

*These recipes and content have been inspired by several healthy cook bloggers. Myself, friends, and clients tried them and loved them all. I hope you do too!*

If you celebrate Ramadan, you know that during the next hot summer month you won't be able to eat or drink anything, including water - from before dawn to sunset. To maintain energy and hydration throughout the day follow these tips for your pre-dawn meal (**SUHOOR**)

**You need FIBER every morning.**  
**It keeps you full and helps your gut stay regular.**  
The best sources of fiber are beans, whole grains (whole-wheat bread, pasta), brown rice, nuts and seeds, berries, pears, apples, oatmeal, and vegetables (the crunchier the vegetable the better).

## 1. Make these bran muffins in advance to eat throughout the week.



### INGREDIENTS

- 2 cups wheat bran
- 1½ cups dark raisins
- 1½ cups of water
- ½ cup buttermilk or plain low or non-fat yogurt
- a few swipes of fresh orange zest
- ½ cup packed light brown sugar
- ½ cup vegetable oil
- 2 large eggs
- ¾ cup flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt

### INSTRUCTION

1. Preheat the oven to 350°F. Line a 12-cup muffin tin with paper liners.
2. Spread the wheat bran on a baking sheet and toast in the oven for 6-8 minutes, stirring a few times so it cooks evenly. Let cool.
3. While the bran is toasting, heat 1 cup of the raisins with ½ cup of the water. Simmer for ten minutes, or until the water is all absorbed. Puree the raisins in a food processor or blender until smooth.
4. In a large bowl, mix together the toasted bran, buttermilk or yogurt, 1 cup water, then mix in the raisin puree, orange zest, and brown sugar. Stir in the oil, and eggs.
5. Mix together the flour, baking powder, baking soda, and salt, and sift directly into the wet ingredients. Stir until the ingredients are just combined, then mix in the remaining ½ cup raisins.
6. Spoon the batter into the muffin tins, making sure the batter is mounded slightly in each one. Because muffin tins can vary in size, if your tins are larger, make fewer muffins.
7. Bake for 25 to 30 minutes, or until the muffins feel set in the center.

2. Spread almond butter on whole grain toast, then top with bananas and chia seeds.



3. Toss bananas, skin-on pears, and pumpkin seeds with a little lime juice and cinnamon. Add Greek yogurt if possible.



### INGREDIENTS (Serves 2)

- 1 large ripe banana
- 1 semi-large Asian ripe pear
- Juice from ½ fresh lime
- ½ teaspoon Saigon cinnamon
- 2 ounces toasted pepitas (or you can substitute roasted pistachios)

### INSTRUCTION

1. Rinse your fruit. Peel the banana and slice into quarter inch rounds. Peel the pear and dice into ¾ inch pieces. Squeeze the lime over the cut fruit and let that sit for about 10 minutes. Add the cinnamon after 5 minutes and toss gently.
  2. Toast raw pepitas in the oven for a few minutes. Top the salad with the toasted pepitas. That is the core salad. If you want to garnish with fresh herbs and finish with a sprinkle of flax seed, let your diet inspire your variations.
4. Make instant oatmeal packets on Sunday to use throughout the week.



These DIY instant oatmeal packets are so easy to assemble. Make a bunch in advance to keep on hand for those busy mornings when you don't have time to make breakfast. You can mix these oatmeal packets with hot water and enjoy a healthy hot breakfast in a jiffy. They're also great to take along to work or on trips. It's easy to make these gluten-free, dairy-free, and vegan.