



TRIED AND TRUE NUTRITIONTM



Breakfast Scramble

1/2 chopped onion
1 package sliced crimini mushrooms
2 eggs whites plus one egg yolk, whisked **OR** 1 package soft tofu, crumbled
1 tsp turmeric
1 tsp Bragg's Liquid aminos
1 bag fresh baby spinach
black pepper to taste

Heat a skillet and saute onions and mushrooms in their own liquid with the lid on (steam will form) for a few minutes. Add the rest of the ingredients and cook for 5 minutes. Adjust seasonings to taste. Enjoy!

Serves 2.



Hot Blueberry Oatmeal

1/2 cup cooked oatmeal (oats, water or nondairy milk)
1/2 tsp cinnamon
1/2 tsp vanilla
1/2 cup fresh or frozen blueberries
2 tsps seeds: ground flax, hemp, chia (your choice)
1 tsp maple syrup (or brown sugar)

Combine all ingredients. Enjoy!

Serves 1.

Strawberry Oatmeal

1/2 cup cooked oatmeal (oats, water or nondairy milk)
1/2 tsp cinnamon
1/2 tsp vanilla
1/2 cup fresh or frozen strawberries
1 tsp maple syrup (or brown sugar)

Combine all ingredients. Enjoy!

Serves 1.



Overnight Muesli (oats)

1/3 cup rolled oats, not instant

1 cup non-dairy milk

1/2 small apple, cored and grated with the peel, OR 1/2 cup berries*

1/2 banana, mashed

1/2 tsp vanilla extract

A dash of cinnamon or Chinese 5 spice blend (optional)

AM Toppings, 1 tsp of each:

- goji berries, raisins, chopped dates or figs
- unsalted sunflower seeds or hemp seeds, walnuts or almonds
- Optional: flaked unsweetened coconut, chia seeds, ground flaxmeal

*Optional: berries can be used in addition to or instead of apple

Combine ingredients and let sit overnight in the refrigerator.

In the morning mix well, add toppings and enjoy!

Makes 1 serving.



Avocado Toast

1 slice Ezekiel bread, toasted
1/2 avocado, sliced
2 tomato slices
black pepper
Black sesame seeds (optional)
Hot sauce (optional)

Toast the bread and top with tomato and avocado slices, pepper to taste. Enjoy!

Serves 1.



Kale Caesar Salad

2 cups kale, chopped
1/2 cup chopped tomatoes or mushrooms
1/2 cup garbanzo beans
1 tsp nutritional yeast
1T hemp seeds
1T fresh mint leaves, minced
1T *Tahini Dressing*

Combine and toss all in bowl and enjoy!

Serves 1.

Green Bed Bowls

2 cups raw greens: spinach or kale, chopped
1 cup of any leftovers (beans, chili, lentils, chickpeas, pasta)

Place greens in bowl and top with re-heated leftovers.

Serves 1.



Angel Spaghetti with Basil Marinara

water

1/2 pound whole wheat (or lentil or edamame) angel hair spaghetti

1/2 cup fresh carrot juice

5 cloves garlic, minced

1 medium onion, minced

1 tsp red pepper flakes

1 container chopped tomatoes, no salt

1 bunch fresh basil, chopped

Bring a large pot of water to boil, add pasta and cook for 8 minutes until pasta is al dente. Drain and set aside.

Meanwhile, in a large skillet over medium heat, cook garlic, onion, pepper flakes in juice until sautéed or translucent. Add tomatoes, bring to a bubbling simmer.

Remove sauce from heat, add cooked pasta and toss to mix thoroughly. Add basil and serve with broccoli or other greens.

Serves 4.