

5 Recipes to Kick Your Sugar Addiction

by

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Upon Rising: Drink warm water with lemon.

Breakfast (pick one option)

Super Simple Oatmeal (Gluten-Free Oats)

(Serves 2)

- 1 cup almond milk
- 1 cup water
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 cup whole rolled gluten-free oats
- 1/2 cup fruit of your choice to top (apples/pears/berries/etc.)

Pour almond milk, water, and vanilla extract into saucepan over high heat until boiling. Pour in oats, continue to stir. When the ingredients return to a boil, reduce to simmer. Continue to simmer and stir for about 12-15 minutes until oats are of a creamy texture.

Secretly Green Smoothie

- 1/2 cup of water
- 1 small ripe banana
- 1 chopped and pitted peach
- 1/4 cup of raspberries
- 1 handful of baby spinach

Put all ingredients into blender, and blend until smooth.

Snack

Raw veggies (celery, carrots, cucumber) w/ 2 tbsp hummus

Lunch

Kale Power Slaw

(Serves 2)

- 1 bunch kale stems removed and leaves thinly sliced
- 1 large carrot shredded
- 1/2 orange juiced
- 1/2 lemon juiced
- 1/2 red onion very thinly sliced
- 2 Tablespoon olive oil

Toss kale with carrot, orange juice, and lemon juice in a large salad bowl, using your hands to rub orange and lemon juice into kale leaves. Let stand a few minutes.

Fill a bowl with ice water. Bring a saucepan of water to a boil and stir onion into boiling water; cook just until starting to soften, 15 to 30 seconds. Drain and immediately immerse onion in ice water. Drain ice water, blot onion dry on paper towels, and add to kale.

Stir olive oil into kale mixture and toss to coat. Can be made several hours ahead of time and refrigerated until ready to serve.

Snack

Coconut water (4 ounces) & fruit (apple, ½ cup berries, ½ grapefruit)

Dinner

Crazy Curried Millet

(Serves 4)

- 1 cup dry-roasted millet
- 1/2 cup crushed almonds
- 3 tablespoons pumpkin seeds
- 1 teaspoon curry powder
- 1 teaspoon grated ginger
- 2 cups vegetable stock

Boil the vegetable stock in a pot. Add all the ingredients and bring to a boil. Reduce the heat to low and simmer for 20-25 minutes until all liquid is absorbed. Stir ingredients. Serve warm.

Dessert

Blueberry Chocolate Pudding

(Serves 2)

- 3 tablespoons raw cacao powder
- 1/4 cup chia seeds
- 3 ripe avocado
- 1/4 cup coconut milk
- 2 teaspoons vanilla extract
- 1 cup blueberries
- Raw cacao nibs (optional topping)

Remove avocados from the skin (and pit) and place in a food processor with blueberries. Blend until combined and creamy. Add in all remaining ingredients, blending until pureed, scraping down the sides when needed to combine. Blend for a good 1-2 minutes until completely cream.

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Biggi Fraley