

Millet Cereal with Blueberry Compote

Ingredients

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| 1 cup millet | 1/4 cup honey |
| 4 cups water | 1/2 tsp coriander |
| 1/2 tsp salt | Lemon |
| 2 cups blueberries | 1/4 cup chopped nuts |



Ultimate Grain Stir-Fry

Ingredients

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| 3 cups of cooked grain | 1/2 cup mushrooms |
| 1/2 cup broccoli florets | 1/2 cup sliced onions |
| 1/2 cup of cauliflower florets | 1/4 cup minced ginger |
| 2 cup of Leafy green of choice | 1 Tbsp red pepper flakes |
| 1/2 cup peppers | 1/4 cup country style seasoning |
| 1/2 cup onions | 1/4 cup braggs liquid aminos |

