

### Warm Chia Pudding (Makes 2 servings)

2 cups unsweetened non-dairy milk

2/3 cup chia seeds

½ teaspoon vanilla extract

½ teaspoon cinnamon

½ teaspoon nutmeg

dash of turmeric (optional)

1 tablespoon sweetener (optional)

**ASSEMBLE THE NIGHT BEFORE.** The night before you want the pudding for

breakfast, mix dairy-free milk, chia seeds, vanilla, cinnamon, and nutmeg in a

bowl. If using a container with a lid, shake well and let it sit overnight in the refrigerator.



**THE NEXT MORNING.** The next morning, transfer the chia pudding from the container to a pot on the stove. Warm it for 2 to 3 minutes and serve it in a bowl.

**SERVING SUGGESTION.** Add a sweetener of your choice. Top with shredded coconut or add an extra boost of protein with your choice of protein powder.  
recipe from <http://betterhealthbyheather.com/>

### WARM GRAIN-FREE MUESLI (Makes 2 servings)

¼ cup raw pumpkin seeds

¼ cup sunflower seeds

2 tablespoons flax seeds

2 tablespoons chia seeds

2 tablespoons unsweetened shredded coconut

1 teaspoon cinnamon

½ teaspoon vanilla extract

½ cup warm dairy-free milk of your choice

1 apple, chopped (optional)

¼ cup dried cranberries (optional)

**WARM THE MILK.** Add your milk to a saucepan over medium low heat and stir until warm, not boiling.

**GRIND THE CEREAL.** In a coffee grinder or blender, add the pumpkin seeds,

sunflower seeds, flax seeds, chia seeds, and shredded coconut. Grind or blend until fine.



**SERVING SUGGESTIONS.** Place cereal in a serving bowl. Add warm dairy-free along with cinnamon and vanilla extract. Top cereal with fruit and stir.

**OVERNIGHT STEEL CUT OATS** (Makes 4 servings)

4 cups filter water  
1 cup steel cut oats  
¼ tsp sea salt

**BOIL WATER.** Bring water to a boil in medium saucepan. Add oats and salt. Cook for 1 minute. Remove from heat and cover. Let stand overnight.

**REHEAT.** The next morning, reheat over medium heat, stirring in some milk (I usually use about ¼ – ½ cup) if desired for extra creaminess.

**TOPPINGS.** Top with fruit such as an apple or dried cranberries, cinnamon and vanilla.  
recipe adapted from <http://pamelasalzman.com/overnight-steel-cut-oatmeal/> pic Wild 4 Wellness LLC

**Easy Egg Muffins** (makes 6-8 muffins)

6-8 eggs  
veggies of your choice  
seasonings of your choice  
coconut oil or olive oil

**DICE** veggies in ½ inch size pieces

**CRACK** eggs in bowl. Whisk with fork. Pour into coconut oil greased muffin pan ½ way to the top. Add desired veggies. Do not overfill.

**BAKE** in a 350 degree oven for approximately 20 min.



# How To Make THE PERFECT GREEN SMOOTHIE

The formula is simple, follow the basic formula and get creative!

## THE BASE (LIQUID)

- filtered water
- coconut water
- coconut milk
- cooled green tea
- nut milk (almond, hemp, cashew)

## EAT YOUR GREENS (GREENS)

- spinach
- romaine
- green leaf lettuce
- kale
- collards

## BOOST YOUR ENERGY (FRUIT)

- pear
- banana
- pineapple
- orange
- berries
- lemon
- apple
- mango
- avocado

## BONUS BOOSTERS (SUPERFOODS)

- Food Matters superfood greens
- chia seeds
- your favorite protein powder
- maca powder
- cacao
- coconut oil
- nut butter
- cinnamon
- vanilla

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