



Breakfast Wellness Specialties

You've heard it before and you'll hear it again: breakfast is kind of a big deal.

Studies show that eating breakfast can reap enormous benefits like helping improve cognitive function, boosting your heart health, decreasing your risk for heart disease, and even boosting energy levels.

Overnight Oats

An energizing dish with overnight rested oats, low fat yogurt, dry seeds, and berries.

Whole oats are rich in antioxidants including avenanthramides.

Oats contain a powerful soluble fiber called beta-glucan which can lower cholesterol levels and protect LDL cholesterol from damage. (250 cal)

Homemade Muesli with Oats, Dates, & Berries

Packed with oats, pecans, seeds, dates, puffed wheat, and berries, this delicious breakfast muesli will help you to start your day the right way.

Beta-glucan can help reduce cholesterol levels by up to 10 percent. By eating muesli regularly, you'll be drastically improving your heart health. (260 cal)

Quinoa and Chia Porridge

Topped with an array of fresh and dry fruits, this dish high in protein and essential amino acids will energize you for the whole day.

The high fiber and protein content in chia seeds may help you lose weight. Chia seeds are high in omega-3 fatty acids. (245 cal)

Oat and Flaxseed Porridge

Cooked with vanilla, mint, low-fat milk, oats, and flaxseed plus a lot of energizing nuts and fresh fruits. It's a great, healthy dish.

Flax seeds are a rich source of lignans which may reduce cancer risk.

Flax seeds are also rich in dietary fiber, may improve cholesterol, and may lower blood pressure. (255 cal)

Breakfast Wellness Juices

Cranberry Healer

Prevent infection, support urinary tract and vascular health, lowers cholesterol.

Cranberry, cucumber, orange, and lime.

Muscle Milk

Speed recovery by reducing inflammation and replenishing electrolytes and nutrients.

Banana, coconut water, coconut meat, cinnamon, almond milk, flax seeds, and dates.

Blood Builder

Cleanse the blood, improve circulation flow, boost immunity and mood.

Apple, beetroot, carrot, and turmeric.