



## HEALTHFUL RECIPES FROM LINDA CITRON

### SEPTEMBER 2014: FLAXSEED

#### Two Minute Blueberry Flax Muffin

1/4 cup ground flaxseed  
1 tsp baking powder  
1/2 tsp ground cinnamon  
A pinch of salt  
1 egg, lightly beaten  
1 tsp melted coconut or olive oil  
1 tsp vanilla extract  
2 tbs coconut or unsweetened almond milk  
1 tbs raw honey or maple syrup (or to taste) OR a few drops of liquid stevia  
A large handful of blueberries

Grease a mason jar or microwave-safe 10-ounce microwave safe mug. Mix ground flax, baking powder, cinnamon and salt in a small bowl. Add in egg, oil, vanilla, milk and sweetener. Mix until blended. Stir in blueberries. Pour mixture into prepared jar and microwave for 2 minutes. Turn the mug upside down over a small plate. I like to serve mine with a few more blueberries sprinkled on top.

Options: 1 Tbsp Raw Cacao chips, or 1 Tbsp Pumpkin Puree



## SEPTEMBER 2014: BREAKFAST

### PROTEIN ENERGY SHAKE

- 8-10 ounces (unsweetened) vanilla flavored almond milk or water
- 1 scoop hemp, Vega or Sun Warrior protein powder (or your favorite choice of protein)
- 1 handful fresh spinach or kale leaves (you won't taste them!)
- 1 Tbsp ground flaxseed
- 1 Tbsp almond butter
- 1/2 cup frozen berries OR 1/2 banana (frozen if you have it)
- Scoop of ice

Pour water and/or milk in high-speed blender; then combine all remaining ingredients. Begin blending on low, then gradually increase speed until highest setting. Process until smooth.

### EASY MORNING OATMEAL

- 1/2 cup rolled oats
- 1 cup unsweetened almond milk
- 2 Tbsp flaxseed or chia seeds
- 1/2 chopped apple or berries
- 2 tsp chopped nuts
- 1 tsp raw honey
- Dash vanilla or almond extract

In bowl with a cover, combine all ingredients. Shake or stir well. Keep in refrigerator overnight. The next morning it is ready to eat, or may be gently heated on stovetop for 1-3 minutes.