

WELLNESS AT BREAKFAST, LUNCH AND DINNER

Potato, Egg and Avocado Hash

Hold the toast this morning, instead, use your avocados to top this one-skillet vegetarian crowd-pleaser.

Ingredients

3/4 pound new potatoes, cut into 1/2 inch pieces
2 Tbsp extra-virgin olive oil or coconut oil
2 small red peppers, thinly sliced
1 1/2 tsp kosher or sea salt
1 tsp black pepper
1 bunch scallions, thinly sliced
4 eggs
2 ripe avocados, chopped
2 Tbsp fresh lime juice
1/2 cup chopped fresh cilantro

TO PREPARE: Boil the potatoes in salted water in a large, heavy skillet over high until fork-tender, about 6 minutes. Drain; reserve the potatoes.

Heat the oil in the skillet over medium. Add the potatoes, red peppers, salt, and black pepper. Cook, stirring occasionally, until the potatoes are golden, 5 minutes. Stir in the scallions.

Make 4 wells in the mixture using a wooden spoon. Carefully slide 1 egg into each. Reduce heat to medium-low. Cover the pan and cook until the whites are just set, 6 minutes.

Top with the avocados, lime juice, and cilantro.

Remember not to let the avocados touch the hot pan or they will turn brown and it will look less appetizing.

Source: *Real Simple*



Double-Apple Bran Muffins

Applesauce makes these muffins extra-tender. Fresh diced apple adds a refreshing pop of flavor.

Ingredients

1 stick unsalted butter, melted, plus more for brushing
1 cup unbleached all-purpose flour
1 cup wheat bran or toasted wheat germ
2 Tbsp millet
1 tsp baking soda
1/2 tsp kosher or sea salt
6 Tbsp packed light-brown sugar
1 large egg, room temperature
1 cup unsweetened applesauce
1 Granny Smith apple, peeled, cored and diced

TO PREPARE: Preheat oven to 350° F. Line a standard 12-cup muffin tin with baking cups, or lightly brush with butter. In a medium bowl, whisk together flour, wheat bran, millet, baking soda, and salt. In another bowl, whisk together butter, brown sugar, egg, and applesauce. Stir wet ingredients into dry until just combined. Fold in apple.

Divide batter evenly among muffin cups. Bake until golden and tops spring back when lightly touched, about 24 mins.

Let cool 5 minutes in tin, then transfer to a wire rack and let cool completely.

Source: *marthastewart.com*

Vegan Blueberry Muffins

Coconut oil, which is solid at room temperature, adds a mild sweetness to these wonderful muffins.

Ingredients

1/3 cup virgin coconut oil, melted, plus more for brushing
1 cup unbleached all-purpose flour
1 cup whole-wheat flour
2 tsp baking powder
1/2 tsp kosher or sea salt
1/2 cup granulated sugar (or the equivalent in Stevia)
2 bananas, mashed (3/4 cup)
1 cup almond milk (room temperature)
1 tsp pure vanilla extract
1 cup fresh blueberries
Turbinado sugar, for sprinkling

TO PREPARE: Preheat oven to 425° F. Line a standard 12-cup muffin tin with baking cups, or lightly brush with oil. In a medium bowl, whisk together flours, baking powder, and salt. In another bowl, whisk together sugar, bananas, coconut oil, almond milk, and vanilla. Stir wet ingredients into dry until just combined. Fold in blueberries.

Divide batter evenly among muffin cups. Sprinkle tops with turbinado sugar. Bake until light golden and tops spring back when lightly touched, about 20 mins.

Let cool 5 minutes in tin, then transfer to a wire rack and let cool completely.

Source: *marthastewart.com*