

Delicious

HEALTHY RECIPES

for Brunch



LISA MURPHY LLC



Blueberry Almond Muffins

These muffins are so moist and tasty your morning coffee will never be the same! Any berries—fresh or frozen—work well.

*You can use white or whole-grain flour, or a combination...I like to use half spelt flour and half buckwheat, for a nearly gluten-free muffin:)**

TIME 40 minutes, including baking time

MAKES 12 (1-cup) muffins

Ingredients

- 2 cups flour* (see note above)
- ½ cup sugar, I use raw cane sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup soured non-dairy milk **
- ¼ cup healthy oil, like olive, avocado or sesame
- Flax Egg Substitute equal to two eggs
- 1 teaspoon almond extract
- 1 cup berries
- ½ cup chopped almonds, or almond pulp from making almond milk
- Cinnamon and sugar or additional chopped almonds (optional)

***To sour any kind of milk (dairy, soy, almond or otherwise) adds one teaspoon of vinegar or lemon juice to one cup of milk. Then stir and let sit a few minutes to curdle.*



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Blueberry Almond Muffins

Preparation

- Preheat oven to 350°. Lightly oil muffin tins, or line with paper or silicone cups.
- In a large bowl, stir together flour, sugar, baking powder and salt.
- In another bowl, stir together soured milk, oil, flax eggs and almond extract.
- Add wet ingredients to flour mixture. Stir just to combine. Do not over mix.
- Stir in berries and almonds/or almond pulp. Again, mix just to combine.
- Spoon into muffin tins. Sprinkle with cinnamon and sugar or chopped almonds.
- Bake 25 to 30 minutes, until firm to the touch and lightly browned. Cool in tins on wire rack 5 minutes then turn out and cool completely.

Keep out only what you'll eat in the next day or two, then pop the rest into the freezer—they freeze beautifully.



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Infused Water

Infusing water is a simple and enjoyable way to add flavor to plain water.

TIME 5 minutes prep, 1-2 hours to infuse

Ingredients

- 1-3 varieties of fresh fruits, vegetables, and/or herbs. Some popular choices include lemon, lime, cucumber, berries, mint, basil, or ginger
- Water

Preparation

- Cut larger fruits or vegetables into thin slices or small pieces.
- For herbs, you can gently crush or bruise them to release their flavors.
- Place prepared ingredients in pitcher or bottle (glass is preferable).
- Fill container with water, cold or room temperature.
- Cover with lid and allow to infuse for at least 1-2 hours, overnight for stronger flavors.
- If desired, strain out solid ingredients, or use an infusion pitcher.
- Drink within 2-3 days for best flavor.



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Tofu Scramble

*Satisfying and tasty, for breakfast lunch or dinner.
Serve with roasted potatoes, sprouted corn tortillas,
sliced avocado – or all three!*

TIME 15 minutes

MAKES 2 servings

Ingredients

- 1 tablespoon olive oil
- 1 small onion, peeled and diced
- 1 red bell pepper, diced
- 2 cups chopped mushrooms
- ½ pound firm tofu
- 1 teaspoon turmeric
- 2 teaspoons cumin
- ½ teaspoon sea salt
- Handful fresh spinach
- ¼ cup chopped fresh tomatoes
- 2 tablespoons chopped cilantro



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Tofu Scramble

Preparation

- In a medium skillet over medium heat, sauté onion, bell pepper and mushrooms in oil until soft.
- Meanwhile, drain and rinse tofu and crumble it into small pieces.
- Add tofu, turmeric, cumin and salt to pan with veggies. Stir and cook about five minutes until cooked.
- Toss in spinach, lower heat and cook for another few minutes until greens are wilted
- Serve hot topped with tomatoes and cilantro.

