



### **Rebuilding Breakfast**

Morning routine:

- 1) On waking: tall glass of warm-neutral (NO COLD) water with ½ a fresh squeezed lemon
- 2) 15-20min of light exercise – eg walk a dog, light jog on treadmill etc. (IF POSSIBLE)
- 3) Set at least 15min aside to EAT breakfast, sitting down, without rushing or distractions.
- 4) Try to replace coffee with green tea (or another favourite tea), sweetened with honey.

### **Blueberry Almond Vanilla Cereal**

1 cup higher-fiber cold cereal (like all bran or low-fat granola)

1/2 cup vanilla soymilk/rice/almond milk

1/4 cup fresh or frozen blueberries (or any other favourite fruit)

1 tablespoon toasted almonds (sliced, slivered or chopped)

Add the cold cereal to a bowl. Pour in vanilla soymilk. Sprinkle blueberries and almonds over the top. Enjoy!

### **Fruit Smoothie**

½ cup fresh or frozen fruit (blueberries, mango, peaches, raspberries)

½ - 1 cup rice/almond/soy milk

2 Tablespoons protein powder (soy, rice or pea)

1 Tablespoon soy lecithin granules (optional)

1 teaspoon flax seed oil / fish oil

1 packet probiotics or powdered supplement (optional)

2-3 ice cubes if desired

Place all ingredients in a blender and blend until smooth. Serve immediately. Makes 1 smoothie.

### **Super Oatmeal**

½ cup rolled or steel-cut oats (can replace with instant if in a rush but try to use non instant)

1 cup water

Pinch salt

¼ cup almonds or walnuts lightly chopped

½ cup almond/rice/soy milk

½ tsp of cinnamon

½ cup of banana or blueberries/raspberries/strawberries

Combine oats and water, and salt in the saucepan and bring to a boil. Stir, cover, and reduce heat to a simmer (for rolled oats) or a medium boil (steel-cut oats) and cook until tender. While still on stove top add in fruit, nuts, cinnamon and milk.

### **Nuts N' Nanas**

2 Tbs each of: sunflower seeds, sesame seeds, pumpkin seeds, almonds, and brazil nuts

¼ cup shredded coconut (optional)

2 large apples, grated

½ cup raisins

2 bananas, sliced

Grind the nuts and seeds in a blender. Combine with the remaining ingredients. Add a little almond or rice milk if desired. This is a tasty way to beat the “oh no, oatmeal again!” syndrome.



### **Baked Breakfast Rice**

2 cups cooked brown rice or  
1 cup raisins  
1 ½ cup almond/soy/rice milk  
Pinch of nutmeg and cinnamon  
honey to taste

Combine rice, raisins, and nut milk adding honey to taste. Pour into deep casserole dish, cover and bake for 45 minutes at 325 degrees. It is like having rice pudding for breakfast!

### **The Big Apple**

1 cup millet or quiona  
3 cups water  
1 cup raisins  
1 cup dried apples, chopped  
1 t cinnamon

Soak the millet in the water overnight. Bring to a boil and cook slowly until almost done, about 20 minutes. For quiona, follow instructions on package. Add fruit and cinnamon and let cool then serve.

### **Big Banana Salad**

2 big bananas, sliced  
¼ cup raisins  
¼ cup dried peaches, soaked overnight  
(or fresh peaches, chopped)  
¼ cup walnuts, chopped

Chop the peaches and toss with the bananas and raisins. Sprinkle with walnuts and serve.

### **Apple Salad**

4 apples, grated  
¾ cup currants  
¼ t nutmeg  
¼ t cinnamon  
½ lb walnuts, ground

Combine ingredients and serve.

\*\*There are many great ideas for breakfast online. Just type in healthy breakfast ideas (make sure they don't include any of the foods you are trying to avoid such as dairy or refined sugar).