrigerate.
- Serve: Enjoy chilled, adjusting with still or tonic water if desired.

CONCLUSION



ENJOY A SUPER MORNING

NOURISH
YOUR
POTENTIAL

Embrace simple breakfast changes with Avocado and Jamu Juice, and unlock a happier, healthier morning for the whole family.

From the tiny tots to the wise elders, our breakfast delights are crafted for all. Every bite of the Avocado Toast, every sip of the Jamu Juice, is a testament to our family's love for good health and togetherness. Let's make every morning a celebration of unity, health, and shared laughter.

As we wrap up our delightful breakfast journey, it's heartwarming to see our family come together over plates of nutrition and glasses of wellness. With superfoods like Avocado and Jamu Juice, we're not just feeding our bodies; we're nourishing our bonds. Here's to sunlit mornings, giggles around the table, and a healthier, happier family life!