Savory Miso Oat & Quinoa Porridge with Poached Egg

Serves 4
1 cup quinoa, rinsed
1 cup steel-cut oats
3 ½ cups stock or water
2 clove garlic, finely chopped
1 teaspoon ground turmeric
1 tablespoon tamari or soy sauce
4 cups baby spinach, roughly chopped
2 tablespoons miso
1 lemon juiced
1 tablespoon toasted sesame oil

Garnish
toasted sesame seeds, for sprinkling on top
¾ cup chopped scallions
4 poached eggs

1. In a pot fitted with a lid combine quinoa with oats, stock or water, garlic, turmeric, and tamari or soy sauce. Bring everything up to a boil, and then reduce to a simmer and cover and cook for 25-30 minutes. Stir every 5 minutes, and add more liquid as needed.
2. Once quinoa and oats are soft and tender, stir in the spinach and miso, cook for 2 minutes, and then turn off the heat. Stir in the lemon juice and sesame oil.
3. To serve, put oats and quinoa in a bowl and garnish with sesame seeds, scallions, and poached egg.

For poached egg: bring a large pot of water to a boil, you can add 1-2 tablespoons of vinegar if desired. Crack an egg into a ramekin and set aside. Once water is boiling, grab a wooden spoon and stir the middle of the pot to create a “vortex.” Pour the egg into the center of the vortex and cook for 3 minutes, immediately remove the egg with a slotted spoon and serve. To make ahead, place cooked eggs in an ice-water bath, and reheat by submerge in boiling water for about 30 seconds then serve.

Chocolate Zucchini Breakfast Brownie

1 large egg
1/2 cup coconut oil, melted
1/2 cup maple syrup, honey or any liquid sweetener
1 teaspoon pure vanilla extract
2 lightly packed cups shredded zucchini
1/2 cup cacao or cocoa powder, not dutch processed
1 ½ teaspoon baking soda
Pinch of salt
½ cup whole wheat, spelt, or all-purpose unbleached flour
½ cup oat flour

1. Preheat your oven to 350 degrees and line an 8x8 pan with parchment paper or grease well and set aside.
2. In a mixing bowl, combine the egg with coconut oil, sweetener, and vanilla, mix well. Gently squeeze out some liquid from the zucchini, don’t squeeze too hard, you want moisture for your brownie! Add zucchini into the liquid mixture, and mix just until combined.
3. Add cacao, baking soda, salt, and flours into mixture and mix until just combined, do not overmix!
4. Pour batter into the pan and then spread and level off the top, bake for 25-28 minutes or until middle jiggles just a little, do NOT over bake, or they will be more like a chocolate cake. Remove from oven, and allow to cool in the pan for at least 1 hour.
5. Cut and store brownies in the refrigerator for up to 4 days, you can also freeze them for 3-4 months.