

BLUE SKIES WEST DINING SERVICES
October 2021 BON APPÉTIT



Main Dining Room Hours

Lunch Carryout, Mon-Sat 11am-1pm

Lunch Dine-In, Mon-Sat 11am-1pm (Open Seating)

Dinner Carryout, Mon-Sat 4-4:45pm

Dinner Dine-In, Mon-Sat 5-6:30pm (Reservations Required)

Sunday Brunch Carryout, 10:30-11:15am & 1-1:15pm

Sunday Brunch Dine-In, 11am-1pm (Reservations Required)

Bistro Hours

Breakfast Saturday & Sundays – 7:30am-12:30pm (note the extended hours)

Breakfast Mon-Fri, 7:30-11am

Lunch/Dinner, Sun-Sat 11am-6:30pm

Bistro Specials Available Mon-Fri

Please see bottom of menu pages for Weekly Bistro Specials

Dinner, Sunday Brunch & Holiday Reservations – Reservations are required for Dine-In Dinner Monday-Saturday, and for Dine-In on Sundays. Reservations are also required for Holiday Dine-In and Carryout. Reservations can be made on <https://tableagent.com/san-antonio/blue-skies-of-texas-west/>. If you need any assistance, please reach out to Nikki, Caitlin, or Judith at 210-568-3232. Please see page 3 for a step-by-step guide on making your reservation.

Reservation Cut Off Times – Dinner reservation cutoff time Monday thru Saturday is **2pm** on that day. Sunday Brunch reservation cutoff time is **6pm** the day before.

Oct 21st Dinner Changes – Due to a special event, there will be **no dinner service** in the Main Dining Room. We will be offering a Bistro dinner special consisting of King Ranch Chicken Casserole with a side salad for \$8. This will be available from **3-6:30pm**.

Annual Pumpkin Carving Contest – Come see our Food Service employees' pumpkin-carving skills and vote for your favorite! Voting will take place in the Main Dining Room on **Friday, Oct 29** from **11am-1pm**. Winner will be announced on Saturday.

Teaching Kitchen – This month's Teaching Kitchens will feature apples. It will take place on **Friday, Oct 22** in the Roadrunner Lounge from **2-3:30pm**. The signup sheet will be in the Main Dining Room.

Current “Normal” BSTW Dining Operations – Dine-In & Carry-Out

Reminders:

- **Masks are mandatory for EVERYONE**, unless you are actively eating or drinking.
- Guests are required to have a VIP Band if they would like to dine in the Bistro or Main Dining Room.
- Deliveries are charged except for medical reasons and quarantine.

Lunch

- Please enter through the Main Dining Room Lunch entrance.
- Order is taken at the Grill Line. Please proceed to the cold / hot line if you would like other items, pay, then have a seat at your table or one of the tables in the waiting area, and items will be delivered to you.

Dinner

- Carryout customers, please enter through the Main Dining Room Lunch entrance.
- Grill Carryout orders are taken at the register. Please proceed to the cold / hot line if you would like other items, pay, then have a seat at one of the tables in the waiting area, and items will be delivered to you.
- Dine-In Reservations, please enter through the Main Dining Room Dinner entrance.
- Dine-In customers will place all orders at their tables.

Daily Grill Lunch Specials (Monday-Saturday)

- Hamburger, grilled on a wheat bun with choice of cheese. Lettuce, tomato and onion on the side, \$8.00
- Impossible Burger, grilled on a wheat bun with choice of cheese. Lettuce, tomato and onion on the side, \$9.00
- Hot Dog, choice of topping or Chili Cheese, \$4.00
- Chicken Breast, lightly seasoned with lemon pepper, \$7.00
- Salmon \$9.00
- Fries \$1.95
- Onion Rings \$1.95

Attention: Weekend dining at the Sky Lounge has returned for all residents of both the East and West Campuses.


Please remember that the 5-6pm hour is high demand, and that you may want to plan accordingly. Please refer to the Friday Flyer for the schedule, and make all reservations through Table Agent.



MDR Dine-In Reservations



To make a reservation to Dine-In for Brunch & Dinner, please use the following web address:



<https://tableagent.com/san-antonio/blue-skies-of-texas-west/>


Reservations

 Mon Mar 01 2021

 Dinner - Restaurant 

 Time 

 Party Size 










<=== Select the time you want


<=== Select your party size


Click "Continue", then enter your info.




Guest Info


 Language English 


 Dinner - Restaurant
 Monday, March 01, 2021 
 4 p.m.
 2 people

First Name  First Name


Last Name  Last Name

Phone   USA +1  Phone

Email  Email

Request  Request / Occasion

Yes, I want to receive emails from Blue Skies - West.



**The sooner you make your reservation, the more likely you are to get your preferred time slot.
The website will tell you immediately if it is already taken, so you can choose another time.**

If you need assistance, please call Nikki, Caitlin, or Judith at (210) 568-3232.

Menu – Sunday, September 26 – Saturday, October 2

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26-Sept	27-Sept	28-Sept	29-Sept	30-Sept	1-Oct	2-Oct
Entrée 1	Roasted Turkey	Moroccan Chicken	Roast Beef & Gravy	Chicken Parmigiana	Asian Orange Chicken Tenders	Mojo Marinated Chicken Thigh	Beef Stroganoff
Entrée 2	Grilled Ham Steak	Liver and Onions	Veggie Quiche	Whole Wheat Penne & Tukey Bolognese	Coconut Tofu Stir fry	Fish and Chips	Manicotti w/ Pesto Alfredo Sauce
Brunch ONLY Entrée 3	Linguine and Clam Sauce	/	/	/	/	/	/
Vegetable	Carrots & Cauliflower	Stir Fry Veggies	Garlic Spinach	Peas w/ Ham	Stir Fry Snow Peas	Braised Greens	Roasted Zucchini
Vegetable	Green Bean Casserole	Green Beans and Cherry Tomato	Cauliflower au Gratin	Stewed Squash	Steamed Baby Carrots	Buttered Corn Kernels	Okra and Tomatoes
Vegetable	Creamed Spinach	Garlic Herb Broccoli	Corn on the Cob	Vegetable Medley	Chili Garlic Eggplant	Buttered Corn Kernels	Oven Roasted Carrots
Starch	Mashed Potato	Brown Rice	Bowtie Pasta	Polenta	Sesame Rice	Buttered Corn Kernels	Parslied New Potato
Starch	Stuffing	Roasted Potato	Mashed Potato	Potato Casserole	Stir Fried Rice	Cuban Black Bean	Red Beans and Rice
Soup	Vegetable Beef	Chicken and Rice	Key West Black Bean	Navy Bean	Thai Coconut Tomato	Baked Sweet Potato	Hungarian Mushroom

Items Below Only Available at Lunch Time

Lunch Salad/Cold	/	Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Plant Protein Power Buddha Bowl	Plant Protein Power Buddha Bowl	Plant Protein Power Buddha Bowl
Lunch Sandwich	/	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Meatball Sub	Meatball Sub	Meatball Sub
Lunch Grill Special	/	Salmon Tzatziki Quinoa Bowl	Salmon Tzatziki Quinoa Bowl	Spaghetti w/ Meat Sauce	Spaghetti w/ Meat Sauce	Spaghetti w/ Meat Sauce	/

Bistro Special Sep 27 – Oct.1: Pork Eggrolls w/ Sweet & Sour Sauce

Menu – Sunday, Oct 3 – Saturday, Oct 9

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
Entrée 1	Roast Beef w/ Gravy	Beef Bourguignon	Garlic Herb Meatloaf w/ Onion Gravy	Salisbury Steak	Spaghetti with Mushroom Alfredo and Goat Cheese	Grilled Skirt Steak Chimichurri	Dry Rubbed BBQ Pork Chop w/ Apples
Entrée 2	Fried Chicken	Smothered Garlic Herb Pork Loin	Lemon Pepper Roasted Chicken Thighs	Chicken Picatta	Carolina Pulled Pork	Grilled Trout with Tropical Salsa	Mushroom and Spinach Lasagna
Brunch ONLY Entrée 3	Crab Cakes	/	/	/	/	/	/
Vegetable	Green Beans	Mushroom and Leek Sauté	Steamed Carrots with Herb Butter	Grilled Asparagus	Sauteed Spinach	Broccoli	Citrus Braised Greens
Vegetable	Roasted Cauliflower	Summer Succotash	Tomato & Cucumber Salad	Corn w/ Pimento	Stewed Squash w/ Tomatoes and Rosemary	Tuscan Green Beans	Peas and Mushrooms
Vegetable	Braised Carrots and Onions	Green Peas	Sautéed Mixed Vegetables	Broccolini	Buttered Corn	Grilled Zucchini	Sautéed Spinach
Starch	Rice Pilaf	Buttered Noodles	Mashed Potatoes	Couscous	Cornbread Stuffing	Spanish Rice	Mac & Cheese
Starch	Buttermilk Mashed Potato	Potato Cakes	Herbed Quinoa	Scallop Potatoes	Baby Lima Beans	Lyonnais Potato	Hash Brown Potatoes
Soup	Gazpacho	Cream of Onion	White Bean and Ham	Cream of Cauliflower	Corn Chowder	Manhattan Style (red) Seafood Chowder	Tuscan Sausage Soup

Items Below Only Available at Lunch Time

Lunch Salad/Cold	/	Grilled Shrimp Caprese Salad	Grilled Shrimp Caprese Salad	Grilled Shrimp Caprese Salad	Chef Salad	Chef Salad	Chef Salad
Lunch Sandwich	/	French Dip	French Dip	French Dip	Grilled Cheese Hamburger	Grilled Cheese Hamburger	Grilled Cheese Hamburger
Lunch Grill Special	/	Seasoned Ground Beef or Pork Verde Taco Salad	Seasoned Ground Beef or Pork Verde Taco Salad	Baked Potato Bar	Baked Potato Bar	Baked Potato Bar	/

Bistro Special Oct 4 – 8:
Chili Cheese Dogs

National Food Days:
Oct 6: National Noodle Day

5 BST West Bon Appétit

Menu – Sunday, Oct 10 – Saturday, Oct 16

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
Entrée 1	Roasted Turkey	Pot Roast	Moroccan Chicken	Liver and Onions	Lemon-White Wine Baked Salmon	Fried Shrimp	Hawaiian Pineapple Pork Loin
Entrée 2	Pesto Crusted Cod	Garlic-Mustard Pork Chop	Korean Bulgogi Beef	Swedish Meatballs	Beef Lasagna	Queso Smothered Chicken Breast	Beef Enchiladas
Brunch ONLY Entrée 3	King Ranch Casserole	/	/	/	/	/	/
Vegetable	Steamed Carrots	Corn on the Cob	Broccoli w/ Garlic Sauce	Roasted Brussel Sprouts	Ratatouille	Broccoli Cheddar Casserole	Braised Greens
Vegetable	Green Beans with Caramelized Onions	Steamed Asparagus	Sauteed Zucchini and Snow Peas	Apple-Almond Green Beans	Steamed Broccoli	Roasted Tomatoes	Roasted Vegetable Medley
Vegetable	Sauteed Spinach w/ Tomato	Grilled Vegetables	Stir Fry Ginger Carrots	Roasted Mushrooms	Peas w/ Fennel	Cumin Stewed Squash	Street Corn
Starch	Smashed Potatoes	Mashed Potato	Jasmine Rice	Lemon Orzo	Creamy Polenta	Farro with Pecans and Currents	Roasted Acorn Squash
Starch	Cornbread Stuffing	Florentine Rice	Sesame Garlic Roasted Sweet Potato	Egg Noodles	Chimichurri Cauliflower Rice	Black Beans and Rice	Parslied Potato
Soup	Tomato Basil	Split Pea Soup	Mushroom Egg Drop	Cream of Broccoli	Baked Potato	NE Clam Chowder	Chicken Tortilla Soup

Items Below Only Available at Lunch Time

Lunch Salad/Cold	/	Fried Chicken Tender Ranch Salad	Fried Chicken Tender Ranch Salad	Fried Chicken Tender Ranch Salad	Thai Salmon Power Buddha Bowls	Thai Salmon Power Buddha Bowls	Thai Salmon Power Buddha Bowls
Lunch Sandwich	/	Tuna Salad Melt	Tuna Salad Melt	Tuna Salad Melt	Hamburger Casserole	Hamburger Casserole	Hamburger Casserole
Lunch Grill Special	/	Chicken Wings-BBQ or Sesame Teriyaki	Chicken Wings-BBQ or Sesame Teriyaki	Loaded Nachos	Loaded Nachos	Loaded Nachos	/

Bistro Special Oct 11 - 15:

Chicken Salad Wrap

National Days:

Oct 11: Indigenous People's Day

Oct 16: World Fetch Day

6 BST West Bon Appétit

Menu – Sunday, Oct 17 – Saturday, Oct 23

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
Entrée 1	Prime Rib w/ Gravy	Shrimp Cakes with Remoulade Sauce	Sloppy Joe	Smothered Pork Chop	Teriyaki Chicken Thigh	Chicken Marsala	Grilled Italian Sausage
Entrée 2	Salmon with Dill Sauce	Bowtie Chicken Alfredo	Bratwurst w/ Cheddar Ale Sauce	Pasta à la Vodka with Turkey and Fresh Mozzarella	Sweet and Sour Pork	Shrimp Scampi Linguini	Baked Ziti
Brunch ONLY Entrée 3	Chicken Cordon Bleu	/	/	/	/	/	/
Vegetable	Brussel Sprout Hash	Glazed Carrots	Sauerkraut	Chef's Choice Bean	Sesame Sugar Snap Peas	Parmesan Tomatoes	Peas and Pearl Onions
Vegetable	Green Bean Casserole	Steamed Broccoli	Cole Slaw	Grilled Asparagus	Edamame	Artichoke and Kale Casserole	Roasted Garlic- Parmesan Zucchini
Vegetable	Steamed Carrots	Braised Cabbage w/ Bacon	Stir Fry Vegetable Medley	Sauteed Spinach w/ Shallots	Ginger-Hoisin Carrots	Garlic Green Beans w/ Blistered Tomato	Roasted Mushrooms and Zucchini
Starch	Mashed Yukon Gold Potato	Rice Pilaf	Sweet Potato Fries	Candied Sweet Potato Casserole	Sushi Rice	Chefs Choice Pasta	German Potato Salad
Starch	Smoked Gouda Mac and Cheese	Cheddar Cheese Bread Pudding	Potato Pancakes	Bistro Chips	Crispy Noodles	Roasted Baby Potatoes	Creamy Basil Polenta
Soup	Broccoli Cheese	Corn Chowder	Creamy Tomato Soup	White Bean and Ham	Asian Garden Soup	Shrimp Bisque	Vegetable Minestrone

Items Below Only Available at Lunch Time

Lunch Salad/Cold	/	Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Greek Chicken Power Bowl	Greek Chicken Power Bowl	Greek Chicken Power Bowl
Lunch Sandwich	/	Gyro on Pita	Gyro on Pita	Gyro on Pita	Bacon Cheddar Grilled Cheese	Bacon Cheddar Grilled Cheese	Bacon Cheddar Grilled Cheese
Lunch Grill Special	/	John Wayne Beef and Biscuit Casserole	John Wayne Beef and Biscuit Casserole	John Wayne Beef and Biscuit Casserole	Chicken Parmesan Sandwich	Chicken Parmesan Sandwich	/

Bistro Special Oct 18 - 22:

Shrimp Quesadilla

National Food Days:

Oct 21: National Apple Day

Oct 22: Celebrating National Seafood Month

7 BST West Bon Appétit

Menu – Sunday, Oct 24 – Saturday, Oct 30

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
Entrée 1	Roasted Turkey	Liver & Onions	Shaved Roast Beef	Chicken Parmesan	Asian Orange Chicken	Mojo Chicken Thigh	Beef Stroganoff
Entrée 2	Pineapple Ham	Chicken 1/4s Cacciatore	Veggie Quiche	Turkey Bolognese Pasta	Coconut Tofu Stir fry	Fish and Chips	Chicken and Sausage Jambalaya
Brunch ONLY Entrée 3	Linguine and Clam Sauce	/	/	/	/	/	/
Vegetable	Carrots & Cauliflower	Stir Fry Veggies	Garlic Spinach	Tuscan Kale	Stir Fry Snow Peas	Braised Greens	Roasted Zucchini
Vegetable	Charred Brussel Sprouts	Green Beans and Cherry Tomato	Peas w/ Ham	Stewed Squash	Steamed Baby Carrots	Buttered Corn Kernels	Roasted Tomatoes
Vegetable	Creamed Spinach	Garlic Herb Broccoli	Corn on the Cob	Vegetable Medley	Chili Garlic Eggplant	Roasted Vegetables w/ Herbs	Oven Roasted Carrots
Starch	Mashed Potato	Brown Rice	Roasted Potato	Polenta	Sesame Rice	Chef's Choice Bean	Red Beans and Rice
Starch	Stuffing	Bowtie Pasta	Tater Tots	Potato Casserole	Buttered Egg Noodles	Baked Sweet Potato	Egg Noodles
Soup	Vegetable Beef	Chicken and Rice	Black Bean	Navy Bean	Thai Coconut Tomato	Salmon Corn and Bacon Chowder	Hungarian Mushroom

Items Below Only Available at Lunch Time

Lunch Salad/Cold	/	Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	S/W Chicken Fajita Power Bowl	S/W Chicken Fajita Power Bowl	S/W Chicken Fajita Power Bowl
Lunch Sandwich	/	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Meatball Sub	Meatball Sub	Meatball Sub
Lunch Grill Special	/	Ham and Bean Bowl with Cornbread	Ham and Bean Bowl with Cornbread	Ham and Bean Bowl with Cornbread	Spaghetti w/ Chicken & Mushroom Marsala	Spaghetti w/ Chicken & Mushroom Marsala	/

Bistro Special Oct 25-29:

Pork Eggrolls w/ Sweet & Sour Sauce

National Food Day:

Oct 28th: National Chocolate Day

Menu – Sunday, Oct 31 – Saturday, Nov 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov
Entrée 1	Roast Beef w/ Gravy	Beef Bourguignon	Garlic Herb Meatloaf w/ Onion Gravy	Salisbury Steak	Spaghetti with Mushroom Alfredo and Goat Cheese	Grilled Skirt Steak Chimichurri	Dry Rubbed BBQ Pork Chop w/ Apples
Entrée 2	Fried Chicken	Smothered Garlic Herb Pork Loin	Lemon Pepper Roasted Chicken Thighs	Chicken Picatta	Carolina Pulled Pork	Grilled Trout with Tropical Salsa	Mushroom and Spinach Lasagna
Brunch ONLY Entrée 3	Crab Cakes						
Vegetable	Green Beans	Mushroom and Leek Sauté	Steamed Carrots with Herb Butter	Grilled Asparagus	Sauteed Spinach	Broccoli	Citrus Braised Greens
Vegetable	Roasted Cauliflower	Summer Succotash	Tomato & Cucumber Salad	Corn w/ Pimento	Stewed Squash w/ Tomatoes and Rosemary	Tuscan Green Beans	Peas and Mushrooms
Vegetable	Braised Carrots and Onions	Green Peas	Sauteed Mixed Vegetables	Broccolini	Buttered Corn	Grilled Zucchini	Sauteed Spinach
Starch	Rice Pilaf	Buttered Noodles	Mashed Potatoes	Couscous	Cornbread Stuffing	Spanish Rice	Mac & Cheese
Starch	Buttermilk Mashed Potato	Potato Cakes	Herbed Quinoa	Scallop Potatoes	Baby Lima Beans	Lyonnais Potato	Hash Brown Potatoes
Soup	Gazpacho	Cream of Onion	White Bean and Ham	Cream of Cauliflower	Corn Chowder	Manhattan Style (red) Seafood Chowder	Tuscan Sausage Soup

Items Below Only Available at Lunch Time

Lunch Salad/Cold		Grilled Shrimp Caprese Salad	Grilled Shrimp Caprese Salad	Grilled Shrimp Caprese Salad	Chef Salad	Chef Salad	Chef Salad
Lunch Sandwich		French Dip	French Dip	French Dip	Grilled Cheese Hamburger	Grilled Cheese Hamburger	Grilled Cheese Hamburger
Lunch Grill Special		Seasoned Ground Beef or Pork Verde Taco Salad	Seasoned Ground Beef or Pork Verde Taco Salad	Baked Potato Bar	Baked Potato Bar	Baked Potato Bar	

Bistro Special Nov 1-5:
Chili Cheese Dogs

SUPERFOOD OF THE MONTH

By Lisa Bombela-Comuzzie, Clinical Nutrition Manager

Super Food of the Month: APPLES

Amazing Apples

Apples are a popular fruit, containing antioxidants, vitamins, and dietary fiber. Because apples come in a variety of types, shapes, colors, and flavors, they also provide a wide range of nutrients and health benefits. They also provide an array of antioxidants, which help neutralize free radicals. (Free radicals are reactive molecules that can build up, accumulate in the body, and can cause oxidative stress which leads to cell damage. This damage can contribute to a range of conditions, including cancer and diabetes.) Some apples include quercetin, catechin, phlorizin and chlorogenic acid.



Health Benefits:

Neurological health and dementia

A 2019 laboratory study concluded that quercetin has a neuroprotective effect, possibly because it prevents the creation of reactive species. It appears to help neurons survive and continue to function. It may therefore help prevent age-related neuron loss and may help protect cells from the type of damage that can lead to Alzheimer's disease.

It is worth noting that most studies of this type used high doses of quercetin, which are unlikely to be present in normal dietary sources.

Lower Risk of Stroke

An older study from 2000 looked at how consuming apples over 28 years affected the risk of stroke in 9,208 people. The authors found that those who ate the most apples had a lower risk of thrombotic stroke.

Cholesterol

One 2013 study found that eating raw apples lowered levels of low-density lipoprotein cholesterol among healthy people, but that drinking clear apple juice did not have the same impact. The authors therefore conclude that it is the fiber in apples that helps to reduce cholesterol.

A medium-sized apple around 3 inches in diameter and weighing 182 grams (g) provides 4.37 of fiber. That is around 13–20% of an adult's daily requirement, depending on their age and gender.

Heart Health

Apples contain fiber, vitamin C, antioxidants, and potassium. A medium-sized apple provides the following:

13–20% of a person's daily fiber needs

9–11% of a person's daily vitamin C needs (antioxidant, boosts immune system)

4% of a person's daily potassium needs (aids in relaxing blood vessels, reduce risk of high BP)

Diabetes

In 2013, a study found that people who ate whole fruit verses fruit juice had a 7% lower risk of developing Type 2 diabetes. The fiber in the whole fruit, again, is the key to regulating blood sugar levels.

A medium apple contains 25.1 g of carbohydrates and 18.9 g of sugar. However, it also provides fiber and other nutrients, which means that, as a sweet snack, it has additional health benefits.

Some popular apple varieties include:

McIntosh: A juicy, red apple with tender, white flesh and a tangy flavor.

Red Delicious: A crisp, juicy red apple.

Fuji: Yellow and red in color, it has firm, sweet flesh.

Granny Smith: A green apple with crisp, greenish flesh and a sharp flavor.

Golden Delicious: A yellow apple with a mild, sweet flavor.

8 Things to Pair with an Apple

Sharp Cheddar Cheese. Apple slice with cheddar cheese

Almond Butter + Orange Marmalade

Plain Yogurt + Honey + Cinnamon

Cream Cheese + Sweet Pickle Relish

Ricotta + Lemon Zest + Chopped Pistachios

Balsamic Vinegar + Brown Sugar + Ground Pepper

Berry Vinaigrette + Walnuts

Arugula + Ham

Raw Apple-Cinnamon & Chia Breakfast Bowl

If you've been searching for a vegan, gluten-free, and grain-free breakfast with a vibe reminiscent of a cozy bowl of oats, look no further. This Raw Apple-Cinnamon & Chia Breakfast Bowl packs all the fiber, comfort, and warming spices of an apple-laden oat dish without a grain in sight.

Servings: 2

Ingredients:

- 3 honey crisp apples, peeled and cored, divided
- 4-5 medjool dates, pitted
- 1/2 teaspoon ground cinnamon
- Pinch of nutmeg
- 2 tablespoons chia seeds

Toppings:

- raw walnuts
- raisins
- dried cranberries
- hemp seeds

Instructions:

Finely dice one of the honey crisp apples and add to an airtight container.

Cut two of the honey crisp apples into large pieces. Add the apple pieces to a food processor, along with the dates, cinnamon, and nutmeg. Pulse the mixture several times and then let it process for 2-3 minutes, stopping occasionally to scrape the mixture down the sides. Pour the apple-date mixture into the container with the diced apple and stir in the chia seeds.

Refrigerate for at least 1 hour or overnight. Divide the apple mixture between two bowls, and top with raw walnuts, raisins, cranberries, and hemp seeds.

