

WHOLESOME BREAKFAST

Grains are inherently good. It's the way we prepare them that causes trouble!



ROSEMARY EGG Be generous with the rosemary & prepare to get addicted! Over medium heat, put a little olive oil in your frying pan, then add minced garlic & whole rosemary sprigs. Stir a few moments (don't burn), then add an egg & let it brown a little around the edges. Flip, adding more rosemary, salt & pepper. It's done when just a little runny yolk is left on the inside. Next, you'll want to grow a huge rosemary bush in your back yard...

PROPERLY PREPARED GRAINS

Studies show that many people with gluten intolerance have no issues with properly prepared sourdough (long-ferment) bread. Sprouted, wild-fermented bread like **Ezekiel Bread** (in the frozen section of most stores) are also wholesome. Sprouted grains are considered vegetables & are easier to digest! Breads are villainized these days, but properly prepared bread has been the staff of life for thousands of years. So....

Give us this day our daily bread!



BREAKFAST SANDWICH

Use a big pan, so you can heat several toppings at once, while browning your sprouted or sourdough bread. Then be creative! You can add refried beans, portobellos, egg or bacon, avocado, salsa or tomatoes & herbs. Try SunButter, banana & honey on toast. Learn to make easy whole grain English muffins (See BREADS).



BUCKWHEAT PANCAKES (a gluten-free source of protein) Serves 4. Day before, soak the seeds/grains: Combine 1 C buckwheat & 1 C quinoa (or similar) in a bowl or jar, with plenty of water & 1 Tbs raw vinegar (or lemon juice) & 1 Tbs raw salt. Cover with cloth & soak at room temp. **Next day**, drain & rinse in strainer, then add to blender with 3/4 C water. Add to taste, 1-2 bananas, honey or maple, cinnamon, vanilla & sea salt. Egg optional, more water as needed to easily pour. Cook on a griddle at 350. Serve with fresh berries, or frozen berries heated to make a syrup, a little maple syrup is nice & definitely add Cashew Cream. **Cashew Cream** Soak 3 C cashews in pure water & 1 Tbs salt overnight. Drain, rinse, blend on high with 1/4 C maple, 3 Tbs minced ginger, 1 1/2 Tbs lemon juice, and 3/4 to 1 C water, vanilla & maple syrup (or similar) to sweeten. Freezes well.



SOURDOUGH WAFFLES & PANCAKES For waffles next day, set out your sourdough starter (homemade yeast) on the counter & feed it. By afternoon it will be bubbly. Mix 1/2 C bubbly starter in a bowl with 1 C milk or water & 1/2 C whole wheat flour. Cover with plastic & set overnight on counter. In the morning, turn the waffle iron to medium. Add to the batter, 1 egg, 2 Tbs oil or butter & 1/2 tsp salt. Just before cooking, stir in 1/2 tsp baking soda. Waffles take about 5 minutes. Flip pancakes when bubbly. **Tips** Waffle iron does not need to be oiled if you don't add sugar to the batter. Can use any type of milk. For optimal nutrition try grinding your own flour.

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NO GRAIN OPTIONS *Because less white flour might do you some good!*



ROSEMARY POTATOES Slice baby potatoes into circles. Toss with olive oil & salt. Add a tiny bit of water & microwave with loose lid until soft. Drain water. Make herb oil: Chop garlic & rosemary, add to tiny pan with olive oil & salt. Heat 1-2 minutes on low. Toss with potatoes. S&P

ROASTED RED POTATOES Toss bite-sized chunks with olive oil, salt & pepper. Spread thin on wide pan, cut-side down. Roast at 450 on lowest rack for about 30 min until edges brown.

VEGGIE HASH-BROWNS If adding bacon or sausage, cook that in frying pan first. Remove. Next, heat 1-2 T olive oil (med heat) while slicing potatoes thin & quartering. Sauté on medium until slightly tender. Add other veggies in order of what takes the longest; onions, garlic, squash, zucchini, peppers, mushrooms, cooked meat, kale, herbs & spices. Hot sauce? Brown & serve.

MEDITERRANEAN BAKED TATERS Use thick-sliced mushrooms, eggplant, zucchini, pine nuts, etc. Toss with olive oil & herbs like basil. Bake 350 for 20 min or until tender. Toss with



HASHBROWN-STUFFED PORTOBELLOS Rinse & brush with olive oil & balsamic vinegar. Season with salt, pepper & chili powder. Set in oiled baking pan & top with a mixture of whatever you have, like grated potatoes & zucchini, minced onions, garlic, peppers, tomatoes, fresh herbs, slivered kale. Egg & cheese optional (or use by themselves) Bake at 365, 30 min.



BAKED POTATO BOWLS 1 baked potato, 1 Tbsp butter 2 eggs 2 strips cooked bacon, 2 T shredded cheddar, 1 T chopped parsley, salt & pepper. Place 1/2 T butter in middle of each "bowl." Then gently break an egg into each, careful not to break the yolk. Top with bacon, cheese, parsley & seasonings. Bake at 350 for 25 min.

Dairy Free: Use vegan butter, olive oil & rosemary, or make ghee. Leave out the cheese.



NUTRITIOUS SMOOTHIES

Berries & Protein 1 C organic berries, 1/2 C mix of sprouted seeds or soaked buckwheat, 1 banana, 1 T Coco oil or Udo's Oil, 1/2 C coco milk or kefir, 1 C purified water, 1/4 C home-grown micro-greens or spinach leaves. Optional: 1 T SunButter, bee pollen

Neon Pink 1/4 C avocado, 1 C celery (or peas for protein), juice of 1/2 lemon, 1/2 T coco oil, 1/2 apple, 1/2 C strawberries, 1/2 C purified water, 1/4 C beats (keep chopped & frozen in fridge)

Chocolate 1 1/2 C coconut milk, 1 C de-stemmed kale, spinach or micro-greens, 2 dates, 3 T hemp seeds, 2 T cocoa powder, 1 frozen banana, dash cinnamon, 1 T avocado & Udo's Oil

Chocolate Mousse 1 banana, 1 avocado, 4 T cacao powder, water, liquid Stevia or honey



HAM & EGG CUPS Grease muffin tins. Place a piece of all natural deli ham in each cup. Add cheese if you like, or maybe some fresh basil & mushrooms? Then crack an egg in each cup. Sprinkle with herbs and seasonings. Bake at 350 for 20 min or so.



RATATOUILLE Why not have more veggies for breakfast? Full of color & flavor! Use fresh herbs when possible. Sauté some thinly sliced onions with minced garlic for one minute. Add chopped chunks of zucchini, yellow squash, red peppers & eggplant. Add raw salt & pepper, basil & parsley. Add a little cooking wine, then cover until softened. Garnish with fresh basil.

For meat lovers Add cooked sausage (cook first, with onions & garlic, then add veggies)

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PROPERLY PREPARED CEREALS

Did You Know? Grains, Nuts, and Seeds can be stored for decades because of protective chemicals like phytic acid. The centuries-old practice of fermenting grains breaks down these harmful substances & gluten, while releasing highly beneficial nutrients & lactic acid, **a natural preservative!** More & more people with chronic health issues are being told to stop eating grains. But the digestive issues might not exist if we, as a society, prepared our grains correctly. The best method to soak grains is overnight at room temperature, using an acidic medium like raw vinegar or lemon juice, kefir or real yogurt. Mixing grains can also help, such as buckwheat, which happens to have enzymes to help break down other grains. Raw salt is also beneficial to any fermentation process.

OVERNIGHT OATS To achieve a partial ferment which will make grains more digestible, soak overnight at room temperature: (amount per person)

GRAINS	1/2 C	Mostly whole rolled oats, mixed with some buckwheat grouts if possible
LIQUIDS	1/2 C	Water is fine. Try OJ & milk or water & apple juice
ACID	2 Tbs	Kefir or yogurt, or 1 Tbs raw cider vinegar or lemon juice (try a combo)
SEEDS	1 Tbs	Whole or ground flax, chia seeds or chopped nuts.
RAW SALT	1/8 tsp	Raw salt has enzymes important to the fermentation process

Can serve cold with chopped fruit & honey, but it is best for digestion to heat gently, then remove from heat, cover & let sit for further softening. Add more water if necessary. Add berries or chopped peaches, apples, etc. Sweeten with honey & cinnamon, maple & nutmeg, OJ & vanilla, applesauce & cinnamon, etc. Can top with milk & fruit. **Variations Below:**

Original Swiss Muesli Recipe For liquid, use mostly milk with apple juice. Lemon juice for acid. Grated apple for mixed fruit, & plain yogurt. Top with more fruit, nuts & coconut

Orange & Vanilla Oats Use OJ for the liquid, add 1 tsp vanilla & vanilla yogurt. To serve, layer as shown with nuts & fruit, or yogurt & mandarin on top

Smooth Blueberry Oats For liquid, use coconut milk & plain yogurt. Chia seeds for the nuts (they create a smooth texture). Honey & vanilla to sweeten, plenty of blueberries.

Pumpkin Buckwheat Best to use hulled & rinsed Buckwheat Grouts. For liquid, use coconut milk & yogurt. Add chia seeds & salt. In morning, heat & stir, add mashed pumpkin & banana, water as needed. Cover until liquid absorbs. Stir in maple, vanilla & allspice.

LIVING WHOLE GRAIN PORRIDGE Ferments offer ultimate nutrition & digestibility of grains & also longevity, since a byproduct of fermentation is lactic acid, a natural preservative!

Make a Perpetual Ferment Use whole rye, wheat berries or steel cut oats. Add 1 C grains to mason jar with 2 C water. Add 1 tsp raw vinegar to help fermentation. With breathable lid, keep in pantry 1-4 days until slightly bubbly. Then put in the fridge up to a week. Spoon some out & rinse in strainer before cooking. Keep some in the jar for a perpetual ferment.

To cook - amount Per Person Add 1/2 C rinsed grains to pot. Cover with 1 inch water. Simmer slowly, stirring often, until no water remains on top. Turn off heat, stir in frozen berries if you like, then cover for 20 min. Reheat if needed (next day okay). Add things like coconut milk & honey, cinnamon or nutmeg, berries, chopped apples, dried fruit, yogurt, nuts, etc.

Keep it going The mason jar should still have some fermented grains in the bottom. Add fresh dry grains (don't fill jar over half full) & double the water. Again, let sit on counter until slightly bubbly. Store in fridge up to a week. Try to use some weekly & add fresh grains weekly, to keep it healthy. Add water as needed. Add fermented grains to homemade bread, pancakes, etc. Can use other grains, buy rye has a nice flavor (not similar to rye bread).



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BREAKFAST BURRITO A versatile recipe to use when you have some leftovers, perhaps a little rice or a pre-baked potato on hand. First, put tortillas in oven to warm, wrapped in tinfoil. In a frying pan, fry up sausage or chorizo, or small pieces of bacon. When almost done, remove some grease with a towel if needed, then add leftover rice or soft diced potato & brown everything. Add chopped onion & garlic, peppers or chilies, cilantro. Mix refried or other beans, maybe diced tomatoes & scrambled eggs. Add chili powder, salt, etc, to taste. **Variations** Add avocados, corn, salsa, etc. **Serve** in Whole Grain Sourdough Tortillas (see Breads).

To Freeze Wrap in paper towel, then plastic wrap. Microwave in just the paper towel to reheat.

B&B SCRAMBLED EGGS For every two people, add 1 tsp coconut oil to the pan. Heat to medium. Briskly whisk 4 eggs in a bowl with 1 T water, 1/8 tsp Secret Ingredient, salt & pepper. Stir eggs most of the time while cooking. Can serve with grated cheese & fresh chives on top. **Herbed Eggs:** In tiny pan, heat olive oil (or butter), minced garlic & fresh herbs for 1-2 minutes or until aromatic. Set aside. Whisk 4 eggs with 1 Tbs water, salt & pepper. Using olive oil, cook as above. Top with herb mixture, but do not stir it in, as it may darken the color

HOMEMADE SAUSAGE Craving sausage but only have hamburger? Don't know what to do with ground venison? Mix 1 pound ground beef with 1 1/4 tsp raw salt, 1/4 tsp ground oregano, 1/4 tsp ground sage, 1/4 tsp pepper & 2 Tbs cilantro leaves. Can add 1/2 tsp maple syrup (or 1/2 tsp brown sugar dissolved in 2 Tbs warm water). Form patties. Fry in heavy skillet over medium heat, browning both sides. Can freeze between wax paper.

VEGGIE OMELET In a small-medium non-stick pan, coated well with clarified butter, saute finely chopped onions & mushrooms, maybe green pepper & tomatoes, with minced garlic & cilantro, salt & pepper until barely soft. In a bowl, whisk 2-3 eggs. Over low heat, pour eggs over veggies & let sit. Once sides begin to rise, take a rubber spatula & pull in the sides of the omelette towards the middle allowing the remaining egg mixture to cook another 45 seconds.

SPROUTED PANCAKES Buy flour made from sprouted & dried grains, or make your own. Mix 1 C sprouted wheat, 2 Tbsp coconut sugar, 1/8 tsp raw salt, 1 tsp cinnamon, 1 C coconut milk (or similar), 2 Tbsp melted coconut oil, 2 tsp vanilla, liquid stevia is optional. Soaking is optional. Last, sprinkle on 1 T baking powder. Stir in more water as needed. Pour onto griddle. **For non-sprouted flour** omit the baking powder & soak batter overnight with 1 or 2 Tbs acid, such as vinegar, lemon juice or sourdough starter. Before pouring on the griddle, check if batter needs more rising agent (is it bubbly or flat?). Can add 1 T baking powder, or 1 beaten egg & 1 tsp baking powder. Add water as needed to easily pour. **Serves 4** with fruit & bacon on side.

B&B CHOCOLATE GRANOLA Because Dan likes chocolate for breakfast! Line 2 large cookie sheets with parchment paper silicone baking mat. Pour 6 cups oats & into a large bowl & set aside. In small bowl, mix 1/2 C coconut oil, 1/2 C cocoa powder & 1/2 C dark brown sugar, 2/3 C honey & 1/2 tsp salt. Pour over oats & mix well. Bake at 350 for 20 min, stirring & flipping every 10 min. Remove from oven & sprinkle with 1/2 C chocolate chips while granola is warm. Will form clusters of granola. Can add nuts, seeds or dried fruit if desired.

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You don't have to go camping to practice camping skills.



SOURDOUGH GRANOLA Granola is far more digestible when grains are properly fermented. Soak oats with buckwheat grouts (adds phytase) & sourdough starter for optimal breakdown of phytic acid.

Fermenting In bowl, combine 3 C rolled oats & 1 T ground buckwheat with 1 C sourdough starter, 1/2 C coconut oil & 1/2 C honey. Stir well & press down into bowl. Cover tightly & set in warm spot for 8-24 hours. Meanwhile, place 1 1/2 C sunflower seeds & 1 1/2 C pumpkin seeds in a jar with 4-6 C water. Cover & soak 8-12 hours. Rinse & add fresh water if soaking longer. At 24 hours, they will be on the verge of sprouting. Rinse & drain.

Baking Line 2 baking sheets with parchment paper. Break up oats in bowl with a fork. Add in the drained seeds, 1 Tbs cinnamon, 2 tsp vanilla, 2 tsp sea salt, 1/4 C coconut oil & 1/4 C honey. Mix well & spread in both pans as thin as possible. Bake at 200 for 2 hours. Break up with spatula. Bake another 2 hours. If dry & crisp, it is done. If not, check every 30 minutes. Cool completely before storing in airtight container.

Chocolate Granola Add raw cacao powder to taste. **Tropical Delight Granola** Soak almond sliced. For baking, add chopped dried pineapple or mango & shredded coconut. **Apple Pie Granola** Add toasted almond slices, chopped pecans, chopped dried apples & raisins. **Orange Cranberry** Use only 1/4 C coconut oil & add 1/4 C orange juice to ferment grains. Soak walnuts instead of other seeds. Before baking & while stirring, add orange zest to taste. While granola is cooling, add dried cranberries.

Gluten Free Tips Oats are naturally gluten free, but may contain traces of gluten if not certified. It is possible to make gluten free sourdough starter, but not necessary for most people. During the fermentation process to make sourdough, much gluten is broken down.



TROUT FOR BREAKFAST? If you ever go camping by a river, you will need this recipe, from an Adirondack mountain guide! Gut & rinse the trout, dip in a little milk, then dredge in a mixture of cornmeal (or masa harina), flour, salt & pepper. Fry in bacon grease for 6 min per side. Serve with corn bread



B&B FLUFFY FRENCH TOAST Make dairy free by using non-GMO soy milk or nut milk. Try healthier flour like Einkorn or sprouted white wheat. To serve 12: Mix quickly in a blender, 1 C flour, 2 tsp baking powder, 1 tsp sugar, 1 tsp cinnamon, 1/2 tsp nutmeg, pinch of cloves, 1 1/2 C milk, 3 eggs, 1 1/2 tsp vanilla. Pour into wide bowl. Dip sourdough bread in mixture & cook on 325 griddle 4 min per side. Sprinkle powdered sugar on top & serve with maple syrup or homemade plum syrup