

Superfood Breakfast Bowl for Glowing Skin

BY ANNA RÓSA RÓBERTSDÓTTIR

This recipe is a miracle for your skin as it contains plenty of nutrients that aid skin health. Nuts and seeds provide you with healthy fats, which provide energy and help you absorb nutrients. Apples and berries are delicious and high in vitamins so you can eat this breakfast knowing it's good for you.

ingredients

- 1 organic apple (organic because I use the peel too)
- 1-2 dl (½ - 1 cup) organic blueberries (fresh or frozen)
- 6 Chinese dates (Jujube) stoneless
- 1.5 dl (¾ cup) water
- 1 tbsp toasted pumpkin seeds
- 1 tbsp toasted sunflower seeds
- 2 tbsp toasted hemp seeds
- A handful of walnuts

directions

1. I like to soak the Chinese dates overnight so I put them in a bowl in the evening and add 1.5 dl (¾ cup) water.
2. The next morning, dice the dates and the apple and add them to a saucepan with the water they were soaked in. If you forget to soak them overnight you can still use them, just add them to the saucepan with the apple and the water.
3. Simmer without the lid at medium heat for 5 minutes or until soft.
4. Add blueberries into the pan, simmer for a few seconds if they're frozen, and then pour the mixture into a bowl.
5. Sprinkle the seeds and walnuts on top and enjoy immediately!

Yield: 1 serving

For more information about the health benefits of this recipe, please visit: <https://www.annarosaskincare.com/superfood-breakfast-bowl-for-glowing-skin>



HERBS
with ROSALEE

My Breakfast Quinoa with Blueberries

Gluten-Free Recipe

BY ANNA RÓSA RÓBERTSDÓTTIR

This breakfast gives me such sustenance that I am fine until lunch time without any snacks between breakfast and lunch.

ingredients

- 4 tbsp quinoa
- ½-1 tsp cinnamon
- 4 dl (2 cups) water
- 1 dl (½ cup) blueberries or ½ dl (¼ cup) goji berries
- 1 tbsp flax seeds
- ½-1 tsp unsalted butter (or olive oil if vegan)
- ½-1 tsp raw honey (or maple syrup if vegan)
- salt

directions

1. Put the quinoa, water and flax seeds in a bowl to soak overnight. If you are using goji berries then include them as well. If you want to skip the soaking, add about 5 minutes to the cooking time.
2. Next morning pour the ingredients into a saucepan and add cinnamon and salt. Simmer on low heat without the lid for about 10-15 minutes.
3. At the end add the blueberries and heat for another half a minute.
4. Pour the porridge into a bowl and add the butter/oil and honey/syrup and stir.
5. I don't find it necessary to use any milk with this porridge. But if you do, I recommend a plant-based milk such as oat milk or almond milk. Enjoy immediately!

Yield: 1 serving

For more information about the health benefits of this recipe, please visit: <https://www.annarosaskincare.com/breakfast-quinoa-blueberries-gluten-free-recipe>



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Medical herbalist, wildcrafter, and author, Anna Rósa Róbertsdóttir is the heartbeat and passionate founder behind Anna Rósa Skincare. She hand-picks wild Icelandic herbs to use in her 100% natural, non-toxic, small batch skincare products. Anna Rósa's Skincare Collection is a skincare that empowers because she uses the profits to support organizations dedicated to empowering refugees. She is also in the process of setting up her own non-profit organization where she plans to work directly with refugees in the Middle-East making herbal products with them and for them. Anna Rósa is the author of Icelandic Herbs and their Medicinal Uses, and she has been running her own clinic in Iceland for over 30 years.

Find more from Anna Rósa at her website: www.annarosaskincare.com

