



Barefoot Breakfasts: Healthy Ideas for Breakfast

Apple Pear Compote

6 sliced apples and 3 sliced pears
1 tsp cinnamon
1 tsp cloves
1 tsp nutmeg
raw sunflower seeds or pumpkin seeds
1 tbsp ground flax seed (buy whole flax seeds, grind a fairly large amount in the blender, put in a jar and keep in the freezer for easy use)
1 tbsp nut butter (almond, sesame, sunflower or pumpkin)

In a small saucepan add an inch of water (1/2 cup) to the fruit, cinnamon and seeds. Simmer for about 10 min. Then stir in nut butter and top with ground flax seed and Unsweetened soy milk

Anything Goes Granola

I make a batch of this each Monday morning and it lasts us most of the week. Its delicious and low in sugar and fat.

2 1/2 cups rolled oats
1/2 cup wheat germ
1/2 cup wheat bran
1/2 cup shredded unsweetened coconut
1/2 cup raisins
1/2 cup honey
1/4 cup crushed almonds or cashews
1/4 cup oil
2 tbsp. Sunflower seeds
2 tbsp. Sesame seeds

½ tbsp cinnamon

other possible additions: dried apples and/or dried cranberries (max. ½ cup combined), flax seeds (1-2 tbsp), raw pumpkin seeds (crushed 1-2 tbsp), hemp seed nuts (1-2 tbsp)

- Blend ingredients together in a large brown and bake at 350 F on a lightly oiled cookie sheet for 15 mins or so, turning every few minutes. Remove from oven and transfer immediately into a large glass container for cooling and storage.
- Heat of help seeds should new exceed 325F – I mix them in just as I pull the granola out of the oven.
- Real Maple Syrup can replace honey, but you'll be missing out on the crunchy clusters.

Breakfast Smoothie

1 cup 1% milk (or soy or rice milk)
2 tbsp low fat vanilla yogurt
¾ cup cooked oatmeal, cooled
2 tsp peanut butter or almond butter (all natural)
2 tsp whey powder or other protein powder
6 ice cubes
3 tsp Greens+
2 tbsp flax seed oil
½ cup blueberries
Banana (optional)

Blend until smooth

Drink ½ and store ½ for a later snack!

Grain-free Museli

Sliced fruit (peach, plum, etc)
raw sunflower seeds and pumpkin seeds
Cinnamon and nutmeg
Ground flaxseed
Shredded coconut (unsweetened)
Cooked wild rice
Organic raisins
Unsweetened soymilk
Maple syrup

Mix all ingredients and enjoy.

Pumpkin Pie Without the Crust

1 cup Cooked pumpkin (not canned), you could also use squash or sweet potato
¼ cup Soymilk
1 tbsp Honey
2 Eggs
1 tsp Vanilla
1 tsp Nutmeg

Combine all ingredients to make a custard and bake in a pan at 350°C until gelled. Spoon out and serve with raw pumpkin seeds, ground flaxseed, soymilk, almonds etc

Breakfast Burrito's

8 apples peeled and cored
1/3 cup of water
¼ cup softened mashed dates with pits removed (may be coarsely blended)
¼ cup raisins
1/8 tsp maple flavouring
½ tsp vanilla
6 whole grain tortilla shells

Glaze

2 cups apple juice
2 Tbsp cornstarch or arrowroot powder
½ tsp lemon juice
¼ tsp coriander
1/8 tsp cardamom

1. Cook apples in water
2. Add remaining ingredients
3. Mix well
4. Roll in tortilla shell, creating a Burrito and place in a baking dish.
5. Mix Glaze ingredients together and cook over medium heat until lightly thickened.
6. Cover Burritos with Glaze
7. Bake at 305F for 30-40 mins

Lisa's Famous Multigrain Porridge

2 Tbsp Kasha

- 2 Tbsp Quinoa
- 4 Tbsp Millet
- 4 Tbsp Oatmeal (optional, contains gluten)

Grind all grains to a fine powder in a clean coffee grinder. Add water and cook over low heat until thick and soft, adding more water as needed. You may serve this with rice or soy milk, maple syrup or honey and raisins or fresh fruit. It's a great place to hide children's liquid vitamins, vitamin C powder and flax oil. Serves 2 for breakfast.

Pancakes

- 1 ½ cups sifted flour (spelt works to)
- 2 ½ tsp baking powder
- ¾ tsp salt
- 2 eggs- separate white and yolk and beat white until stiff
- 1 ¼ cups milk (soy works too)
- 3 tbsp oil or butter

1. Sift together flour, baking powder and salt
2. Mix egg, milk, oil /butter
3. Pour milk mixture into dry ingredients and stir only enough to moisten ingredients
4. Bake on a hot griddle, lightly greased if necessary

Serve with Real Maple syrup and orange slices or berries

Morning Glory Muffins

There is a commune near where I grew up in the hills of the Ottawa Valley. This recipe comes from a woman who still lives there today.

- 1 ½ cup flour (spelt is good)
- 2 tsp baking powder
- ½ tsp salt
- ½ cup raisins
- ½ cup coconut
- 3 eggs beaten
- 2 tsp vanilla
- ½ cup whole wheat flour
- 2 tsp cinnamon
- 2 cups grated carrots
- 1 Apple Grated
- ½ cup nuts of any kind

- ½ cup oil
- ½ cup sugar (optional)
- ¼ cup pumpkin seeds (optional)
- ½ cup sunflower seeds (optional)
- ¼ cup chocolate chips (optional)
- ¼ cup chocolate chips (optional)

1. Mix the dry ingredients
2. add carrots, coconut, raisins, apple, nuts
3. beat eggs, oil and vanilla and add to the mixture
4. Bake in 350F oven for 30-45 mins, until ready.

Other suggestions for Breakfast

1. 2 egg whites poached in water, 1 piece of toast with almond butter, ¼ cup of cottage cheese.
2. Whole Eggs: whichever way you like. Try cooking them with vegetables: omelets, scrambled.

Making Homemade Yogurt

Homemade Yogurt is a real treat to eat. Be sure to only use a CLEAN wooden spoon when dishing out your yogurt so that no metal or outside bacteria comes in contact with it. One of my very favourite breakfasts in the world is homemade yogurt and homemade granola with fruit. I'm happy to share this recipe with you.

Yogurt is a "cultured" milk product; that is, one which bacteria have had a field-day digesting apportion of the milk and thereby causing it to sour and coagulate. The bacteria found in yogurt came originally from a plant found in the Middle East called the yogurt plant. These bacteria, some research indicates, have medicinal and health values, particularly for the digestive system, that milk alone lacks. Certainly yogurt is more easily digestible than plain milk.

The method used for making yogurt is as follows:

- 1) use either skim milk or milk with some butterfat.
- 2) Heat the milk to a near-boil and maintain this temperature for 5 minutes. To ensure an equal, more gentle heating, place your container of milk in hot water rather than directly over your heat source.
- 3) Then cool the milk to 114°(45°C) as quickly as possible. Placing your container in cold water is a good way to do this (assuming you are not using glass!) The less the milk is exposed to the air during this time, the less the chance of contamination by undesirable bacteria.

NOTE: 114°F (45°C) is such that if you dip your finger in, you will probably want to yank it out again fast before you can count to 10 quickly!

- 4) Add yogurt culture to the milk and stir for 30 seconds. The amount of culture to add is indicated on the package for powdered yogurt cultures. (you can buy yogurt culture in health food stores You can also make yogurt by adding some yogurt you have in your fridge that has LIVE CULTURE to your milk. Add one heaping teaspoon (of the kind you eat your dessert with) of yogurt for each quart of milk to be made into yogurt.
- 5) Place your yogurt-to-be in a warm location (preferably around 114°F (45°C) and cover it so that it retains warmth. A water-bath retains heat nicely.
- 6) Leave your yogurt undisturbed for 2 ½ to 3 ½ hours. When yogurt is ready, it will feel like pudding just jelled.
- 7) When your yogurt is thus ready, put it in a cool place - 45°F (7°C) or less. They say it will keep from 2 to 4 weeks but it begins to taste sour after the first week.
- 8) Each time you make a batch of yogurt, set aside a little jar in which you make yogurt as well. This jar of yogurt serves as your “starter” for next time. To maintain the health of the culture, it is good to renew it in this way at least twice a week.

OR

You can freeze some yogurt ahead and then use it to make fresh yogurt as needed.

One further note: Many people make the mistake of eating most of their yogurt and then trying to make fresh yogurt with the bit that's left. Your poor yogurt bacteria will probably be too weak by then to show much appetite for another batch of milk.

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