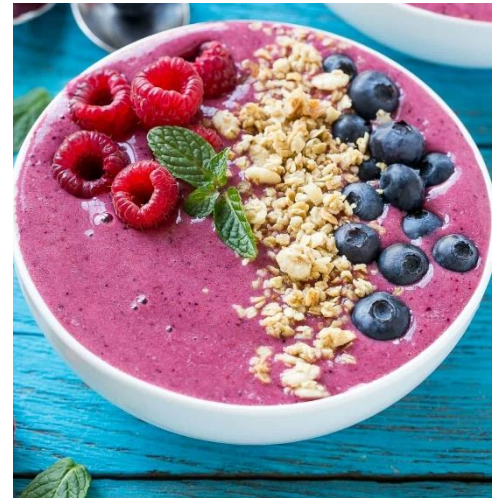

POSITIVE PSYCHOLOGY ACADEMY

Recipes for Mood and Mindset

Vanilla Berry Smoothie Bowl

Ingredients

- 1/2 cup frozen mixed berries
- 1/2 Banana sliced
- 1 handful of spinach
- Sprinkle of Chia seeds
- 1/2 cup water
- ½ Cup Plain Greek yogurt
- 1 scoop of protein powder (vanilla flavor)
- 2 Tbsp of oats or granola for topping



Instructions

Place the berries, banana, spinach, almond milk, Greek yogurt, chia seeds and protein powder in the blender and blend until a thick and smooth mixture forms. You may need to add a bit more of liquid to get desired consistency.

Pour the smoothie into bowl and top with fresh berries and granola. Serve immediately.

Vegetable Packed Scrambled Eggs with Avocado Toast

Ingredients

- 1-2 tbsp of olive oil
- ¼ cup sliced fresh mushrooms
- ¼ cup chopped onions



- ¼ cup chopped bell peppers
- 2 eggs
- ¼ cup chopped fresh tomato
- 1/4 of a medium avocado
- Whole wheat bread

Instructions

Step 1: Heat olive oil in a skillet or frying pan over medium-high heat. Add mushrooms, onions and peppers; sauté until onions are transparent.

Step 2: In a mixing bowl, beat together eggs and milk. Add egg mixture to vegetables; stir in tomatoes. Cook until eggs are set. Serve immediately.

Step 3: Toast bread, add sliced avocado to toast. Sprinkle with salt and pepper or other favorite spices.

Breakfast Farro with Warm Apples and Walnuts

Ingredients

- 1/3 cup of farro
- 1 small apple, cut into bite sized pieces
- ¼ cup of chopped walnuts
- Cinnamon and nutmeg to taste
- 1 tbsp Chia seeds
- Honey to drizzle (optional at serving)

Instructions

Add farro, apples and spices to small sauce pan and top with 2/3 cup of water. Bring to a boil over high heat, reduce to low heat, cover and simmer for 10 minutes. Remove from heat and let stand for 5 minutes. Drain excess liquid and fluff with a fork.

Add cooked farro apples to bowl. Top with walnuts and chia seeds. Honey is optional. Savor the smells, texture and warmth of this yummy breakfast!



