

*Cooking in the Gesundheit Kitchen with Chef Hans Rueffert*

**Tips for Everyday Eating**  
**Breakfast – Sourdough Toast**

**Chef Hans:** Breakfast can be a more difficult meal to digest as it is the first thing that will be absorbed into your system for the day. It is best to find foods and ingredients that aren't so reactive to your "new" GI system. Dr. Ellen Steinberg inspired me with this recipe by suggesting fermented foods like kefir, sauerkraut, kimchi, yogurt, and sourdough. In fermented food, the bacteria actually begins to break down some of the more difficult-to-process elements of the food. Your "new different normal" can be full of a lot of fun food finds and experiences!

**INGREDIENTS (for 2 recipes):**

- 1 slice sourdough bread, halved and toasted or untoasted
- ½ of a ripe avocado, smashed
- Pinch of salt
- 2 eggs, scrambled with a splash of kefir; seasoned with salt & pepper, to taste
- 1 teaspoon shelled hemp hearts
- ½ banana, slightly smashed
- ½ tablespoon smooth walnut butter OR nut butter of choice
- 1 teaspoon chia seeds

**AVOCADO & SOURDOUGH TOAST**

*Avocados are a delicious and healthy fat that are easy to digest and contain lots of calories. Shelled hemp hearts are a great source of protein and Omega-3s and contain a nice nutty flavor for your avocado toast.*  
*Serves 1*

**DIRECTIONS:** Place your smashed avocado onto one half of the sourdough toast. Season with salt. Add the scrambled eggs. Then sprinkle the hemp hearts on top.

**NUT BUTTER & SOURDOUGH TOAST**

*Nut butters are flavorful and very easy to digest - make sure you go for the smooth butters as the crunchy pieces can be difficult to digest. Chia seeds will also add a great source of extra protein.*  
*Serves 1*

**DIRECTIONS:** Cover your sourdough toast with the nut butter. Place your smashed banana on top & sprinkle with chia seeds.

**NOTE:** Other breakfast or mid-day snack options are simple things like yogurt & fruit, cottage cheese & fruit, applesauce, rice or granola cereal. Fiber helps regulate your blood sugar and helps with being fully satiated and having enough to eat. Hot cereals like oatmeal, cream of wheat, or cream of rice are great options to increase your fiber content. Top with your favorite crunchy cereal!