

7 POINT KICK-START HABIT 3: GET THE WHITE OUT

HEALTHY RECIPES

Warm and Nutty Cinnamon Quinoa Recipe

Ingredients:

- 1 cup milk or non-dairy milk
- 1 cup water
- 1 cup organic quinoa (make sure you rinse it)
- 2 cups fresh berries (any kind you like!)
- 1/2 teaspoon ground cinnamon
- 1/3 cup chopped pecans
- 2 teaspoons of raw honey

Directions:

Combine milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in the berries and cinnamon; transfer to four bowls and top with pecans. Drizzle 1/2 teaspoon of honey over each serving.

Serves 4 — Calories 285, Fat 9g, Protein 9.5g, Carbs 44g, Fiber 5.5g, Sugar 11g (note that most of the sugar comes from the berries, only 2 grams comes from added sugar from the raw honey!)

This filling pizza crust is an awesome fibre-full alternative. Remember portion control, or all this fibre could lead to an uncomfortable tummy!

Ingredients:

- 1 1/2 cups flax seed meal
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon oregano
- Sweetener to equal about 1 Tablespoon of sugar
- 3 Tablespoons of oil
- 3 eggs
- 1/2 cup water

Flax Pizza Crust

Directions:

Preheat oven to 425 F. Mix dry ingredients together. Add wet ingredients, and mix very well. Let sit for about 5 minutes to thicken. Spread on pan (It works best on a baking sheet with parchment paper or a silicone mat) Bake for 15-18 minutes until cooked through, then add toppings and cook until they are done.

Serves 8 —Calories 300, Fat 24g, Protein 11g Carbs 13g, Fiber 11g, Sugar 1.5g
**toppings of course will add additional calories

This recipe is super easy and versatile and a fabulous alternative to rice and pasta dishes.

Ingredients:

- 1 head of cauliflower
- 1 tbsp of coconut oil

Cauliflower Rice

Directions:

Shred raw cauliflower in a food processor. Fry in pan with small amount of oil. Use like rice!

Serves 4 Calories 64, Fat 3.5g, Carbs 8g, Fiber 4g, Sugar 0

Options:

Add veggies, lean protein and spices to make different varieties

This yummy pancake serves 1, but it's easily doubled.

Ingredients:

- 1 egg
- 1 Tablespoon plain yogurt
- 1/4 teaspoon vanilla
- 2 Tablespoons flax meal (ground flax seeds)
- 1/3 apple - chopped into 1/4 inch or smaller pieces (you can also use mashed bananas or blueberries)
- Dash of cinnamon
- 1 tsp coconut oil

Apple Flax Pancake

Directions:

Beat egg with yogurt and vanilla until well mixed and fluffy. Add in flax meal, apple or fruit, and desired spices; stir until mixed. Let sit for 2—3 minutes while you preheat a nonstick skillet with a bit of coconut oil or cooking spray. Pour batter into bottom of small skillet and cook a few minutes on each side, until nicely browned. Serve spread with natural peanut butter, or some topped with yogurt and fruit together!

Serves 1 - Calories 240, Fat 16g, Carbs 16g, Fiber 6g, Sugar 9g (mostly from the apple!)