



### ***Happy Beets Breakfast Pudding***

Serves 1

- ½ c. water
- 1 ½ c. grated beet
- 1 Tbsp. chopped organic orange peel
- 1 ½ c. grated apple
- 2 Tbsp. plumped wolfberries, raisins or currants
- ½ c. *Chia Gel*
- a dash of salt (optional)

Bring water to a boil, add beets and cover. Simmer for about 5 minutes then add orange peel and cook for a few minutes more. Add apples and berries, and cook for 1 to 2 minutes. Turn off the heat, stir in gel, cover and let stand for a minute or two, if desired. Stir in salt and serve. Garnish with fresh orange rind. (I like mine served with 1 to 2 tsp. flax seed oil, 1 tsp. honey and a dash of spice.)

*This is made a little differently than the above, but I wanted to include it here because winter squash is such an overlooked breakfast natural! This is best if the squash is taken hot from the oven. I like to include pieces of tender squash rind, also.*

### **Squash Breakfast Pudding**

Serves 1

1/2 to 1 c. baked butternut squash  
1/2 to 3/4 c. *Precious Gump* (p.139)  
2 tsp. to 1 tbsp. flaxseed oil  
dash of spice of choice (optional)  
2 tsp. maple syrup, or sweetener of choice (optional)  
lightly toasted coconut (optional)

Combine *Gump* and squash in a cereal bowl. Add oil and spice, then top with a little sweetener, and/or lightly toasted coconut, if desired.

**Variations:** Substitute your favorite winter squash. If using leftover squash, begin by heating it with a little water or broth.

