

Muesli Breakfast – Spirit Lifter

What do you rely on to lift your spirits? Do you turn directly to spirits like many of us? But you ...

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Oat Bran Breakfast – Good Carbs

Are you a carbaholic? a carbphobic? or maybe secretly both? There are good carbs and bad carbs. Read all about it ...

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Toasted Steel Cut Oatmeal 007 – Risotto Style

James Bond looks ready for just about anything, anytime. Something tells me he eats a good breakfast before starting his ...

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Parsley Omelet with Smoked Salmon

This is an anniversary month. Just 26 years ago, I met my husband. We went from meeting to marrying in ...

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Chocolate Coconut Banana Bread

You know I'm not a dessert person. But, when my freezer gets cluttered up with brown, brown frozen bananas I ...

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Milk? Try Chia Seed Porridge Lite

Do dairy products cause heartburn? Maybe you too can say 'goodbye Gaviscon'. It is possible that instead of letting antacids keep ...

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Swiss Chard Burger – Top Secret!

There are songs that become so famous that the writer can make her fortune off of just a single tune. ...

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Coconut Jam French Toast with Fresh Berries

Today is the day that you find out just what Kacey Rose Baines suggested that was so enticing, guaranteeing her ...

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Deviled Eggs De-Lox

We've all had hard-boiled eggs and smoked salmon in the same meal, but how about in the same bite? Eggs ...

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Super Spinach Smoothie – Oh Joy!

You've heard of the joy of baking? Now you'll hear about Joy the Baker. Take a look at Joy, her smoothie ...

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Chia Seed Porridge – Breakfast in minutes!

You've tried having a Chia pet. Now try Chia Porridge. No kidding. This recipe makes 2 portions and can be kept ...

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Breakfast Parfait – Way to Start Your Day!

Apparently beer isn't the only thing you can serve in a beer glass. As I was supposed to be clearing ...

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[Olive Cheese Melt – Mini Pizza or Appetizer](#)

Today feels like limbo. 2012 has begun, but just barely. Time to slowly get back into form and complete the ...

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[Homemade Ricotta – From Scratch to Scrumptious](#)

Lauren Chattman inspired me to try something I've never tried before. She made it sound so simple. Only four ingredients; ...

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[Egg Wrap – Comfort food mingled with stress relief](#)

There are days when you just want to relax and enjoy simple pleasures. Routine is reassuring. Casual makes sense. My ...

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[Breakfast Muesli – Multiple Gurus](#)

Everyone is looking for guidance. I find that I rely on multiple gurus, depending on what needs attention. My good ...

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[Blogging as Jogging for Memory – Smoothie and Pinwheel appetizers](#)

Pre Shri Yoga breakfast should be light enough to withstand downward dogs, forward bends and spinal twists, while giving one ...

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