***Heavy Big Bowl:***

¼ C Old fashion whole oats (steel cut or rolled)

¼ C Ezekiel “grape nuts” or organic cereal

½ C organic shredded wheat (if you can or sub another cereal)

1 Tablespoon of flaxseed meal

1-2 Tablespoons hemp seeds

1 teaspoon Chia seeds

2 Table spoons raisins

½ handful of walnuts

1 banana sliced

blue berries

nut milk of choice

* the hot version is to cook the oats, and at the end add all the other ingredients EXCEPT: the boxed cereals, and chia seeds.

***Homemade Italian Sauce***

¼ cup of vegetable broth

2 cups fresh tomatoes (or 2 boxes of Pomi chopped tomatoes)

2-3 cloves of garlic chopped

1 cup chopped peppers (variety of colors)

1 medium onion chopped or thinly sliced

½ cup celery chopped

1 cup vegetable broth

1-2 teaspoons of oregano

1-2 teaspoons of thyme

1 tablespoon of dried or 1/3 of fresh basil (save a small handful for the end of cooking)

1 can of tomato paste

a healthy pour of left over red wine

Season= salt and blk pepper

Put broth in a large sauté pan, once hot add onions, peppers, celery until tender, add garlic, wait 30 seconds, add tomatoes. Stir and toss and allow to cook for 5-6 minutes. Stir in broth, herbs, and can of paste. As it begins to cook down you can add some wine to reduce and add more flavor. Taste and season to your liking. If you like your sauce a bit sweet try adding a small teaspoon of agave syrup.

Cook for 10-20 mins on low heat and serve over zucchini spaghetti or brown rice. Or just use your imagination.



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