



Cinnamon-Honey Granola

10 servings

Ingredients:

5 cups rolled oats (not instant)
2 cups walnuts
1 1/4 teaspoons ground cinnamon
1/2 cup honey
1/2 teaspoon salt

Directions:

Preheat oven to 350 degrees.

Combine all ingredients; spread mixture on parchment- or foil-lined baking sheet.

Bake 30 minutes or until lightly golden, stirring occasionally to avoid burning. Bake longer for crunchier granola.

Remove from oven and cool.

Once cooled, place granola in airtight container.

Granola will keep for months.

Cardamom-Ginger Quinoa Bowl

Servings 4

Ingredients

1 cup dry quinoa
2 cup water
1/2 teaspoon ground ginger
1/2 teaspoon ground cardamom
1/8 teaspoon kosher salt
1 1/2 cups plain Greek yogurt
4 tablespoons honey
1 cup blueberries blackberries, raspberries or strawberries
1/2 cup unsalted raw almonds chopped

Directions

Combine quinoa, water, ginger, cardamom and salt in a sauce pan. Bring to a boil, reduce heat to low and cover.

Cook for 15 minutes 2. and set aside. Option: made ahead and chill.

To serve, evenly distribute quinoa into 4 bowls. Top with yogurt, honey, berries and almonds.



Rev Up Energy Smoothie

Serves 2

Ingredients

1 banana, frozen

1/2 cup frozen strawberries

1/2 cup plain Greek yogurt

1 tablespoons honey

2 tablespoons ground flax seeds

1/2 cup kale, chopped, packed

1/4 cup cucumbers chopped

1/4 cup water

Directions:

Combine all ingredients in blender until smooth.