



Recipes provided by;
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Breakfast

Serving Size: 1

Breakfast Millet/Quinoa Porridge

Ingredients

1/3 cup Millet or Quinoa
3/4 cup Water
1/2 cup Non-dairy beverage (plain)
1/4 tsp Vanilla, pure extract
1/4 tsp Ground cinnamon
1 pinch salt
Maple Syrup, to taste

Optional: To add additional protein, you may add 2-3 tbsp crushed walnuts, cashews or almonds.

Directions

Rinse millet or quinoa in small sieve strainer with cold water. In a small sauce pan, combine millet or quinoa, non-dairy beverage, cinnamon, vanilla and salt. Bring to a boil. Reduce heat to low, cover and simmer for 25 minutes without stirring. If liquid is not completely absorbed, cook for 3-5 minutes longer, partially covered. Remove from heat. Drizzle with maple syrup (optional). Serve.

Shopping List

- 10 oz bag Millet or Quinoa
- Non-dairy beverage
- Vanilla, pure extract
- Ground cinnamon
- Maple Syrup (optional)
- Salt

Lunch

Serving Size: 2

Spring Style Quinoa Salad with Zucchini, Carrots and Green Grapes

Ingredients

1/2 cup quinoa
1 cup hot water
1/2 teaspoon sea salt
1/2 large zucchini-grated
1/2 large carrot-grated
1/2 stalk celery - slice thin on bias
1/2 cup green grapes cut in half
1/8 bunch Italian parsley - chopped
1/8 teaspoon ground cinnamon
1/8 teaspoon ground cardamom
Fresh cracked black pepper
Grapeseed oil
Pumpkin seeds for garnish

Optional: To add additional protein, you may add 2-3 tbsp crushed walnuts, cashews or almonds.

Directions

1. Cook the quinoa-use hot water to speed up the boiling and add 1/2 teaspoon sea salt. Remove from heat and let sit for 15 to 20 minutes. Use fork to fluff the quinoa.
2. Coat medium heat sauté pan with grapeseed oil, add cinnamon and cardamom, cook for 1 minute. Add zucchini, carrots and celery, cook till semi-soft and season with sea salt, black pepper, parsley and grapes.
3. Combine quinoa and mixture. Garnish with pumpkin seeds. Mix well and serve.

Shopping List

- Sea salt
- Ground cinnamon
- Ground cardamom
- Fresh cracked black pepper
- Grapeseed oil
- 1 Celery Stalk
- 1 Bunch green grapes
- 1 Bunch of Italian parsley
- 16 oz bag of Quinoa
- 4 oz bag of Pumpkin seeds
- 1 Large zucchini
- 1 Large carrot

