

## Overnight Oats



### OVERNIGHT OATS

1/4 C Yogurt  
1/2 C milk ( I use almond milk)  
1/2 C old fashioned oats (I use steel cut oats)  
1 TBSP. chia seeds

Then I add in honey and sometimes vanilla extract or almond extract. Cinnamon would be good too. Sometimes I also add [Shakeology](#) (just add some extra milk then)!

Right before eating is when I add "the fixings" like fruit, nut, coconut, etc. (makes 1 serving)

### QUINOA SALAD

1 cup cooked quinoa  
2 Tbsp. extra virgin olive oil  
Himalayan salt (for taste)  
2 Tbsp. fresh lime juice  
1/4 c. shredded carrots  
1/4 c. steamed asparagus, cut  
1 medium cucumber, peeled, diced  
1 pepper (oregano, red or yellow, or a variety of all three)  
1 c. garbanzo beans  
2 Tbsp. cilantro

\*This recipe is a variation from a Quinoa Salad recipe that comes in the Ultimate Reset cookbook, but like I said... not the greatest at following directions, so I made it this way (makes 2 servings)



## Quinoa Salad

## Sweet Potato & Roasted Red Pepper Bisque



### SWEET POTATO & ROASTED RED PEPPER BISQUE

2 cups water  
2 medium sweet potatoes (or yam), peeled, cubed  
1 medium red bell pepper  
2 tsp. finely grated ginger root  
1 Tbsp. extra-virgin olive oil  
2 cups vegetable broth (or water)

Herbal seasoning blend, to taste (optional) (I used Trader Joe's 21 Seasonings Salute)

Pre-heat oven to 415 Fahrenheit. Spray a pan with olive oil and put red peppers in pan. Cook red peppers for 15 minutes.

Bring water to a boil in a small saucepan over medium heat; add sweet potato, cook for 5-7 minutes. Drain and set aside.

Place sweet potato, bell pepper, ginger, oil, and broth in a blender or food processor, in 2 or more batches if necessary; cover with lid and kitchen towel. Blend until smooth. If consistency is too thick, add water. Heat soup in a medium sauce pan over medium heat; cook, stirring frequently for 4 to 5 minutes, or until hot. (makes 2 servings)