

**EAT YOUR WAY TO HEALTH TO HELP YOU
RUN AND NOT BE WEARY, WALK AND NOT
FAINT AND THE DESTROYING ANGEL
WILL PASS YOU BY.**

**1. Have a good start in the morning by having a
super healthy breakfast that tastes good. A Chia
Pudding with fresh fruit toppings and Coconut
Cream! Absolutely delicious. Or a Sprouted
Buckwheat breakfast with fruit in season!**

**2. Make different kinds of alternative milks
Almond, Cashew, Oat, Hemp etc and use it to
whip up a delicious spiced chocolate drink.**

**3. Quick demo to inspire you to get out your
sprouting trays and jars and have the freshest
nutrient dense micro greens in your kitchen.**

**4. If time permits we can make a green
smoothie**

**My goal is to inspire you to eat more living foods
that allows the body to heal itself!**

Chia Pudding

Ingredients

- Milk of your choice
- 4 tablespoons chia seeds
- Fruit or homemade raspberry sauce for topping

Directions

1. Prepare the Jar:

- Add your milk of choice to a two-cup jar.

2. Add the Chia Seeds:

- Add 4 tablespoons of chia seeds to the jar.
- Shake well until the seeds are evenly distributed and stay suspended in the milk.
- Wait about 10 minutes and give it one more stir to ensure there are no clumps.

3. Refrigerate:

- Cover the jar and refrigerate the pudding for at least 2 hours or overnight.

4. Serve:

- Add fruit or homemade raspberry sauce on top before serving.

Green Smoothie

Ingredients

- 2 cups fresh baby spinach, rinsed
- 1 Granny Smith green apple, cored
- 1 banana, peeled
- 1 orange, peeled
- 1 teaspoon grated fresh ginger (or 1/2 teaspoon ground ginger)

Almond Milk

Ingredients

- 1 cup (140g) raw almonds
- 4 cups (1 liter) water
- 1/2 teaspoon vanilla extract

Directions

1. Soak the Almonds:

- Place raw almonds in a large bowl, cover with cold water, and let soak overnight.
- Drain and rinse the almonds.

2. Blend the Ingredients:

- Place the almonds in a blender or food processor.
- Add the water and vanilla extract.
- Blend at the highest speed for 2-3 minutes until smooth and creamy.

3. Strain the Milk:

- Strain the almond milk through a nut-milk bag or cheesecloth, squeezing well to extract the extra liquid.

4. Store the Milk:

- Pour the milk into an airtight container and store it in the fridge for up to 4 days.

Notes

- For a sweet version, you can add 1 tablespoon of maple syrup or one pitted Medjool date when blending.

Cashew Milk

Ingredients

- 1 cup (160g) raw cashews
- 2 Medjool dates, pitted* (or 3 tsp of maple syrup, honey, or agave)
- 3 1/2 to 4 cups water
- 1/4 tsp sea salt
- 1 tsp pure vanilla extract
- 1/4 tsp cinnamon (optional)

Instructions

1. Soak the Cashews:

- For quick cashew milk, soak the cashews in very hot water for up to 15 minutes. For a longer soak, leave them overnight in room temperature water.

2. Rinse and Drain:

- After soaking, rinse and drain the cashews.

3. Blend the Ingredients:

- Transfer the cashews to a high-speed blender.
- Add the water and any other inclusions (sweetener, vanilla, cinnamon) if using.
- Blend on high speed for about 30 seconds until smooth and creamy.

Notes

- Look for cashews in bulk bins, organic and fair trade if available.
- Use this milk within 3 days, as it starts to sour after that. You can also make a half batch if needed.

How to Sprout Alfalfa

Ingredients

- 2 tablespoons alfalfa seeds

Directions

1. Soak 2 tablespoons of alfalfa seeds for 6 hours or overnight in a sprouting tray.
2. Drain the soak water and rinse the seeds thoroughly.
3. Cover the tray with the lid and set it aside.
4. Rinse the seeds twice a day and drain well to prevent saturation.
5. When the growth reaches the top of the tray, expose the sprouts to indirect sunlight to green up.
6. Harvest and Enjoy