

### EGG PIE

#### Ingredients

- 8-10 beaten eggs or egg whites
- ¼ cup each of your choice of the following: chopped ham or turkey, kale, bok choy, spinach, onions, leek, zucchini, mushrooms, tomatoes or other vegetables in your fridge.
- Seasonings: garlic, salt, pepper, thyme, cumin, basil, oregano, etc.

#### Preparation

In one pan, sauté all ingredients (including seasonings), *except for eggs*. Use 1 Tbsp butter or oil to lightly coat the bottom and sides of a pie plate. Place vegetables in bottom of pie plate, cover with chopped meat, if using, and top with beaten, raw eggs. Bake at 350 degrees for 30 – 40 minutes. May be eaten hot or cold over several days. May also be baked in a pie shell, if preferred.

### STEEL CUT OATMEAL

#### Ingredients

- 1 c steel cut oats
- 4-5 c liquid consisting of all water or 12 oz can coconut milk + water
- ¼ c honey
- ½ tsp vanilla
- Dash of cinnamon & nutmeg

#### Preparation

Combine all of the ingredients in a crockpot overnight on low. Can substitute Quinoa or Chia seeds for the oats or combine them all together. *Top with your choice of Apples, Cranberries, Raisins, Dried Cherries, Walnuts, etc.*

### SUPERFOOD BREAKFAST BALLS

#### Ingredients

- 1/2 cup almonds
- 1/3 cup pepitas (pumpkin seeds)
- 1/3 cup walnuts
- 1/4 cup black sesame seeds
- 1/3 cup chia seeds
- 1/2 cup tahini
- 1/4 cup almond butter

- 1/4 cup coconut palm sugar
- 2 tablespoons of your favorite super green powder (optional)

#### Preparation

Combine all of the ingredients in a food processor. If the mixture isn't moist enough to make balls out of, add 2 to 3 tablespoons of water and continue mixing. Scoop out mixture with tablespoon or cookie scoop and mold into balls. Eat right away or refrigerate for future breakfasts. Keeps several days in the refrigerator. Makes a great snack too!

### BREAKFAST CONGEE

#### Ingredients

- 1-cup brown or white rice (not instant)
- 6 cups chicken stock, vegetable stock, or water

**Optional garnishes:** Soy sauce, green onions, soft-boiled egg, garlic, pickled vegetables, thinly sliced mushrooms, dried fruit (may be cooked into the congee; cut up if large like dried apricots)

#### Preparation

Combine whole grain and water in a slow cooker and cook on low for 8 hours, you may need to add more water as the congee cooks and thickens. You may also use a buttered oven proof dish or slow cooker.

#### About Congee:

Congee is a flexible dish that lends well to a variety of grains. According to classical Traditional Asian Medicine texts, eating seasonal food is important to maintaining health throughout the year. To use seasonal grains, substitute grain of choice in the congee recipe or mix half-and-half with rice.

Try these grains with the seasons:

- Spring: wheat
- Summer: millet or corn
- Late summer: rye
- Autumn: rice
- Winter: beans and legumes

Quinoa, while from the new-world, mixes well with many grains, especially rice and millet.

### HOT MISO SOUP

#### Ingredients

- 1-2 cups bone broth
- ½ tsp white miso paste
- soy sauce to taste
- 1-2 small very thinly sliced mushroom
- Seaweed in bite sized pieces
- Scallions, onions and/or garlic to taste
- Grated ginger (optional)

#### Preparation

Combine all the ingredients together except miso. Boil for a few minutes until fragrant. Dissolve the miso into the soup. Drink for breakfast or throughout the day.

### BROWN RICE BOWL WITH EGG AND AVOCADO

*Serving for 1 person*

#### Ingredients

- 1-2 pieces bacon, chopped
- 1/2 scallion, thinly sliced, plus more for garnish
- 2 oz. curly spinach, stemmed (2 packed cups)
- Salt and pepper to taste
- 2 tsp. toasted sesame oil
- 2 tsp. distilled white vinegar
- 1/2 tsp. toasted sesame seeds, plus more for garnish
- 1 cups cooked brown rice, warm
- 1/2 avocado, thinly sliced
- 1-2 radishes, thinly sliced
- 1-2 large fried eggs

#### Preparation

- Cook the bacon and scallions in a large skillet over medium until the bacon is crispy, 5 minutes. Pour off extra fat. Add the spinach, salt, and pepper and cook just until wilted, about 1 minute.
- Whisk the oil, vinegar, and sesame seeds in a small bowl.
- Divide the brown rice, spinach mixture, avocado, and radishes in the bowls. Top with the eggs and garnish with scallions

and sesame seeds. Drizzle with the sesame dressing and serve warm, with more dressing on the side.

- This is a great way to use up veggies getting ready to go bad in the fridge!

### HEALTHY GRANOLA

*Servings: 24 (portion size, 1 1/2 ounces). Best as a topping rather than a cereal.*

#### Ingredients

- 2 1/2 ounces sesame seeds
- 2 1/2 ounces slivered almonds
- 2 ounces sunflower seeds
- 4 ounces unsalted cashews
- 3 ounces unsweetened shredded coconut
- 10 1/2 ounces rolled oats
- 4 ounces honey
- 3 ounces dried currants

#### Preparation

1. Toast the sesame seeds until golden brown in a dry skillet. Set aside.
2. In the same skillet, toast the almonds until a pale golden color. Add the sunflower seeds and toast until the almonds are golden brown. Add the cashews, coconut and oats to the skillet. Toast until the cashews are lightly browned. Add the toasted sesame seeds and honey to the skillet. Heat and toss until all the ingredients are coated with the honey.
3. Remove the pan from the heat and stir in the currants. Spread the mixture on a sheet pan lined with parchment paper.
4. Bake the granola in a 350° oven until the granola has a rich golden-brown color, about 15 minutes.
5. Line another sheet pan with several layers of paper towels. Spread the granola over the towels and cover with additional paper towels. Allow the granola to cool completely. Break the granola into small chunks before serving.
6. Granola can be stored in an airtight container for up to 3 weeks.