

## **Breakfast Recipes**

### **Banana Cinnamon Oatmeal**

1 cup quick cooking or rolled oats

3 ½ cups water, nut milk, or combination (nut milk: unsweetened almond, cashew, or coconut milk)

¼ teaspoon salt

½ teaspoon cinnamon

½ teaspoon ground ginger

2 Bananas, sliced

Agave nectar (to taste), toppings as desired

Combine the oats, 2 cups water or nut milk, and salt in a saucepan over low heat, and stir constantly until the liquid has been absorbed. Add the remaining milk or water, cinnamon, ginger, and banana slices. Continue stirring until desired consistency is reached. Makes three servings.

### **Eggs with Spinach**

Sauté 2-3 cups of fresh baby spinach in 2 teaspoons of olive oil with a dash of salt, pepper and red chili flakes. Use as a bed for 2 poached or scrambled eggs. Alternatively, scramble the spinach with the eggs, make into an omelet, or scramble/poach the eggs and place over a bed of raw spinach, lightly dressed with olive oil and balsamic vinegar.