

Breakfast Ideas

As we have always believed the most important meal of the day is our breakfast.

Juices: So I always start my day with my Juice either our BarleyMax green juice or a Veggie Juice I have made from all the vegetables I use in my salads, such as some carrots, celery, cucumber and spinach or kale.

Flax-Seed Cereal: Then as the morning progresses and I get hungry I like to have my ¼ cup raw ground flax-seed with about 1 ½ cups of a fruit smoothie. **BUT SOME DAYS WHEN IT IS SO COLD OUTSIDE IT IS NICE TO HAVE SOMETHING WARM!**

So I make up my oatmeal porridge and add it to my flax cereal – here is how.

Cooked Porridge: make 1 cup

Step 1: In a sauce pan bring 1 cup water to a boil then add:

- ¼ cup oat grouts
- ½ cup steel cut oatmeal
- 2 tbsp quinoa

Simmer on medium heat for 5 minute (stirring to keep from sticking)

Turn heat down to low for another 3-5 minutes

Step 2: Once this has softened take it off the heat and let cool slightly

Step 3: Then put in a bowl and add your flax-seed with the smoothie mixture as well as a handful of fresh berries or sliced bananas

Step 4: Sprinkle with some hemp hearts or sesame seeds and enjoy.

In the pictures we have:

1. Top flax and yogurt in the centre with blueberries
2. Middle with a mango smoothie
3. Bottom with strawberries and bananas
4. Mason Jar Treats

Mason Jar Breakfast: 1 jar per person

When I have extra time I will make up my breakfast the night before by layering the flax-seed cereal along with some uncooked oatmeal and other nuts, seeds and raisins with sliced fruit – this way the oatmeal gets soft without cooking it and all I have to do is grab a jar and enjoy my breakfast! **These all make great Desserts as well!!**

