

Instant Breakfast With Attitude

1 cup unsweetened coconut flakes or shredded coconut
½ cup raw pumpkin seeds
1 ½ cup dried cranberries
1 cup raisins
1 cup chia seeds
1 cup raw walnuts
1 cup sesame seeds
1 Tbsp. cinnamon
1 - 2 tsp. ginger powder (to taste)
Pulse ingredients for 10-20 secs in a food processor or coffee grinder- a small Bullet blender works well if you pulse half a recipe at a time.
To serve: Stir 4 Tbsp. of mix with 1/2 cup very hot water. Let sit for about 7-8 mins. Add “milk” of your choice, and opt., i.e. nuts, fresh fruit. Store leftover mix in fridge.

Rockin’ Hearty Root Veggie Soup (makes about 5 servings)

2 Tbsp. olive oil
2 medium onions, chopped
2 cloves garlic, minced
1 Tbsp. each curry powder and ground cumin
1-2 tsp. cinnamon
1 qt. chicken or vegetable broth
2 large sweet potatoes
2 carrots
1 small turnip
½ cup raisins
1 – 14.5 oz can diced tomatoes
salt and pepper to taste

Peel and cut vegs. into ½ inch cubes or smaller. Saute onions for about 5 mins and add garlic. Add seasonings and stir. Add broth and rest of ingredients except for tomatoes and s. & p. Bring to boil and simmer for about 20 minutes, until veggies are tender and add more water if needed, just to cover veggies. Add tomatoes and seasonings as needed – simmer for another 5 minutes.

Emulsify with hand blender.

Begin dehydrating or refrigerate overnight and let flavors develop.

Spread thick soup out in thin layer on dehydrator sheets on trays. Dehydrate at 135 degrees for about 10 hours. Can speed time up by starting at 145 degrees for 2 hrs. Soup is dried when leathery without visible moisture.

Store in airtight container for longest shelf life – for traveling put into zip-loc bags.

To Serve: mix equal parts water and soup and let soak 10-15 minutes - cook for about 8 minutes and then let rest for about 10 minutes.