

# Ramen in a Jar

## Ingredients:

- 1 tablespoon sesame oil
- 2 teaspoons grated ginger
- 2 teaspoons grated garlic
- 3 cups low sodium broth (chicken or vegetable would also work)
- 1-ounce dried shiitake mushrooms
- ¼ cup light coconut milk
- 1 tsp fresh lime juice
- 1 cup protein noodles
- 1/2 carrot, shredded or spiralized into noodles
- ½ cup zucchini noodles
- ½ cup button mushrooms, thinly sliced
- 1 soft -boiled egg, peeled, halved
- Protein of choice
- Sriracha to taste
- Fresh cilantro leaves, to serve

## Instructions:

1. Heat the sesame oil in a large skillet over medium low heat. Add the garlic and ginger; stir fry for 2 minutes or until soft and fragrant.
2. Add the broth, bring to a simmer; add the mushrooms and simmer for 10 minutes or until the mushrooms have softened and the broth is flavorful.
3. Combine with coconut milk and lime juice when cooled
4. Layer the noodles, carrot, zucchini noodles and mushrooms to the jar. Cover and place in fridge until ready to serve.
5. Add flavored broth to the jar. Cover with plastic wrap and microwave on high for 2 minutes or until the soup is hot and vegetables are tender.
6. Top with the egg, protein, and cilantro. Season with chili oil, hot sauce, sesame oil, and soy sauce or salt to taste.
7. Dice, in season fruit, toss in a little honey
8. Serve fruit and yogurt garnished with cinnamon chips.

|                             |                        |                      |                 |                     |                  |            |
|-----------------------------|------------------------|----------------------|-----------------|---------------------|------------------|------------|
| Calories 410 kcal 21%       | Total Fat 20g 30%      | Saturated Fat 7g 35% | Trans Fat 0g 0% | Cholesterol 50g 15% | Sodium 500mg 18% |            |
| Total Carbohydrate 20.6g 7% | Dietary Fiber 4.3g 17% | Total sugars 7.6g    | Added sugar 0g  | Protein 20g 25%     | Vitamin A 26%    | Calcium 6% |
| Vitamin C 23%               | Iron 5%                |                      |                 |                     |                  |            |

# Protein Granola Breakfast Jars

*(Provides approximately 10 servings—with about 10 grams of protein each.)*

## Ingredients:

- 4 cups oats  
(3 cups old-fashioned + 1 cup steel cut, organic)
- 1 cup unsweetened coconut flakes
- ¾ cup sliced almonds
- ½ cup dried cranberries
- Coconut oil – 2 tbsp
- 1 tsp cinnamon
- ¼ tsp cardamom
- ⅛ tsp cloves
- ½ tsp vanilla extract
- 1 cup monk fruit sweetener
- 1 scoop protein powder (for example Hemp Yeah [organic, unsweetened] works well)  
Yogurt mix and fruit
- 1 tsp maple syrup
- 1 cup plain Greek-style yoghurt
- ½ pint strawberries, halved
- 1 kiwi fruit, diced
- 1 banana, diced

## Instructions:

1. Pre-heat oven to 350 degrees.
2. Mix all ingredients (except monk fruit, oil, and vanilla) in a large ceramic bowl and set aside.
3. Mix monk fruit, oil, and vanilla in a small pot and heat gently over medium heat for 5-7 minutes until combined.
4. Pour monk fruit mixture over dry ingredients and mix thoroughly.
5. Spread mixture evenly over 2 baking sheets (12 X 18 inch) lined with parchment paper; thickness should be ½ inch or less).
6. Bake for 10 minutes. Mix with a spatula or spoon, then bake for 10 more minutes.
7. Allow to cool for about 20 minutes.
8. Place yoghurt in a bowl, sweeten with syrup and vanilla. Set aside
9. Add diced fruit into bowl. Toss with monk sugar and a little lemon.
10. Spoon 1/4 cup yoghurt mixture into two, 1 1/2-cup-capacity jars. Top with fruit mixture then Top each with 1/4 cereal. Repeat layers finishing with fruit mix

Calories 291-16% Total Fat 7.4-5% Saturated Fat 2.1g Polyunsaturated 2.2g (Omega3/6)  
Cholesterol 6.1g Sodium 48g-3% Total Carbohydrate 41g Dietary Fiber 6g-24%

Monounsaturated 2.1g Trans Fat 0g  
Total sugars 18g Added sugar 3.4g Protein 18g-20%