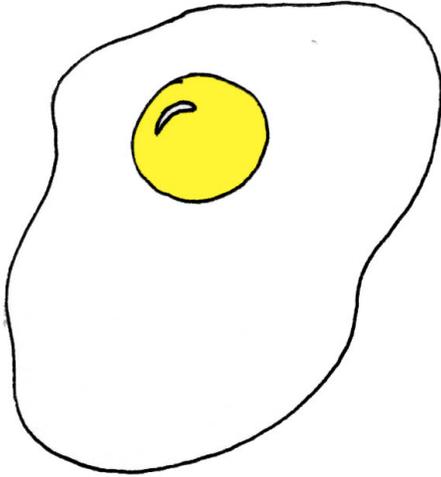


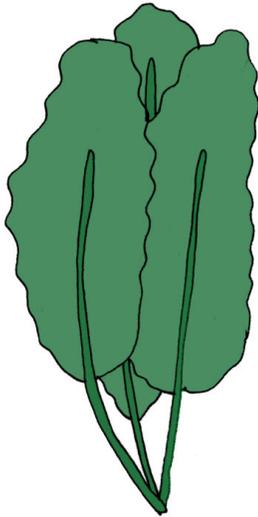
On-the-go Green Eggs

This is a great protein filled breakfast, lunch or snack. Blending greens in with the eggs makes these mini frittatas a fun color perfect for Dr. Seus fans!



Ingredients:

6 large organic or pasture raised eggs
1 cup raw kale
1 cup raw spinach
1 cup broccoli, chopped into small pieces
2 cloves of garlic
1 teaspoon dulse granules (optional)
1 tsp coconut aminos
2 tbsp full fat coconut milk
salt to taste



Instructions:

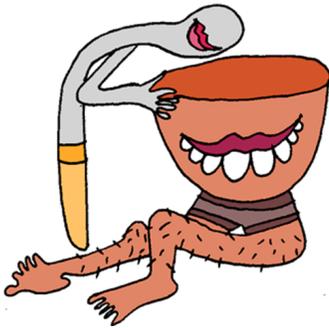
- Heat oven to 375F
 - Crack eggs into a blender. Add the raw greens, garlic, coconut milk and dulse and blend until smooth.
 - Pour mixture into a bowl and stir in the broccoli pieces
 - Spoon mixture into muffin tins so they are 3/4 of the way full and lined with unbleached muffin liners or coat inside of tins with coconut oil.
 - Bake for 18-22 minutes. Or until golden on the top.
 - Top with salsa, pesto or avocado for serving.
- Feel free to experiment by adding different raw greens like dandelion, chard, collards, basil or cilantro. You can also add sausage or other fully cooked meats into the mix.

Nutritional Highlights:

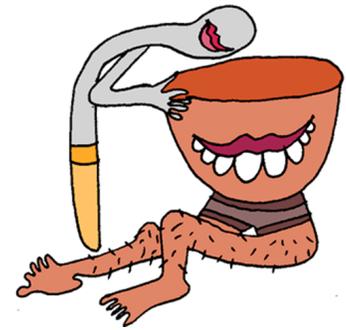
Kale is among the most nutritious vegetables! It is high in carotenes, vitamin C, B6 and manganese. Kale is also an excellent source of fiber. Just like other greens, kale is high in chlorophyll, bioflavonoids and minerals (magnesium, calcium and potassium).

Eggs are a low cost source of quality protein. They are rich in vitamin K and the spectrum of B vitamins. Eggs are a great source of choline, a key component of many fat containing structures in the cell membranes. Pasture raised eggs contain omega-3 essential fatty acids (from the food that the chickens eat), which is linked to reducing inflammation and supporting mood. Eggs also contain the trace minerals of selenium and iodine,

Garlic is a great source of B6, manganese selenium and vitamin C. The sulfur containing compounds in garlic support cardiovascular function, the immune system, digestion, endocrine system and detoxification. Garlic is also revered as an infection fighter due to its antimicrobial activity.



LET'S MAKE GRANOLA



Ingredients:

- 1 cup of whole raw almonds or store bought almond meal (I use the pulp from my nut milk)
- ½ cup of walnuts
- 2 cup coconut flakes
- ½ cup raw pumpkin seeds
- ¼ cup raw sunflower seeds
- 2 teaspoons ground cinnamon
- ¼ teaspoon fine-grain sea salt
- ¼ cup pure maple syrup or other liquid sweetener like honey
- ¼ cup coconut oil, melted
- 2 teaspoons pure vanilla extract

(Recipe adapted from Oh She Glows Cookbook by Angela Liddon)

Nut and Seed Nutritional Highlights

Almonds are high in mono-saturated fats that are associated with reducing the risk of heart disease. Those mono-saturated fats lower LDL cholesterol. The antioxidant properties of vitamin E in almonds also make these nuts super heart healthy.

Pumpkin seeds have a diversity of antioxidants that make them notable because this diversity is not widely found in other foods. Pumpkin seeds contain the mineral zinc, which helps your body's immunity, cell growth, sleep, mood and skin health.

Sunflower seeds are a great source of vitamin E, a fat-soluble antioxidant. They also contain the mineral selenium, which can help repair damaged cells making sunflower

Instructions:

(Makes 6 cups)

1. Preheat the oven to 275 F. Line a large rimmed baking sheet with parchment paper
2. Place almond meal in a large bowl. (If you are using nut milk pulp it first needs to be bake for 2-4 hours at 200 F to dry it out) And if you are making the almond meal yourself place 1 cup of almonds in a food processor and process for 30 seconds.
3. Chop the walnuts into small pieces and add the mixture to the bowl with the almond meal.
4. Add the coconut flakes, sunflower seeds, pumpkin seeds, cinnamon and salt to the large mixing bowl and stir to combine.
5. Add the maple syrup, melted coconut oil, and vanilla to the bowl with the dry ingredients and stir until combined.
6. With a spatula, spread the granola into a ½ inch layer on the prepared baking sheet and gently press it down to compact it slightly. Bake for 15 min and then rotate the pan and bake for another 20 min, or until the granola is lightly golden.
7. Cool the granola for at least an 1 hour before breaking it apart.
8. Store the granola in a glass jar in the fridge for 2-3 weeks.