



So here's the thing. Choline is found robustly in liver and eggs. Next up shrimp, eggs and scallops and cod, which we feature in our choline recipe pack. If you want more egg recipe ideas, grab our Eggcellent Recipe Pack. Salmon is also a good source of choline, but we feature it a lot throughout our recipe packs, so look around!

You can also find choline in quinoa, wheatgerm, edamame, collard greens, cauliflower and also sunflower seeds! These plants are certainly less robust sources of choline, but they still count. If you are a plant eater, really target the plants I note here as you need to eat sufficient amounts.

Trust me, do NOT skimp on choline. It is probably one of the most deficient nutrients I see when working with clients, and that deficiency is also seen in national health data.

GO GET YOUR CHOLINE!



Sesame & Sunflower Seed Mixture

8 servings

10 minutes

Ingredients

- 1/2 cup Sesame Seeds (white or black)
- 1/2 cup Sunflower Seeds
- 1/4 cup Unsweetened Shredded Coconut
- 1/4 cup Chia Seeds

Nutrition

Amount per serving	
Calories	145
Fat	12g
Saturated	3g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	7g
Fiber	4g
Protein	4g
Vitamin A	2IU
Vitamin C	0mg
Calcium	127mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	28µg
Vitamin B12	0µg
Magnesium	59mg
Zinc	1mg

Directions

- 1 Add all ingredients to a food processor or blender and pulse until a fine crumb forms. Do not overmix.
- 2 Transfer to an airtight container. Enjoy!

Notes

Serve it With: Oats, cereals, yogurt, smoothies, pancakes, energy bites or sprinkle on top of salads

Leftovers: Keep refrigerated or freeze until ready to use.

Serving Size: One serving is about 3 tablespoons of the seed mixture.

No Chia Seeds: Use hemp seeds instead.

No Coconut: Omit or use a chopped nut, like almonds or walnuts, instead.

No Food Processor: Use a coffee grinder or personal blender with a milling blade.



Nut-Free Dukkah with Pita

8 servings

10 minutes

Ingredients

- 1 cup Sunflower Seeds (roasted)
- 2 tbsps Sesame Seeds (white and/or black, toasted)
- 2 tbsps Dried Thyme
- 1 tsp Fennel Seed
- 1 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 1 cup Extra Virgin Olive Oil
- 4 1/4 ozs White Pita Bread (halved)

Nutrition

Amount per serving	
Calories	390
Fat	36g
Saturated	5g
Polyunsaturated	9g
Monounsaturated	22g
Carbs	13g
Fiber	3g
Protein	5g
Vitamin A	34IU
Vitamin C	1mg
Calcium	66mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.2mg
Folate	58µg
Vitamin B12	0µg
Magnesium	36mg
Zinc	1mg

Directions

- 1 Combine the sunflower seeds, sesame seeds, thyme, fennel, cumin, salt and pepper in a food processor or blender. Process until you reach a coarse grainy texture. Transfer to a bowl or airtight container.
- 2 Dip the pita in olive oil, then into the dukkah. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks.

Serving Size: One serving equals approximately two tablespoons of dukkah, two tablespoons of olive oil and half a pita.

More Flavor: Add your choice of spices and dried herbs, cashews, walnuts, green peppercorns and/or black cumin to the dukkah.

No Pita: Use bread or vegetables instead. You can also add the dukkah to soups, dips or salads.



Cranberry Energy Bars

10 servings

30 minutes

Ingredients

- 3/4 cup Unsweetened Coconut Flakes
- 1/2 cup Pecans (chopped)
- 1/3 cup Sesame Seeds
- 1/4 cup Pumpkin Seeds
- 1/4 cup Sunflower Seeds
- 1/4 cup Ground Flax Seed
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 tsp Sea Salt
- 1/4 cup Raw Honey
- 1/4 cup Sunflower Seed Butter

Nutrition

Amount per serving	
Calories	225
Fat	18g
Saturated	5g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	16g
Fiber	4g
Protein	5g
Vitamin A	7IU
Vitamin C	0mg
Calcium	68mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	29µg
Vitamin B12	0µg
Magnesium	49mg

Directions

- 1 Preheat oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
- 2 Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
- 3 Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
- 4 Bake in oven for 15 minutes.
- 5 Remove from oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

Notes

Nut Allergy: Skip the pecans and double up on the sunflower and pumpkin seeds.

Zinc

1mg



Roasted Edamame

2 servings

45 minutes

Ingredients

- 2 cups Frozen Edamame
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	247
Fat	15g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	7g
Carbs	14g
Fiber	8g
Protein	18g
Vitamin A	462IU
Vitamin C	9mg
Calcium	98mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	482µg
Vitamin B12	0µg
Magnesium	99mg
Zinc	2mg

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



Arugula & Tomato Egg Muffins

6 servings

30 minutes

Ingredients

- 1 1/2 tsps Avocado Oil
- 4 cups Arugula
- 8 Egg
- 1 Tomato (chopped)
- 2/3 oz Pecorino Romano Cheese (shredded)
- 1/4 cup Parsley (chopped)
- 1/3 cup Unsweetened Almond Milk
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	128
Fat	9g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	2g
Fiber	1g
Protein	10g
Vitamin A	1194IU
Vitamin C	8mg
Calcium	128mg
Vitamin D	60IU
Riboflavin	0.3mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	53µg
Vitamin B12	0.6µg
Magnesium	18mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
- 3 In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
- 4 Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
- 5 Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two egg cups.

No Arugula: Use spinach instead.

Dairy-Free: Omit the cheese or use nutritional yeast instead.

Nut-Free: Use whole milk, coconut milk or oat milk instead of almond milk.

More Flavor: Use sun dried tomatoes instead of regular tomato.



Zucchini & Goat Cheese Egg Muffins

6 servings
20 minutes

Ingredients

- 1 Zucchini (divided)
- 6 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Amount per serving	
Calories	100
Fat	7g
Saturated	3g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	2g
Fiber	0g
Protein	8g
Vitamin A	335IU
Vitamin C	6mg
Calcium	41mg
Vitamin D	41IU
Riboflavin	0.3mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	31µg
Vitamin B12	0.5µg
Magnesium	12mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (177°C). Line your muffin tin with parchment liners, or use a silicone muffin tin without liners.
- 2 Roughly chop 2/3 of the zucchini, and cut the remaining 1/3 into thin slices.
- 3 In a mixing bowl, whisk together the eggs, water, salt and chopped zucchini. Divide the mixture into the muffin pan.
- 4 Top each muffin slot with the zucchini slices and goat cheese. Bake for 15 to 18 minutes or until cooked through.
- 5 Let cool slightly before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to three days. Freeze for up to two months.

Serving Size: One serving equals one egg muffin.

More Flavor: Add chopped onion, garlic, smoked paprika, mushrooms and/or spinach.

Additional Toppings: Top with green onions or sliced tomatoes.



Roasted Potato Frittata

6 servings

55 minutes

Ingredients

- 6 stalks Green Onion (chopped, divided)
- 3 Yellow Potato (large, peeled and cut into 1/2-inch cubes)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt (divided)
- 8 Egg
- 1/4 cup Water

Nutrition

Amount per serving	
Calories	220
Fat	11g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	20g
Fiber	2g
Protein	11g
Vitamin A	842IU
Vitamin C	23mg
Calcium	57mg
Vitamin D	55IU
Riboflavin	0.3mg
Niacin	1mg
Vitamin B6	0.4mg
Folate	51µg
Vitamin B12	0.6µg
Magnesium	35mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl combine half of the green onions, the potatoes, 3/4 of the oil, the Italian seasoning and 3/4 of the salt. Transfer to the baking sheet and bake for about 30 minutes or until the potatoes are golden brown and tender.
- 3 Meanwhile, in the same mixing bowl whisk the egg, water, the remaining salt and the remaining green onion together. Set aside.
- 4 Use the remaining oil to grease a cast iron skillet and heat the skillet over medium heat.
- 5 Transfer the cooked potatoes to the skillet then pour in the egg mixture. Arrange the potatoes into an even layer then let cook for 5 minutes until the eggs begin to set. Transfer the skillet to the oven and bake for 13 to 16 minutes, or until the eggs have set.
- 6 Let cool slightly before slicing into equal pieces. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 10-inch cast-iron pan was used for 6 servings.

More Flavor: Season the potatoes with garlic powder or black pepper.

Additional Toppings: Garnish with additional green onions or fresh herbs.

No Yellow Potato: Use russet potatoes instead.

Like it Spicy: Add red pepper flakes or serve with hot sauce.

Extra Creaminess: Use almond milk or cream instead of water.



Soft Scramble with Chives

2 servings

5 minutes

Ingredients

- 4 Egg
- 1/2 tsp Butter
- 1 tbsp Chives (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	152
Fat	10g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	1g
Fiber	0g
Protein	13g
Vitamin A	635IU
Vitamin C	1mg
Calcium	58mg
Vitamin D	82IU
Riboflavin	0.5mg
Niacin	0mg
Vitamin B6	0.2mg
Folate	49µg
Vitamin B12	0.9µg
Magnesium	13mg
Zinc	1mg

Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
- 3 Divide onto plates and top with chives, salt and pepper. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made.

Additional Toppings: Chili flakes and/or fresh herbs like parsley and dill.

No Butter: Use ghee or another cooking oil.



Lemon Paprika Shrimp with Kale

3 servings

20 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Maple Syrup
- 1 1/2 tsps Paprika
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes (optional)
- 14 1/16 ozs Shrimp (large, peeled, deveined and tails removed)
- 1 1/2 tbsps Water
- 1 tbsp Lemon Juice (divided)
- 5 cups Kale Leaves (finely chopped)

Nutrition

Amount per serving	
Calories	268
Fat	15g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	7g
Fiber	2g
Protein	28g
Vitamin A	2282IU
Vitamin C	35mg
Calcium	186mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	23µg
Vitamin B12	0µg
Magnesium	63mg

Directions

- 1 In a mixing bowl whisk half of the olive oil, maple syrup, paprika, Italian seasoning, salt and red pepper flakes, if using, until combined. Add the shrimp to the sauce and toss until the shrimp are well coated.
- 2 Heat a large non-stick pan or skillet over medium-high heat.
- 3 Add the shrimp and all of the sauce to the pan. Let the shrimp cook for 1 to 2 minutes per side, or until cooked through. Add the water and half of the lemon juice and stir to coat the shrimp in the sauce. Let the sauce come to a gentle bubble then remove from heat. Transfer shrimp to a bowl and season with additional salt and lemon juice if needed. Set aside.
- 4 To the same pan, add the remaining olive oil. Add the kale to the pan and cook until wilted and tender, stirring frequently, for about 5 minutes. Remove from heat and stir in the remaining lemon juice.
- 5 Divide the shrimp and kale between plates and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Serve with extra lemon wedges or fresh ground pepper on top.

Zinc

2mg



Slow Cooker Cod & Sea Veggie Soup

4 servings

6 hours

Ingredients

- 3 tbsps Coconut Oil
- 1 Yellow Onion (medium, diced)
- 4 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 2 tbsps Ginger (peeled and grated)
- 1 1/3 ozs Dulse (torn apart into small pieces)
- 2 Sweet Potato (medium, diced)
- 4 Cod Fillet (cubed)
- 8 cups Vegetable Broth (or bone broth)

Nutrition

Amount per serving	
Calories	423
Fat	12g
Saturated	9g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	28g
Fiber	6g
Protein	49g
Vitamin A	10466IU
Vitamin C	10mg
Calcium	107mg
Vitamin D	90IU
Riboflavin	0.7mg
Niacin	9mg
Vitamin B6	1.8mg
Folate	40µg
Vitamin B12	2.1µg
Magnesium	105mg
Zinc	2mg

Directions

- 1 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 2 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 3 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Store in an airtight container up to 3 days or freeze.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



Coconut Cod Chowder

4 servings
30 minutes

Ingredients

- 1 tsp Coconut Oil
- 1/3 cup Shallot (chopped in large chunks)
- 1 tsp Ginger (minced)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (cut into large cubes)
- 1 3/4 cups Canned Coconut Milk
- 1/2 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Turmeric
- 2 Cod Fillet
- 2 stalks Celery (sliced)
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (optional, for topping, chopped)

Nutrition

Amount per serving	
Calories	365
Fat	21g
Saturated	18g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	20g
Fiber	3g
Protein	24g
Vitamin A	9429IU
Vitamin C	7mg
Calcium	63mg
Vitamin D	42IU
Riboflavin	0.1mg

Directions

- 1 In a large pot over medium heat, add the oil and the shallot and cook for 2 to 3 minutes, until just cooked through. Then add the ginger and garlic and cook for 30 seconds, until fragrant. Add the potatoes, coconut milk, water, salt and turmeric. Bring to a boil, and then reduce to a simmer. Cook for 8 to 10 minutes, until the potatoes are fork-tender.
- 2 Add the cod and simmer for 4 minutes. Add the celery and cook for an additional 4 to 5 minutes, until the cod is cooked through and flaky. Remove from the heat and stir in the lime juice. Divide between bowls and top with cilantro, if using. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Serving Size:** One serving is approximately 1 1/2 cups of chowder.
- Fillet Size:** One fillet is equal to 231 grams or 8 ounces.
- More Flavor:** Add chili flakes on top.
- No Cod:** Use halibut instead.

Niacin	3mg
Vitamin B6	0.5mg
Folate	29µg
Vitamin B12	1.1µg
Magnesium	61mg
Zinc	1mg



Seared Scallops with Sweet Potato Purée

2 servings

35 minutes

Ingredients

- 1 Sweet Potato (large, peeled and chopped into cubes)
- 1 tsp Ghee
- 1/8 tsp Sea Salt
- 2 ozs Prosciutto (sliced into small pieces)
- 2 tsps Extra Virgin Olive Oil (divided)
- 1/4 cup Fresh Sage (loosely packed)
- 8 ozs Scallops

Nutrition

Amount per serving	
Calories	265
Fat	11g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	19g
Fiber	4g
Protein	22g
Vitamin A	9461IU
Vitamin C	3mg
Calcium	92mg
Vitamin D	1IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	36µg
Vitamin B12	1.6µg
Magnesium	58mg
Zinc	1mg

Directions

- 1 Bring a medium-sized pot of water to a boil and add the chopped sweet potato. Boil until it is cooked through. Drain the water and mash the potato into a smooth purée with ghee and sea salt.
- 2 Heat a large pan over medium heat. Add the prosciutto and cook for a 3 minutes per side or until crisp. Remove from the pan and set aside. Using the same pan, add half of the extra virgin olive oil and sage. Fry until crispy, then remove and set aside.
- 3 Place the scallops on a plate lined with a paper towel to ensure they are dry. Season with sea salt. Place the same pan over medium heat and add the remaining extra virgin olive oil. Add the scallops and cook for 3 to 4 minutes per side.
- 4 Assemble the plates with the sweet potato purée, then top with the scallops, sage, and prosciutto. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for 2 days.

No Sage: Omit or use parsley, basil or thyme.

No Prosciutto: Use bacon, turkey bacon or ham.



Sauteed Collard Greens

4 servings

15 minutes

Ingredients

- 12 cups Collard Greens (sliced into 1 inch pieces)
- 2 tbsps Butter
- 1/8 tsp Sea Salt (or to taste)

Nutrition

Amount per serving	
Calories	85
Fat	6g
Saturated	4g
Polyunsaturated	0g
Monounsaturated	2g
Carbs	6g
Fiber	4g
Protein	3g
Vitamin A	5598IU
Vitamin C	38mg
Calcium	252mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	140µg
Vitamin B12	0µg
Magnesium	29mg
Zinc	0mg

Directions

- 1 Bring a large pot of water to a boil and cook collards for 5 minutes. Drain in a colander, and press out excess liquid with the back of a spoon.
- 2 Melt butter in a large skillet over medium-high heat. Add collards and cook until well coated with butter and heated through. Season with salt. Enjoy!

Notes

No Butter: Use olive oil, coconut oil, avocado oil, sesame oil or ghee instead.

Serve Them With: Crispy Smashed Potatoes and Slow Cooker Rotisserie Chicken.



Spicy Chicken Collard Wraps

4 servings
30 minutes

Ingredients

4 cups Collard Greens (washed)
8 ozs Chicken Breast, Cooked (diced)
1 tbsp Tamari
2 tbsps Apple Cider Vinegar (divided)
2 Garlic (cloves, minced and divided)
1 Lime (juiced and divided)
1 tbsp Red Pepper Flakes (divided)
1 tbsp Ginger (peeled, grated and divided)
1/2 cup Mushrooms (diced)
1/2 Yellow Onion (finely diced)
1 cup Baby Spinach (chopped)
1 Carrot (grated)
1/4 cup Basil Leaves (chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Sesame Seeds
Sea Salt & Black Pepper (to taste)
1/4 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	298
Fat	19g
Saturated	3g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	12g
Fiber	4g
Protein	24g
Vitamin A	5783IU

Directions

- 1 Wash collard greens, pat dry with paper towel and set aside. Cook up your chicken breasts if you have not already.
- 2 In a medium-sized bowl, mix together tamari, half of the apple cider vinegar, half of the minced garlic clove, half of the lime juice, half of the red pepper flakes and half of the grated ginger. Combine ingredients until evenly distributed. Then add in cooked chicken breast. Mix well until chicken is coated and set aside.
- 3 Add half of the olive oil to large skillet and heat over medium heat. Add onion and saute until translucent. Then add in remaining minced garlic, carrots and mushroom. Season with salt and pepper plus remaining red pepper flakes. Let cook for 3 - 5 minutes, stirring occasionally.
- 4 Add the cooked diced chicken to the skillet and mix well until heated through. Remove from heat. Add spinach and basil and stir until wilted.
- 5 In a small mixing bowl, make peanut sauce by combining peanut butter and the remaining apple cider vinegar, olive oil, lime juice and minced garlic. Stir until creamy. You can add 1 tsp hot water at a time stirring well to thin sauce if desired.
- 6 Lay collard green on plate and top with chicken/veggie mixture. Sprinkle with sesame seeds and drizzle with peanut sauce. If you like some extra heat, sprinkle with a few more red pepper flakes. Wrap and enjoy!

Vitamin C	21mg
Calcium	147mg
Vitamin D	1IU
Riboflavin	0.3mg
Niacin	10mg
Vitamin B6	0.9mg
Folate	87µg
Vitamin B12	0.1µg
Magnesium	81mg
Zinc	1mg



Savory Quinoa Porridge

1 serving
20 minutes

Ingredients

- 2 cups Water
- 1/4 cup Quinoa (uncooked)
- 1/4 cup Quick Oats
- 1 stalk Green Onion (large, sliced)
- 1 tsp Nutritional Yeast
- 1/4 tsp Dried Thyme
- 1/4 tsp Sea Salt
- 1 tsp Extra Virgin Olive Oil
- 1 Egg

Nutrition

Amount per serving	
Calories	360
Fat	13g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	43g
Fiber	6g
Protein	17g
Vitamin A	765IU
Vitamin C	2mg
Calcium	119mg
Vitamin D	41IU
Riboflavin	2.9mg
Niacin	14mg
Vitamin B6	2.9mg
Folate	112µg
Vitamin B12	11.7µg
Magnesium	130mg
Zinc	3mg

Directions

- 1 Add the water and quinoa to a pot over medium-high heat. Bring to a boil then reduce heat to low and cover with a lid. Simmer for about 10 minutes or until quinoa is just tender.
- 2 Remove the lid and increase the heat to medium. Add the oats, green onion, nutritional yeast, thyme and salt. Stir to combine and bring to a bubble.
- 3 Once bubbling, continue to cook, stirring often, until the oats are tender and porridge has thickened, 3 to 5 minutes. Season with additional salt if needed and let the porridge cool slightly.
- 4 Heat the oil in a small pan over medium heat. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Season with salt, if needed.
- 5 To serve, transfer the porridge to a bowl and top with the cooked egg. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat with additional water until desired consistency is reached.

More Flavor: Add garlic powder or fresh herbs.

Additional Toppings: Top with sliced green onions, fresh parsley, black pepper or nutritional yeast.

Make it Vegan: Omit the egg.



Eggplant & Collard Greens Quinoa Soup

6 servings
45 minutes

Ingredients

6 cups Vegetable Broth
2 cups Diced Tomatoes (from the can, drained)
1 Carrot (trimmed, chopped)
1/2 Eggplant (chopped)
2 cups Collard Greens (stems removed, chopped)
1 cup Quinoa (rinsed)
1 tsp Dried Thyme
1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	152
Fat	2g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	27g
Fiber	5g
Protein	6g
Vitamin A	3181IU
Vitamin C	15mg
Calcium	72mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	80µg
Vitamin B12	0µg
Magnesium	69mg
Zinc	1mg

Directions

- 1 Combine all ingredients in a large pot. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the quinoa is tender.
- 2 Season with additional salt if needed.
- 3 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add sautéed onion and garlic.

Additional Toppings: Top with chopped parsley, sliced green onion or red pepper flakes.