



Breakfast Beans

2 cans (15 ounce) Great Northern, Pinto, Navy, or Black beans
2 teaspoons Parma Zaan Sprinkles or Nutritional Yeast
1 ½ cups water
¼ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon ground cumin
1 small onion, finely diced

Directions: Drain and rinse the beans. Sauté the onions in a small amount of water until they are translucent. Add the beans, water, and seasonings and heat through. Smash the beans with a potato masher to make thick and saucy beans.

This is a delicious fiber-rich and healthy breakfast.

Adapted from The 30-Day Diabetes Miracle Cookbook