

**Breakfast:** Let's start our recipes today with some raw food for breakfast then we have added a few cooked bread recipes for those special occasions when you might be entertaining guests.

As we have always believed the most important meal of the day is our breakfast. So I start each day with Juice at least 3-4 times in the morning. I always use our BarleyMax green juice and a glass of my fresh Veggie Juice I have made from all the vegetables I use in my salads, such as some carrots, celery, cabbage, cucumber and spinach or kale. You can check out our ***Making Juices & Smoothies*** E-book for some excellent ideas about these topics.

## Easy Fruit Sundae

Here is a simple but beautiful breakfast. To make this easy meal all you need is some fresh fruit, about ¼ cup per person. Today we have:

- Pineapple (cubed)
- Strawberries (sliced)
- Bananas (sliced)

You could also have blueberries, raspberries, papaya, mangos (but if you want to use melons then it is best to have an all melon mixture of watermelon, cantaloupe, and honeydew as we said earlier).

To assemble layer the fruit in a large bowl or individual bowls – here we have used a glass bowl so you can see the layers. We have drizzled a syrup topping over the fruit just before serving or you can serve it without a topping.

**Acai Carob Syrup:** Makes 2 cups

Blend the following ingredients in your blender until creamy:

- ½ cup maple syrup
- 2-4 tbsp carob powder
- 2 tbsp acai syrup
- ¼ tsp cinnamon

This syrup can be stored in a glass container in the fridge for 1-2 days.



**Did you know?** Raw plant-based foods are a great source of fiber. Fiber is important for good digestion; it lowers cholesterol and insulin levels and reduces the risk of many cancers. Fiber fills you up without making you fat. Only plant food has fiber. It has been recommended that we have at least 40 to 50 grams of fiber each day. **Fruits, whole grains, nuts and seeds are among the foods that give us the most fiber**

## Cooked Breakfast for Company & Special Occasions

### Healthy Bread Recipes

Here are a few good ideas for your Brunch Menus.

**Preparation time:** 15 minutes prep for bread-maker then 4 hours to make the bread

**Quinoa Raisin Bread:** makes a 9 inch loaf pan  
Put the following into your Bread-maker and set on Grain setting

- 1 ¼ cups coconut milk
- 2 tbsp. of each: extra virgin coconut oil & honey
- 1 ¼ tsp. sea salt
- 1 ¼ cups unbleached white flour
- 1 cup whole wheat flour
- 1 cup sprouted quinoa seeds (soaked for 8-12 hours)
- 1 ¼ tsp. active dry yeast
- ½ cup raisins



The bread will be ready in about 4 hours if using a bread-maker.

If you are not using a Bread-Maker then cover and let rise for 1 ½ hours then punch down roll it out into a rectangle (8x16") then roll up and put in your greased loaf pan cover and let rise again for 1 hour. Preheat oven to 425F then bake for 30 minutes.

### Fig Bread Pudding:

Cut the bread into 1 inch cubes put into a large bowl

Put the following ingredients in your blender:

- 1 banana
- ¼ cup apple sauce
- 1 tsp. cinnamon
- ½ cup water

Pour this over the bread cubes along with the following:

- 1 cup diced figs
- ½ cup chopped pecans/walnuts



Toss this well, then put into a 9" pan and bake for 30-45 minutes at 350F. Serve with maple syrup.

### French Toast:

Use the Quinoa Raisin bread (above) or any other whole grain healthy bread, slice the bread ½" thick  
Get your griddle or pan hot and grease with coconut oil.

Make a mixture of banana milk or use almond milk

- 1 banana
- ¼ cup applesauce
- ½ tsp. of each: cinnamon & cloves

Dip the bread into this mixture then grill on both sides until browned

Serve with the blueberry sauce or maple syrup.

### Blueberry Sauce:

Blend the following until creamy:

- ¼ cup of each: blueberries & maple syrup
- 1 tbsp. sesame seeds

Serve instead of plain maple syrup on bread puddings, French toast, or my Banana Dreams.





## Healthy Desserts & Breakfast Too!

Who said eating healthy is no fun? Inside this book you will find an awesome assortment of recipes you can add to your daily routine and still feel good about what you eat.

**The recipes today are from this book now in E-book PDF format for just \$5.00**

**Almost every dessert you will find in this book is so good for you that you could even have it for breakfast!** Desserts & Snacks are an essential food item because they fill in the gaps we have during our day when we are hungry. So it is important that we have a handy supply of them on hand so that when you are hungry you are not tempted to eat something like a chocolate bar or chips. Scattered throughout this book we have Breakfast foods that can also be a great Snack at any time of the day. On special occasions it is nice to have a fancy Dessert to celebrate or reward ourselves! Always wait for about ½ hour after your main meal to have dessert (this allows time for digestion of the main course). In my house we clean up and do the dishes first then we are ready for our reward ... Dessert! **Call our toll free number 1-866-478-2224 to order this E-Book**