

**Great Breakfast** (Quinoa, kale, garlic, onion and broth):

1. Sautee' in saucepan two tablespoons of Ghee (organic butter)-medium heat for about 5 minutes:
  - several (3 to 5-personal preference) finely chopped fresh garlic buds
  - ¼ onion – finely chopped-this will create about ½ cup chopped onion.
2. Add 1 cup of broth. This is available as organic chicken broth, nonchicken vegetarian broth or vegetable broth etc.
3. Add ½ cup of quinoa
4. Add chopped kale. I typically use several stocks of organic kale.
5. Cover and cook for 20 minutes at medium heat.

Quinoa is 40% protein. Kale provides vitamin K, beta Carotene and various anti-oxidant features. Garlic is considered to be a great natural anti-biotic.

Sometimes I'll add a cooked egg if I need extra protein.

Enjoy!