



Simple. healthy. TASTY.

Book 4 ~ Breakfast



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Simple Healthy Tasty:

Book 4 ~ Breakfasts, Smoothies & Mixes

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Published in the USA by:

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DISCLAIMER

Be sure to note that everything in this eBook is my own opinion. It is up to you to form your own opinions. Hopefully you will research it. All information is intended to educate, I am not a licensed medical doctor and do not "diagnose" or "treat" disease. You need to decide what is best for you and your family.

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OATmeal Cookie granola

8 cups oats	2/3 cup of honey
1/2 cup ground golden flax seed	1 teaspoon vanilla
1 cup Sucanat	1/8 teaspoon
1/2 teaspoon nutmeg	natural butter flavor
1/2 teaspoon salt	(optional)
1 teaspoon cinnamon	Raisins (optional)
8 Tablespoons Coconut oil	



Preheat oven to 300 degrees. Combine your oats, Sucanat, flax, salt, nutmeg, and cinnamon in a large bowl. Melt oil, honey, and vanilla in a small saucepan. Mix well once all melted pour over the dry mixture. Mix up thoroughly to coat well. Place on 2 greased cookie sheets and bake for 20 minutes or so stirring once. When finished let it cool then add raisins if desired and put into container of choice.

STOVE TOP granola

8 cups regular rolled oats	1 teaspoons
1 cup dry sweetener (maple sugar, Sucanat, coconut sugar etc.)	flavoring (vanilla, maple etc.)
1/2 cup wet sweetener (honey, agave, maple syrup etc.)	optional nuts, seeds, raisins, dried coconut etc.
1 cup coconut oil	1/2 teaspoon Real salt



(Option, For a more crunchy granola like you buy at the store, Put about 1 tablespoon oil in warmed large (5 quart or larger) pot. Add the oats and stir WITHOUT BURNING for almost 5 minutes or until the oats are kind of golden brown. Pour oats out onto a cookie sheet. Using same pot follow directions below to finish making the granola. But remember pan is already quite hot be careful not to burn the coating, you may even want to let the pot cool for just a minute. See picture tutorial below!)

Melt all ingredients but oats and optional nuts etc. in a large pot (5 quart or larger). Stir until bubbling add oats and stir just until a bit toasty. Pour out on cookie sheets to cool. Stir in optional ingredients. Cool and store in airtight container. To change texture, use more wet and less dry sweetener.

APRICOT SMOOTHIE

Frozen Bananas
5 - 10 Fresh Apricots pitted
2 Tablespoons Maple Syrup
1 teaspoon vanilla
small handful of raw cashews

1 teaspoon cinnamon
½ teaspoon nutmeg
Enough rice milk to blend well

Blend all ingredients except cashews in blender until smooth. Add cashews and gently blend.



 MORE SMOOTHIES

OTHER SMOOTHIE IDEAS

The possibilities are endless! There are still a lot of fruits we haven't tried.

Creamy Ones: Fruit with Frozen Bananas

Mango

Peach

Raspberry

Blueberry

Pina Colada Pineapple and coconut

Tangy more fruity ones fresh or frozen with or without ice do it your way

Apple, Kiwi, Strawberry

Orange, Peach, Mango

Water melon, Frozen Raspberries, Lemon

Oranges, lemon, ice





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Thank You!