# ENERGIZING BREAKFASTS
# JULY 28

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# CHIA PUDDING
# RASPBERRY SAUCE + PEANUT BUTTER DREAM CREAM

## INGREDIENTS

**Chia Pudding**

- 2 cups milk or dairy-free milk (almond, oat, macadamia nut, or light coconut milk for a creamier version)
- 1/2 cup chia seeds
- 1Tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon

**Raspberry Coulis**

- 1 cup raspberries
- 1 lemon juice + zest
- salt to taste

**Peanut Butter Dream Cream**

- ½ cup creamy peanut butter (or almond butter)
- 1 Tbsp maple syrup
- 2 Tbsp coconut milk
- 1 tsp vanilla extract or vanilla bean paste
- ½ cup water ( to thin if need be)
- Salt to taste

## SERVES 4

## EQUIPMENT

- vitamix, blender or cuisinart
- small storage container
- microplane
- mixing bowl
- whisk
- measuring spoons
- measuring bowls
- 4 Mason jars or storage containers for the pudding
- medium sized bowl
- whisk
- small storage container

## SUPERFOOD HIGHLIGHT

**Chia seeds** are a nutritional powerhouse, packed with omega-3 fatty acids, fiber, and antioxidants. They promote heart health, improve digestion, and provide sustained energy.

# CHIA PUDDING
# RASPBERRY SAUCE + PEANUT BUTTER DREAM CREAM

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## INSTRUCTIONS

### Chia Pudding

- In a mixing bowl, add dairy-free milk, chia seeds, maple syrup, and vanilla. Whisk to combine.
- Place in refrigerator and let set for duration of class. Mix again and place in individual storage containers for easy on-the-go breakfasts. These take 6 hours to set. The chia pudding should be thick and creamy. Enjoy as is, or layer with raspberry sauce, dream cream, fresh fruit or nuts.

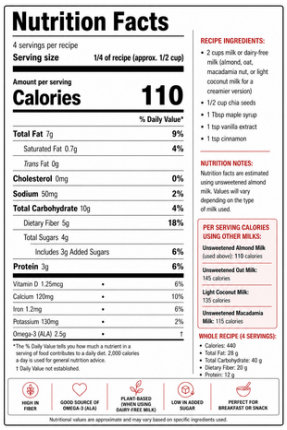
### Raspberry Coulis

- In a small blender, blend all ingredients.

### Peanut Butter Dream Cream

- In a medium bowl, add peanut butter, 1 tbsp maple syrup, coconut milk, vanilla extract and whisk to combine. Add water a little at a time until thick. The goal is to make the sauce pourable over the chia. Season with salt and zest of lime. Add additional maple syrup if you want it a little sweeter.

CHIA PUDDING




RASPBERRY COULIS




PEANUT BUTTER DREAM CREAM



# STRAWBERRY CHEESECAKE OATS

## INGREDIENTS

- ¼ cup rolled oats
- ½ - ¾ cup unsweetened almond milk
- ⅓ cup strawberries
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract
- pinch of salt
- drizzle of maple syrup or honey

## SERVES 1

## EQUIPMENT

- Blender
- Mason Jar
- Spoon

## INSTRUCTIONS

- Blend strawberries with almond milk
- Add all ingredients to a mason jar or bowl.
- Stir well to combine.
- Cover and refrigerate overnight (or at least 4 hours)

## SUPERFOOD HIGHLIGHT

**Oats** are packed with fiber and whole-grain nutrients, oats provide steady energy and support digestive and heart health.



**Nutrition Facts**

1 serving per recipe

**Serving size** 1 recipe (approx. 263g)

Amount per serving

**Calories** 115

| | % Daily Value* |
|---|---|
| **Total Fat** 3g | **4%** |
| Saturated Fat 0.2g | **1%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 165mg | **7%** |
| **Total Carbohydrate** 18g | **7%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 3g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 3g | **6%** |
| Vitamin D 2.5mcg | 15% |
| Calcium 180mg | 15% |
| Iron 1mg | 6% |
| Potassium 190mg | 4% |
| Vitamin E 4mg | 25% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

RECIPE INGREDIENTS:
- ¼ cup rolled oats
- ½ – ¾ cup unsweetened almond milk
- ⅓ cup strawberries
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract
- Pinch of salt
- Drizzle of maple syrup or honey (optional)

NUTRITION NOTES:
Nutrition facts are estimated using ½ cup unsweetened almond milk and do not include optional maple syrup or honey.

IF YOU ADD SWEETENER:
1 teaspoon maple syrup or honey
+20 calories
+5g added sugar

1 tablespoon maple syrup or honey
+52–64 calories
+13–17g added sugar

HIGH IN FIBER | MADE WITH REAL FRUIT | PLANT-BASED (WHEN USING ALMOND MILK) | LOW IN SATURATED FAT | PERFECT FOR BREAKFAST

Nutritional values are approximate and may vary based on specific ingredients used.

# BASIL STRAWBERRY COTTAGE CHEESE BOWL

## INGREDIENTS

- 2 cups fresh ripe strawberries hulled and quartered
- 1 tablespoon red wine vinegar or balsamic vinegar
- 1 tablespoon honey or maple syrup for vegan option
- 1 pinch salt
- 1 pinch black pepper freshly cracked
- 1 tablespoon fresh basil torn into small pieces

For the Base

- 1 cup cottage cheese or Greek yogurt for thicker texture

For the Topping

- 2 tablespoons roasted salted pistachios or walnuts, or omit for nut-free

## SERVES 1

## EQUIPMENT

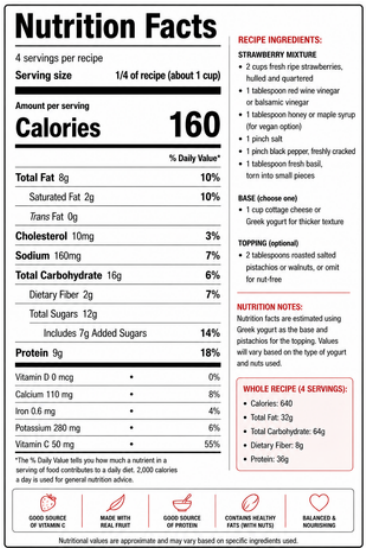
- 2 Bowls
- 1 Spoon

## INSTRUCTIONS

- Combine strawberries with vinegar, honey, basil, salt, and pepper, then let them sit for 15 minutes or up to 1 day
- Spoon over cottage cheese.

## SUPERFOOD HIGHLIGHT

**Strawberries** are rich in vitamin C, fiber, and antioxidant compounds called anthocyanins, strawberries help protect cells from oxidative stress and support immune and heart health.



**Nutrition Facts**

4 servings per recipe

**Serving size** 1/4 of recipe (about 1 cup)

Amount per serving

**Calories** 160

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | **10%** |
| Saturated Fat 2g | **10%** |
| *Trans* Fat 0g | |
| **Cholesterol** 10mg | **3%** |
| **Sodium** 160mg | **7%** |
| **Total Carbohydrate** 16g | **6%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 12g | |
| Includes 7g Added Sugars | **14%** |
| **Protein** 9g | **18%** |
| Vitamin D 0 mcg | 0% |
| Calcium 110 mg | 8% |
| Iron 0.6 mg | 4% |
| Potassium 280 mg | 6% |
| Vitamin C 50 mg | 55% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

RECIPE INGREDIENTS:

STRAWBERRY MIXTURE
- 2 cups fresh ripe strawberries, hulled and quartered
- 1 tablespoon red wine vinegar or balsamic vinegar
- 1 tablespoon honey or maple syrup (for vegan option)
- 1 pinch salt
- 1 pinch black pepper, freshly cracked
- 1 tablespoon fresh basil, torn into small pieces

BASE (choose one)
- 1 cup cottage cheese or Greek yogurt for thicker texture

TOPPING (optional)
- 2 tablespoons roasted salted pistachios or walnuts, or omit for nut-free

NUTRITION NOTES:
Nutrition facts are estimated using Greek yogurt as the base and pistachios for the topping. Values will vary based on the type of yogurt and nuts used.

WHOLE RECIPE (4 SERVINGS):
- Calories: 640
- Total Fat: 32g
- Total Carbohydrate: 64g
- Dietary Fiber: 8g
- Protein: 36g

GOOD SOURCE OF VITAMIN C | MADE WITH REAL FRUIT | GOOD SOURCE OF PROTEIN | CONTAINS HEALTHY FATS (WITH NUTS) | BALANCED & NOURISHING

Nutritional values are approximate and may vary based on specific ingredients used.

# GROCERY LIST

**Produce**

- Strawberries (about 3 cups total)
- Fresh basil (1 small bunch)
- Raspberries (1 pint)
- 1 lemon

**Dairy & Refrigerated**

- Cottage cheese (1 container) or plain Greek yogurt (1 container)

**Pantry**

- 1 container Milk or dairy-free milk (almond, oat, macadamia, or light coconut milk)
- Coconut milk (1 small can)
- Rolled oats
- Chia seeds
- Creamy peanut butter (or almond butter)
- Roasted salted pistachios or walnuts
- Red wine vinegar or balsamic vinegar
- Maple syrup or honey
- Vanilla extract
- Ground cinnamon
- Salt
- Black pepper