

Quick and Easy Breakfasts



Overnight Oatmeal

Yields: about 4 servings

Recipe adapted from minimalistbaker.com

- 1/2 cup unsweetened plain almond milk (or sub other dairy-free milks, such as coconut, soy, or hemp)
- 3/4 Tbsp chia seeds
- 2 Tbsp natural salted peanut butter or almond butter (creamy or crunchy // or sub other nut or seed butter)
- 1 Tbsp maple syrup (or sub coconut sugar, organic brown sugar, or stevia to taste)
- 1/2 cup gluten-free rolled oats (rolled oats are best, vs. steel cut or quick cooking)
- Optional Toppings:
 - Fruit: Sliced banana, strawberries, blueberries, raisins
 - Seeds: Flaxseed or additional chia seeds
 - Crunchy granola

To a mason jar, add almond milk, chia seeds, peanut butter, and maple syrup (or other sweetener) and stir with a spoon to combine. Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk.

Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak. The next day, open and enjoy as is or garnish with desired toppings.

OPTIONAL: You can also heat your oats in the microwave for 45-60 seconds (just ensure there's enough room at the top of your jar to allow for expansion and prevent overflow), or transfer oats to a saucepan and heat over medium heat until warmed through. Add more liquid as needed if oats get too thick/dry.

Overnight oats will keep in the refrigerator for 2-3 days, though best within the first 12-24 hours in our experience.



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Rita's Granola

Yields: about 5 cups

- 2 cups rolled oats
- 1 heaping cup of chopped nuts (walnuts, hazelnuts, almonds, pecans, brazil nuts)
- 1/4 cup seeds (sunflower seeds, pumpkin seeds)
- 3/4 cup unsweetened shredded coconut
- 1 teaspoon ground cinnamon
- 3 tablespoons maple syrup
- 3 tablespoons coconut oil
- 1 1/2 cups dried fruit (raisins, cranberries, golden raisins, cranberries, chopped apricots)

Preheat oven to 350°F. Combine oats, nuts, seeds, coconut and cinnamon in a large bowl. Combine maple syrup and coconut oil in a small bowl. Pour the coconut oil mixture over the oat mixture and stir to combine. Divide the mixture evenly among two sheet pans that have been covered with parchment paper and spread mixture over the entire pan. Place pans on racks in the middle of the oven and allow to bake for about 15-20 minutes. Every 5 minutes stir and flip the granola to ensure even browning, making sure to spread the mixture out to the entire surface of the pan. When the granola is fragrant and golden brown, remove from the oven and stir in the dried fruit. Enjoy immediately while warm or allow granola to cool before storing in an airtight container.

English Muffin Egg Pizzas

Yields: about 4 servings

Recipe adapted from epicurious.com

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| 4 whole wheat english muffins | |
| extra virgin olive oil | grated mozzarella and parmesan cheese |
| tomato slices | dried oregano and/or fresh basil |
| 4 hard boiled eggs, sliced (do ahead) | sea salt |

Toast English-muffin halves and place on a cookie sheet. Drizzle each with olive oil, then layer on tomato slices, hard-cooked egg slices (1/2 an egg each), and a little grated mozzarella. Sprinkle with oregano or basil and salt. Broil 5 minutes or until the cheese melts.