



Savory Grits

This dish is definitely a strong contender for your weekend breakfasts, or even the nights when you feel like having breakfast for dinner! Another thing this dish was perfect for? Getting us through that tough puree phase!

Ingredients:

- 3 cups water
- $\frac{3}{4}$ cup grits
- 1 tsp kosher salt
- 1 tsp ground black pepper
- 2 tsp fresh thyme
- 4 tsp fresh chopped sage
- 2 tsp fresh minced garlic
- 4 tbs parmesan cheese
- 2 tsp olive oil
- (optional) 1 scoop of unflavored protein powder

Directions:

- Bring water to a boil and add salt, pepper, thyme, sage and garlic.
- Slowly add in grits and reduce to simmer. Let simmer for 10 minutes, or until grits have absorbed all the water.
- Mix in parmesan cheese and olive oil.
- Add extra salt or pepper as needed.
- Enjoy!

“No one is you and that is your power.”

