



Harmonic Recipes Collection

Healthy Breakfast



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Healthy Carrot Bran Muffins



Moist, naturally sweet and filling, these muffins make a great breakfast or snack.

- 6 1/2 cups bran flakes cereal (approx. 15 oz)
- 1 cup grapeseed or other healthy oil
- 1 1/2 cups honey
- 1 cup finely grated carrot (about 2 large)
- 4 fresh organic eggs, beaten
- 1 quart buttermilk
- 5 cups whole wheat flour
- 1/2 cup flax seeds, soaked in 1/2 cup water for 5 minutes
- 1 1/2 cup raisins
- 3/4 cup chopped dates
- 5 teaspoon baking soda
- 2 teaspoon sea salt
- Dash of ground cinnamon (optional)

Mix all ingredients together in a large bowl. Can store several weeks in the fridge in covered container. To bake: Fill oiled muffin tins 2/3 full and bake 10 – 15 minutes at 400 degrees F. Makes about 5 dozen muffins. Serve hot or cold.

Golden Granola

Granola makes a great breakfast or on-the-go snack. This recipe yields a lot, and it freezes well. If you have a very large mixing bowl, double the recipe and you'll have extra on hand to give away. You can add different seeds and nuts and other dried fruits to customize your granola.

4 cups rolled oats (oatmeal, not the quick cooking variety)
1 cup rolled rye (can use one more cup of oatmeal rather than rye)
1 cup raw sunflower seeds
1/2 cup raw pumpkin seeds
1/2 cup flax seeds
1/2 cup sesame seeds
2 cups mixed raw nuts: almonds, pecans, macadamia, cashews
1 cup unsweetened coconut flakes
1 cup honey
3 T. molasses (optional, but gives deeper flavor)
3/4 cup grape seed oil
3/4 cup water
1 tsp. sea salt
1 tsp. cinnamon
1 tsp. vanilla (alcohol free)
1 cup golden raisins

Combine grains, seeds, nuts and coconut in a large mixing bowl. In a medium saucepan over very low heat, gently warm the honey, molasses, water, oil and stir in salt, cinnamon and vanilla. Pour honey mixture over granola and stir until well coated. Dehydrate in commercial dehydrator at temperatures under 115 degrees approximately 6 – 8 hours or until granola feels dry. If you do not have a dehydrator, spread the granola on baking sheets and dry in oven at the lowest temperature setting possible. Mix in the golden raisins, cool, and store in airtight container. Makes about 8 – 9 cups granola.

Whole Wheat Pancakes

Whole grain goodness for a substantial breakfast or brunch.
Makes great waffles, too.

2 cups whole wheat or spelt flour, freshly ground
3/4 teaspoon sea salt
1/4 cup olive or grape seed oil
1 organic egg, beaten
3 teaspoon non-aluminum baking powder
1 3/4 cups – 2 cups milk (rice, almond, soy or coconut)
1 Tablespoon wheat gluten (optional--makes pancakes more chewy)

Whisk all ingredients together in a medium mixing bowl with a pouring spout. Pour batter onto lightly oiled hot griddle or use waffle iron as directed. Turn pancakes when bubbles form in batter and edges begin to look set.
Makes approximately 12 medium pancakes.

Serve hot with soy "butter" spread and pure maple syrup or agave nectar. For a dessert-like treat, puree some fresh seasonal fruit and top pancakes or waffles with puree and some whipped topping such as Cashew Fluff. Garnish with whole fresh fruit.
Makes a great brunch entrée.

Almond Milk

Almond milk is a healthy alternative to dairy milk and is easier to digest than soy milk, and it's raw. Dairy and soy are usually cooked. Use in recipes, on cereal or as a refreshing drink.

Prep: Soak raw almonds in water for 8 – 12 hours; drain off water and rinse well.

Use 1 cup soaked almonds with 3 cups water. (can use more water, but makes less rich)

* Use only about 3 – 4 cups water in heavy duty blender at a time or it may overflow.

Blend almonds and water in blender on high speed for 1 to 2 minutes. Strain milk through a muslin, cheesecloth or disposable paint strainer bag and refrigerate. If you like, sweeten with liquid stevia, vanilla, or maple syrup after straining, or add some soaked dates or raisins to the almonds when blending the milk. For thicker milk, add a Tablespoon of flax seeds with the almonds. Keep refrigerated.

Yields 3 – 4 cups milk.

Reserve the almond pulp to make Almond Pâté, stir into soups as a thickener, or dry in dehydrator and add to cereals or granola.

Coconut Green Shake

1 young coconut (meat and water)
1/2 avocado
1 handful of spinach
1/4 English cucumber
1 teaspoon coconut oil
1 teaspoon Essanté™ greens
1 Tablespoon flax seeds
1 Tablespoon hemp seeds
1 teaspoon Essanté™ Healthy Living Clay
1/4 vanilla bean
1 small package Stevia
1/4 teaspoon sea salt
6 ice cubes
1 cup water
Blend all ingredients in a heavy duty blender
Makes two 16oz servings

Jump-Start Breakfast

A healthy hearty way to start the day! Makes a great meal anytime.

A Scoop of your favorite cooked whole grain: (can prepare ahead and keep in fridge)

- Brown rice
- Quinoa
- Buckwheat
- Millett

TOPPINGS:

- Tomato
- Cucumber
- Avocado
- Red Bell Pepper
- Soaked chopped almonds
- Fresh Parsley, Cilantro or Dill

Season with:

- Cayenne pepper
- Real Salt
- Fresh squeezed lemon / lime juice
- Soy sauce substitute such as Bragg Liquid Aminos
- Olive Oil

Take a scoop of your favorite grain (hot or cold) and top with chopped tomato, cucumber and avocado, peppers, etc. Sprinkle sea salt, soy sauce substitute such as Bragg liquid aminos, and cayenne, then add a squeeze of lemon and/or lime juice. Drizzle some olive oil over all and enjoy a healthy, satisfying, substantial breakfast, or top with your favorite healthy salad dressing. This meal is very versatile, so try your own adaptations.

Seven C's Salad

Seven charming vegetables combine in this culinary-crafted creation!

Cauliflower florets, cut into small pieces
Celery, sliced fine on the diagonal
Cabbage, shredded (purple is pretty)
Carrots, grated
Cucumber, sliced
Courgettes (that's zucchini with a "C"), cut in short matchstick style
Chard, chopped

Arrange prepared vegetables on a large platter in undulating bands, giving the feeling of waves. Alternate the colored veggies between the green ones for best eye appeal.

Moroccan Quinoa

- 1 cup quinoa
- 1 1/4 cup water
- 1 teaspoon pH Chefs Moroccan Spice Blend
- 1 Tablespoon Virgin Oil de Coco–Crème Virgin Coconut Oil

Thoroughly rinse quinoa 2 to 3 times. Melt coconut oil over medium heat. Add Moroccan Spice Blend and cook for 1 minute. Add quinoa and water. Simmer until all water is absorbed and quinoa is fluffy.

Serve as side dish, on top of salad, in tabouleh, with avocados and tomatoes. The list goes on and on...

Virgin Pina Colada

1 young coconut (meat and water)
1/4 fresh pineapple
1/4 vanilla bean
Juice of 1/2 a lime
1 Tablespoon of coconut oil
1 Tablespoon hemp seeds
1 Tablespoon flax seeds
1 scoop Essanté™ Healthy Living Clay
1/4 teaspoon sea salt
1/2 teaspoon Essanté™ Greens
6 ice cubes

Blend all ingredients in a heavy duty blender
Makes two 16oz servings

Sprouted Multi-Grain Breakfast Cereal

2 cups dry grains: mixture of sprouting barley, wheat or kamut, buckwheat groats, oat groats, millett, triticale, pearled barley, quinoa, or other grains that will sprout.

Two days before you wish to enjoy this breakfast, soak the grains overnight, then rinse well and sprout them for a day. Rinse and place in the fridge until morning. If using quinoa, it takes only a few hour to sprout, so add it on the second day.

Creamy Topping for cereal:

Blend some soaked dried fruit of you choice with a banana in a heavy duty blender or Vita-Mix with a few cashews or soaked sunflower seeds. Spice it up a bit by adding some fresh ginger or a small piece of vanilla bean. Add water to make desired consistency. Pour over grains and enjoy a healthy, hearty breakfast.

Serves 2

Recipe twist: Place sprouted grains in blender with the ingredients for the creamy topping and blend until slightly warm. Makes a healthy warm breakfast porridge. Sprinkle some raisins & cinnamon on top and eat.

Coconut Vanilla Bean Shake

2 young coconuts (at Asian markets)
1" Tahitian Vanilla Beans (cut the hard ends off)
1 heaping Tablespoon coconut milk powder
Dehydrated coconut (small or large) flakes

Take the liquid of one young coconut with the meat from 2 coconuts and blend in heavy duty blender. Add in about 1" of the Tahitian Vanilla Bean, making sure to cut off any hardness on the ends of the vanilla bean stalk. Put in 1 heaping Tablespoon of the coconut milk powder. Blend for 2 minutes. Pour into a glass and sprinkle the dehydrated coconut flakes on top. Delicious!

Mango Green Shake

1 ripe mango
1/2 medium head of romaine lettuce
1 cup soy milk (Silk Original)
1/2 avocado (optional)
1 Tablespoon hemp seeds
1 Tablespoon flax seeds
1 teaspoon Essanté™ Healthy Living Clay
1 teaspoon Essanté™ Greens
1 teaspoon coconut oil
Juice of one lime
1 inch piece of vanilla bean
1 package Stevia
1/4 teaspoon sea salt
6 ice cubes
Water to get right consistency

Blend all ingredients in a heavy duty blender
Makes two 16 oz servings

Green Goodness Smoothie

The most beautiful color of green you've ever seen!

2 cups fresh spinach

6 frozen strawberries

2 cups ice

1/2 – 1 cup water

1 scoop (1 teaspoon) CoreVital Earth Greens powder

Agave nectar to sweeten, if desired, or add a frozen banana

Pour water into heavy-duty blender or Vita-Mix and add the rest of the ingredients.

Blend on high until smooth and creamy. Adjust water and ice to desired consistency

Serve immediately. For extra zip, add some zest of an orange.

Serves 3 – 4

Sweet Buckwheat Cereal

1 cup buckwheat, raw and hulled
2 large dates, pitted and chopped

Soak buckwheat for 5–6 hours (no longer) then place in a clean quart jar and allow to sprout for 1 – 2 days. For best results, rinse every 30 minutes the first few hours, then 4 to 5 times a day, thereafter. Frequent rinsing helps minimize the slippery texture they may develop. In a small bowl, also soak the dates overnight in twice the amount of water as dates. Save the soak water. When buckwheat has sprouted, combine them with the dates and enough of the soak water to achieve the desired consistency. Top with your favorite seasonal fruit.

Serves 2

Power Pancakes

Seed Flour

1/4 cup raw pumpkin seeds

1/4 cup raw sunflower seeds

1/4 cup raw sesame seeds

1/4 cup raw flaxseeds

Measure out seeds and grind in coffee grinder or heavy duty blender.

Pancake Mix

2/3 cup seed flour

2/3 cup whole spelt flour (or buckwheat flour)

2/3 cup unbleached wheat flour

1 1/2 teaspoon baking soda

1 teaspoon sea salt

1 package stevia

1 cup soy milk, almond milk or rice milk

1 cup water

Virgin coconut oil

Mix dry ingredients until just blended. Add milk and water to achieve thin batter (batter thickens after sitting a couple of minutes). Pour thin layer of batter on heated and oiled skillet. Flip Pancakes when bubbles rise. Serve with Berry Topping (see below). For variety, use any combination of flours (seed, nut, grain, bean).

Berry Topping

Fresh or frozen strawberries, blueberries and raspberries in any combination to make 2 cups

1/2 cup pure maple syrup

1/2 cinnamon stick

2 teaspoon arrowroot powder to thicken water

Simmer berries in sauce pan with maple syrup and cinnamon stick for about 5 minutes. Make a thin paste by mixing arrowroot powder with water. Slowly add mixture to simmering berries and stir. Mixture will thicken. Serve with pancakes above.

Lime Shake

Juice from one lime

1 avocado

1/2 cucumber

Hand full of spinach

Scoop of CoreVital™ Greens (full teaspoon)

Scoop of a sprouted soy powder (full teaspoon)

Stevia or other sweetener to taste

6 ice cubes

Blend all ingredients in a heavy duty blender. Garnish with coconut flakes.

Yummy!



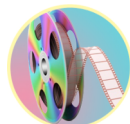
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