





Matcha Steel Cut Oats

2 servings

20 minutes

Ingredients

- 1/2 cup Steel Cut Oats
- 1 1/2 cups Water
- 1/8 tsp Sea Salt
- 1/2 tsp Green Tea Powder
- 1/4 cup Unsweetened Almond Milk
- 1/2 cup Blueberries

Directions

- 1 Add the steel cut oats, water and sea salt to a small pot over medium-low heat and bring to a low simmer, stirring as needed. Cook for 13 to 15 minutes. Remove from heat, and add the matcha powder and almond milk.
- 2 Add the oats to a bowl and top with blueberries. Serve and enjoy!



Kale & Eggs

1 serving
10 minutes

Ingredients

1/2 tsp Ghee
3 cups Kale Leaves (roughly chopped)
2 Egg
2 tbsps Pitted Kalamata Olives
1 tbsp Nutritional Yeast
1/8 tsp Sea Salt

Directions

- 1 Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 2 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 3 Add the kale, olives and eggs to a plate. Serve and enjoy!



Savory Mushroom Oats

2 servings

15 minutes

Ingredients

- 1 tbsp Organic Vegetable Broth
- 10 White Button Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 tsp Thyme (fresh, minced)
- 1 tsp Nutritional Yeast
- 1 cup Oats (rolled)
- 2 cups Water
- 1 1/2 tsps Coconut Aminos

Directions

- 1 In a skillet over medium-low heat, add the vegetable broth and the mushrooms. Cook for 5 minutes. Add the garlic, thyme and nutritional yeast and continue cooking for 4 to 5 minutes.
- 2 Meanwhile, add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the coconut aminos and stir.
- 3 Add the oats to a bowl and top with mushrooms. Enjoy!



Chickpea Breakfast Scramble

3 servings

15 minutes

Ingredients

- 1/4 cup Organic Vegetable Broth
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 2 tbsps Nutritional Yeast
- 1 tsp Turmeric
- 1/4 tsp Sea Salt
- 1 cup Mixed Greens
- 1/3 cup Radishes (sliced)
- 1 tbsp Parsley (chopped)
- 1/2 stalk Green Onion (chopped)

Directions

- 1 In a medium-sized pan, heat the vegetable broth over medium heat.
- 2 In a medium-sized bowl, add in the chickpeas and mash until they're soft. Add in the nutritional yeast, turmeric and sea salt and mix together until well combined.
- 3 Add the chickpea mixture into the pan and cook for about 10 minutes or until the scramble begins to turn golden. Continue to stir as it cooks.
- 4 Remove the chickpea scramble from the stove and let it cool. Divide the mixed greens, radishes, parsley and green onions onto plates. Top with the chickpea scramble and enjoy!