

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

Bacon is optional. Toast some sourdough bread, heat a small amount of refried beans to spread. Then be creative. Top with egg or portobellos, bacon, avocado, salsa or pico de gallo. Garnish with cilantro. Or, Try SunButter, banana & honey on toast.



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.



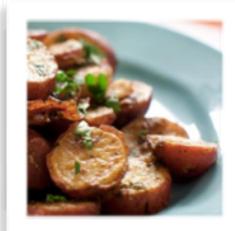
SOURDOUGH WAFFLES & PANCAKES For waffles next day, set out your sourdough starter (homemade yeast) on the counter & feed it. By afternoon it will be bubbly. Mix 1/2 C bubbly starter in a bowl with 1 C milk (any kind) or water & 1/2 C whole wheat flour. Cover with plastic & set overnight on counter. In 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. For optimal nutrition use freshly ground flour.



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



CHIPOTLE GRILLED POTATOES Heat pan of water to a boil. Slice baby potatoes into 1/4 inch thick rounds. Boil for 9 minutes. Meanwhile, in a small pan heat 1/2 C olive oil & 1/4 C butter (can use just oil). Add 1/2 tsp red chipotle powder & 1/2 tsp salt. Heat until fragrant. Set aside, use some for this recipe & save some. Drain potatoes, toss with enough oil to coat. Set potatoes on hot indoor grill (stovetop or electric), a few minutes on each side to brown. While grilling, sprinkle with mild chipotle powder, salt & pepper. Turn & season other side. If dry, spoon on a tad more oil. Top with fresh chopped cilantro or chives to serve.

Note: The best mild chipotle powder is homemade with green jalepenos!



HERBED POTATOES Slice baby potatoes into thin circles. Toss with olive oil & salt. Add a tiny bit of water & microwave with loose lid 2 min. Let sit 2 min. Stir. Repeat as needed until soft. Drain excess water. Meanwhile, make herb oil: Heat 1/4 C oil with dried basil & salt, 1-2 min until fragrant (Don't burn!) Or, use chopped garlic, rosemary & salt. Drizzle over potatoes. To serve, sprinkle each potato with salt & pepper & drizzle with more herb oil as needed.

Note: Can use larger potatoes, but baby potatoes have the best texture



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 Baked potatoes, partially hollowed as shown. Place 1/2 T butter or oil in center of each. Gently break an egg into each. Sprinkle on cooked bacon, shredded cheese (vegan cheese or nutritional yeast), parsley & seasonings. Bake at 350 for 30 min.

POTATO PANCAKES Combine extra potato pulp with egg or Egg Replacer, salt, pepper, garlic, rice flour, oil, spices, etc. Mash into pancakes & fry in oil.



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.

WHOLESOME BREAKFAST



PROPERLY PREPARED CEREALS

Grains, nuts & seeds have protective chemicals like phytic acid that can cause digestive issues. The centuries-old practice of soaking & fermenting grains breaks down gluten, makes grains digestible, while releasing beneficial nutrients & lactic acid, **a natural preservative!** Many people with chronic health issues are advised to stop eating grains for a while. But the digestive issues might not exist if we, as a society, prepared our grains correctly. We look for traditional recipes using soaking or fermenting, for better for health & to prevent allergies.



OVERNIGHT OATS Can make one batch in a pot, or a large batch to store in the fridge for days. To achieve a partial ferment & make grains more digestible, soak the following overnight at room temperature - AMOUNT PER PERSON - to add to pot & cover:

OATS	1/2 C	Old-fashioned rolled oats. Quick oats have less fiber & more mush
LIQUIDS	1/2 C	Try OJ & any milk or <u>pure</u> water & apple juice, dry coconut milk + water
ACID	2 Tbs	Kefir, buttermilk, yogurt, coconut yogurt, or 1 T lemon, vinegar...
EXTRAS	1 Tbs	Whole or ground flax, buckwheat, chia, chopped nuts, dried berries...
RAW SALT	1/8 tsp	Raw salt has enzymes important to the fermentation process

In the morning, can be eaten cold, but it's best to heat gently, then remove from heat & cover to soften. Add water or milk if necessary. Can add berries or chopped fruit. Sweeten with honey & cinnamon, maple & nutmeg, OJ & vanilla, applesauce & cinnamon, etc. **Variations:**



Original Swiss Muesli Recipe For liquid, use mostly milk with apple juice. For acid, use lemon juice & plain yogurt. Add grated apple. Can top with more fruit, nuts & coconut

Orange & Vanilla Oats Use OJ for the liquid, add 1 tsp vanilla & vanilla yogurt. To serve, can layer in a small mason jar with nuts & fruit, or yogurt & mandarin on top

Smooth Blueberry Oats For liquid, use coconut milk & plain yogurt. Chia seeds for extras (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, pure water as needed. Cover until liquid absorbs. Stir in maple, vanilla & allspice.



BUCKWHEAT PORRIDGE Traditional protein-packed Russian breakfast, but better. Soak 1/2 C buckwheat & 1/2 C quinoa **overnight** with a little raw salt. Rinse, then put in pan with 1 1/3 oz can coconut milk, 1/4 C water, 2 T maple syrup, 1/2 tsp vanilla & 1/4 tsp salt. Boil, then simmer slowly with lid 15 min. Turn off heat, wait 10 min. Serve with berries or plum sauce.

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 Partial 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. Rinse in a strainer before cooking. Keep some in the jar if you want 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.

Perpetual Ferment The jar should still have some fermented grains in the bottom. Add fresh grains & more water weekly. Put in the fridge when bubbly. Add to bread, pancakes, etc.



WHOLESOME BREAKFAST



VEGGIE BREAKFAST BURRITO Wrap tortillas in a damp towel & warm in the microwave. Or wrap in tinfoil & warm in oven. Toppings to have on hand: Leftover grilled potatoes or similar, cut up small, browned & ready in a pan. A small bowl of warm pinto beans, chopped green onion & cilantro, grated cheddar cheese, salsa or simple Pico (tomato, onion, cilantro) & 1 avocado.

To Prepare Scramble eggs, stir in cheese & some of the onion & cilantro. On each warm tortilla, spread 4 T potatoes, 2 T beans, 1 T salsa & 3 T eggs. Roll up part way, fold in sides & continue rolling. If possible, brown in a grilling pan or panini press. Toppings can include cheese, chunks of avocado, pico de gallo or salsa & more cilantro. **To freeze:** Cool & wrap in plastic. To re-heat. remove plastic, wrap in a damp paper towel & heat in microwave. Grill if desired.



B&B SCRAMBLED EGGS (for 2) 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 dry mustard, salt & pepper. Stir eggs frequently 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. Heat 1 tsp olive oil in pan, pour in eggs, stirring often. Top with herb mixture, but do not stir, 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 or oil, sauté finely chopped onions & mushrooms, maybe green pepper & tomatoes, with minced garlic & cilantro, until barely soft. In a bowl, whisk 2-3 eggs. Over low heat, pour eggs over veggies & let sit. Salt & pepper. Once sides begin to rise, take a rubber spatula & lift the edges while the middle cooks longer. Flip. Turn off heat. Add cheese to half of omelette. Let sit until melted. Slide cheesy side onto plate, using pan to fold over top. Garnish with chopped green onions. **Note:** Clarified butter has a great shelf life & is dairy free. You can make your own.



SPROUTED PANCAKES Sprouted flour is easier to digest. 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. 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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Did you know? Using sourdough in your recipes is great for digestion.



SOURDOUGH GRANOLA Grains are far more digestible when soaked or fermented. Soak the 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 if not certified. It is possible to make gluten free sourdough starter, but not necessary for most people as gluten is broken down.



B&B FLUFFY FRENCH TOAST To serve 12: Mix in a blender, 1 1/2 C any milk, 4 eggs (or egg replacement), 2 tsp vanilla, 1 C any flour, 2 tsp baking powder, 2 tsp sugar, 1 tsp cinnamon, 1/2 tsp nutmeg, pinch of cloves. Pour into wide bowl. Dip sourdough bread in mix, then on 325 griddle 4 min per side. Top with plum sauce or apricot sauce, powdered sugar or cinnamon, and serve with maple syrup



PEANUT BUTTER WAFFLES (2 waffles) In a blender, add 1 C oats & 1/4 C *sprouted wheat. Blend to a powder. Add 1/4 C apple sauce & 1/4 cup powdered peanut butter (rehydrate, yummy). Add 1/2 Tbs raw cider vinegar, 1/4 tsp salt & cinnamon. Add 1/2 C any milk or kefir. Mix, then set on counter overnight (optional) to make nuts more digestible. In the morning, add 2 eggs, 1 1/2 tsp baking powder & 1 tsp vanilla. Blend & set 5 min while heating a greased waffle iron.

Peanut Butter Syrup Heat peanut butter powder & water. Add maple syrup or honey & vanilla

Milk or Kefir Substitute Mix water or Rejuvelac with 1/2 Tbs coconut milk powder.

Egg Substitute Use whipped Aquafaba or brown banana puree

Flour Substitute Use more oats or gluten free flour



SOURDOUGH CREPES (8 crepes) In a blender, mix 1 C starter, 2 Tbs softened butter, 1/4 C sugar (or 1/8 C agave), 1/4 tsp salt, 3 eggs, 1/4 tsp vanilla, 1/2 C milk & 1/2 C flour. Pour 1/4 C into a well greased frying pan (medium heat). Tilt the pan to spread thin. When bubbles have stopped forming & it's no longer shiny on top, slide it onto a pan. Top with fresh fruit, canned preserves, yogurt, applesauce, Nutella & strawberries, jam, etc.

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CATE'S FRITATAS Cate was the original owner of Canyons B&B here in Escalante, Utah. She made these in large muffin pans. Generously spray pans with oil & add a dollop of butter (or coconut oil). Preheat oven to melt butter. Meanwhile, chop veggies like cooked spinach, raw green onions, tomatoes... put a Tbs or so in each tin to cover bottom. Add a large pinch of shredded cheddar cheese & a pinch of feta. Mix eggs (about 1 1/4 per hole), water, salt & pepper, plus a heaping smidgen of mustard per egg. Pour in the egg mixture to 1/2" from the top. Stir gently with a fork. Bake at 400 for 40 min or until puffy and golden on top. Pretty filling. Just serve with toast & fruit. For meat lovers, serve on top of a slice of Canadian Bacon. These are great cooled or to go as well.



TROUT FOR BREAKFAST? If you 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 Masa Harina (traditionally soaked corn meal), flour, salt & pepper. Fry in bacon grease for 6 min per side. Serve with corn bread. **Options:** Try coconut milk powder & gluten-free flour



RATATOUILLE In France, **Ratatouille** is the ultimate vegetable comfort food to make ahead of time & use the leftovers for a savory **breakfast** with eggs & toast. 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.