

MOTHER'S DAY 2021



my viva®



Mother's Day

BRUNCH RECIPES



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Brunch Recipes

Homemade Latte

No need to head to a local coffee shop to have a delicious fresh latte at home to start off your brunch meal!

Melon Salad with Lime and Mint

This refreshing melon salad is brightened by the addition of tangy lime juice and fresh mint. As a bonus, it can be prepared several hours in advance!

Citrus Hemp Heart Muffins

These fresh fluffy muffins are the perfect addition to your brunch meal – and another recipe that can be made ahead!

Spring Vegetable Frittata

This savoury frittata is packed with delicious bright spring vegetables, making it the perfect addition to your brunch meal.

Stewed Rhubarb Chia Parfaits

Finish off your Mother's Day meal with a light, fruit-packed parfait – a perfect combination tart rhubarb and sweet creamy yogurt.

Homemade Latte

 1 serving

Ingredients:

- 1 cup milk (1%)
- 1 – 2 oz brewed espresso



Preparation:

1. Heat milk in a small saucepan over medium heat until steaming. Do not boil. Once steaming, remove from heat and whisk milk briskly until frothed.
2. Add freshly brewed espresso to a mug and top with frothed milk. If desired, repeat procedure to prepare additional servings.
3. Serve warm and enjoy!

Optional: Add a few drops of natural vanilla or almond extract to add more flavor to your latte!

Nutritional analysis per serving: 107 calories, 3 g fat, 8 g protein,
13 g carbohydrate (13 g available carbohydrate), 0 g fibre, 114 mg sodium

My Viva Servings: 1 dairy

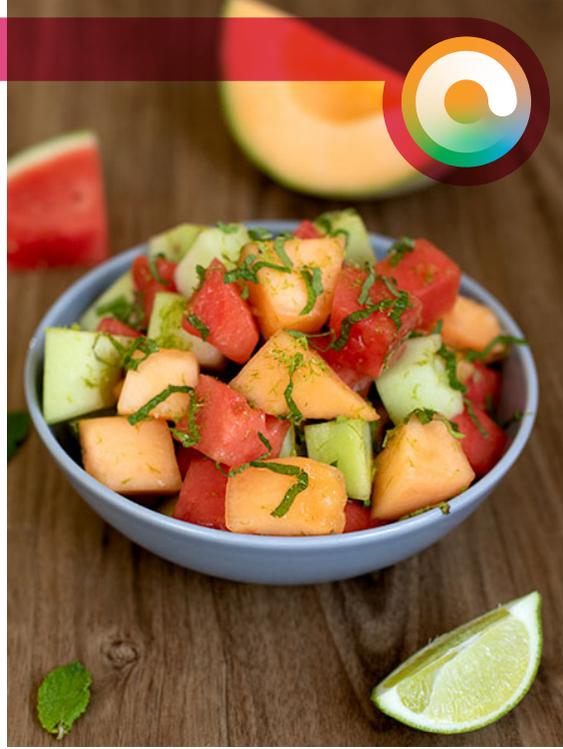
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Melon Salad with Lime and Mint

 6 servings (1 cup per serving)

Ingredients:

- 2 cups cubed cantaloupe
- 2 cups cubed honeydew
- 2 cups cubed watermelon
- 6 tbsp fresh lime juice
- 1 tbsp grated lime zest
- 3 tbsp thinly sliced fresh mint
- 1 tbsp freshly chopped basil
- 2 tsp honey



Preparation:

1. In a large bowl, combine cantaloupe, honeydew and watermelon. Stir to combine and set aside.
2. In a small bowl, whisk together lime juice, lime zest, mint, basil and honey. Drizzle over melon mixture. Stir to coat evenly.
3. Serve and enjoy!

Note: If desired, this salad can be made ahead and refrigerated for up to 6 hours before serving.

Nutritional analysis per serving: 62 calories, 0 g fat, 1 g protein,
16 g carbohydrate (15 g available carbohydrate), 1 g fibre, 21 mg sodium

My Viva Servings: 2 fruits

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Citrus Hemp Heart Muffins

 20 servings (1 muffin per serving)

Ingredients:

- 1¼ cups whole wheat flour
- ¾ cup all-purpose flour
- 1/3 cup hemp hearts
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- ½ cup maple syrup
- 1 cup vanilla Greek yogurt
- 2 large eggs, beaten
- 2 tsp vanilla
- 2 tbsp grated orange zest
- 1 tsp grated lemon zest
- ½ cup olive oil
- 6 tbsp orange juice
- 2 tbsp lemon juice
- Hemp hearts, for garnish



Preparation:

1. Preheat the oven to 350°F and line a muffin tin with paper liners.
2. In a large bowl, combine the flours, hemp hearts, baking powder, baking soda and salt. Whisk until combined.
3. In a medium bowl, combine the maple syrup, yogurt, eggs, vanilla, orange zest, lemon zest, olive oil, orange juice and lemon juice and whisk together until smooth. Pour the mixture into the dry ingredients and mix with a whisk and/or rubber spatula until fully combined (don't over-mix the batter).
4. Divide the batter evenly among the muffin tins, filling each muffin cup no more than ¾ full. Sprinkle each muffin with the extra hemp hearts and bake until the edges are golden brown and a toothpick inserted into the center comes out clean, 20-25 minutes. Remove from the oven and cool before serving. These freeze well in a sealed container or plastic bag for up to 1 month.

Nutritional analysis per serving: 152 calories, 8 g fat, 4 g protein, 17 g carbohydrate (16 g available carbohydrate), 1 g fibre, 128 mg sodium

My Viva Servings: 1 grain, 1 fat

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Spring Vegetable Frittata

 6 servings (1 slice per serving)

Ingredients:

- 8 large eggs
- 1 tbsp milk (1%)
- Pinch salt
- 1 tsp pepper
- 1 tbsp olive oil
- ¼ cup diced onion
- 1 cup chopped asparagus
- 1 cup cherry tomatoes
- 2 cups arugula
- 2 oz. goat cheese, crumbled



Preparation:

1. Preheat oven to 400°F.
2. In a medium-sized bowl, combine eggs with milk, salt and pepper and whisk together. Set aside.
3. Heat olive oil in a large oven-safe pan over medium high heat. Add onions and cook until soft, about 6 - 8 minutes.
4. Add asparagus and tomatoes. Cook until asparagus is tender crisp and the tomatoes begin to burst, about 4 - 5 minutes. Add arugula and cook just until wilted.
5. Add egg mixture to the pan and lightly stir until eggs begin to set. Stir in goat cheese.
6. Transfer pan to the oven and cook until eggs are set, about 10 minutes.
7. Serve and Enjoy!

Nutritional analysis per serving: 145 calories, 9 g fat, 11 g protein, 4 g carbohydrate (3 g available carbohydrate), 1 g fibre, 158 mg sodium

My Viva Servings: 1 protein, 1 vegetable, 1 fat

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Stewed Rhubarb Chia Parfaits

 4 servings (¾ cup per serving)

Ingredients:

- 2 cups plain Greek yogurt (2%)
- 2 tsp chia seeds
- 2 tsp honey
- 2 tsp grated lemon zest
- 5 cups sliced rhubarb
- ½ cup granulated sugar
- ½ cup water
- 1 tbsp fresh lemon juice



Preparation:

1. In a small bowl combine yogurt, chia seeds, honey and lemon zest. Stir to combine. Cover and transfer to the refrigerator.
2. In a medium saucepan, combine rhubarb, sugar and water. Bring to a boil over medium-high heat, stirring frequently.
3. Reduce heat to low and simmer, stirring occasionally, until rhubarb is tender but not completely falling apart, about 10 minutes.
4. Remove from heat and add lemon juice. If rhubarb mixture is too tart, add more sugar if needed.
5. Set aside and let cool completely.
6. Using half of each, layer rhubarb mixture and yogurt mixture in 4 small mason jars or serving glasses, dividing equally. Repeat layers with remaining half of rhubarb mixture and yogurt mixture. You will have some stewed rhubarb left to enjoy later! Transfer leftover rhubarb mixture to a resealable container and refrigerate for up to 3 days or freeze for up to 3 months.
7. Serve and enjoy!

Nutritional analysis per serving: 242 calories, 4 g fat, 14 g protein, 39 g carbohydrate (36 g available carbohydrate), 3 g fibre, 45 mg sodium

My Viva Servings: 2 proteins, 2 fruits

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