

# Breakfast

[Cracked Grain Pumpnickel Bread](#) (12/29/2019) - Cracked Grain Pumpnickel Bread This bread is yummy. It is a little reminiscent of a loaf or bran muffins. It is a very heavy, nutrient-dense, high fiber bread. It does not hold together like regular bread, so works better for open-faced sandwiches rather than traditional sandwiches. It is wonderful with nut butter and bananas or with avocado [...]



[Cashew Pear Cream](#) (4/20/2016) - Cashew -Pear Cream (cream or whipping cream substitute) This is the healthiest, most delicious replacement available for whipping cream. Use in a breakfast bowl, on fruit salad, on pumpkin pie, apple crisp, baked or grilled fruit or other desserts. 1 x 15 oz can or jar of pears in water or juice or about [...]



[Mighty Carrot Raisin Muffins \(gluten-free, sugar-free, oil-free\)](#) (7/28/2015) - Commercial muffins are like little cakes with lots of fat, sugar and white flour. They are typically super-sized containing 400-500 calories. These muffins do not qualify as a healthy breakfast choice. They don't even qualify as a decent dessert. However, if you enjoy a muffin from time to time, bake a batch and freeze any you aren't [...]



### [Apple Cinnamon Buckwheat Cereal](#) (7/28/2015) -

Makes 4-6 generous servings This breakfast cereal is a raw, gluten-free breakfast that sticks to your ribs. 2 cups (500 ml) raw buckwheat, soaked and sprouted (see note) 1/4 cup (60 ml) sunflower seeds, soaked 4 to 6 hours, rinsed, and drained 1/4 cup (60 ml) pumpkin seeds, soaked 4 to 6 [...]



### [Great Granola](#) (7/27/2015) - Makes 12 cups

(3 l) Granola is an old breakfast staple, but tends to be much higher in fat and sugar than what one would expect. In this recipe, concentrated sweeteners like brown sugar, maple syrup, honey, etc. are replaced with fiber and nutrient-rich fresh and dried fruits. Concentrated oils are replaced with much healthier nut and [...]



### [Suberb Smoothies](#) (7/26/2015) - I am not a

smoothie person. Not because I don't think they have value, or because I don't like the taste. I just enjoy eating and chewing so much, I prefer a solid food to a smoothie. However, I do think smoothies can be convenient, nutritious and very quick and easy, so it is a reasonable choice [...]



[Oat Groat Cereal](#) (7/26/2015) - At the very top of the whole grain hierarchy are intact whole grains. Using intact grains to make your breakfast cereal is more nutritious and economical than what comes out of boxes and bags. Intact grains are grains that look very similar to how they looked when they were picked off the plant. They have not [...]



[Sprouted Grain Breakfast Bowl](#) (7/25/2015) - This is Brenda's favorite breakfast cereal. Sprouted grains are at the top of the whole grain hierarchy (see article in the general nutrition section). They have all the goodness of intact whole grains are more digestible and more nutritious. They are also very economical – even when they are organic. Purchase grains in bulk for extra [...]