

Recipe: Overnight Oats

Quick, convenient way to add whole grains to breakfast

Ingredients

- ½ cup old fashioned oats
- ½ cup low fat milk or alternative
- 1 Tbsp chia or flax seeds
- 1Tbsp peanut butter (optional)

Directions

1. Mix all ingredients in air-tight container or mason jar
2. Store in refrigerator overnight and enjoy in the morning!

Recipe: Phytochemical Rich “Cheese” Sauce

A tasty way to enjoy energy dense nuts and phytochemical rich turmeric!

Ingredients

- 1 cup soaked cashews, drained (soak 1 cup whole unsalted cashews in 2 cups of water overnight)
- 1 clove garlic
- 1 tsp ground turmeric
- 1 tsp salt
- ¼ cup nutritional yeast
- ½ cup water

Directions

1. Combine all ingredients in blender and blend until smooth
2. Pour over your 8 oz your favorite whole grain pasta and enjoy!