

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.

Protein-Packed Plant Diets That Work

Most people think steak, chicken or fish when they think of protein-packed meals. That's not the entire truth. And unfortunately, this myth is fueled by a healthy meat industry that profits when you buy their propaganda. Turns out, a plant-based diet can pack the same punch as other sources. A complete protein is one that contains all nine essential amino acids that you need to consume through food: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.

Try these 3 tricks for the ultimate protein-packed plant diet:

1. **Eat a variety of whole foods.** Loading your diet with different vegetables, whole grains, nuts and seeds, peas, beans, legumes and fruits optimizes the amount of the nine essential amino acids you're giving your body. The World Health Organization recommends that 5 percent of our daily calories (a little more if we training or working out) come from protein. On average, fruits have about 5 percent of their calories from protein.

Vegetables, 20 to 50 percent. Sprouted seeds, beans and grains, 10 to 25 percent.

2. **Eat more raw foods.** Studies have shown that baking or grilling makes about half of the protein in the food unusable to the human body. Raw or living proteins are an even better source than cooked plant foods. We need 25 to 35 grams of protein a day. That means that if you eat 2,000 calories per day of raw plant foods containing average of 10 percent of their calories from protein, you would get 200 calories worth of protein, or 50 grams. This is more than adequate to support great health. Optimize your intake of raw foods by adding a fresh raw vegetable salad to every meal.
3. **Eat more superfoods: Plant-based sources of complete protein** are referred to as 'superfoods' and they're easily obtainable from supermarkets, health food stores and online. They include:
 - Hemp seeds
 - Quinoa
 - Amaranth
 - Buckwheat
 - Bee pollen
 - Goji berries
 - Chia seeds
 - Flax seeds
 - Spirulina and chlorella
 - Dulse (a sea vegetable)

5 Reasons to Love Quinoa

Quinoa may be a super food, but most people don't find it super interesting. I disagree! It packs the same amount of

protein per serving as milk, while giving you loads of nutrients, vitamins and minerals. It can easily stand alone in meals or be incorporated into a variety of healthy and flavorful recipes.

Not convinced to put this powerful grain into your meal rotation yet? Maybe these five reasons will change your mind:

1. **It super fuels your body with energy.** Cooked quinoa contains approximately 8 grams of protein per cup, according to the USDA. It's also one of the few vegetarian complete proteins, meaning it contains all 9 essential amino acids your body needs. Try it for breakfast or lunch to help you power through tough afternoon workouts or long days at work.
2. **It stimulates healthy digestion.** One cup of quinoa contains a healthy serving of 5 grams of fiber, which improves digestion, lowers cholesterol levels, controls blood sugar and helps you maintain a healthy weight.
3. **It's a nutrient-dense food.** Quinoa is an amazing source of iron, magnesium, calcium, potassium, folate (a B vitamin) and more. In fact, a recent study showed that the grain contains the same concentrated amounts of two flavonoids, quercetin and kaempferol, as found in antioxidant-rich berries like cranberries and lionberries.
4. **It's naturally low in calories.** One cup of quinoa boasts just 222 calories. Because of its high levels of protein and fiber, this healthy carbohydrate doesn't convert quickly to sugar in your body. This means it doesn't spike your blood sugar levels and keeps you feeling fuller longer.
5. **It's a versatile grain.** Breakfast, lunch and dinner? Check, check and check! Quinoa can be prepared in delicious ways at all mealtimes. And research has shown that this superfood's nutrient profile isn't compromised by boiling, steaming or simmering. Toss it in salads,

stir-fries, soup and porridge, or shape it into a veggie burger or a sushi roll.

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
- $\frac{1}{2}$ packet of frozen Sambazon Acai Berry + Guarana Smoothie Pack
- $\frac{1}{4}$ cup Vegan Protein Factors powder in Vanilla Bean flavor
- Fresh strawberries
- Fresh blueberries

Blend all ingredients and enjoy a boost of energy!