***Night Owl Oats***

In a sealable jar add:

¾ cup of oats

1 cup nut milk (your choice- I like Hemp)

1 teaspoon Chia seeds

½ teaspoon flax seed meal

½ teaspoon cinnamon

¼ teaspoon nutmeg (optional)

Seal and toss in fridge over night. In the morning add any fresh fruit you like. Stir and enjoy! Great for the morning commutes, or if you are running short on time in the mornings.

***Green Glory Juice***

2-3 air tight mason jars or similar

2 green apples (granny Smith’s are best)

1 lemon

1 cucumber

6-8 stalks of celery

hand full of kale or spinach

½ piece of ginger

1 root of turmeric

Place all in juicer, saving lemon for last. Makes about 2 12-16 oz jars. Juice needs to be consumed with in 12-15 hours. After 5 hours in air tight container it starts to oxidize and loose the goodness so I recommend only making what you will drink in that day.

***Spinach and Hummus Sammie***

Organic hummus

Fresh spinach leaves

Sliced red onion (optional)

Green pepper

\* add a spoonful of any leftover grain salads

2 slices of Rudis gluten free bread (or your choice of whole wheat bread)

layer the hummus with the spinach and peppers and onion

top with another layer of hummus, or a scoup of leftover grain salad. And enjoy! Serve with crunchy dill spears or sweet bread and butter chips.



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