

PRIMARY BREAKFAST

Nut Granola Recipe

Below is the recipe for 1 batch of the nut granola that I eat. You will need a dehydrator to slow cook the granola in order to retain top nutritional value. I make 4 to 5 batches at once, and 1 batch typically can fit on a row of the dehydrator. The dehydrator I use has 5 rows so it can fit all 5 batches in one cooking session. The 4-5 batches lasts me around 1.5 to 2 weeks on average.

- Put in a S-blade food processor
 - 1 C raw organic almonds (soaked for 8-12 hours)*
 - 1 C raw organic sunflower seeds (soaked for 8 hours)*
 - 1 C raw organic walnuts (soaked 4 hours)*
 - 1 C raw organic pecans (soaked 6 hours)*
 - ½ C raw organic pumpkin seeds (soaked 8 hours)*
 - 4 Tbs yacon syrup
 - 1 Tbs coconut oil
 - 1 Tsp cinnamon
 - 1 Tsp vanilla
 - ¼ C goji berries
- Once processed, put on dehydrator for @ 115 degrees F for 12 to 18 hours
 - Time on dehydrator will depend on how many batches you are cooking at once (1 batch = closer to 12 hours, 5 batches = closer to 18 hours)

**To make the soaking process simpler, I typically soak the almonds in a bowl overnight before I go to bed (if making 5 batches, have 5 bowls with 1 C of Almonds in each). When I wake up in the morning, I put the sunflower seeds, pumpkin seeds, walnuts and pecans in the bowl(s) and then soak everything for another 4-6 hours. The soaking process makes the nuts much healthier. Just google “Why Soak Nuts and Seeds” and tons of info will appear.*

Homemade Almond Milk

- In a vitamix blender, blend:
 - 2 ½ C filtered water
 - 1 C raw organic almonds (soaked for 8-12 hours)
 - Blend for 2 minutes
 - Make sure you start on Variable / Low and gradually turn to full speed in first 5 seconds, then blend on max for the rest of the time
- Once blended, you have to strain the milk through a nut milk bag
- Milk usually lasts for 4-5 days. It gets pretty disgusting any longer than that
- I usually make 2 batches at once, so 5 C water and 2 C of almonds

Store bought unsweetened organic almond milk is an alternative, but they usually contain a bunch of chemicals that your body doesn't need. I prefer the homemade because it's much healthier. The homemade milk contains much more protein as well.

Alternative Breakfasts (in a Vitamix Blender)

Pecan Porridge

- 1 C Pecans, soaked
- 2 Tbs Yacon Syrup
- 1 Tbs Extra Virgin Olive Oil
- 1 Tsp Cinnamon
- 1/8 Tsp Sea Salt
- 8 oz Warm to Hot Water
- 1/2 Blueberries (if wanted)
- 1 Tsp Vanilla

Macadamia Nut Porridge

- 1/2 Macadamia Nuts, unsoaked
- 1/2 Vanilla Bean
- Pinch of Celtic Salt
- 3/4 C Almond Milk
- 1 Tsp Cinnamon
- 2 Tbs Yacon Syrup