

BREAKFAST BULGUR PORRIDGE

THE EASIEST HIGH FIBRE + PROTEIN BREAKFAST

1. In a saucepan, add milk, vanilla, chopped dates, maple, bulgur.
2. Bring to a boil, then simmer on medium for 10-15 minutes.
3. Scoop into bowls; top with fruit, nuts, seeds, cacao nibs, etc.

Variations:

Bulgur + cashew milk / pumpkin spice / cooked pumpkin / honey / roasted pumpkin seeds
Bulgur + almond milk / raw cacao / cinnamon / almonds / cacao nibs / frozen cherries

Ingredients:

- medium bulgur wheat
- fresh almond milk
- vanilla bean
- dates
- maple syrup
- roasted nuts, fruit, seeds, cacao nibs etc

Today's Bowl

- chopped roasted nuts
- green beans, broccoli
- tomatoes (in season)
- dressing: olive oil, herbs, dijon mustard, kombucha vin, s+p, nutritional yeast
- pea shoots
- cooked quinoa

MARKET GRAIN BOWL

Easy Seasonal Grain Bowl - served hot or cold!

1. Pre-cook your grains; this method / recipe can use ANY grain.
2. Roast nuts at 350 degrees for about 10 minutes. Chop, reserve.
3. Cut veggies to bite-size. Steam / roast veggies, then cool.
4. Make dressing: Blend half the nuts, herbs, oil, vinegar, mustard, salt, pepper, and nutritional yeast until smooth.
5. Toss all the veggies, grain, and reserved nuts with the dressing.
6. Plate and top with freshly ground pepper.

Variation:

Black rice / miso ginger dressing / peanuts / nori / bok choy

KIMCHI + HONEY FRIED BARLEY

Basic Barley Cooking Instructions

1. Rinse your grain before cooking. 1 cup barley yields 3 cooked.
2. Bring water and barley to a boil over high heat. Watch for foam.
3. Once boiling, turn to a low simmer. Pearl = 25 min, Hulled 40 min
4. Drain, dry, cool on a large sheet pan. Use in soup, grain bowls, porridge.

Kimchi + Honey Fried Barley

1. Pre-cook your barley; this saves time, dishes + patience on a weeknight.
2. Heat oil or butter in a deep skillet; add barley and shisito peppers and stir fry til barley begins to brown and peppers soften.
3. Add bone broth, kimchi, honey, sesame oil, salt. Cook til heated.
4. Put in serving bowl or on plates; top with fried duck egg, green onion, sprinkle with sesame seeds and serve.

Variations:

Barley + Cream / shredded kale / grated parmesan / lemon zest
Barley + Water / corn / cotija cheese / lime / cilantro / pickled onion

Ingredients:

- cooked barley
- oil or butter
- shisito peppers
- bone broth
- local honey
- good kimchi
- kimchi juice
- sesame oil
- green onion
- fried duck egg
- sesame seeds