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BREAKFASTS

Simple Morning Muesli

**MAKES 2 CUPS
(500 ML),
2 SERVINGS**

Store nuts and seeds in the freezer to preserve their freshness. For convenience, mix your favorite nut-and-seed combination in a single jar.

This nourishing breakfast can be prepared the night before and provides an excellent balance of protein, fat, and carbohydrate. Soaking enhances the digestibility of the grains and increases mineral absorption. One cup (250 ml) provides 12 grams of protein and 8 grams of fiber.

- ¾ cup (185 ml) old-fashioned rolled oats or other rolled grains**
- 2 tablespoons (30 ml) raisins or other dried fruit**
- 2 tablespoons (30 ml) chopped walnuts, almonds, or other nuts**
- ¼ teaspoon (1 ml) ground cinnamon**
- 1 cup (250 ml) fortified unsweetened soy milk or other nondairy milk**
- 1 cup (250 ml) fresh fruit** (such as blueberries or chopped apple, mango, or peach)
- 1 tablespoon (15 ml) ground flaxseeds or chia seeds**

Put the oats, raisins, walnuts, cinnamon, milk, and fresh fruit in a medium glass or ceramic bowl and stir to combine. Refrigerate for 8–10 hours. Alternatively, stir in the fresh fruit just before serving to preserve its color and nutrition. Top with the flaxseeds just before serving.

VARIATION: Replace some of the soy milk with nondairy yogurt.

Per serving: (1 cup/
250 ml): calories: 312

protein: 10 g
fat: 11 g
carbohydrate: 47 g
dietary fiber: 8 g
calcium: 229 mg
sodium: 51 mg

Note: Analysis done with blueberries.

MAKING PLANT MILKS MORE NUTRITIOUS

Always choose fortified (enriched) unsweetened nondairy milks. Among nondairy beverages, soy milk is significantly higher in protein. To boost the protein, vitamins, and minerals of 1 quart (1 L) of any nondairy beverage, blend 2 cups (500 ml) of the milk with ¼–½ cup (85–125 ml) of hemp seeds until very smooth. If you use a high-speed blender, this will take one to two minutes. Pour the blended milk back into the container and shake well. Store in the refrigerator.

Sweet Breakfast Bowl

Brimming nutrients, antioxidants, and fiber, this breakfast will keep you satisfied all morning long. Once the ingredients have been gathered, it comes together in a flash. Begin with cooked whole grain, then add your favorite toppings. For a takeout breakfast, layer the ingredients in a mason jar. Below are suggestions to get you started. Use as much or as little of a component as you like, depending on how hungry you are.

MAKES 1 SERVING

Whole Grains (½–1 cup/125–250 ml)

- Cooked hulled or pot barley, Kamut berries, oat groats, steel-cut oats, or spelt berries

Fruit. *Fresh or thawed frozen fruit, stewed fruit, or both*

- Fresh berries; chopped apples, apricots, nectarines, peaches, or other fresh or thawed frozen fruit (1 cup/250 ml)
- Stewed fruit, without added sugar, such as applesauce, berries, prunes, or plums (¼–½ cup/60–125 ml)

Nuts/Seeds (1 tablespoon/15 ml). *Choose 1 omega-3-rich seed and one other*

- Omega-3-rich seeds (chia, flax, hemp)
- Other seeds (pumpkin, sunflower)
- Nuts (chopped almonds, Brazil nuts, hazelnuts, pecans, or walnuts)

Optional Creamy Additions (2–4 tablespoons/30–60 ml)

- Cashew-Pear Cream (page XX)
- Unsweetened nondairy yogurt
- Vanilla Chia Pudding (page XX)

Fortified Unsweetened Soy Milk or Other Nondairy Milk (½–1 cup/125–250 ml)

Optional Spices (¼–½ teaspoon/1–2 ml)

- Ground allspice, cardamom, cinnamon, cloves, nutmeg, or pumpkin pie spice

Put all the ingredients in a bowl and stir until well combined.

TIP
Store nuts and seeds in the freezer to preserve their freshness. For convenience, mix your favorite nut-and-seed combination in a single jar.