

BLUEBERRY QUINOA POWER PORRIDGE

4 Servings

- 2 cups cooked quinoa (see cooking directions below)
- 1 cup fresh blueberries washed and drained
- 4 tbs. toasted pumpkin seeds*
- 3 tsps. Cinnamon
- 2 tbs. Grade B Maple Syrup
- 2 tsps. vanilla flavoring (Frontier is a great brand – pricey but worth it!)



Cook quinoa as follows: (this is a secret I learned to make light fluffy quinoa!)

Rinse quinoa thoroughly in fine mesh strainer until water runs clear and let drain. Add 1 cup rinsed quinoa to 1½ cups water and bring to boil. Turn down to low simmer, cover and cook for 15 minutes. Check to make sure all water is absorbed (if not, cook 2 minutes more). Remove from heat and fluff with fork.

Add remaining ingredients to cooked quinoa and enjoy!

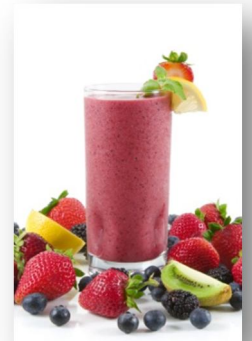
*pan toast seeds over medium flame stirring frequently until they are golden and fragrant (you'll know they are done when they start popping in the pan)

ELLEN & DENNIS' FAVORITE GREEN SMOOTHIE

Serves 2

Ingredients:

- 2 bananas (the riper the better)
- 1 10-12 ounce package frozen organic cherries (or use a berry-cherry mix)
- 1 packet unsweetened frozen acai (Whole Foods Market or Health Food Stores have this – Zambazon is the most popular brand)
- 1 Scoop of Protein Power*
- 2 tbs. flax, hemp or chia seeds
- 1 cup ice cold water



2 handfuls washed kale (leaves only – stems will be too hard to process) – you can use spinach if you like instead. Spinach is the mildest tasting green and works great for kids and/or first time “Green Smoothie Drinkers”)

Method:

Place all ingredients in blender and blend until all greens are emulsified. If your blender is not really powerful, tear up the leaves in to very small pieces before blending. This tastes much better than you think!

*Suggestions: Brown Rice Protein, Hemp Protein or a serving of Amazing Grass (this is powdered wheat grass and will really get you going!)

With love from the kitchen of Ellen Harnett, Kitchen Coach & Natural Foods Chef of Back to Basic Wellness

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