

Vanilla Matcha Chia Pudding

Makes 2 Servings

Ingredients

- 2 cups vanilla almond milk (or other non-dairy milk)
- 5 Tbs organic chia seeds
- 2 tsp vanilla extract
- 1 tsp matcha powder
- 2 tsp maple syrup or raw honey
- A couple dashes of cinnamon (optional)

Directions

1. In bowl add all the ingredients and stir until mixed well.
2. Pour into glass jars, shake and cover. Let sit in the refrigerator for at least one hour.

(Note: Best to have it sit overnight, but it should become pudding like after a few hours.)

3. Enjoy with your favorite toppings: crushed almonds, pecans, goji berries, cacao nibs.

Ronit's Green Smoothie

I love to make a big batch all at once to save time. It keeps in the refrigerator for two to three days or you can freeze in a glass container and thaw the night before drinking.

- 2 cups water or coconut water
- Organic spinach
- 1 head organic romaine

- Juice of $\frac{1}{2}$ organic lemon or one lime
- 3 to 4 sticks organic celery
- 1 organic apple
- 1 organic pear
- Parsley, optional
- Pinch cayenne pepper, optional
- 1 shot wheatgrass, optional

Blend water, spinach and romaine. Add celery, apple, pear, lemon juice and herbs.

Enjoy the energy!

Zucchini, Tomatoes and Rosemary Frittata

This Mother's Day frittata is just as big on flavor as it is on nutrients, thanks to loads of organic vegetables, fresh herbs and protein- and omega 2-rich eggs. It's also a fantastic base recipe that you can customize according to mom's palate. Super simple, this dish is perfect for weeknights when you're cleaning out what's left in your crisper.

- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 2 cups zucchini, halved lengthwise and thinly sliced
- 1 cup cherry tomatoes, halved
- 5 large organic eggs
- 2 organic egg whites
- 1/4 teaspoon sea salt, divided
- 1/4 teaspoon of freshly ground pepper, divided

- 1/2 teaspoon chopped fresh rosemary
- 2 ounces grated vegan cheese or Italian Parmigiano Reggiano

1. Preheat the oven to broil.
2. Heat oil in a skillet over medium-high heat; add garlic, cook for 1 minute. Do not allow garlic to brown or it turns bitter. Add zucchini; cook 3 minutes and add the cherry tomatoes. Cook veggies until tender, stirring continuously. Season with salt and pepper.
3. Meanwhile, whisk together the eggs, egg whites and rosemary, and season with salt and pepper. Pour the egg mixture over the zucchini and cook until the eggs begin to set, about 3 minutes.
4. Sprinkle cheese evenly over the top. Place pan under the broiler for 3 minutes or until the frittata rises slightly and becomes light and settled. Eggs should not be runny. Transfer to a serving plate, cut into pie-shaped wedges and serve. I love it paired with the Spring Green Salad.

Oat Milk with Muesli and Superfoods

This powerful, filling and fiber-rich breakfast will hold you over on days when you're expecting to eat a late-afternoon lunch. The oat milk lasts three days in your refrigerator when stored in a sealed glass jar.

Not keen on oats or simply prefer seeds or nuts? Just replace the oats with the same quantity of seeds or nuts and blend in their place. Almonds, brazils and hazelnuts need soaking overnight, whereas cashews absorb water more quickly so they

only need about three hours of soaking.

Oat milk

1 cup whole oats or raw nuts (soaked in tap water)

1 liter spring or filtered water

2 teaspoons coconut oil

1 drop vanilla extract

2 dates

Muesli & Super Foods

$\frac{1}{2}$ cup sugar-free muesli

2 tablespoons Goji berries

1 to 2 tablespoons omega 3-rich seeds (hemp, flax or chia)

To prepare the oat milk:

Soak the oats in tap water for 2 hours and drain. Add the oats and spring or filtered water to a blender and liquidize until smooth. Add the rest of the ingredients and blend for another 30 seconds.

To prepare the rest of the dish:

Pour 1 cup of the oat milk over the sugar-free muesli. Top with Goji berries and seeds.

Ronit's Berry Energy Smoothie

I love to drink a cup of this smoothie in the morning before my workout. I save another 1/2 cup for refueling afterward. Store the extra in your refrigerator for a snack later that day.

- 2 cups unsweetened almond milk or water
- 2 tablespoons chia seeds
- ½ packet of frozen Sambazon Acai Berry + Guarana Smoothie Pack
- ¼ cup Vegan Protein Factors powder in Vanilla Bean flavor
- Fresh strawberries
- Fresh blueberries

Blend all ingredients and enjoy a boost of energy!

Ronit's Fruity Green Juice for Kids

This juice is great for kids or anyone new to green juices. I adapted this recipe from Reboot With Joe and it's a hit!

- 15 strawberries
- 1 apple
- 1 pear
- 12 kale leaves
- 4 celery stalks

Wash all ingredients well and put through a juicer.

Enjoy!