

Breakfast-to-Go!

- from Denise's Kitchen

Here's a healthy solution to your busy morning breakfast dilemma...It's SIMPLY delicious!

Ingredients:

1/2 cup old-fashioned organic rolled oats
1 tbsp organic flax seeds
1 tbsp organic sesame seeds
1 organic apple (or pear)
Silk almond milk or soymilk
1/4 tsp cinnamon (optional)



Directions:

Place the oats, flax seeds, sesame seeds & 8-10 oz. of almond milk or soymilk in a blender and store overnight in your refrigerator to soften the seeds. In the morning, simply add the chopped apple or pear (skin included), cinnamon (if desired) and BLEND!

That's it! Drink it down, or take it with you as you dash out the door! You will find that this healthy concoction fills you up and keeps you satisfied until early lunch time. It is full of what you need for a proper breakfast: grains, protein, fats (good kind), and fruit. I've learned that fruit digests the quickest (15-20 min.), grains take 45 min., protein takes 2 hrs. and fats (the seeds) take 2 to 3 hrs. The oats are excellent for cholesterol levels, the flax seeds are a well known antioxidant, sesames seeds provide calcium & the almond/soymilk gives you the protein you need to begin your day.

Feel free to experiment with different fruits & flavorings, etc. "Cheers!" to your good health...