



Part I:

Breakfast





Breakfast Fruit Smoothies

Ingredients:

- 1/4 cup water
- 1/4 cup grapefruit (preferably fresh-squeezed; you can also use apple juice with no added sugar)
- Any fruit you like: grapefruit, oranges (you can use a serrated spoon to eat oranges and grapefruit without chewing), peaches, apples, blueberries, strawberries, raspberries, apricots, mangos, etc.—the fresher the better—peeled and seeded (if necessary) and sliced.

Directions:

Fill the food processor with fruit and puree with water and grapefruit juice (and grapefruit pulp if you are using fresh-squeeze). Blend until thick and creamy. Powdered vitamins may be added. Pour into a tall glass and garnish with a sprig of mint for a refreshing touch. Vary by adding yogurt (low fat, low sugar), sour cream, lactose-free, or regular 2 percent milk, home-made applesauce, powdered milk, vanilla, cinnamon, nutmeg, or ginger.



Enriched Oatmeal (for Two)

Ingredients:

- 1 cup heavy thick oats
- 1 tbsp. oat bran and 1 tbsp. steel cut oats
- 2 cups water
- Fruit: 1/2 diced banana, 1/2 diced apple and/or blueberries
- Milk (just a splash!)
- 1 to 2 tbsps. powdered instant milk
- Flax and chia seeds (ground fine)
- 1/2 tsp. cinnamon

Directions:

Bring water to a boil and stir in oats; cover and simmer, stirring occasionally until thickened (about three to four minutes). Cover and remove from heat. Place half into food processor with dry milk and fruit and puree. Pour in liquid milk and continue to puree until mixed. Pour into large cereal bowl. Sprinkle flax, chia seeds, and cinnamon on top. (Heat in microwave if needed.) Add more milk if you want. Serve the other half to your non-mushing breakfast companion.

TIP!

You now have many choices in grocery stores and coops to try different types of grains, fresh and in bulk. When making oatmeal, try the thick oats and add fruit before serving. Then grind flax seeds, brimming with B vitamins, over the oatmeal for added energy.



Super Millet

Ingredients:

- 1 cup millet (harvested bitter); rinse thoroughly
- 2 cups water
- 2 tbsps. honey (or substitute maple syrup)
- Dried fruit

Directions:

Bring water to boil, add millet, stir, and cover; simmer ten minutes and remove from heat. Let sit for ten minutes. Add dried fruit, honey, or maple syrup. Place in food processor and puree. It makes a large amount which you can safely put in a container and use another day. Besides being a tasty cereal, millet, like rice dishes, is a good accompaniment to chicken, fish, beef, or any other meat.

Try the sauce recipe on the next page to top off a side dish of millet.

FYI!

Not familiar with millet? It's a grain that has been used for centuries. In fact, it, not rice, was the main staple of prehistoric Chinese and Korean societies. Try experimenting as it can be quite tasty.



Millet Sauce Topping

Ingredients:

- 1 tsp. honey mustard
- 1 tsp. ginger spread
- 1 tbsp. low-sugar orange marmalade
- 1 tbsp. of any dried fruit
- 1 tbsp. Of honey or maple syrup

Directions:

Combine and mix ingredients. Add your choice of dried fruit, honey, or maple syrup. Place in food processor and puree. Serve hot or cold over millet or mix in.



Tortillas

Ingredients:

- 6 cups flour
- 1 tsp. salt
- 1/4 cup baking powder
- 1/2 cup lard or shortening
- 2 cups warm water

Directions:

Combine ingredients and knead for five minutes. Let rise for twenty minutes. Break and roll dough into 1/4 cup balls, place each between two sheets of wax paper, and roll out to seven-inch circle. (For twelve-inch tortillas, use 1/2 cup of dough.) Leaving the top sheet of wax paper on, place rolled dough on a preheated, ungreased skillet or griddle. Remove the wax paper as the dough begins to heat. Cook until lightly browned, then flip and cook the other side to a light brown as well. Makes twenty tortillas.