

MEDICAL MEDIUM® ANTHONY WILLIAM

# BREAKFAST



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# Raspberry and Lime Chia Pudding Parfait Recipe

This recipe is as much of a delight to the eyes as it is to the taste buds. Abundant in antioxidants, it is a wonderful option for a snack, meal, or dessert anytime of day. Feel free to vary this recipe with any fruits you wish. Witness a new colorful creation emerging every time you make it!

## Ingredients for the chia pudding:

- 1 cup raspberries, fresh or frozen
- 1 cup unsweetened almond milk or coconut milk
- 2 tbsp maple syrup or raw honey
- 1 tsp lime zest
- 1 tsp lime juice
- 3 tbsp chia seeds

## Ingredients for the topping:

- 1/2 banana, thinly sliced
- 1/4 cup fresh raspberries
- 1/4 cup fresh or defrosted wild blueberries or regular blueberries

## Directions:

Place the raspberries in a bowl and mash very well with a fork. Stir in the almond or coconut milk, maple syrup or raw honey, lime zest and juice and chia seeds. Set aside to soak for 2-3 hours, until thick and jelly-like. Divide the chia pudding between two jars or bowls and serve with bananas, raspberries and blueberries.

**Serves 2**



# Wild Blueberry Pancakes

Who doesn't love pancakes—especially when they are packed with only the very best ingredients? These delicious pancakes featured in my book *Thyroid Healing* may well become a weekend staple for you to enjoy with family and friends.

## Ingredients:

- 2 ripe bananas
- 4 tablespoons raw honey
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- ½ cup water
- 2 cups almond flour
- ¼ cup potato starch
- 1 cup wild blueberries
- 1 tablespoon coconut oil, divided
- ½ cup maple syrup

## Directions:

1. For the batter, blend the bananas, honey, baking powder, and sea salt together with the water until smooth. Add the almond flour and potato starch and continue to blend until a thick, even batter forms.
2. To cook on the skillet: Heat ½ teaspoon of coconut oil in a large nonstick skillet over medium-low heat. Pour the batter into the skillet by heaping tablespoons of it to create small pancakes. If needed, use the back of the spoon to smooth the batter evenly into a circle. Cook the pancakes for 2½ to 3 minutes, then flip and cook for 4 minutes on the other side until cooked through. Because of the banana, the inside of the pancake will remain moist even when they are done.
3. To bake in the oven: Preheat the oven to 325°F. Line two baking trays with parchment paper and lightly grease the parchment paper with coconut oil. Spoon the batter onto the baking trays in 3-inch circles. If needed, use the back of a spoon to smooth the batter evenly. Bake the pancakes in the oven for 8 to 10 minutes until the edges turn golden, then flip and bake for 2 minutes more.
4. For the wild blueberry maple syrup, combine ½ cup of maple syrup and 1 cup of wild blueberries in a small saucepan over medium heat. Heat the syrup for 3 to 5 minutes, stirring frequently until it is hot and well combined.
5. Stack the pancakes on a plate and serve topped with wild blueberry maple syrup.

**Makes 16 small pancakes**



# Apple Porridge with Cinnamon & Raisins

There's something so delightful about starting the day with a simple bowl of hearty goodness that's specifically geared to help you heal. This flavor-packed Apple Porridge skips the grains for a delicious bowl of fruit-based satisfaction.

## Ingredients:

- 3 apples, sliced
- ¼ teaspoon cinnamon
- 1 pinch vanilla bean powder
- 2 dates, pitted
- 1 teaspoon honey (optional)
- ½ lemon
- ½ cup raisins
- ¼ cup walnuts (optional)
- ¼ cup shredded coconut (optional)

## Directions:

Combine the apples, cinnamon, vanilla bean powder, dates, honey, and the juice of the lemon in a food processor. Process all of the ingredients together until they are just combined. Pour the apple mixture into a bowl and stir in the raisins, walnuts, and shredded coconut if desired. Serve and enjoy!

Tip: Feel free to get creative and figure out what toppings you like the most! Try different toppings on different days to get a variety of nutrients and flavors.

**Serves: 2**





# Honey Berries

Don't let the simplicity of this recipe fool you. Not only is it so delicious that it may very well become a daily staple; it's also one of the most nutrient dense meals or snacks you can eat!

Enjoy it for breakfast, a snack, a light lunch alongside a leafy green salad, or serve up a big bowl of this recipe for the whole family to enjoy over the day.

## Ingredients:

- 1/2 cup strawberries, hulled and halved
- 1/2 cup raspberries
- 1/2 cup wild blueberries or blueberries
- 1/2 cup blackberries
- 2-3 tbsp wildflower raw honey

## Directions:

Place all the berries in a bowl, add the honey and mix until coated. Divide between bowls and serve immediately.

**Serves: 1-2**



# Wild Blueberry Bubble Tea

This fun spin on Bubble tea is both delicious and packed full of nutrients, many of which are not yet even discovered by science and research. But it's benefits extend far beyond the physical; these foods offer tremendous emotional and spiritual support too.

When it comes to oranges or tangerines, their juice is like liquid sunshine. If you often feel sad, weepy, glum, or down, oranges cut through the gloom and shine a light on your life. They are the perfect food to eat when you feel sun-deprived and lonely, as though there's an empty void that needs to be filled. Oranges take out all the chill and fill you with warmth instead.

Drink this Wild Blueberry Bubble Tea anytime you need a pick me up—whether it be physically, emotionally, or spiritually!

## Ingredients:

- 1/2 cup wild blueberries
- 3 cups fresh orange juice

## Directions:

Place the wild blueberries in the serving glasses and top with orange juice. Serve immediately.

**Servings: 2**



# Watermelon Ginger Lemonade

There's nothing better than a truly refreshing and hydrating drink when you most need it. Now add incredible flavor and an abundance of healing properties into the mix and this Watermelon Strawberry Ginger Lemonade is a winner of a drink that you'll want to make over and over again!

## Ingredients:

- 8 cups watermelon, cut into chunks
- 1 cup strawberries, hulled and halved
- 1 1/2 tbsp fresh ginger
- 1/3 cup lemon juice
- 1-2 tbsp raw honey (optional)
- Lemon slices, to serve
- Ice to serve

## Directions:

Place all the ingredients in a blender and blend until smooth. Serve over ice.

**Serves: 4**



# Wild Blueberry Soup

This luscious wild blueberry soup offers such a fun, refreshing, and comforting way to get the unmatched healing benefits of wild blueberries into your diet. It tastes wonderful served cold in the summer or warm in the winter.

## Ingredients:

- 3 cups wild blueberries, fresh or frozen
- 2 cups water
- 2 tsp lemon juice
- 1/2 tsp lemon zest
- 1/4 tsp ground cinnamon or cardamom
- 2 tsp arrowroot powder mixed with 2 tbsp water
- 3 tbsp raw honey, more if needed
- Mint (for garnish)

## Directions:

In a large saucepan, bring the blueberries, water, lemon juice and zest and cinnamon or cardamom to a simmer. Cook for about 8-10 minutes, until the blueberries are looking soft. While the soup is cooking, mix the arrowroot powder with cold water and add it to the soup. Cook for another 2 minutes, until the soup thickens, then remove from the heat and let cool for 10 minutes. Stir in honey. Serve hot or chilled, with mint leaves for garnish. Leftovers keep in the fridge for up to 3 days.

**Serves: 2-4**

I'M JUST  
HERE FOR  
DESSERT





# Watermelon Tart

Changing up the way you eat your fruits and veggies can make all the difference when you are choosing to eat a healthier diet. This pretty and fun Watermelon Tart gives you a new and unique way to get more healing fruits into your diet. Make this with your kids or let them have fun making it for you!

Watermelon is an excellent fruit that effectively hydrates, detoxifies, and cleanses the entire body on a cellular level.

## Ingredients:

- Watermelon slice, 1 inch thick
- 1/2 mango, diced
- 1/3 cup blueberries
- 4-5 strawberries, hulled and halved
- Juice from 1/4 lime
- Small handful of fresh mint leaves

## Directions:

Place the watermelon slice on a plate and top with mango, blueberries, strawberries, lime juice and mint leaves.

Serve immediately.

**Serves: 2**



# Grape Slushy

Grapes should not be misunderstood as being too high in carbs, sugar, or calories to be good for us. It's just the opposite. Like bananas, grapes are a first-rate fruit that promotes wellness of the highest level. And grapes are less sweet than we think; they are more defined by tartness, which is a key medicinal quality. That sourness indicates the presence of phytochemicals critical to kidney function. If you've ever heard that you have elevated creatinine levels, this means your kidneys have become compromised in their ability to remove and excrete waste products from the bloodstream. Grapes are the ultimate kidney tonic—their phytochemicals bind onto waste that the kidneys have trouble filtering.

Easy to make and incredibly delicious, this ice-cold slushy is the perfect way to make use of grapes and coconut water when you have them. You'll want to come back to this recipe over and over again.

## Ingredients:

- 4 cups frozen\* grapes
- 3 cups coconut water

## Directions:

Blend the frozen grapes and the coconut water in a blender until well combined. Serve and enjoy.

\* Fresh grapes may be used in place of frozen if you don't want an icy drink. Reduce the coconut water to 2 cups.

**Makes 2 servings**



# Pumpkin Pie Pancakes

A tall stack of pancakes drizzled with maple syrup is hard to beat, but the traditional ingredients leave a lot to be desired. Forgo the gluten, dairy and eggs but sacrifice none of the flavor with this pancake recipe. Plus, the addition of pumpkin and warming spices makes this recipe even more delicious, unique and fun. These pancakes would make a great treat for a holiday breakfast for the whole family.

Pumpkin is packed with antioxidants such as vitamins A, C, E, beta-carotene, and the high amount of phytonutrients in pumpkin have been shown to help prevent the risk of cancers, particularly mouth, lung, and colon cancer. It also contains immune-boosting properties, which can help the body stay strong and ward off common colds and flus that may be going around.

## Ingredients:

- 1/2 cup + 1-2 tbsp unsweetened almond milk
- 1/3 cup unsweetened pumpkin puree
- 1 cup wholegrain gluten-free oat flour
- 3 tbsp coconut sugar
- 1/2 tsp ground cinnamon
- 1/8 tsp of ground nutmeg
- 1 tsp baking powder
- 1/4 cup pecans, roughly chopped, for topping (optional)
- 2-3 tbsp maple syrup, for topping

## Optional coconut whip:

- 1 14-ounce can (414 ml) coconut cream or full fat coconut milk, chilled in the fridge overnight
- 2-3 tbsp raw honey or maple syrup

## Directions:

To make the optional coconut whip, chill your mixing bowl in the freezer for 10 minutes.

When the bowl is chilled, remove the thick cream from the top of the can, leaving the coconut water behind. Using an electric whisk or standing mixer, beat the cream for 2-3 minutes until you get soft peaks. Add the honey or maple syrup and beat for another 2 minutes.

In a small bowl or jug, combine the almond milk and pumpkin puree. Mix well and set aside.

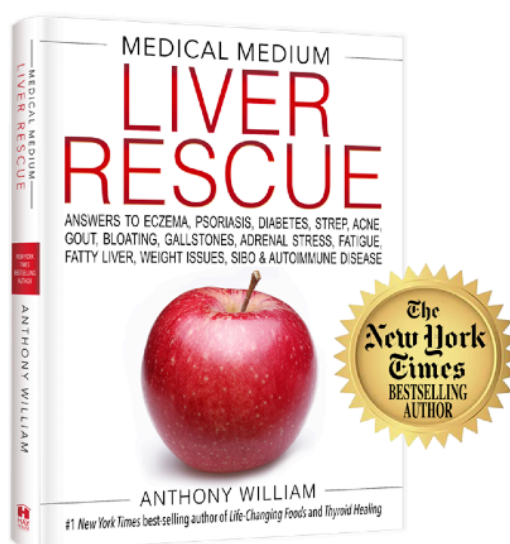
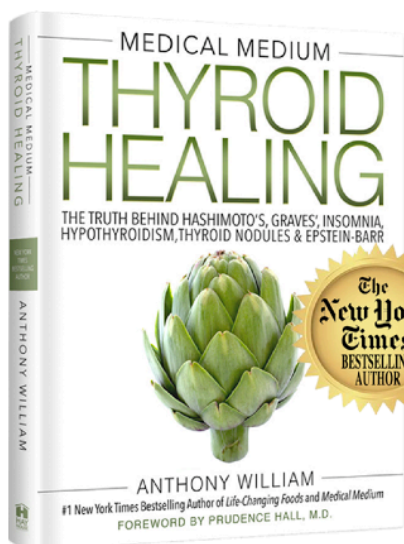
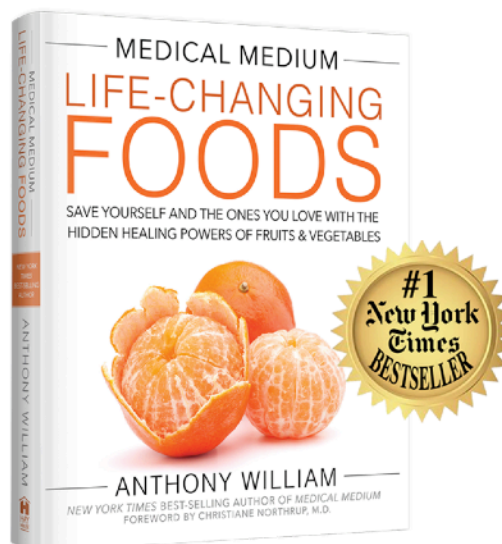
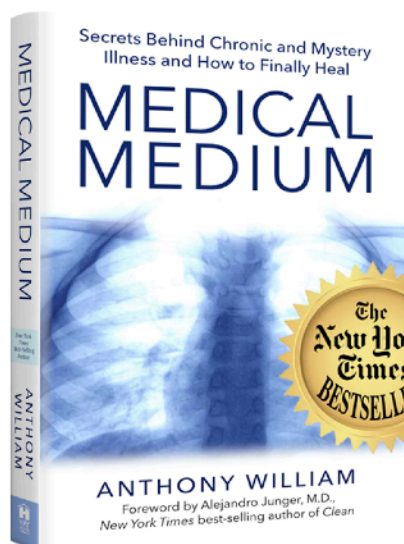
Add the oat flour, coconut sugar, cinnamon, nutmeg and baking powder to a medium-sized bowl and whisk to combine. Pour the pumpkin puree mixture into the flour and stir until you get an even batter. Add 1-2 tbsp more almond milk if needed - the batter should be thick but pourable.

Place a non-stick ceramic pan on medium-high heat and add a couple spoonfuls of pancake batter. Cook for 2-3 minutes on each side, until browned underneath, then flip. Repeat with rest of the batter.

Serve the pancakes immediately with coconut whip, chopped pecans and a drizzle of maple syrup.

**Serves: 2**

Find out more in #1 New York Times Bestselling Author Anthony William's four groundbreaking books [\*Medical Medium\*](#), [\*Life-Changing Foods\*](#), [\*Thyroid Healing\*](#), and [\*Liver Rescue\*](#).



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