

Breakfast Ideas

Breakfast Pudding

1 cup leftover cooked grain - rice, quinoa, millet, amaranth
(or cook up in the morning)

place in small pot

add ½ to 1 cup nut milk (see recipe below) or other milk substitute (coconut, rice, etc)

heat gently, simmering until grains are very soft

add any type of nuts, seeds or fruit

add cinnamon, cardamom or vanilla if desired

Nut Milk

Place 1-2 tbsp raw nuts into the blender. Add water to make 1 cup. If possible, soak overnight. If you forget to do that, it works just fine. Blend on high speed for at least 5 minutes. This makes a beautiful milk substitute suitable for smoothies and breakfast puddings. It is considerably more nutritious than store bought nut milks.

Rice and Beans

(a traditional breakfast in Central and South America)

in a small fry pan, gently sauté a little onion and celery (and other veggies as desired)

when soft, add in ground cumin, oregano and chili pepper to taste and fry for 1 minute

add ½ to 1 can (or cup) cooked black, white or pinto beans and ½ cup water

cook on low heat until beans are very soft

add 1 cup cooked rice and continue to cook until rice is heated through

top with ¼ cup chopped cilantro and a squirt of lime juice

Green Smoothie

into the blender put ½ cup of fresh fruit (or frozen and thawed) and ½ cup water

add seaweed, about 4-5 inches, broken up into little pieces

add hemp hearts (or ground nuts) 1-2 tbsp

blend at high speed until milky (3-5 minutes)

add a small handful of any greens such as parsley, kale, spinach, etc

add half avocado, if desired

and 1 tsp turmeric powder

blend until well mixed – this smoothie is an odd colour, but very tasty

Fruit and Nut Smoothie

place 2 tbsp raw nuts into a blender with enough water to make 1 cup

soak overnight (but, if you forget, it still works)

blend on high speed until smooth

add ½ to 1 cup fruit, a little cinnamon, and extra water if needed

blend until smooth

Pancakes (contains egg)

make 1 cup of nut milk (2 tbsp raw nuts, water to make 1 cup, blend at high speed)
add 1 egg, 1 tsp vanilla and/or cinnamon, blend well

in a separate bowl place 1 cup of gluten free flour (brown rice, quinoa, etc)

- My favourite combination at the moment is 1/3rd teff, 1/3rd sorghum and 1/3rd rice

add ½ tsp baking powder and mix well

add the liquid to this mixture and stir just well enough to wet all the flour

cook as you would for regular pancakes

top with fruit (fresh or frozen fruit which has been cooked down will make a nice topping)

Soup – a thick homemade vegetable soup with beans and/or split peas makes a very quick, easy and nutritious breakfast. If you are not sensitive to soy, add a little miso for extra flavour and beneficial bacteria.

Leftovers – leftover “whatever you had for dinner last night”, will usually make a quick and nutritious breakfast. Who decided you couldn’t have meat or fish and veggies for breakfast.

Rice Cakes and Nut Butter – almond, hazelnut or pumpkin seed. A quick convenient breakfast, which may not be as nutritious as most of the above choices, but, it is fast and easy.

Fruit and Nuts – any combination of allowable fruit with a good portion of raw nuts and seeds

Egg Based Breakfast Ideas

- Vegetable omelet – onions, chives, peppers, spinach and parsley are all great in eggs
- Scrambled egg with a side of refried sweet potatoes
- Poached egg on gluten free bread or a rice cake
- Boiled egg

Do you have another great breakfast idea you would like to share? Please send it to us in an email and be sure to let us know if we can include your name.