

WELLNESS SIMPLIFIED

2 High Protein Asian-Inspired Winter Breakfast Recipes

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Wellness Simplified



Barley Porridge



ingredients (serves 1)

½ cup cooked pearl barley*

½ cup 1% organic milk or unsweetened organic fortified soy milk

1 ½ tbsp ground flax

1 ½ tbsp toasted ground black sesame seeds (or 1 tbsp nut or seed butter)

1 each medjool date, chopped (or 1 tsp maple syrup/honey)

10g collagen peptides

instructions

1. Heat up milk on your stove-top, milk frother or microwave until just simmering, but not boiling. Pour hot milk over your bowl of barley. Then stir in the remaining ingredients.

**To cook barley, combine 1 cup pearled barley with 4 cups water. Bring to a boil then reduce heat and simmer until barley is tender, about 25 minutes. Drain. Transfer to a container and store in the fridge until its breakfast time!*



Adzuki Red Bean Chia Pudding



ingredients (serves 1)

½ cup organic unsweetened soymilk or milk of choice

10g collagen peptides

2 tbsp whole chia seeds

1 tbsp maple syrup, or to taste

½ cup plain Greek yogurt

⅓ cup cooked adzuki beans, warmed up*

1 tbsp toasted coconut flakes

instructions

1. Heat up milk on your stove-top, milk frother or microwave until just simmering, but not boiling. Whisk in the collagen, chia seeds, and maple syrup.
2. In a bowl or jar, layer adzuki beans, followed by chia pudding and then yogurt. Garnish with coconut flakes and enjoy.

**To cook adzuki beans, soak 1 cup of beans overnight. Drain and rinse the soaked beans, then place them in a pot with 4 cups of fresh water. Bring the water to a boil over medium-high heat. Reduce the heat to low, cover the pot, and let the beans simmer until tender, about 40-50 minutes. Drain and refrigerate until breakfast time. Beans can be eaten cold or warmed up.*