

Week 3: Healthy Breakfast Options

Home-Made Almond Milk - The Elixir of the Goddess

INGREDIENTS

- 1 c. almonds (soaked overnight)
- 4 c. fresh water (or 2 c. water & 2 c. coconut water)
- dash of cinnamon
- 5 drops [SweetLeaf Vanilla Creme Stevia](#)
- (or you can use 2 dates, soaked, pitted to sweeten)

TO DO:

- Soak almonds overnight covered in water, 1 tbsp apple cider vinegar, and 1 tsp salt.
- Rinse well in the morning.
- Add almonds to water and other ingredients in [Vitamix](#) or powerful blender.
- Place liquid through a [nut-milk bag](#), held by a strainer.
- Get your inner farmer out and "milk" the bag, by gently squeezing every drop.
- Store in glass bottles in the fridge. Lasts 3-4 days.



Delectable Velvety Oatmeal with Walnut Cream Sauce

INGREDIENTS

- 2 c. water, 1 c. nut milk
- 3/4 c. blended oat flakes (into powder)
- 1/2 - 3/4 c. regular oat flakes
- 1 tbsp chia seeds, pumpkin seeds, hemp hearts, etc.
- 1 or 2 soaked dates (blend with part of cooked oatmeal)
- dash of cinnamon and ginger powder
- mixed organic berries; walnuts, almonds, etc.

TO DO:

- Place liquid in a pot, and add powdered and oat flakes. Stir to make sure there are no lumps.
- Bring to boil, stirring to avoid lumps. Then simmer on low. Blend date(s) with some cooked oatmeal and return to the pot. Let simmer till ready. Decorate and enjoy! (Cashew Cream Sauce next page.)



Luscious Walnut Cream Sauce

INGREDIENTS

1 c. raw walnuts (soaked 4 hours or quick soaked with boiling water for 1 hour.)
1-2 dates (also soaked) or Stevia drops
1/2 c. nut milk (or water)
1/4 tsp vanilla extract
dash of cinnamon

TO DO:

- Place all ingredients in [NutriBullet](#) or food processor.
- Blend until right consistency. Add more liquid if you like it creamy. This can also turn into cashew milk if you add 3 c. water!



Breakfast Bowl (great for leftovers!)

INGREDIENTS

- 1 c. leftover brown rice (or quinoa) - optional
- cilantro-pepita pesto for rice
- 1 block organic firm or extra-firm tofu
- spices (cumin, turmeric, yellow curry powder)
- black salt (optional) this gives tofu "eggy" flavor
- 2 scallions
- dark greens of your choice
- black beans (or any beans you like) with garlic and ginger
- 1 shaved carrot & a bit of purple cabbage with lime
- fermented veggies or sauerkraut
- avocado or anything else that feels right to you.



TO DO:

- If you're using leftover grain, heat it up and add cilantro-pepita pesto for flavor and variety.
- Make scrambled tofu: in a skillet add ghee or a bit of favorite oil. Add spices. Add diced scallion, simmer a minute. Crumble tofu on top. Stir. Add salt and cover to cook until ready.
- Greens: Cut in small strips or pieces. Add 1 tbsp water or oil to skillet. Add greens. Cover. Add [Braggs](#).
- Carrots and cabbage: shred or slice into thin strips. Add greens from onions. Squeeze lime and salt.
- Black beans: From Eden BPA-free cans (or see recipe at the end) Add garlic and ginger powder.
- Fermented Veggies (I'll teach this next week) or sauerkraut.
- Arrange creatively on a bowl, add avocado if you'd like. Have fun, experiment with variations! Yum!



HOW TO MAKE PERFECT BLACK BEANS

INGREDIENTS:

2-3 cups organic black beans. Washed and soaked overnight.

water

1/2 red onion

2 cloves garlic

cilantro to taste

garlic powder and ginger powder

salt or [Braggs Aminos](#) at the end

TO DO

- Make sure you take out any small stones or irregular beans out.
- Soak overnight with lots of water, about 2" above beans (they'll triple in size) and 1-2 tbsp salt.
- In the morning, rinse beans well and place in large pot.
- Add enough water to cover by about 2"
- Add onion in chunks or slices.
- Smash garlic, and throw into pot.
- Slice cilantro and add to pot.



- Cover and bring to a boil. Once boiling, set cover slightly ajar to let off some steam.
- Lower heat to low and simmer about 2 hours.
- Check periodically to make sure there's enough liquid. You don't want all of the liquid to get absorbed. If so, add a bit more water.
- Cook until beans are tender, yet still somewhat firm.
- At the end, add garlic powder and ginger powder to taste (about 1/2 tsp each)
- Add salt or Braggs to taste.

This will make A LOT of beans! Store some in glass container. Freeze the others in small freezer bags so you can thaw what you need later.



BENEFITS OF SOME INGREDIENTS

OATMEAL

Oatmeal is an example of a healthy whole grain, the type that still has the “good stuff” (specifically the kernel, bran, germ and endosperm).

Oats are rich in carbs and fiber, but also higher in protein and fat than most other grains. They are very high in many vitamins and minerals.

Not only is it known to lower your risk of cancer, support healthy cholesterol levels and balance blood sugar, but it also helps curb your appetite for better weight control.

Oats are rich in anti-inflammatory substances, antioxidants and nutrients including manganese, molybdenum, phosphorus, biotin, vitamin B1, magnesium, chromium, zinc and more. Together, these nutrients may promote relaxation and healthy immune function.

Oatmeal is a phenomenal source of fiber, is associated with numerous health benefits, including: Weight management, Blood sugar support, Cholesterol support, Gastrointestinal health, Heart health.

Oats are high in the soluble fiber beta-glucan, which has numerous benefits. It helps reduce cholesterol and blood sugar levels, promotes healthy gut bacteria and increases feelings of fullness.

Oats may lower the risk of heart disease by reducing both total and LDL cholesterol and protecting LDL cholesterol from oxidation-

Due to the soluble fiber beta-glucan, oats may improve insulin sensitivity and help lower blood sugar levels.



WALNUTS

Walnuts have been studied more extensively than other nuts regarding cancer prevention. Walnuts have the highest amount of antioxidants in the nut family. Due to this boost of antioxidants, walnuts have been proven to help slow the growth of both prostate and breast cancers. They're one of the best plant food sources of **omega-3s**, which help to reduce inflammation.



New research shows walnuts could help women who are dealing with breast cancer. The [study](#) shows eating two ounces of walnuts a day for about two weeks slowed breast cancer growth or reduced the risk of developing the disease.

Other [studies](#) have shown the Mediterranean diet with extra virgin olive oil and extra nuts could lower the risk of breast cancer compared to a normal diet. Last year, a study from Yale showed [colon cancer survivors who regularly eat nuts have a significantly lower risk for cancer recurrence](#).

Emerging research shows potential for walnuts to contribute to a cancer-preventive diet through several compounds possibly working together. **Ellagitannins, melatonin and gamma-tocopherol** may each work through different paths to reduce oxidative stress, inflammation, and gene expression that can lead to cancer.

Nut intake, including walnuts, has been associated with a lower risk of Type II diabetes and cardiovascular disease risk. They also help to improve memory and prevent depression.

NOTE:

Too much of a good thing can be a bad thing, too; consuming too many walnuts is thought to cause kidney stones due to their **oxalate content**. About 1.5 ounces a day (10 walnuts) seems to be the best amount.



ALMONDS

- Nuts in general are low in [carbs](#) but high in healthy fats, protein and [fiber](#). A great choice for people with diabetes.
- Almonds are high in healthy monounsaturated fats, fiber, protein and various important nutrients.
- They're high in antioxidants that can protect your cells from oxidative damage, a major contributor to aging and disease.
- Of all nuts, studies show that almonds are twice as protective, related to cancer cell growth, than pine nuts, cashews, and macadamias.
- Walnuts & pecans are the clear winners, causing a dramatic drop in cancer proliferation at just tiny doses.
- Yet, almonds contain a ton of nutrients that are often overlooked
- They help your heart stay healthy, as they lower LDL (bad) cholesterol and are packed with **vitamin E, magnesium and potassium**, which helps oxygen and nutrients flow more freely through the blood.
- Almonds are a bone-building food. **Just 1-ounce serving has as much calcium as 1/4 cup of milk.**
- Almonds are among the world's best sources of vitamin E. Several studies have linked higher vitamin E intake with lower rates of heart disease, cancer and Alzheimer's disease.
- Nuts in general are low in [carbs](#) but high in healthy fats, protein and [fiber](#). Great choice for people with diabetes.
- Almonds are extremely high in magnesium, a mineral that many people don't get enough of. High magnesium intake may offer major improvements for metabolic syndrome and type 2 diabetes.
- The magnesium in almonds may additionally help lower blood pressure levels. Eating one or two handfuls of almonds per day can lead to mild reductions in "bad" LDL cholesterol, potentially reducing the risk of heart disease.
- High in phytic acid, which binds to iron, zinc and calcium, they need to be soaked.



HEMP HEARTS

Hemp seeds are counted among the [most nutritious seeds](#) in the world. After all, they benefit heart, digestive system, brain and skin. Hemp seeds have the concentrated balance of essential fats, vitamins, enzymes and proteins, making them good for overall health.

Technically a nut, hemp seeds are very nutritious, rich in healthy fats, [high-quality protein](#) and several minerals.

They're exceptionally rich in two essential fatty acids, linoleic acid (omega-6) and alpha-linolenic acid (omega-3).

More than 25% of their total calories are from high-quality protein. Hemp seeds are also a great source of vitamin E and minerals, such as phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron and zinc.

Hemp seeds can be consumed raw, cooked or roasted. Hemp seed oil is also very healthy and has been used as a food and medicine in China for at least 3,000 years.

A team of researchers from the University of Rostock, Germany [discovered](#) that cannabinoids in hemp seeds can thwart cancer growth and metastasis. So, on the basis of these studies, it is proved that hemp seeds can be some of the best cancer fighting supplements available.

Hemp has generally been used to describe non-intoxicating Cannabis that is harvested for the industrial use of its derived products. Hemp foods don't contain phytoestrogen properties, and does not have a direct impact on estrogen.



ALL BERRIES ARE POWERFUL!

One compound present in **berries**, which has received a great deal of research in recent years is **ellagic acid**, which is of particular interest in **cancer prevention** due to its associated links with preventing, inhibiting and reducing the mechanisms of **cancer** formation.



Blueberries are among the most powerful sources of antioxidants. They contain many phytochemicals and nutrients which show potential **anti-cancer effects** in laboratory studies. Several studies found that eating **blueberries** increases antioxidant activity in the blood as well as showing potential to prevent DNA damage.

Blueberries are a **rich source of Vitamins C and K** and the important trace mineral **manganese**; all required for healthy bones, tendons and ligaments.

Blueberries are also the richest food source of pterostilbene, a close relative of longevity promoting resveratrol. Pterostilbene has been shown to slow down brain aging and support memory and lucidity.

Along with fiber, blueberries contain powerful **phytochemicals called anthocyanins**, super cell protective antioxidants, which give these berries their deep blue color.

Blueberries are also **rich in cancer fighting plant catechins and flavonoids such quercitin and ellagic acid** (also found in raspberries and pomegranates).

Strawberries are also good sources of antioxidants and folic acid, and are excellent sources of Vitamin C, which has shown to decrease risk for esophageal cancer. One cup of strawberries provides 100% of your daily recommendation of Vitamin C. In fact, strawberries are a richer source of Vitamin C than oranges! (Make sure you get these Organic!)

Raspberries dark red color comes from flavonoids. These compounds work with fiber to promote health and disease prevention. **Ellagic acid**, found in raspberries (and in other berries) is being studied for anti-estrogen properties, especially beneficial for fighting certain breast cancers.

Blackberries, like blueberries, are a great source of anthocyanosides. The other phytochemicals, vitamins and minerals found in blackberries help to strengthen the immune system in order to deactivate free radicals and reduce cancer risk.



COCONUT WATER

The glycemic index of coconut water is 3, and the glycemic load is 0; which does not lead to an immediate spike of blood **sugar**.

Coconut water may be the perfect beverage for restoring hydration and replenishing electrolytes lost during exercise.



Electrolytes are minerals that play several important roles in your body, including maintaining proper fluid balance.

They include potassium, [magnesium](#), sodium and calcium.

Two studies found that coconut water restored hydration after exercise better than water and equal to high-electrolyte [sports beverages](#)

Coconut water is a delicious, nutritious and natural beverage that's extremely good for you.

It may benefit your heart, blood sugar, kidney health and more.

NOTE: If you start sipping away at this delightful beverage, just be sure to **avoid products with added sugar**, and do your best to find organic.



DATES

The nutrition data of dates are really off the charts, making them highly beneficial in many ways. They're packed with essential vitamins and nutrients that can be extremely supportive to your overall health. Dates are rich in fiber and good carbs, and are known for its high concentration of anti-oxidants.



The glycemic index of dates is 43-53, which is considered low. A GI of 70 or more is high, a GI of 56 to 69 is medium, and a GI of 55 or less is low,

CANCER: Dates have some **particular anti-cancer properties** that have been studied in-depth, and the results revealed that the presence of beta D-glucan in dates is very advantageous in **promoting anti-tumor activity** within the body.

Using dates as a part of the daily diet can help greatly in reducing the risk of cancer and can significantly help in the reduction of occurrence of benign tumors too.

Good for blood sugar control- Dates have the ability to increase the production of insulin and also has several properties that can help reduce the rate of absorption of glucose in the intestine. This is beneficial in reducing the risks that are posed by diabetes.

It's already known that the phenolics and flavonoids present in dates have an excellent capacity to reduce inflammation that occurs within the body.



TOFU: TO SOY OR NOT SOY?

Breast cancer and soy have had a complicated relationship over the years. However, a brand new soy study is filled with great news!

Eating soy can help prevent breast cancer in women of all ages. Researchers found that soy consumption cut breast cancer risk by 41 percent ([study](#)). Yet, it has to be the less processed versions of soy, such as tempeh, miso, edamame, tofu, and soymilk (always organic and non-GMO too!).



Many oncologists have been on the fence about whether or not women who have had breast cancer should consume soy foods. To play it safe, they've discouraged women with breast cancer from consuming soy. The reason behind this is that soybeans contain phytoestrogens (called isoflavones), and these estrogen-like properties have raised concerns of potentially making breast cancer grow. But this remains very controversial.

The latest study on soy and breast cancer ([study abstract](#)) concluded that eating foods rich in isoflavones caused a 21% decreased risk of death among women with the highest versus the lowest intake of soy foods.

Increasing soy may increase survival rate after a cancer diagnosis

For women diagnosed with ER-negative breast cancer, soy may play a significant role in survival, and may even matter more if they start eating soy now, than having had it in the past. So this study found that soy wasn't harmful for survival, but it actually may improve it. And while this study found these specific perks for ER-negative survivors, previous research has found soy to be beneficial for ER-positive survivors as well, and for both users and nonusers of hormone therapy ([study](#)).

Asian women have the lowest incidence of breast cancer, most likely from eating soy during puberty when breast tissue was forming. Prolonged daily **soy** consumption has been shown to reduce important **menopause**-related inflammatory symptoms.

So to soy or not soy?

It's ultimately your choice whether you decide to incorporate soy into your diet. Do your own research and then do whatever feels right for you.

(From an article by Kris Carr)

