

Berry Delicious Oatmeal

Ingredients

Dry ingredients:

3 cups old fashioned rolled oats
3/4 cup brown sugar
1 1/2 tsp baking powder
3/4 tsp ground cinnamon (I double this if making plain or banana-nut flavor)
1/2 tsp salt

Wet ingredients:

2 eggs, lightly beaten
2 1/2 cups milk, plus additional milk for serving
1 tsp pure vanilla extract
4 tbsp unsalted butter or coconut oil, melted
2 cups fresh berries (larger berries chopped)

Instructions

1. Preheat oven to 350°F.
2. Butter a 2 1/2 quart baking dish.
3. Combine all dry ingredients.
4. Place half the oat mixture in the baking dish, top with half the berries, and then top with the remaining oat mixture.
5. Whisk the eggs, milk, vanilla, and melted butter. Pour over the oats.
6. Top the oats with the remaining berries.
7. Gently shake the baking dish back and forth from side to side to allow the wet mixture to get down into the oats.
8. Bake uncovered for about 40 minutes, until oats are tender, and the mixture is set.
9. Serve immediately with a splash of milk, or cool, then cover and refrigerate to reheat later.

Breakfast Casserole

1 1/2 pound turkey sausage, cooked, drained, and crumbled
3 eggs, beaten
6 egg whites
3 cups almond milk
1/2 tsp dry mustard
1 tsp salt
3 slices pumpernickel/wheat bread cut into cubes
1/2 cup cheddar cheese, shredded (for a healthier option, use Go Veggie soy cheese or a skim milk cheese product)

Mix eggs, milk, salt, dry mustard. Stir in bread, cheese, and sausage

Put into greased 13 x 9 x 2 casserole, cover, and refrigerate overnight.

Bake uncovered 350 F 1 hour or until set.

Spicy Sweet Potato Hash (Vegan Recipe)

Ingredients

- 3 cups organic sweet potatoes (peeled and cubed; +/- 2 medium sweet potatoes)
- 1 cup organic onion (diced; +/- 1/2 of a large onion)
- 1/2 cup organic red bell pepper (diced; +/- 1 bell pepper)
- 1 cup organic baby spinach (chopped)
- 2 tablespoons organic extra-virgin olive oil
- 2 cloves organic garlic (freshly crushed)
- 2 tablespoons organic chia seeds
- 1 tablespoon organic red pepper flakes
- 1 teaspoon Himalayan pink salt
- 1/2 teaspoon organic ground black pepper
- 1/8 teaspoon organic ground cayenne pepper

Directions

1. Add the cubed sweet potatoes, diced onions, crushed garlic, Himalayan pink salt, black pepper, cayenne pepper, red pepper flakes and extra-virgin olive oil to a skillet and sauté' on medium heat for approximately 20 minutes, or until the sweet potatoes are soft and slightly crispy on the outside.
2. Adjust seasonings to your preference.
3. Add the diced red bell peppers, chopped spinach and chia seeds and gently toss for about 1 minute, or just long enough for the spinach to wilt.
4. Remove from heat, garnish with fresh chopped spinach and serve.
5. Enjoy!