

Breakfast Quinoa (serves 5 people)

1- cup Tru Roots Sprouted Whole Grain Quinoa

1½ - cups Living Harvest Original Hemp Milk

1¼- tsp. Cinnamon (Morton- Basset Organic)

¼ - tsp ground Nutmeg (Morton- Basset Organic)

¼ - cup Organic Traditions Golden Berries

¼ - cup "B" Grade Shady Farms Organic Maple syrurp

Side Items: Chopped English walnuts and or Organic Traditions Cacao Nibs

Prepare Quinoa as directed on the package.

Replace the water with the hemp milk when cooking.

After Quinoa is cooked Combine all of the other ingredients listed except walnuts and Living Intentions Organic Cacao nibs

You will have to add more Hemp milk the longer the quinoa sits. It will absorb the milk. Quinoa is to be served warm.

Lunch Quinoa Tabouli (serves 20 people)

1- 8 oz. bag Tru Roots Sprouted Quinoa Trio

1- medium zucchini

1- medium yellow squash

1- medium red bell pepper

1- medium yellow pepper

1- medium pablano pepper

1- medium red onion

3- medium tomatoes

5- cloves garlic

1- bunch curly parsley

1- bunch cilantro

6- lemons

Salt and pepper to taste

Optional- raw jalapeno or hhabanero peppers in Bragg's Vinegar

Cook quinoa as directed on package

Let quinoa cool down to room temperature before adding diced veggies

Finely dice all veggies and combine with quinoa

-Add the juice of the lemons and salt and pepper to taste.

Put in cooler and let all flavors combine for a couple of hours before serving.

Quinoa Taco Meatless Meat (Makes about 12 tacos)

2 - cups Tru Roots Trio Quinoa

3- cups water

1½ - tsp. Himalayan salt

¼- cup chili powder

½- tsp. turmeric (Morton- Basset Organic)

2 - tsp. black coarse ground pepper.

Fresh Guacamole

4- ripe avacodos

½ small red onion finely diced

3- vine tomatoes diced fine

¼ - bunch cilantro

Salt and pepper to taste

2- fresh limes

1- jalapeno pepper finely diced

Cook quinoa as directed on package

Combine all other ingredients. Mix well.

Serve warm on Food for Life Organic Sprouted Corn Tortillas.

Use whatever Items you may like to fill on top of the meat tomatoes, onions cucumbers ect...