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Cancer Fighting Recipes:
Combating the Worst Disease Naturally

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Cancer is the second most common form of death in the United States - claiming the lives of 1 in 4 people. While billions of dollars in high-tech research is conducted yearly, we just can't seem to get ahead of the curve as more and more people are diagnosed with a number of types of cancers. Within the next year alone, over 500,000 people will die from cancer.

Cancer is defined as the uncontrolled growth of abnormal cells within the body that make tumors and impact organs and tissues. Researchers have identified a number of causes for cancer such as chemical exposure, tobacco use, radiation and poor nutrition.

We often think about what we should be removing from our diet in an effort to prevent cancer, such as refined sugar and processed foods. While these are very positive steps, there may be something else we should be

doing. What if we could actually add certain foods to our diet that would beat cancer at its own game?

The father of modern medicine, Hippocrates said it best, "Let food be thy medicine and medicine be thy food." He was referring quite simply to the innate powers that are locked deep within the cells of living foods – those foods that provide the maximum nutrition for us are also the very foods that can starve cancer.



While no single food outlined in this book is a “sure cure” for cancer, enjoying a healthy diet that includes these foods, in addition to making other healthy lifestyle choices, gives your body what it needs to function optimally.

Use this as your compendium of cancer fighting foods.

Enjoy!

Note: We highly recommend that you use local and organic ingredients whenever possible for all recipes.

Alfalfa Sprouts

Alfalfa sprouts (*Medicago sativa*) are the young shoots of the alfalfa plant, which is thought to have originated in Brazil and northern Africa. You may also hear these sprouts referred to as purple medic or lucerne.

When a seed first sprouts, many of the plant’s metabolic systems become activated, and the shoots develop antioxidants that either only present in, or much higher in, the sprout stage of the plant. Some of the sugar content that lies dormant within the seed is converted to vitamin C, adding to the sprouts’ immune-boosting properties.

These small, green shoots grow in closely-woven clusters from germinated seeds, and are an average of four inches tall when they are harvested. If the sprouts are not harvested and left to mature, the plant will grow leaves and buds, and eventually small purple flowers.



Nutritional Profile

Adding alfalfa sprouts to your meals will provide:

- Calcium
- Copper
- Folate
- Iron
- Magnesium
- Phosphorus
- Potassium
- Protein
- Silicon
- Vitamin A
- Vitamin C
- Vitamin K
- Zinc

Health Benefits

One of the primary benefits of alfalfa sprouts is their phytoestrogen content. According to Michael T. Murray, the author of *The Condensed Encyclopedia of Healing Foods*, the phytoestrogens found in certain plants can help ease the

symptoms of menopause, as well as aid in the prevention of osteoporosis, heart disease and certain cancers.

Alfalfa sprouts contain plant molecules called saponins, which become activated only within the gut. According to Murray, saponins can help lower LDL ‘bad’ cholesterol. They also work to reduce gut inflammation, can benefit the immune system and fight infections by promoting healthy gut bacteria, and have anticarcinogenic potential.

Adding to the immune support of alfalfa sprouts is their vitamin C content. Along with helping the body to fight off infections, vitamin C is essential for healthy, young-looking skin. These sprouts can also help to strengthen brittle fingernails and hair that is prone to breakage.

Alfalfa sprouts contain vitamin K, which helps wounds to heal after an injury, calcium, which strengthens the bones, and potassium, which is important for cellular health, as well as for regulating heartbeat. They also contain protein,



which is a necessary fuel for the body, as well as a small amount of vitamin A, which supports healthy eyesight.

Gluten Free Sprout Pizza

Ingredients:

Crust:

- ◆ 4 ounces of cream cheese, softened
- ◆ 2 free range eggs
- ◆ 1/4 cup of parmesan cheese
- ◆ Seasoning to taste (oregano, basil)
- ◆ 2 cups of shredded mozzarella cheese

Topping:

- ◆ 1/3 cup of pizza sauce
- ◆ 1 cup of shredded mozzarella cheese
- ◆ 1/2 cup of sliced green onions
- ◆ 1/4 cup of sliced onion
- ◆ 1/2 cup of chopped alfalfa sprouts

Instructions:

1. Preheat oven to 375 degrees F. Line a pizza pan (cookie sheet) with parchment paper and grease the parchment paper (so crust won't stick).
2. Combine all the crust ingredients in a large bowl and stir to combine. Spread evenly on the parchment paper.
3. Bake the crust in the preheated oven for 20 minutes.
4. Spread the sauce over the crust, add cheese, and sprinkle with veggies and sprouts. Bake for 15 minutes or until the toppings look done.



Sprouted Omelet

Ingredients:

- ◆ 4 free range eggs, beaten
- ◆ 2 tablespoons of whole milk
- ◆ 1 teaspoon of fresh minced dill weed
- ◆ Salt and pepper to taste
- ◆ 4 large free range egg whites
- ◆ 1 tablespoon of gluten free flour
- ◆ Coconut oil
- ◆ 1/2 cup of alfalfa sprouts
- ◆ 1 tomato, thinly sliced
- ◆ 2 tablespoons of shredded parmesan cheese

Instructions:

1. Combine the first 6 ingredients in a bowl and whisk well to combine.
2. Coat a skillet with coconut oil. Pour half of the egg mixture into the skillet, spreading evenly. Cover and cook for 5 minutes on medium heat.
3. Cover the egg mixture with half each of the alfalfa, tomato, and cheese.
4. Fold omelet in half and serve, Repeat with the remaining ingredients to make a second omelet.



Mango Sprout Wrap

Ingredients:

- ◆ 1/4 cup of real mayonnaise
- ◆ 1 tablespoon of apricot jam
- ◆ 1 teaspoon of minced jalapeno
- ◆ 4 spinach wraps, warmed
- ◆ 3 cups of baby spinach
- ◆ 4 cups of organic chicken breasts, cooked and cubed
- ◆ 1 ripe mango, peeled and sliced
- ◆ 1 avocado, peeled and sliced
- ◆ 1 1/2 cups of alfalfa sprouts

Instructions:

1. Combine mayonnaise, jam, and jalapeno in a small bowl.
2. Lay wraps out and spread them each evenly with the mayonnaise mixture.
3. Top each wrap with spinach, chicken, mango, avocado, and sprouts. Roll wraps and serve.



Watercress Alfalfa Salad

Ingredients:

- ◆ 1 bunch of watercress, trimmed
- ◆ 1/2 cup of pitted cherries
- ◆ 1 peach, thinly sliced
- ◆ 1/2 cup of alfalfa sprouts
- ◆ 2 teaspoons of lime juice
- ◆ 2 tablespoons of extra virgin olive oil
- ◆ 1 tablespoon of honey
- ◆ Salt and pepper to taste

Instructions:

1. Toss the watercress, cherries, peach slices, and alfalfa sprouts together.
2. Mix the remaining ingredients together with a whisk and drizzle over salad before serving.



Lima Alfalfa Soup

Ingredients:

- ◆ 1 teaspoon of extra virgin olive oil
- ◆ 1 cup of celery, finely chopped
- ◆ 1 cup of carrots, finely chopped
- ◆ 1/2 cup of alfalfa sprouts
- ◆ 3/4 cup of onion, finely chopped
- ◆ 3 tablespoons of coconut oil
- ◆ 3 tablespoons of gluten free flour
- ◆ 4 cups of water
- ◆ 3 cups of lima beans, soaked
- ◆ 1/2 cup of diced tomatoes
- ◆ 1 teaspoon of basil
- ◆ Salt and pepper to taste

Instructions:

1. Saute celery and carrots in a pot until soft. Add sprouts and cook for 30 more seconds.
2. Add flour and cook for 1 minute. Gradually stir in water.
3. Add remaining ingredients and simmer for 25 minutes.

Notes:

The freshest sprouts provide the most health benefits. Starter kits for sprouting your own alfalfa seeds are available at many organic grocery stores, or you can sprout your own by placing about ½ cup of seeds in a glass mason jar with a screen on top, adding about 1 ½ cups of filtered water and setting the jar in a sunny spot. Enjoy your sprouts immediately when they are two to four inches tall (this should only take a few days), and refrigerate what you do not use. If you choose to buy sprouts instead, always choose organic, and rinse and drain them well.

As alfalfa seeds are high in canavanine, an amino acid that some researchers have linked to the worsening of pre-existing autoimmune illnesses and other inflammatory illnesses, avoid alfalfa sprouts if you have such a condition. You can still enjoy sprouts, just sprout mung bean, red clover, pumpkin or sunflower seeds instead.



Blueberries



Blueberries (*Vaccinium myrtillus*) are considered by many to be America's most popular super-food. Although some types of wild blueberries have been growing for centuries across Europe and Asia, sweet blueberry species come from North America, and have been eaten, cultivated and used medicinally by Native Americans for many generations.

A relative of the cranberry, bilberry and rhododendron, many parts of the blueberry bush have traditional therapeutic uses. Blueberries were often used in the treatment of diarrhea, and blueberry leaves were traditionally

employed to boost appetite, relieve urinary tract infections, balance blood sugar and soothe sore throats.

Blueberries are dark blue/purple in color, grow in clusters, and are covered by a thin, edible skin. Wild blueberries are usually smaller and more tart, and are often of the 'lowbush' variety, which is native to North America, Asia and Europe. 'Highbush' blueberries are larger, sweeter and are found primarily in North America.

Highbush blueberries were introduced to the Europeans by the Native Americans, and their use around the world has expanded ever since.

Nutritional Profile

Each little blueberry is loaded with:

- ◆ Calcium
- ◆ Choline
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iron



- ◆ Magnesium
- ◆ Manganese
- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K
- ◆ Zinc

Health Benefits

Blueberries, serving for serving, have one of the highest concentrations of antioxidants of any fruit or vegetable. They contain flavonoid antioxidants known as anthocyanins, which are responsible for providing their beautiful pigment.

A significant body of research has determined that anthocyanins protect the heart, possess anti-aging properties and boost eye health, among other benefits.

Another flavonoid found in blueberries is quercetin, which has anti-inflammatory and antihistamine properties, meaning it can aid in relieving allergies. It has also been linked to protection from heart disease, lowering blood pressure and LDL 'bad' cholesterol and easing the symptoms of rheumatoid arthritis. The flavonoids kaempferol and myricetin also aid in blueberries' anti-inflammatory effects, as does resveratrol, an antioxidant also found in red wine which has notable anti-aging and heart-healthy properties.

All of these antioxidants combine to help protect the body from oxidative stress, which can reduce the risk of many chronic illnesses. Some exciting research has also found that blueberries can help improve memory, protect the health of nerve cells, and even inhibit the onset of cognitive decline such as Alzheimer's disease.

What's more, blueberries have been found to help keep blood sugar levels stable, and possibly protect against certain cancers. In lab and animal studies, blueberries have been tested



against breast, colon, small intestine and esophageal cancers, with many positive results noted. The vitamin C content of blueberries contributes to their anticarcinogenic potential, helps the immune system fight against invading bacteria and viruses and also keeps skin and gums healthy.

Blueberries may help to prevent urinary tract infections (UTIs) by keeping bacteria from attaching to bladder tissue. These delicious berries are also a great source of manganese, a mineral which is important to bone health and providing your body (and mind!) with optimal energy throughout the day.

All in all, this is definitely one berry to enjoy on a regular basis.



Blueberry Coconut Sugar Oatmeal

Ingredients:

- ◆ 1 3/4 cups coconut milk
- ◆ 1 cup quick cooking oats
- ◆ 1/3 cup of coconut sugar
- ◆ A dash of sea salt
- ◆ 1/2 teaspoon of cinnamon
- ◆ 3/4 cup fresh or frozen wild blueberries

Instructions:

1. Bring milk to boil in a saucepan and stir in oats.
2. Cook oats for 2 minutes or until thickened.
3. Stir in coconut sugar, salt and cinnamon.
4. Spoon oatmeal into bowls and top with blueberries before serving.



Blueberry Juice With Cucumber Twist

Ingredients:

- ◆ 1 cup blueberries
- ◆ 1 cucumber
- ◆ 1/2 an lemon, peeled
- ◆ 2 apples

Instructions:

1. Process all ingredients through your juicer.
2. Serve over ice and store in the refrigerator.

Blueberry Vanilla Silk Smoothie

Ingredients:

- ◆ 1 cup frozen blueberries
- ◆ 1 cup plain or vanilla greek yogurt
- ◆ 1 teaspoon vanilla extract
- ◆ 1 tablespoon honey
- ◆ 1/2 cup of ice

Instructions:

Blend all ingredients in a blender on high speed until smooth.



For best results, serve immediately.



Blueberry Frozen Pops



Ingredients:

- ◆ 3 cups fresh blueberries
- ◆ 1/2 cup honey
- ◆ 1/4 cup lemon juice

Instructions:

1. Process all the ingredients through a food processor or blender.
2. Pour the mix into popsicle molds.
3. Add popsicle sticks to the pops and freeze for 5 hours before serving.

Blueberry and Raw Nut Salad

Ingredients:

- ◆ 8 cups salad greens
- ◆ 1 cup fresh blueberries
- ◆ 1/4 cup raw walnuts
- ◆ 1/4 cup raw almonds
- ◆ 1/2 an onion, sliced
- ◆ 1 apple, diced
- ◆ 2 cups organic free range chicken breast, cooked and cubed (optional)
- ◆ 1/2 cup raspberry vinaigrette dressing
- ◆ 1/4 cup crumbled feta cheese

Instructions:

1. Toss the first 7 ingredients together in a large salad bowl.
2. Drizzle dressing over the salad and top with cheese before serving.



Notes:

- ◆ Fresh blueberries are in season from June to August.
- ◆ Look for berries that are all blue with no red tinge.
- ◆ The silvery coating on blueberries is a good thing, it is a natural protectant.
- ◆ Blueberries do not continue to ripen after harvest as some other fruits, be sure they are ripe when you purchase them.
- ◆ Avoid moldy or overly soft fruit - if the package is leaking, the fruit is past its prime.
- ◆ Store unwashed blueberries in a container covered with plastic wrap.
- ◆ Fresh picked berries will last up to two weeks in the fridge.
- ◆ Unwashed blueberries are easy to freeze and thaw beautifully - pack them in a rigid container leaving room for expansion. They will last up to a year this way.

- ◆ You can also dehydrate blueberries and store them this way if you have a dehydrator.

Flax Seeds



Flax seeds are the seeds of an ancient flowering plant (*Linum usitatissimum*) that may have been around as early as 10,000 BC, during the Neolithic Era. Cultivation of flax for both food and linen has been common in Middle Eastern and Mediterranean regions since as far back as 4,000 BC. It was utilized in both ancient Egypt and ancient China. Some common uses of the flax plant included clothing, sails, body armor and bow strings.



Our ancestors have known for over a thousand years that flax seeds could be eaten, and were aware of some of the good that they can do the body. In the 8th century, King Charlemagne was a major proponent of flax seeds as a healthy food, and actually passed laws requiring that his subjects eat them. Today, as throughout history, flax is used both for linens and for its nutritionally dense seeds.

The flax plant is considered to be a semi-evergreen annual flowering plant. It seasonally blooms into white, blue, red or yellow flowers. The two most common varieties are golden flax and brown flax, which have comparable nutritional value. Raw, mature flax seeds can be yellow, gold, amber, brown or reddish in color, depending on variety.

Nutritional Profile

These tiny, nutrient-packed seeds contain:

- ◆ Calcium
- ◆ Copper
- ◆ Choline
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Omega-3 fatty acids
- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Selenium
- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K
- ◆ Zinc



Health Benefits

Flax seeds are rich in antioxidants; even richer, in fact, than berries such as blueberries. Two of these antioxidants are lutein and zeaxanthin, which are closely connected with eye health, including the prevention of eye diseases, cataracts and macular degeneration. Overall, antioxidants combat oxidative stress in the body, and are associated with a reduced risk of heart disease, autoimmune illnesses, cancers and many other chronic conditions.

Lignans are another polyphenol compound present in flax seeds. Aside from their antioxidant activity, lignans also act like fiber in the body, and contain phytoestrogens, which have anti-inflammatory properties and can help the body metabolize estrogens into safer varieties. Lignans have been linked to a decreased risk of colon, prostate and breast cancers, and help the body to get rid of harmful toxins.

One of the most important benefits of flax seeds is their high omega-3

fatty acid content. Omega-3's are not produced by the body, and must therefore be obtained from food. The principle omega-3 in flax seeds is alpha-linolenic acid (ALA), which helps to protect the blood vessels from inflammation. Omega-3 fatty acids have been linked to reducing the risk of heart disease and cognitive decline, as well as the risk of certain cancers. They may also help to combat depression.

Flax seeds are a testament to the benefit of eating healthy fats. They are composed of over 70 percent fat, and have been linked by some research to improvements in metabolic syndrome, as well as lower blood pressure, blood sugar levels and abdominal fat measurements. These amazing little seeds have also been associated with an increase in HDL 'good' cholesterol, which may reduce the risk of having a heart attack by keeping arteries clear.

These seeds are a great source of both soluble and insoluble fiber. The fiber found in flax seeds can improve nutrient absorption in the small intes-



tine. Foods high in fiber are important for optimal digestion and bowel health. Because of the unique fiber composition of flax seeds, you'll want to start slowly when eating them - begin with a teaspoon or less a day and work your way up, to avoid bloating and overly bulky stools.

On top of that, flax seeds may help to reduce menopausal hot flashes in some women, and some research suggests that they may even be able to help protect against radiation damage. To get the maximum nutritional content from your flax seeds, and also to increase their digestibility, be sure to grind them just before you use them. Note: whole flax seeds are essentially indigestible, so make sure you only consume ground flax seeds. If you buy ground flax seeds, make sure they are in an airtight container, since exposure to air causes ground flax to go rancid.

Berry Flax Smoothie

Ingredients:

- ◆ 2 tablespoons flax seeds
- ◆ 1/2 cup orange juice
- ◆ 1/2 cup greek yogurt
- ◆ 1 cup frozen berries
- ◆ 1 frozen banana

Instructions:

Place all ingredients in a blender. Mix until smooth and serve.



Banana Flax Oatmeal

Ingredients:

- ◆ 1/2 cup old fashioned oats
- ◆ 1 cup almond milk
- ◆ 1 banana, sliced
- ◆ 1/2 teaspoon cinnamon
- ◆ 4 tablespoons flax seeds
- ◆ 2 tablespoons coconut sugar

Instructions:

1. Place milk in a pot and bring to a boil.
2. Stir in oats, banana and cinnamon. Stir while cooking until thickened.
3. Stir in flax and sugar. Serve while warm.

Flax Lemon Salad Dressing

Ingredients:

- ◆ 1/4 cup lemon juice
- ◆ 1/4 cup flax seed oil
- ◆ 1/4 cup white balsamic vinegar
- ◆ 1 tablespoon dijon mustard
- ◆ 1 clove garlic, minced
- ◆ salt and pepper to taste

Instructions:

1. Place all ingredients in a mason jar. Screw the lid on tightly and shake to combine.
2. Store in the fridge, shake before using, and drizzle on your favorite salad.



Peanut Butter Flax Balls

Ingredients:

- ◆ 1 cup oats
- ◆ 1/2 cup ground flax seed
- ◆ 1/2 cup peanut butter
- ◆ 1/2 cup raw chocolate chips
- ◆ 1/3 cup honey
- ◆ 1 teaspoon vanilla extract

Instructions:

1. Put all ingredients in a large bowl. Use a wooden spoon or your hands to mix everything until perfectly combined.
2. Roll mixture into balls and place on a baking sheet. Refrigerate for 2 hours before serving.



Dehydrated Flax Seed Crackers

Ingredients:

- ◆ 2 cups flax seed, divided
- ◆ 3 cups water
- ◆ 1 cup cauliflower, chopped
- ◆ 3 cloves garlic, minced
- ◆ 2 tablespoon onion, chopped

Instructions:

1. Combine the water with 1 1/2 cups of flax in a bowl. Cover and soak for 1 hour.
2. Add all ingredients including soaked flax to a food processor. Blend until well combined. Allow to sit for another 30 minutes.
3. Spread the mixture onto dehydrator trays. Dehydrate at 110 degrees for 10 hours.



Notes:

- ◆ For children and adolescents who have been diagnosed with high cholesterol, check with a health professional before adding a significant amount of flax seeds to their diet.
- ◆ Because of the phytoestrogen content, pregnant and lactating women should avoid flax seeds, just to be safe.

Grapefruit

Grapefruit (*Citrus paradisi*), once nicknamed “the forbidden fruit,” is the only known member of the citrus family that did not originate in Southeast Asia. This fruit was not discovered until the 1700s, when it was noted growing in Barbados. In 1814, its current name was assigned to it in Jamaica. The reason behind the name “grapefruit” was attributed to the fact that these fruits grow in hanging clusters reminiscent of grapes.

It is hypothesized by many experts that grapefruit came from natural cross-breeding between the pomelo and the orange.

In the early 1800s, grapefruit trees were planted in Florida by either French or Spanish settlers. Since that time, their cultivation spread across warm regions of the United States, including California and Texas. Today, grapefruits are one of the most popular citrus fruits in existence, and for good reason.

Grapefruits are significantly larger than most of their citrus relatives, and have either pink, white or ruby red flesh, depending on variety. Their skin is yellow, or yellow with a hint of pink,



and seedless varieties exist along with seeded. The flesh inside is very juicy, with a deliciously balanced co-mingling of sweet, sour and bitter flavors.

Nutritional Profile

These tropical citrus wonders contain:

- ◆ Biotin
- ◆ Choline
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Selenium
- ◆ Vitamin A
- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Zinc

Health Benefits

Grapefruit is teeming with carotenoid antioxidants, including beta-carotene, lutein and zeaxanthin, all of which are important for eye and skin health, as well as for preventing oxidative stress damage to the cells. These antioxidants are anti-inflammatory in nature, and can protect the body from a host of chronic ailments. Pink and red grapefruit varieties also contain lycopene, another carotenoid that has been linked to notable anti-cancer properties.

Limonoids are another class of antioxidants found in grapefruit, in a highly digestible form. These phytonutrients have been linked by a body of research to fighting breast, colon, lung, skin and stomach cancers, as well as to helping the liver clear toxins from the body. Yet another antioxidant in grapefruit is naringenin, a flavonoid that has been shown to aid in repairing DNA in human prostate tumor cells.



The vitamin C content of grapefruit is very high, giving this fruit the ability to boost the immune system and fight infections. If you have an existing cold or other seasonal bug, vitamin C may help to reduce the severity of the symptoms that you are experiencing. Vitamin C has also been found to combat inflammatory conditions including rheumatoid arthritis and asthma. It also helps to prevent cancers, stroke and heart disease, and keeps skin young-looking and healthy. Grapefruit also contains salicylic acid, which joins vitamin C in helping to prevent arthritis by breaking down calcium buildup in joints.

It is well-known that grapefruit is a very heart-healthy food. A variety of soluble fiber found in this fruit, known as pectin, has been found to inhibit the progression of atherosclerosis, the hardening of the arteries that can lead to heart complications. Grapefruit can also help to lower LDL 'bad' cholesterol levels in the blood, and helps to prevent excessive weight gain due to a high concentration of fat-burning enzymes. Therefore, besides keeping

your heart in optimal working condition, it can serve as a great part of a weight loss diet.

Grapefruit Smoothie

Ingredients:

- ◆ 1 1/3 cups freshly squeezed grapefruit juice
- ◆ 8 frozen strawberries
- ◆ 2 frozen bananas
- ◆ 1/2 cup greek yogurt
- ◆ 2 tablespoons honey

Instructions:

Place all ingredients in a blender. Mix until creamy and serve.



Grapefruit Kale Salad

Ingredients:

- ◆ 1 grapefruit, peeled and sliced and separated from juice
- ◆ 2 teaspoons extra virgin olive oil
- ◆ Salt and pepper to taste
- ◆ 8 cups kale, chopped
- ◆ 1 avocado, pitted, peeled, and sliced

Instructions:

1. Whisk the grapefruit juice, oil, salt and pepper together. This will be the salad dressing.
2. Toss the grapefruit slices, kale, and avocado together in a large bowl.
3. Drizzle dressing over salad and serve.

Grapefruit Ginger Juice

Ingredients:

- ◆ 2 grapefruits, peeled and chopped
- ◆ 5 carrots, chopped
- ◆ 1 inch of ginger, chopped

Instructions:

Press all ingredients through a juicer. Serve immediately over ice.



Easy Grapefruit Coconut Sorbet

Ingredients:

- ◆ 3 cups of freshly squeezed grapefruit juice, divided
- ◆ 3/4 cup coconut sugar
- ◆ 1/2 cup coconut shreds for topping

Instructions:

1. Heat 1/2 cup of grapefruit juice and sugar in a saucepan. Cook, stirring constantly until sugar dissolves.
2. Add remaining Grapefruit juice, cover, and chill.
3. Pour into your ice cream maker and freeze for 1 hour.
4. Spoon in sorbet glasses and top with a bit of shredded coconut.



Grapefruit Carrot Soup

Ingredients:

- ◆ 2 teaspoons coconut oil
- ◆ 1/2 cup onion, chopped
- ◆ 1/2 cup grapefruit juice
- ◆ 3 cups organic chicken broth
- ◆ 1 carrot, diced
- ◆ 1 potato, chopped
- ◆ Salt and pepper
- ◆ Heavy cream
- ◆ 1 grapefruit, peeled and sliced

Instructions:

1. Heat a saucepan over medium heat and add coconut oil.
2. Saute the onions until soft. Pour grapefruit juice over top.
3. Stir in the chicken stock and bring to a boil.
4. Add carrots and potatoes and salt and pepper. Cook for 25 minutes.
5. Process the soup through a food processor to smooth.
6. Mix soup and heavy cream together. Serve into bowls and stir in grapefruit slices.



Notes:

- ◆ If your grapefruit has a few blemishes don't worry - it is probably just a result of the fruit rubbing on other fruit or on branches - it should not impact the fruit quality
- ◆ Look for brightly colored grapefruit.
- ◆ Don't store grapefruit piled on top of each other - they will bruise easily.
- ◆ You can keep fresh grapefruit at room temperature for 5 days and up to 3 weeks in the refrigerator.



Grapes

Grapes, of which there are thousands of unique varieties, are all part of the *Vitis* genus. These berries are thought to have grown wild across parts of Africa, Asia and North America since prehistoric days. They were celebrated by the ancient Greeks and Romans, who cultivated them for food and wine. As the Roman Empire and its influence spread across Europe, the Romans brought knowledge of viticulture (winemaking) along with them. In some cultures, grapes are known as the “queen of fruits.”

Today, grapes grow on every continent in the world, except, of course, for Antarctica. They grow in clusters on



vines, their size depends on variety, and they are either round or oval-shaped. Besides the red, green (sometimes called white) and black grapes commonly known in the US, blue, pink, purple and yellow grapes also exist. Grapes are usually categorized into three types: table grapes (for eating), wine grapes (for making wine) and raisin grapes (for drying into raisins).

Grapes have a thin outer skin (although the skins of wine grapes are thicker), crisp flesh, and are either sweet, sour or a combination of the two, depending on variety. Many table grapes are seedless, and some people worry that this is due to genetic modification. Luckily, this is not the case. Some types of grapes have natural mutations which make them seedless, and others are simply not pollinated. As far as grapes that do have seeds, have no fear: the seeds are nutrient-rich and edible.

Nutritional Profile

Each of these ancient berries contains:

- ◆ Biotin
- ◆ Calcium
- ◆ Choline
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iodine
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K
- ◆ Zinc



Health Benefits

Grapes contain a vast array of antioxidants, most of which are concentrated in the seeds and the skin. One of these antioxidants is resveratrol, which has received a great deal of research and media attention lately due to its potential to increase longevity. Resveratrol is linked to a number of important health benefits, including lowering blood pressure, heart attack and stroke risk by relaxing blood vessel walls, increasing blood flow to the brain, reducing the risk of Alzheimer's disease by fighting plaque build-up, lowering blood sugar levels and aiding in weight loss efforts.

Resveratrol may also help to prevent fungal and viral infections, and may help with eliminating uric acid from the body, which can both reduce the risk of an inflammatory disorders such as gout, and help muscles to recover from injury and strain with greater ease. It may also aid in detoxifying other

harmful substances from the body, making grapes a great addition to a cleanse or detox meal plan.

Aside from resveratrol, grapes contain carotenoids, flavonoids, oligopeptides, phenolic acids and melatonin, which give them a diverse antioxidant profile. These antioxidants all work together to reduce inflammation and protect the cells from oxidative stress damage. Melatonin also functions as a hormone, and can help to regulate circadian rhythms and break the cycle of insomnia.

Red grapes contain anthocyanins, which have been found to have anti-inflammatory and anticarcinogenic activity. These flavonoids may also fight bacteria and reduce allergy symptoms and outbreaks. Anthocyanins have been linked with significant benefits to the heart and cardiovascular system.

While red grapes contain the extra anthocyanins, eating any type of grapes can provide a plethora of benefits to your heart. A diet high in grapes



can lead to lower LDL 'bad' cholesterol levels, more stable blood pressure, less instances of cells sticking to blood vessel walls, and less heart-threatening platelet clumping. Traditionally, grapes are also linked to benefiting the respiratory system, immune system and nervous system.

Grape Raspberry Smoothie

Ingredients:

- ◆ 1 cup frozen raspberries
- ◆ 1/2 cup grape juice
- ◆ 2 tablespoons honey
- ◆ 2 cups greek yogurt

Instructions:

Place all ingredients into your blender. Process until smooth. Serve.

Homemade 100% Grape Juice

Ingredients:

- ◆ 4 pounds grapes, washed and stems removed

Instructions:

1. Place the grapes in a bowl and use a potato masher to mash them into a jam like texture.
2. Heat the grapes in a stock pot over medium heat until simmering. Simmer for 10 minutes.
3. Place a cheesecloth over a large bowl. Pour the grapes into the bowl, pressing them through the cheesecloth. Allow to strain for several hours.
4. Rinse cheese cloth and strain the juice again. Store in fridge.



Warm Grapes and Yogurt

Ingredients:

- ◆ 2 tablespoons butter
- ◆ 1 pound grapes
- ◆ 3/4 cup walnuts
- ◆ 2 tablespoons coconut sugar
- ◆ 1 container greek yogurt

Instructions:

1. Heat a skillet over medium heat. Add butter and cook till melted.
2. Put grapes and walnuts in the skillet and cook until grapes are soft. Sprinkle with sugar and continue cooking until it dissolves.
3. Spoon yogurt into parfait glasses. Top with the grape mixture and serve.



Grape Chicken Salad

Ingredients:

- ◆ 1/4 cup pecans, toasted
- ◆ 1 cup plus 3 tablespoons white grape juice
- ◆ 3 lbs boneless skinless organic free range chicken breasts, cooked and chopped
- ◆ 1 teaspoon extra virgin olive oil
- ◆ 1/3 cup chopped onion
- ◆ 1 tablespoon coconut sugar
- ◆ 1/4 teaspoon cinnamon
- ◆ 1/4 teaspoon salt
- ◆ 6 cups torn spinach leaves
- ◆ 1 cup sliced grapes

Instructions:

1. Toss the 3 tbsp. grape juice and chicken chunks and set aside.
2. Heat a skillet over medium heat and add olive oil and onions. Saute until soft.
3. Add remaining grape juice, sugar, cinnamon and salt. Simmer for 5 minutes.
4. Add spinach, grapes, and pecans. Warm and serve.



Easy Grape Popsicles

Ingredients:

- ◆ 1 cup grape juice
- ◆ 2 cups greek yogurt
- ◆ 1 teaspoon vanilla extract

Instructions:

1. Whisk the juice, yogurt, and vanilla together until well combined.
2. Pour mixture into popsicle molds. Add a stick, cover and freeze until solid.

Notes:

- ◆ When choosing a delicious bunch of grapes to enjoy, be sure to choose organic, as conventionally-grown grapes have been found to contain high pesticide levels.
- ◆ Purchase grapes when they are firm and brightly colored.
- ◆ Store unwashed grapes in a well-ventilated plastic bag in the refrigerator for up to one week.

Cherries

Cherries can be called the ‘All-American’ superfood, due to the celebration that they receive in this country. Wild cherries (*Prunus avium*) have been around since the Bronze age - perhaps earlier - and are native to Western Asia and Europe. Cherry trees were first brought to the United States in the 1600’s, and today, over 650 million pounds of cherries, both sweet and tart, are cultivated in this country each year.

Celebrated for thousands of years for both their delicious flavor and their medicinal properties, these summer stone fruits have been traditionally used in cleansing regimens, as a diuretic aid, to boost blood and heart health, and to ease menstrual symptoms.



Cherry trees often grow wild in beech forests, and are as beautiful as they are useful. In springtime, the trees bloom in fragrant white blossoms. In summer, the fruits become ripe and ready to eat, and in autumn, the leaves turn bright red and yellow. Wood from these picturesque trees has been used for a variety of functional purposes, including furniture and craftsmanship, for generations.

Nutritional Profile

Each sweet or tart cherry you bite into contains:

- ◆ Calcium
- ◆ Choline
- ◆ Copper
- ◆ Iron
- ◆ Fiber
- ◆ Folate
- ◆ Magnesium
- ◆ Manganese
- ◆ Omega-3 fatty acids
- ◆ Pantothenic acid
- ◆ Phosphorus

- ◆ Potassium
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K
- ◆ Zinc

Health Benefits

Cherries are packed with a wide variety of phytonutrients, which help to fight free radical damage and oxidative stress, which when left unchecked can lead to many chronic diseases and may accelerate aging. One of the best-known antioxidant groups in cherries is the anthocyanin group. Anthocyanins are flavonoids which have been associated with a reduced risk of heart disease and certain cancers.

Flavonoids, including anthocyanins, are anti-inflammatory in nature, and may help to relieve the pain of arthritis, gout, muscle and joint pain,



as well as other inflammatory conditions. Quercitrin, another flavonoid found in cherries, has been under a significant amount of research scrutiny for its potential to fight cancer cells. Isoquercitrin, yet another flavonoid, adds to the anti-aging effects of cherries, and ellagic acid, another phenolic compound that cherries contain, has also been found to have anticarcinogenic properties.

Cherries contain high levels of beta-carotene; approximately 19 times the levels found in strawberries and blueberries. Beta-carotene converts to vitamin A inside the body, and along with vitamins C and E, is instrumental in eye, hair and skin health. Vitamin C is also important for an optimally functioning immune system.

Another unique benefit of cherries, especially tart cherries, is their melatonin content. Melatonin is a hormone that is naturally produced by the body when it is dark, signaling the brain that it is time to sleep. Sometimes, however, due to a variety of factors, melatonin production may not be

optimal, which leads to sleep issues such as insomnia. Cherries are one of the few food sources of melatonin, and can therefore aid in improving sleep quality and balancing circadian rhythms.

Blender Cherry Juice

Ingredients:

- ◆ 15 cherries, pitted
- ◆ 2 tablespoons honey
- ◆ 1/2 cup water

Instructions:

1. Place all ingredients in a blender. Process until smooth.
2. Serve over ice.



Cherry Smoothie

Ingredients:

- ◆ 1 cup apple juice
- ◆ 1/2 cup vanilla greek yogurt
- ◆ 1 teaspoon vanilla extract
- ◆ 1 1/2 cups frozen cherries

Instructions:

Blend ingredients in a blender until smooth. Serve or store in the freezer.



Cherry Pecan Salad

Ingredients:

- ◆ 12 ounces salad greens
- ◆ 2 apples, thinly sliced
- ◆ 1/2 cup pecan halves
- ◆ 1/4 cup dried cherries
- ◆ 6 ounces blue cheese, crumbled
- ◆ 1 tablespoon dijon mustard
- ◆ 1 tablespoon maple syrup
- ◆ 1 teaspoon apple cider vinegar
- ◆ 1/4 cup extra virgin olive oil
- ◆ Salt and pepper to taste

Instructions:

1. Toss the salad greens, apples, pecans, cherries, and cheese together in a large bowl .
2. Place the remaining ingredients together in a mason jar. Put the lid on and shake to combine.
3. Divide the salad onto plates. Drizzle a bit of dressing onto each serving.



Raw Chocolate Cherry Cookies

Ingredients:

- ◆ 1 cup almond meal
- ◆ 1/3 cup coconut flour
- ◆ 3 tablespoons cocoa powder
- ◆ 12 dates, pitted
- ◆ 1/3 cup dried cherries
- ◆ 1/4 cup raw dark chocolate, chopped

Instructions:

1. Process almond meal, coconut flour and cocoa powder through a food processor to combine.
2. Add dates and process until the mixture is sticky.
3. Add chocolate and cherries to the food processor. Pulse to combine.
4. Place the dough between two sheets of wax paper. Roll out to about 1/2 inch thick. Use a cookie cutter to cut the cookies into shape. Place on a cookie sheet and refrigerate until firm.

Cherry Ice Cream

Ingredients:

- ◆ 2 cups heavy cream
- ◆ 1 cup whole milk
- ◆ 3/4 cup coconut sugar
- ◆ 2 teaspoons vanilla extract
- ◆ 2 cups cherries, pitted and halved

Instructions:

1. Stir the cream, milk, and sugar together in a bowl. Mix until the sugar is dissolved.
2. Mix in the vanilla and cherries.
3. Pour into ice cream maker and freeze following the machine's instructions.



Notes:

- ◆ Cherries are normally available May - August. Look for them in your local farmer's market first.
- ◆ Look for cherries that are dark in color - this is the best indication of maturity. Bing, Black, Tartarian, Schmidt, Chapman and Republican types should be deep maroon or mahogany red to black. Lambert cherries should be dark red and Rainier cherries should be straw colored.
- ◆ If the cherries are good they should be bright and plump with fresh looking stems.
- ◆ Do not purchase cherries that have dried stems or are dull in appearance.
- ◆ Cherries do best when kept in the refrigerator. To freeze, place cherries in a single layer on a cookie sheet or in a dish and freeze. After they are frozen, transfer to a bag.

Walnuts

A great deal of research has been performed in recent years regarding the health benefits of nuts, and walnuts top many of the lists. These members of the tree nut family grow on beautiful trees with very long lifespans, and their nutritional content may help boost human lifespan, as well.

The three most common types of walnuts are English walnuts (also known as Persian walnuts), black walnuts and white walnuts (also known as butternut walnuts). In the US, the English walnut is the most widely consumed, possibly due to the thinner shell that is easier to crack. This type of walnut hails from India, as well as lands surrounding the Caspian Sea, including parts of Iran and Russia. It has been cultivated in Europe since the 4th century AD.



Black walnuts and white walnuts originated in North America, around the Appalachian Mountains and across the Central Mississippi Valley, and were widely consumed by Native Americans. Black walnuts have thicker shells and a stronger flavor than English walnuts. The white walnut is harder to find in the US, but is distinctive in its sweet taste and oilier consistency if you do come across it.

Inside the hard, brown walnut shell, you will find two lobes of kernel, slightly reminiscent of the two hemispheres of a brain. This is telling, as among their many nutritional boons, walnuts have been tied to improving brain functionality.



Nutritional Profile

Some of the nutrients hiding within that hard walnut shell are:

- ◆ Biotin
- ◆ Calcium
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Magnesium
- ◆ Manganese
- ◆ Molybdenum
- ◆ Omega-3 fatty acids
- ◆ Potassium
- ◆ Protein
- ◆ Vitamins B1 and B6
- ◆ Vitamin E



Health Benefits

Walnuts are laden with a variety of flavonoids and other antioxidants, including juglone, morin and tellimagrandin. Their anti-inflammatory nature makes them key players in the prevention of type 2 diabetes, heart disease, metabolic syndrome and cancers, along with many other forms of chronic disease. Walnuts have been particularly linked to potentially decreasing the risk of prostate and breast cancers.

As far as heart health, walnuts are associated with helping to lower LDL (bad) cholesterol levels, preventing blood clots, and potentially lowering blood pressure. The calcium, magnesium and potassium content of walnuts varies depending on the nut, but those with higher levels of these minerals have been shown to be the most effective for lowering blood pressure.

As inflammation is closely tied to weight gain, eating walnuts in moderation can aid in weight loss efforts.

Walnuts can also help weight loss by helping you feel fuller, thus decreasing cravings, and can even help fight stubborn belly fat.

Walnuts are the only nut with a significant amount of alpha-linolenic acid (ALA), a type of omega-3 fatty acid that supports heart and immune system health, helps decrease the risk of chronic diseases, and encourages the proper growth and development of cells. Increasing the amount of omega-3s in your diet may also help to fight depression, and increase cognitive functionality. Some research has found that daily walnut intake can improve memory and reduce cognitive decline.

The vitamin E found in walnuts comes in the form of gamma-tocopherol. This nutrient has been found to notably protect against cardiovascular problems, especially in men. The fiber content of walnuts can also further support heart health, stabilize blood sugar levels and aid in healthy digestion.



On top of that, walnuts can help strengthen bones and prevent mineral loss. They also contain melatonin, which is a hormone associated with optimal sleep patterns and improved sleep quality.

To get the most benefit from tree nuts such as walnuts, it is recommended to eat about one ounce per day - which translates to about seven whole walnuts. As most of the antioxidants are found in the skin, it is best not to peel your walnuts after you shell them.

Walnut Blueberry Breakfast Cereal

Ingredients:

- ◆ 4 cups of cooked steel cut oats
- ◆ 1 cup of frozen blueberries
- ◆ 1 cup of coconut milk
- ◆ 6 tablespoons of chopped walnuts
- ◆ 3 tablespoons of maple syrup
- ◆ 1/2 teaspoon of ground cinnamon

Instructions:

Combine all ingredients in a large bowl and scoop out to serve.



Walnut Apple Salad

Ingredients:

- ◆ 1/2 cup of chopped walnuts
- ◆ 1/4 cup of dried cranberries
- ◆ 1/4 cup of balsamic vinegar
- ◆ 1/2 a red onion, chopped
- ◆ 1/2 tablespoon of coconut sugar
- ◆ 1/2 tablespoon of dijon mustard
- ◆ 1/2 cup of extra virgin olive oil
- ◆ Salt and pepper to taste
- ◆ 10 cups of salad greens
- ◆ 2 red apples, rinsed and sliced

Instructions:

1. Preheat oven to 350 degrees F. Spread the walnuts on a baking sheet and toast in preheated oven for 10 minutes.
2. Combine cranberries, vinegar, onion, sugar, and mustard in a food processor. Blend until smooth. This is your salad dressing.
3. Put salad greens in a bowl and toss with apples, walnuts and enough dressing to coat.

Walnut Green Beans

Ingredients:

- ◆ 1 pound of green beans, trimmed
- ◆ 1/4 cup of water
- ◆ 2 teaspoons of extra virgin olive oil
- ◆ 1/4 teaspoon of sea salt
- ◆ 1/4 teaspoon of ground black pepper
- ◆ 1/3 cup of parmesan cheese
- ◆ 1/3 cup of toasted and chopped walnuts

Instructions:

1. Bring water and beans to a boil in a large skillet. Slow to a simmer, cover and cook for 5 minutes, or until tender. Allow water to evaporate.
2. Add oil, salt and pepper to the pan. Cook for an additional minute. Remove from pan and stir in the cheese and walnuts before serving.



Banana Walnut Milkshake

Ingredients:

- ◆ 1 frozen banana
- ◆ 1 cup of whole milk or coconut milk
- ◆ 1/2 cup of almond milk
- ◆ 1/4 cup of chopped walnuts
- ◆ 2 tablespoons of honey
- ◆ 1/2 teaspoon of cinnamon
- ◆ 1 tablespoon of ground flax

Instructions:

Place all ingredients in a blender, mix until smooth and serve.



Coconut Candied Walnuts

Ingredients:

- ◆ 1 1/2 cups of raw walnut halves
- ◆ 1/2 cup of coconut sugar

Instructions:

1. Line a baking sheet with waxed paper.
2. Mix walnuts and coconut sugar together in a saucepan over medium heat.
3. As the sugar melts use a wooden spoon to stir the walnuts.
4. Cook for 5 minutes or until all of the sugar has melted. Immediately remove from heat and spread on the baking sheet.
5. Allow to cool for 1 minute before serving.



Notes:

- Remember to only purchase raw walnuts, as roasted and salted varieties bring unwanted chemicals and acrylamides to the table, and may have significantly lower nutrient content.
- Especially if you have a sensitive digestive system, you may want to soak your walnuts, or 'sprout' them (which involves soaking them for longer; they will not actually grow a sprout). This process makes the walnuts softer and easier to digest, makes their nutritional content more readily available to be absorbed by the body, and also increases their alkalinity.
- To sprout raw walnuts, simply soak them in a bowl of filtered water for approximately 12 hours, then drain and rinse them before serving or using in recipes. Refrigerate your walnuts after sprouting. If you wish to enjoy crispier nuts, you can pop them in a dehydrator for a few hours.



Cranberries

Cranberries, also known as bounceberries, are close relatives of blueberries, and grow wild across North America, northern Europe and northern Asia. However, it is the North American cranberry (*Vaccinium macrocarpon*) that is the most common commercial variety. To Native Americans, cranberries were a symbol of peace, which they introduced to early English colonists. Legend has it that this introduction took place at the first Thanksgiving, although this is debatable.

Native Americans used cranberries not only for a food source, but also as a red dye. Crushed cranberries were also applied as a poultice to wounds, to help stop bleeding and prevent infections. When American colonists



sailed back and forth to England, they stored cranberries on their ships, to prevent the onset of scurvy. Cranberries were perfect for this, as they are able to keep for long periods of time without spoiling, thanks to a natural preservative, benzoic acid. The cultivation of cranberries in the US began in 1816 in Massachusetts.

These tart, red berries grow on small, evergreen shrubs that thrive in bogs. In late spring, the shrubs bloom in small pink 'crane-shaped' flowers. In fall, cranberries are mature and ready to harvest. Most cultivated cranberries today are grown on long, low vines in man-made bogs, and in the United States, are grown in the largest numbers in Wisconsin.

Nutritional Profile

These scarlet wonder-berries contain:

- ◆ Calcium
- ◆ Copper
- ◆ Fiber

- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K

Health Benefits

Rich in antioxidant compounds, cranberries contain anthocyanins, phenolic acids, epicatechins, resveratrol, quercetin, myricetin and kaempferol. Anthocyanins, responsible for the bright red hue of cranberries, have been linked to reducing inflammation throughout a multitude of bodily systems. They have also been associated with heart and cognitive health. Some research shows that when cranberries are grown in



water, the berries that receive the most sunlight have higher concentrations of anthocyanins.

Both anthocyanins and resveratrol have been linked with anti-aging and anti-cancer properties, and with increased longevity. Due to their combination of antioxidants, vitamins and minerals, cranberries are very beneficial to the cardiovascular system. They work to reduce inflammation throughout the blood vessel linings, and help to prevent atherosclerosis, the hardening of the arteries that can lead to heart attacks, strokes and cardiovascular disease. These berries may also help to lower blood pressure.

One of the most well-known and traditional uses of cranberries is the prevention of urinary tract infections (UTIs). Research supports this use, and has found that this effect may be due to the proanthocyanidins (PACs) that they contain. The PACs in cranberries may help to prevent UTIs by

preventing bacteria from attaching to the lining of the urinary tract. Similarly, PACs may help to prevent stomach ulcers by preventing bacteria from attaching to stomach lining, and may help support oral health by preventing bacteria from sticking to the teeth and gums.

Making cranberries a part of your diet can also help to support digestive health in a number of ways. They can reduce inflammation in the gut, helping to prevent an array of digestive disorders, including colon cancer. The fiber content of cranberries helps to keep you regular, and aids in lowering blood pressure and LDL 'bad' cholesterol levels. Fiber also helps to stabilize blood sugar levels, and is imperative to healthy weight loss.



Orange Cranberry Smoothie

Ingredients:

- ◆ 3/4 cup orange juice
- ◆ 1 cup fresh cranberries
- ◆ 1 cup greek yogurt
- ◆ 1 teaspoon vanilla extract
- ◆ 2 bananas, sliced and frozen
- ◆ 1 cup ice cubes

Instructions:

Place all ingredients in your blender. Process until smooth. Serve topped with an orange slice and a few cranberries for garnish.



Cranberry Juice Without a Juicer

Ingredients:

- ◆ 8 cups fresh cranberries
- ◆ 8 cups water
- ◆ 1/2 cup honey
- ◆ 1/2 cup lime juice

Instructions:

1. Add cranberries and water to a pot. Stir to combine.
2. Bring to a boil then reduce heat. Allow cranberries to simmer for 25 minutes.
3. Process the cranberries through a high speed blender or food processor.
4. Add honey and lime juice. Process to combine.
5. Press juice through a fine mesh sieve to remove pulp. Chill, and serve.



Cran-Raspberry Chilled Soup

Ingredients:

- ◆ 2 cups fresh cranberries
- ◆ 2 cups apple juice
- ◆ 1 cup fresh raspberries
- ◆ 1/2 cup coconut sugar
- ◆ 1 tablespoon lemon juice
- ◆ 1/4 teaspoon cinnamon
- ◆ 1 tablespoon cornstarch
- ◆ 2 cups half and half cream
- ◆ Mint leaves for garnish

Instructions:

1. Combine cranberries and apple juice in a sauce pot. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Add raspberries to mixture, stir until combined. Press through a sieve and return to pan.
3. Bring mixture to a boil. Stir in sugar, lemon juice and cinnamon. Remove from heat.
4. Allow to cool for 4 minutes.
5. Stir cream and cornstarch together. Mix into soup. Bring mixture back up to a gentle boil



Cranberry Sorbet

Ingredients:

- ◆ 4 cups fresh cranberries
- ◆ 1 cup coconut sugar
- ◆ 1 cup honey
- ◆ 1 cup orange juice
- ◆ 1 cup lemon juice

Instructions:

1. Put cranberries in a saucepot. Add enough water to cover. Boil until cranberries pop. Drain, and press cranberries through a sieve.
2. Add sugar and honey to warm berries and stir until sugar dissolves.
3. Stir in fruit juices and pour mixture into a baking dish. Freeze mixture.
4. Thaw for 5 minutes and serve.



Spinach Cranberry Walnut Salad

Ingredients:

- ◆ 3/4 cup walnuts
- ◆ Tear 1 pound spinach into pieces
- ◆ 1 cup dried cranberries
- ◆ 2 tablespoons sesame seeds, toasted
- ◆ 1 tablespoon poppy seeds
- ◆ 1/2 cup coconut sugar
- ◆ 2 tablespoons minced onion
- ◆ Salt and pepper to taste
- ◆ 1/4 cup white wine vinegar
- ◆ 1/4 cup apple cider vinegar
- ◆ 1/2 cup extra virgin olive oil

Instructions:

1. Toss the walnuts, spinach and cranberries in a large bowl.
2. Place remaining ingredients in a bowl. Whisk together to create the salad dressing.
3. Drizzle dressing over salad. Store extra dressing in a jar in the fridge. and cook for 2 minutes. Chill in fridge before serving garnished with mint leaves.



Notes:

- ◆ Look for firm and plump cranberries that are bright in color. They are generally available in the produce section from September through December.
- ◆ Fresh cranberries will keep for up to 4 weeks in the refrigerator.
- ◆ Freeze extra berries in easy close bags for up to 9 months.
- ◆ Frozen berries can be substituted in most recipes that call for fresh.
- ◆ If you have issues with kidney stones, talk to a health professional before adding cranberries to your diet.
- ◆ Cranberries may increase the risk of forming calcium-oxalate kidney stones, although they may decrease the risk of other types of kidney stones.
- ◆ Individuals who are taking blood thinning medications should also consult a health professional before eating a lot of cranberries.



Green Tea

Green tea has been celebrated by numerous cultures, especially throughout Asia, for thousands of years. This amazing tea is steeped from the non-fermented leaves of the *Camellia sinensis* plant, which is thought to have originated in Western China, Northern India and Tibet. Chinese legend states that tea was discovered by Emperor Shen-Nung in 2737 BC, when he was boiling water and a few leaves from a wild tea bush fell into his pot.

In India, the discovery of tea is credited to the Buddhist monk, Siddhartha. The legend tells that in the 6th century,



Siddhartha journeyed to China, and vowed to meditate without sleep for nine years. He found himself feeling tired, but after chewing some tea leaves that he came across, his alertness was renewed. It is also said that he brought tea to Japan during the course of his journey, and its popularity exploded across Asia from there. Tea was introduced to European traders in the 1500s, and is today the most popular beverage on Earth.

The *Camelia sinensis* plant is actually an evergreen tree that can grow up to 30 feet. However, it is trimmed into short shrubs so that tea leaves can be harvested more efficiently. To make green tea, the leaves are quickly steamed, then rolled and dried. When prepared this way, the leaves retain maximum antioxidant content and have minimal caffeine. Black and oolong teas are made from the same leaves, however, they are fermented and go through further processing. The flavor of green tea is fresh and slightly sweet, much like the essence of springtime.

Nutritional Profile

Every cup of soothing and refreshing green tea contains:

- ◆ Biotin
- ◆ Chromium
- ◆ Manganese
- ◆ Selenium
- ◆ Vitamin A
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K
- ◆ Zinc

Health Benefits

The principal benefit of green tea lies in its dense polyphenol antioxidant content. These antioxidants include catechins, epicatechins and thearubigins, all of which are flavonoids that work to reduce chronic inflammation in the body. Inflammation left unchecked can lead to a range of serious illnesses. Perhaps the most noteworthy (and researched) antioxidant in green tea is epigallocatechin-3-gallate (EGCG). Lab studies have



found that EGCG is significantly more potent than even vitamins C and E as far as combating harmful oxidative stress.

EGCG is thought to be the primary reason behind green tea's connection to fighting disease. Research has found a connection between green tea and a reduced risk of multiple cancers, including bladder, breast, colon, esophageal, lung, prostate and skin cancers (some studies specifically looked at EGCG, some at green tea as a whole).

Catechins in general have been linked to optimal tooth and gum health, as they reduce inflammation in the mouth. Green tea also contains alkaloid compounds, which keep the body's pH from becoming too acidic. When acid content in the body is too high, a number of health conditions may arise.

The vitamins, minerals and antioxidants in green tea combine to make it very beneficial to the cardiovascular system; green tea may help reduce heart disease risk, lower hyperten-

sion risk, increase HDL 'good' cholesterol and aid in blocking the oxidation of LDL 'bad' cholesterol. The amino acids in green tea are associated with a reduction in stress levels. Chronic stress is closely associated with an elevated risk of cardiac problems.

Green tea can be a great addition to a weight loss plan, and has even been found to help burn belly fat when combined with regular exercise. Drinking this celebrated beverage can also give you the endurance you need to get the most out of your exercise session. Additionally, green tea can keep you looking young and radiant, due to its ability to fight free radicals. Cooled green tea can be used as a facial toner to help skin tone and improve its overall condition.



Sparkly Green Tea Orange Juice

Ingredients:

- ◆ 2 cups strongly brewed green tea
- ◆ 1/4 cup honey
- ◆ 1/2 cup orange juice
- ◆ Ice
- ◆ Sparkling water

Instructions:

1. Mix the honey in with the green tea while it is hot. Allow to cool.
2. Mix the green tea and orange juice together.
3. Put a little ice into 4 chilled glasses. Fill each glass halfway up with the green tea mixture. Fill the rest of the glass with sparkling water and serve.

Spicy Green Tea Smoothie

Ingredients:

- ◆ 3/4 cup strongly brewed green tea, chilled
- ◆ 1/8 teaspoon cayenne pepper
- ◆ 1/4 cup lemon juice
- ◆ 2 teaspoons honey
- ◆ 1 pear, sliced
- ◆ 2 tablespoons greek yogurt
- ◆ 1/2 cup ice

Instructions:

Place all ingredients in a blender. Mix on high until smooth. Best if served right away.



Green Tea Egg Drop Rice Soup

Ingredients:

- ◆ 4 cups water
- ◆ 2 green tea bags
- ◆ 2 cups cooked rice
- ◆ 2 tablespoons gluten-free soy sauce
- ◆ 1/2 cup dried mushrooms
- ◆ 2 free range eggs
- ◆ 1/2 cup green onions, thinly sliced

Instructions:

1. Heat the water until it boils. Add tea bags and brew for for 3 minutes. Remove tea bags.
2. Add soy sauce and mushrooms to the tea. Remove from heat.
3. Beat eggs and drizzle into soup.
4. Stir in green onions.
5. Serve in bowls over rice.



Iced Lemon Green Tea

Ingredients:

- ◆ 4 cups water, boiling
- ◆ 8 green tea bags
- ◆ 1 1/2 cups cold water
- ◆ 1/2 cup lemon juice
- ◆ 1/4 cup coconut sugar

Instructions:

1. Add tea bags to boiling water. Cover and let brew for 5 minutes. Squeeze the tea bags and remove from water.
2. Stir in water, lemon juice and sugar.
3. Serve over ice.



Avocado Green Tea Pops

Ingredients:

- ◆ 1 ripe avocado, pitted and cubed
- ◆ 1/2 cup green tea
- ◆ 1/2 cup almond milk
- ◆ 1 tablespoon vanilla extract
- ◆ 2 tablespoons honey

Instructions:

1. Place all ingredients in a blender and mix until smooth.
2. Pour into popsicle molds, add a stick, cover and freeze.

Notes:

- ◆ To get the absolute most out of your cup of green tea while avoiding potential pesticide exposure, choose organic, loose-leaf varieties.

Kale

Kale has been called the “Queen of Greens” for good reason - this dark, leafy cruciferous veggie is not only delicious but also packs a strong nutritional punch.

There are a number of different types of kale. The most popular three are curly kale, lacinato kale (aka dinosaur kale, Tuscan kale, black kale), and red Russian kale. When you shop in your local supermarket you are most likely to encounter curly kale.

Curly kale is slightly bitter and has curled edges. It can range from light green to purple. Lacinato kale has beautiful deep blue-green leaves and a narrow, firm, spear shaped leaf that is slightly wrinkled. It has a rich earthy flavor that is almost nutty. Russian kale has flat leaves and is reddish purple in color. Its taste is mild and sweet but it also has woody stems that must be removed before using.



Nutritional Profile

A must-have superfood for any diet, kale contains:

- 💧 Calcium
- 💧 Copper
- 💧 Fiber
- 💧 Folate
- 💧 Iron
- 💧 Magnesium
- 💧 Manganese
- 💧 Phosphorus
- 💧 Potassium
- 💧 Protein
- 💧 Omega-3 fatty acids
- 💧 Vitamin A
- 💧 Vitamins B2, B3, B6 and B15
- 💧 Vitamin C
- 💧 Vitamin E
- 💧 Vitamin K

Health Benefits

The vitamins, minerals and other nutri-

ents found in kale have powerful

antioxidant properties. Two of these antioxidant groups are carotenoids and flavonoids. The carotenoids beta carotene and lutein are the ones found in the greatest amounts in kale. Both of these are associated with protection from oxidative stress and free radicals. Oxidative stress is a primary cause in the body's susceptibility to disease. Lutein has also been studied for its role in optimal eye health, with promising results.

Kale contains over 45 different flavonoids, including quercetin and kaempferol. These flavonoids are, like carotenoids, key in guarding against free radicals and lowering inflammation. Keeping inflammation in check



is crucial, because when it reaches chronic levels, it can lead to a number of illnesses, including - but not limited to - asthma, autoimmune conditions such as rheumatoid arthritis and lupus, as well as certain cancers.

The high fiber content of kale, especially raw kale, can help keep your digestive system healthy and regular. A healthy bowel is key to good overall health, as many illnesses are rooted in the gut. Kale contains some prebiotic properties, helping to keep the quantity of 'good' gut bacteria high, so that they can balance the 'bad' gut bacteria, which may lead to illness if left unchecked.

Besides being an excellent part of an anti-inflammatory diet, kale can also help detoxify the body at the cellular level. This is largely thanks to isothiocyanates (ITCs) which are formed from the glucosinolates found in kale. Incorporating kale into your diet as a staple food can help your cells to regularly release any toxic buildup that they

may have stored. If you are thinking of undergoing a detox cleanse, kale can also be a superstar in this process and really give your cleanse a boost.

Because of their ability to detoxify the cells, the ITCs found in kale also make it a key food in cancer prevention. Kale has been associated with lowering the risks of bladder, colon, ovary, breast and prostate cancers, and may possibly lower the risk of other cancers, as well.

Additionally, kale helps support a healthy heart and circulatory system, and may lower levels of LDL 'bad' cholesterol if eaten regularly.

All in all, this is one leafy green is not to be underestimated.



Kale on Quinoa

Ingredients:

- ◆ 1 cup quinoa
- ◆ 2 tablespoons extra virgin olive oil
- ◆ 2 small sweet potatoes peeled and cut into 1/2 inch pieces
- ◆ 10 ounces button mushrooms, quartered
- ◆ 2 cloves garlic, thinly sliced
- ◆ 1 bunch kale, torn into 2 inch pieces
- ◆ 3/4 cup dry white wine
- ◆ Salt and pepper to taste
- ◆ 1/4 cup grated parmesan cheese

Instructions:

1. Place your quinoa and 2 cups of water in a saucepan and bring to a boil.
2. Reduce heat and simmer 12 to 15 minutes.
3. Heat the oil over medium heat in a larger pot.
4. Add the potatoes and mushrooms and cook, tossing occasionally for 5 minutes.
5. Stir the garlic in with the potatoes and cook for 1 minute.
6. Add all remaining ingredients except cheese and cook for 10 to 12 minutes, tossing occasionally.
7. Serve the vegetables over the quinoa and top with a little parmesan.



Chicken with Kale

Ingredients:

- ◆ 2 tablespoons coconut oil, divided
- ◆ 4 organic, free range chicken quarters, skinned
- ◆ Salt and pepper to taste
- ◆ 1/4 cup all-purpose gluten-free flour
- ◆ 5 garlic cloves, chopped
- ◆ 1 ounce chopped and washed kale
- ◆ 1 can diced tomatoes
- ◆ 2 cups organic chicken broth
- ◆ 1 tablespoon red wine vinegar

Instructions

1. Preheat oven to 325 degrees F.
2. Heat a pan over medium heat and add 2 teaspoons of coconut oil.
3. Sprinkle the chicken with salt and pepper. Dredge the chicken in the flour.
4. Place 2 of the quarters in the pan and cook for 1 1/2 minutes on each side. Remove and do the same with the other quarters and 2 more teaspoons of coconut oil. Remove chicken from pan.
5. Bake chicken for 1 hour and 15 minutes in dutch oven.
6. When chicken is almost ready, add remaining oil and a garlic to the pan. Cook for 20 seconds. Add half of the kale and cook for 2 minutes. Add remaining kale and cook for 3 minutes. Stir in the tomatoes and broth and bring to a boil. Remove from heat and stir in vinegar.
7. Remove chicken from oven and serve on top of the kale mixture.



Kale and White Bean Soup

Ingredients:

- ◆ 2 tablespoons coconut oil
- ◆ 1 yellow onion, diced
- ◆ 4 large garlic cloves, chopped
- ◆ 4 large 32 ounce containers vegetable broth (make sure it is gluten-free)
- ◆ 4 cups packed chopped kale
- ◆ 1 can italian diced tomatoes
- ◆ 1 can cannellini beans, rinsed and drained
- ◆ 2 large carrots, sliced

Instructions:

1. Heat oil in a saucepan over medium heat. Add onion and garlic and cook for 5 minutes.
2. Add remaining ingredients except beans and cook for 5 more minutes.
3. Add beans and cook until hot then serve while warm.

Braised Kale Frittata

Ingredients:

- ◆ 6 large free range eggs
- ◆ 4 large free range egg whites
- ◆ Salt and pepper to taste
- ◆ 3 tablespoons grated parmesan cheese
- ◆ 2 tablespoons chopped oregano
- ◆ Small amount (spray) coconut oil
- ◆ 2 cups braised kale, drained and chopped
- ◆ 3/4 cup chopped cherry tomatoes

Instructions:

1. Preheat oven to 375 degrees F. Whisk the first 5 ingredients together.
2. Spray an 8 inch oven-proof skillet with coconut oil.
3. Heat over medium heat and add kale and tomatoes. Add the egg mixture and swish around to evenly distribute.
4. Transfer to the oven and bake for 20 minutes. Cut into wedges and serve.



Kale and Aloe Smoothie

Ingredients:

- ◆ 1 aloe vera leaf, skinned
- ◆ Juice of 1 lemon
- ◆ 1 banana
- ◆ 1 thumb fresh ginger
- ◆ 1 cup frozen pineapple chunks
- ◆ 1/2 cup apple juice
- ◆ 3 kale leaves

Instructions:

1. Remove the skin from the aloe.
2. Combine all ingredients and mix in a blender. Serve chilled.



Notes:

- ◆ Don't wash kale until right before you are going to use it; this keeps it fresh longer.
- ◆ Remove thick stems by holding the kale upside down by the stems and pull the leaves off. Stack the greens one on top of the other and roll them into a tight bundle and slice into the desired width.
- ◆ You can use the stems cut very small for soups.
- ◆ The best way to reduce bitterness and soften thick greens is to blanch them. After this, you can saute them or freeze them for later use. To blanch kale, stir the leaves into boiling water for about a minute, drain and immediately run them under cold water.
- ◆ Braising is another great way to tenderize tough greens and add flavor. Slow cook the greens in about 3/4 cup of vegetable stock for about 20 minutes until they are tender and ready to eat.



Blackberries

Blackberries (*Rubus fruticosus*) have been growing wild in many regions of the planet since ancient times. Also called thimbleberries, brambles, gout berries and American dewberries, the berries, roots and leaves of the blackberry bush have been used for food, medicinal and functional purposes across Asia, Europe, North and South America for centuries, and in some regions, for much longer.

This relative of the rosebush was used medicinally by ancient Greeks and Romans, as well as many tribes of Native Americans, including the Cherokee, Chippewa, Iroquois and Ojibwa tribes. Some common uses

were treating fevers, digestive issues including diarrhea, bug bites and other wounds, lung conditions such as whooping cough and hemorrhoids. Many of these remedies included the bark and the leaves of the blackberry bush. Native Americans often used the berries as a deep indigo dye.

Blackberries grow on leafy, thorny bushes which can reach approximately twelve feet tall, in large dark purple, almost black, clusters. The berries are juicy, tart when immature and very sweet when ripe, and contain multiple small, edible seeds. The blackberry bush seasonally blossoms into white and pink flowers.



Nutritional Profile

Each succulent blackberry contains:

- ◆ Calcium
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K
- ◆ Zinc

Health Benefits

Blackberries are packed with antioxidants, including flavonoid antioxidants known as anthocyanins. Anthocyanins have been linked to anti-inflammatory properties, heart disease prevention, and possible anti-carcinogenic and anti-aging effects. Other polyphenols found in blackberries include gallic acid, ellagic acid and rutin, which may provide antibacterial and antiviral properties.

Because of these compounds, blackberries may help to reduce mouth bacteria, and possibly aid the immune system in combating microorganisms throughout the body. The combination of various antioxidants in blackberries help to maintain cognitive function, keep your skin looking young, and guard against many chronic conditions. The vitamin C content



of blackberries also helps boost the immune system, and aids in maintaining firmer, healthier skin.

The tannins in blackberries, as well as their leaves, contribute to their effectiveness against minor cuts, scrapes and bruises. These compounds work to tighten the tissues, help to stop bleeding and reduce bruising. Vitamin K, which plays a role in helping blood to clot, also contributes to the traditionally-tested effectiveness of wound healing with blackberry leaves. Tannins likely also contribute to blackberries' effects on soothing the stomach.

The leaves and bark of the blackberry bush may help to ease sore throats and swollen gums, making blackberry leaf tea a wonderful drink to enjoy if you are experiencing oral pain.



Blackberry Yogurt Parfait

Ingredients:

- ◆ 2 cups of greek yogurt
- ◆ 2 cups of granola
- ◆ 2 cups of fresh blackberries
- ◆ 4 tablespoons of honey

Instructions:

1. Place 4 parfait glasses out and place 2 tablespoons of yogurt in the bottom of each one.
2. Spoon 2 tablespoons of granola on top of the yogurt.
3. Drizzle a little honey on top of the granola and top with some berries. Repeat until all ingredients are used up.



Chilled Blackberry Soup

Ingredients:

- ◆ 4 cups of frozen blackberries, thawed
- ◆ 1 cup of pear juice
- ◆ 1/2 a cup of honey
- ◆ 1/4 cup water
- ◆ 1 lime wedge
- ◆ 1 pinch of ground cinnamon
- ◆ 1/4 teaspoon of pure vanilla extract
- ◆ Dash of nutmeg
- ◆ 1 cup of greek yogurt

Instructions:

1. In a large saucepan combine the first 8 ingredients (all but the yogurt). Cook over low heat until berries are soft.
2. Push mixture through a fine mesh colander.
3. Process mixture and yogurt through a food processor until smooth.
4. Chill soup before serving.

Double the Berries Smoothie

Ingredients:

- ◆ 1 small banana
- ◆ 1 cup of frozen blackberries
- ◆ 1/2 a cup of fresh raspberries
- ◆ 2 cups of greek yogurt
- ◆ 1 tablespoon of honey

Instructions:

Place all ingredients in a blender and process until smooth.



Blackberry Spinach Salad

Ingredients:

- ◆ 2 tablespoons of extra virgin olive oil
- ◆ 1 teaspoon of balsamic vinegar
- ◆ 2 teaspoons of honey
- ◆ 1 garlic clove, minced
- ◆ 1 teaspoon of dijon mustard
- ◆ Salt and pepper to taste
- ◆ 6 cups of baby spinach
- ◆ 1 cup of fresh blackberries
- ◆ 1 cup of cherry tomatoes
- ◆ 2 tablespoons of almond slivers

Instructions:

1. Whisk the first 6 ingredients together to create the dressing for the salad.
2. Toss the remaining ingredients together in a large bowl.
3. Drizzle salad with dressing and serve.

Tangy Blackberry Ice Cream

Ingredients:

- ◆ 2 cups of blackberries
- ◆ 1 cup of coconut sugar
- ◆ 2 teaspoons of lemon juice
- ◆ 1 1/2 cups of heavy cream
- ◆ 1/2 a cup of sour cream

Instructions:

1. In a large saucepan over medium heat mix the blackberries, sugar and lemon juice. Stir until sugar is dissolved.
2. Put the mixture through a blender and puree. Sift through a fine mesh colander to remove seeds.
3. Return mixture to the blender, add heavy cream and sour cream and blend until mixed.
4. Chill mixture then process through your ice cream maker to freeze.





Asparagus

The coming of spring brings the prospect of warmer weather, longer days ... and fresh asparagus. This nutrition-packed veggie is actually part of the lily family, is harvested in early spring, and can grow an entire ten inches in just one day, if nurtured in the right conditions.

Asparagus has been cultivated for thousands of years, with the earliest records placing it in ancient Egypt around 3000 BC. Wild asparagus has traditionally been used for medicinal purposes for many generations in various parts of Asia.

The most common type of asparagus is a rich green color, with stalks between six and eight inches long. White asparagus, which is grown

underground to keep chlorophyll from forming, has a gentler flavor and texture. You may also come across purple asparagus, which is smaller, with stalks growing to only about three inches in height.

Nutritional Profile

Asparagus, which can add a gourmet flair to any meal, contains:

- ◆ Calcium
- ◆ Choline
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Selenium
- ◆ Vitamin A



- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K
- ◆ Zinc

Health Benefits

One principal benefit of asparagus is its high concentration of folate. Sometimes, in supplements, you will see this referred to as folic acid, which is the synthetic form (it is better to get your folate from natural sources, like asparagus). Just under 6 ounces of asparagus provides 60 percent of the recommended daily intake of folate. Folate is crucial to the circulatory system, as it aids in the proper development of blood cells, and helps to prevent liver ailments. Folate is especially necessary during pregnancy, as it has been found to prevent birth defects, including spina bifida.

Asparagus is rich in flavonoid antioxidants, as well as phytonutrients, which help to combat inflammation. Keeping

chronic inflammation at bay helps to prevent the onset of chronic diseases, including autoimmune diseases, type 2 diabetes, cardiovascular disease and cancers. Saponins are one phytonutrient group that is found in asparagus. They have been linked to improved levels of fat in the blood, blood sugar stability and healthier blood pressure levels.

This delicious, edible lily has prebiotic properties, thanks to a compound called inulin. Inulin is a unique carbohydrate that does not digest until it reaches the large intestine, where it feeds healthy gut bacteria. Asparagus is also high in fiber, further aiding the digestive process and keeping your gut in an optimal state of balance.

Purple asparagus has the added benefit of containing anthocyanins, a group of flavonoid antioxidants that have been the subject of much research lately due to their ability to protect the cells from oxidative stress, helping to prevent disease. Laboratory studies (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2582525/>) have



found that anthocyanins may combat certain cancers, such as GI cancers and skin cancer.

A study (<http://www.newswise.com/articles/eating-asparagus-may-prevent-a-hangover>) performed in 2009 by the Institute of Food Technologists (IFT) found that the minerals and amino acids found in asparagus may act as a hangover remedy, and protect the liver against toxicity.



Asparagus and Mushrooms

Ingredients:

- ◆ 1 bunch fresh asparagus
- ◆ 1/2 pound fresh mushrooms
- ◆ 2 sprigs fresh rosemary, minced
- ◆ 2 teaspoons extra virgin olive oil
- ◆ Salt and pepper to taste
- ◆ Coconut oil (for cookie sheet)

Instructions:

1. Preheat oven to 450 degrees F. Lightly coat a cookie sheet with coconut oil (alternatively, use olive oil).
2. Place the asparagus and mushrooms in a bowl, drizzle with olive oil and seasonings.
3. Spread mixture on cookie sheet and bake for 15 minutes.





Stir Fry with Asparagus

Ingredients:

- ◆ 1 tablespoon butter
- ◆ 1/4 of a sweet onion, chopped
- ◆ 1 pound fresh asparagus
- ◆ 1 teaspoon chopped roasted garlic
- ◆ 2 teaspoons teriyaki sauce (gluten-free)

Instructions:

1. Melt the butter in a large saucepan.
2. Saute onions until tender. Add asparagus and garlic and saute for 3 to 5 minutes.
3. Drizzle with teriyaki sauce and serve.

Asparagus and Couscous salad

Ingredients:

- ◆ 2 cups brown rice couscous (gluten-free alternative to wheat-based couscous)
- ◆ 1 bunch fresh asparagus
- ◆ 8 ounces grape tomatoes, halved
- ◆ 6 ounces feta cheese crumbles
- ◆ 3 tablespoons balsamic vinegar
- ◆ 2 tablespoons extra virgin olive oil
- ◆ Black pepper taste

Instructions:

1. Cook couscous according to package instructions.
2. Place asparagus in a steamer in 1 inch of boiling water. Cover and cook for 2 to 6 minutes.
3. Toss the couscous, asparagus, tomatoes, cheese, vinegar, oil and pepper until well combined. Serve warm or cold.



Asparagus Quiche

Ingredients:

- ◆ 1 pound fresh asparagus trimmed and cut to 1/2 inch pieces
- ◆ 10 slices nitrate and nitrite free bacon
- ◆ 2 unbaked pie shells (ideally these should be gluten-free)
- ◆ 1 free range egg white, lightly beaten
- ◆ 4 free range eggs
- ◆ 1 1/2 cups 1/2 and 1/2 cream
- ◆ 1/4 teaspoon ground nutmeg
- ◆ Salt and pepper to taste
- ◆ 2 cups shredded Swiss cheese

Instructions:

1. Preheat oven to 400 degrees F.
2. Place asparagus in a steamer in 1 inch of boiling water. Cook until tender but firm.
3. Place bacon in a skillet and heat until evenly brown. Crumble, and set aside.
4. Brush the pie shells with a beaten egg white. Sprinkle with the bacon and chopped asparagus.
5. Mix together remaining ingredients in a bowl and pour into pie shells.
6. Bake in preheated oven for 35 or 40 minutes. Let cool to room temperature before serving.



Asparagus and Cashews

Ingredients:

- ◆ 2 tablespoons coconut oil
- ◆ 2 tablespoons sesame oil
- ◆ 1 tablespoon minced fresh ginger root
- ◆ 1 bunch asparagus stalks
- ◆ 1 tablespoon gluten-free soy sauce
- ◆ 1/2 cup chopped cashews

Instructions:

1. Heat coconut oil and sesame oil in a wok over medium heat.
2. Add ginger and stir fry until brown.
3. Add asparagus and stir fry for a few minutes then add remaining ingredients.
4. Cook until asparagus just begins to be tender.

Notes:

- ◆ Look for spears that are firm with a bright color and closed tips.
- ◆ Avoid yellow spears that appear to be ready to flower.
- ◆ Medium-sized asparagus spears (about 1/2 inch in diameter) are usually the most flavorful.
- ◆ Rinse spears under cold water before cutting.
- ◆ Cut the bottom fourth of the spear off and discard - it is tough and woody.
- ◆ As this vegetable has a short shelf life in the fridge, it is ideal to eat it within two days.
- ◆ Store asparagus in a plastic bag with a good seal - be sure to get all of the air out first and do not wash before storing.
- ◆ Wrap the ends of the stalks in a damp washcloth when you store it in the fridge, to make it last slightly longer.





Dragon Fruit

Dragon fruit, also known as pitaya and strawberry pear, received its common name from a Chinese legend. According to this legend, dragon fruit emerged from the jaws of a dragon after it breathed fire. Warriors who slew the dragon would collect the fruits, which would fall from its mouth, and present them to the Emperor.

These cactus fruits are actually native to Mexico, as well as South and Central America. They were thought to have been brought to Asia by French explorers over a century ago, where they are now cultivated throughout Southeast Asia. In some of these

countries, they are traditionally eaten as a high-class status symbol.

Dragon fruit somewhat resembles a larger, elongated kiwi, with a tougher, more leathery shell and seeded flesh inside. Most species of dragon fruit come from the *Hylocereus* cactus, which besides bearing these mild and sweet fruits, blooms into large, fragrant white flowers at night.

The varieties that come from this cactus include those with pink skin and white (*Hylocereus undatus*) or red flesh (*Hylocereus polyrhizus*) inside. Another variety of dragon fruit, *Selenicereus megalanthus*, has yellow skin and white flesh. The flesh of all varieties is bespeckled with tiny black seeds.

Nutritional Profile

Hidden within the thick outer skin of the dragon fruit are:

- ◆ Calcium
- ◆ Fiber
- ◆ Iron



- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamins B1, B2 and B3
- ◆ Vitamin C

Health Benefits

Dragon fruit contains a class of antioxidants known as phytoalbumins, which have cancer-prevention properties. Red dragon fruits contain lycopene, a carotenoid antioxidant that is associated with a lowered risk of cancers, including prostate and skin cancers. Lycopene may also help to prevent age-related bone loss, and may even help prevent strokes. The combination of antioxidants found in dragon fruit can help to combat oxidative stress, and reduce the risk of a host of chronic diseases.

These fruits are high in vitamin C, which besides being integral to immune system support is essential for making collagen, as well as certain

neurotransmitters. An ample supply of vitamin C can keep your skin looking young and radiant, and also helps to regenerate vitamin E in the body, further boosting skin health. It also helps the body to absorb iron, which carries oxygen throughout the body via the circulatory system.

Dragon fruits can keep your bones strong and healthy, as they contain calcium and phosphorus. Calcium also helps the muscles to function properly, and phosphorus is crucial in building body tissues. These minerals make it a great pre and post-workout snack.

Dragon fruit may also help to lower LDL 'bad' cholesterol levels, improve appetite, and has a good amount of soluble fiber, which aids in digestion. This fruit has a laxative effect, and can therefore ease uncomfortable constipation and irritable bowel syndrome (IBS).

Additionally, dragon fruit has been used traditionally to detoxify heavy metals from the body.



Dragon Fruit and Egg Oatmeal

Ingredients:

- ◆ 4 cups steel cut oats
- ◆ 4 teaspoons coconut sugar
- ◆ 4 free range eggs, beaten
- ◆ 1 dragon fruit, chopped
- ◆ 1 cup almond milk

Instructions:

1. Cook oats as usual. Do not remove from stove.
2. Reduce heat to low when oats are just starting to thicken. Stir in coconut sugar.
3. Add eggs, stir, and cook for 2 minutes.
4. Stir in the dragon fruit, and cook for another 2 minutes.
5. Serve and top with almond milk.



Tropical Festive Fruit Salad

Ingredients:

- ◆ 1 1/2 cups papaya, cubed
- ◆ 1 cup pineapple, cubed
- ◆ 1 banana, sliced
- ◆ 1 cup mango, cubed
- ◆ 1 cup strawberries, sliced
- ◆ 1 cup dragon fruit, cubed
- ◆ 1/4 cup coconut milk
- ◆ 1 tablespoon lime juice
- ◆ 2 tablespoons coconut sugar

Instructions:

1. Place all the fruit in a large bowl and gently toss to combine.
2. Whisk the coconut milk, lime juice, and sugar together. Stir until sugar dissolves.
3. Pour coconut milk mixture over the fruit salad and toss to coat. Chill before serving.



Dragon Fruit Energy Milkshake

Ingredients:

- ◆ 1 tablespoon chia seeds
- ◆ 1/2 cup dragon fruit, peeled
- ◆ 1/2 cup frozen raspberries
- ◆ 1 cup milk
- ◆ 1/2 cup heavy cream
- ◆ 1 tablespoon honey

Instructions:

Place all ingredients in your blender. Mix until thick and creamy.

Green Dragon Fruit Smoothie

Ingredients:

- ◆ 1/2 cup dragon fruit, peeled
- ◆ 5 strawberries
- ◆ 1 banana
- ◆ 2 cups baby spinach
- ◆ 1 cup water

Instructions:

Place all ingredients in a blender. Mix until well combined and serve.



Dragon Fruit Coconut Float

Ingredients:

- ◆ 1/2 cup coconut milk
- ◆ 1 cup whole milk
- ◆ 1/2 cup mint leaves
- ◆ 3/4 cup coconut sugar
- ◆ 1/4 teaspoon vanilla extract
- ◆ 1 cup heavy cream
- ◆ 1 cup dragon fruit, peeled and mashed
- ◆ 1 tablespoon lime juice
- ◆ Seltzer water

Instructions:

1. Heat the coconut milk in a saucepan. Just before it boils, add the mint leaves. Remove from heat and allow to steep for 30 minutes. Remove mint leaves.
2. Place coconut milk, milk, sugar, vanilla, heavy cream, dragon fruit and lime juice in a large bowl. Beat with a hand mixer until smooth and well combined.

3. Chill this mixture in the fridge for 6 hours.
4. Process mixture through your ice cream machine.
5. Add a scoop of ice cream to chilled serving glasses. Cover with seltzer water and serve.

Notes:

- ◆ Look for fruit that is bright and even-colored.
- ◆ Don't buy fruit with lots of blotches, it may be overripe.
- ◆ A perfectly ripe fruit should give just a little - like a kiwi, but not be mushy.
- ◆ Cut the dragon fruit lengthwise on a clean cutting board.
- ◆ Use a tablespoon to separate the flesh from the skin.
- ◆ Do not eat the skin. Be sure to remove any part of the skin from the fruit before eating.
- ◆ Fresh fruit will last in the refrigerator for several days.





Broccoli

Broccoli (*Brassica oleracea italica*) is a green, cruciferous vegetable that packs a huge nutritional punch. A relative of cabbage, cauliflower and brussels sprouts, broccoli has been around since ancient times and has supported the health of numerous generations.

Historians trace the cultivation of broccoli back to the ancient Romans, who grew it by domesticating a wild cabbage and discovering that the flower heads made an excellent meal. As the Roman empire spread its influence throughout Europe and Asia, broccoli's use spread, as well.

In traditional Chinese medicine, broccoli was used to cool down the body, especially in summer, and was also associated with eye health and treating nearsightedness. Italian immigrants

introduced broccoli to the American colonies during the 1700s, although its prevalence in the US did not grow in popularity until about the 1920's.

The broccoli plant is shaped like a tree, with florets emerging from a fibrous (but still edible) stalk. Depending on variety, it can be light green, dark green or slightly purple in color. The most common type eaten in the US is Calabrese broccoli, also known as Italian green.

Nutritional Profile

These nutrition-packed flowers are rich in:

- ◆ Calcium
- ◆ Choline
- ◆ Chromium
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese



- ◆ Omega-3 fatty acids
- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Selenium
- ◆ Vitamin A
- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K
- ◆ Zinc

Health Benefits

Broccoli is a crucial part of an anti-inflammatory diet, thanks to its numerous antioxidant compounds, vitamins and minerals. Flavonoid antioxidants found in broccoli include kaempferol and quercetin. These flavonoids support heart health, reduce inflammation, and may also help to relieve allergies.

This veggie is also rich in beta carotene, which converts to vitamin A in the body. It also contains the carotenoids

lutein and zeaxanthin. These carotenoids are important to eye health and the prevention of macular degeneration, and greatly contribute to broccoli's anti-inflammatory nature. The vitamin C in broccoli supports immune health, and also keeps your skin and gums healthy.

Broccoli is an extremely heart-healthy superfood, thanks to omega-3 fatty acids, as well as to its high amount of soluble and insoluble fiber. Omega-3 fatty acids are monounsaturated fats that have been linked to significant cardiovascular benefits. Along with helping to keep arteries clear and LDL 'bad' cholesterol levels low, fiber is important for healthy digestion, feeding beneficial gut bacteria and balancing blood sugar levels.

Glucosinolates, the sulfur chemicals found in broccoli, not only help to reduce inflammation, they possess researched cancer-fighting potential. An enzyme also found in broccoli, myrosinase, converts glucosinolates



into anticarcinogenic isothiocyanates. So far, broccoli and its compounds have shown positive results in reducing the risk of colon, bladder, prostate, breast and ovarian cancers.

The glucosinolates in broccoli have also exhibited potential for combatting osteoarthritis, can help to heal skin that has been damaged by sun exposure, and make broccoli a wonderful addition to a detox regimen. When broccoli is used as part of a detox, the glucosinolates work to flush built-up toxins out of the body at a cellular level.

Additionally, the high amounts of vitamin A and vitamin K found in broccoli help to support vitamin D metabolism in the body. Vitamin K also aids in blood clotting after wounds, and helps to move calcium throughout the body, making it essential for bone health.

Broccoli Banana Milkshake

Ingredients:

- ◆ 1 cup of organic almond or whole milk
- ◆ 1/2 a cup of greek yogurt
- ◆ 1 frozen banana
- ◆ 1 cup of broccoli florets
- ◆ 1 teaspoon of cinnamon
- ◆ 1 tablespoon of coconut sugar

Instructions:

Mix all ingredients in your blender on high speed until creamy. Best if consumed immediately.



Cream of Broccoli Soup

Ingredients:

- ◆ 6 tablespoons of butter (divided)
- ◆ 1 onion, chopped
- ◆ 2 stalks of celery, chopped
- ◆ 3 cups of organic chicken broth
- ◆ 8 cups of broccoli florets
- ◆ 3 tablespoons of all purpose, gluten-free flour
- ◆ 2 cups of whole milk
- ◆ Salt and pepper to taste

Instructions:

1. Melt 3 tablespoons of butter in a large stock pot. Cook onion and celery in butter until soft.
2. Add broccoli and broth to the pot and simmer for 10 minutes.
3. Puree the soup in batches in your blender then pour back into the pot.
4. Add remaining butter, flour, and milk to the soup. Stir until thick, season, and serve.

Broccoli Orange Juice

Ingredients:

- ◆ 2 cups of broccoli florets
- ◆ 2 oranges, peeled
- ◆ 1 cucumber
- ◆ 2 carrots

Instructions:

1. Process all ingredients through your juicer.
2. Pour over ice and enjoy.





Slow Cooker Beef and Broccoli

Ingredients:

- ◆ 2 pounds of organic grass fed beef sirloin, cut into strips
- ◆ 1 cup of organic beef stock
- ◆ 1/4 cup of gluten-free soy sauce
- ◆ 1/4 cup of gluten-free oyster sauce
- ◆ 1/4 cup of coconut sugar
- ◆ 2 teaspoons of sesame oil
- ◆ 3 cloves of garlic, minced
- ◆ 1/4 cup of water
- ◆ 2 tablespoons of cornstarch
- ◆ 4 cups of broccoli florets, steamed
- ◆ Cooked rice for serving

Instructions:

1. Whisk broth, sauces, sugar, oil, and garlic together. Marinate meat in this mixture for 15 minutes.
2. Cook meat for 4 hours in slow cooker.
3. Stir water and cornstarch together until thick. Pour over meat to thicken sauce and cook for an additional 30 minutes.
4. Serve on top of rice and steamed broccoli.

Notes:

- ◆ Fresh broccoli should be firm and dark green with crisp, not limp, leaves.
- ◆ Refrigerate broccoli in a plastic bag immediately after purchase.
- ◆ Wash, don't soak broccoli in cool water before using.
- ◆ To preserve the highest amount of nutrients in broccoli, be sure not to overcook it. Either serve it raw, or lightly steam it; otherwise many of the beneficial compounds are depleted.
- ◆ Save the cooking water for soup.



Hemp Seed

Hemp seeds hail from the *Cannabis sativa* plant. While a variety of this plant is cultivated to produce marijuana, hemp and hemp seeds come from another strain, one that does not contain enough tetrahydrocannabinol (THC) to produce a 'high.' This plant originated in China, where the seeds have been used as a food source, and also for medicinal purposes, for hundreds of years. The fibrous stalks were used to make paper, rope and clothing.

In ancient China, hemp seeds were able to provide nutritious sustenance in times of famine. The seeds were



also made into oil, powder, pastes and infusions for traditional remedies. Just a few of the conditions that hemp seeds were used to treat include ridding the body of parasites and infections, reducing inflammation, improving digestion, lowering blood pressure, correcting menstrual irregularities, supporting hair and skin health, and as an overall tonic to boost organ function.

Hemp seeds are technically fruits. They are small and round, have a soft texture, and a warm, mild flavor reminiscent of pine nuts. Today, they are often made into hemp milk and hemp protein powder, and are also available in their ideal, organic whole form.

Nutritional Profile

These tiny super-fruits contain:

- 💧 Calcium
- 💧 Fiber
- 💧 Iron
- 💧 Magnesium
- 💧 Omega-3 fatty acids



- 💧 Phosphorus
- 💧 Protein
- 💧 Vitamin A
- 💧 Vitamin D
- 💧 Vitamin E
- 💧 Zinc

Health Benefits

Hemp seeds contain all nine essential amino acids, and are therefore considered a complete vegan protein. The protein contained in hemp seeds is a highly digestible variety, and therefore does not cause digestive discomfort or bloating when it is consumed. It can also provide maximum energy to get you through a long day, and makes hemp seeds a great pre-workout food.

One of the main benefits of hemp seeds is their balanced omega-3 to omega-6 fatty acid ratio of about 3:1. The combination is ideal for reducing inflammation in the body, which helps to prevent the onset of many chronic diseases, and may help alleviate the symptoms of numerous inflamma-

tory conditions, such as rheumatoid arthritis and fibromyalgia. The essential fatty acids in hemp seeds have also been linked to optimal heart and brain health, and keeping the arteries clear of plaque build-up. They may help to elevate mood and alleviate depression, as well.

The omega-6 fatty acids found in hemp seeds include one known as gamma linolenic acid (GLA). GLA helps to boost the metabolism and encourages the body to burn fat, making hemp seeds an excellent weight loss aid. Hemp seeds also accentuate weight loss efforts for the reason that they naturally suppress appetite, reduce cravings and can keep you feeling satiated. GLA has also been associated with lowering LDL 'bad' cholesterol, balancing hormones and supporting skin, hair and nail health.

Additionally, hemp seeds can help to regulate blood sugar levels, and may have potential to benefit those with immune deficiency disorder. They are also rich in phytonutrients and have demonstrated in animal studies that



they may reduce the risk of many cancers by improving cellular use of oxygen and nutrients.

Hemp Oatmeal

Ingredients:

- ◆ 2 teaspoons coconut oil
- ◆ 1 cup steel cut oats
- ◆ 3 cups water
- ◆ 3 tablespoons hemp seeds
- ◆ 1 tablespoon dried cranberries
- ◆ Coconut milk to taste

Instructions:

1. Place the oil in a pot and heat until melted. Add oats and cook stirring until well coated in the oil. Add water.
2. Bring water to a boil and remove the mixture from the heat. Allow to sit overnight.
3. Heat the oatmeal in a pot the next morning. Stir in hemp seeds, cranberries and enough milk for a good texture. Scoop into bowls and serve.

Hemp Blueberry Smoothie

Ingredients:

- ◆ 1 tablespoon almond butter
- ◆ 1 1/2 cups frozen blueberries
- ◆ 1 cup almond milk
- ◆ 1/2 cup greek yogurt
- ◆ 1 cup ice cubes
- ◆ 1 frozen banana
- ◆ 1/4 cup hemp seeds

Instructions:

Add all ingredients to a blender. Pulse until desired consistency. Add more ice for a thicker smoothie or more milk for a thinner one.



Banana Hemp Yogurt Dessert

Ingredients:

- ◆ 3/4 cup hemp seeds
- ◆ 1 banana
- ◆ 2 tablespoons coconut oil
- ◆ 1 tablespoon maple syrup or honey
- ◆ 1 teaspoon vanilla extract
- ◆ 1/3 cup water
- ◆ Sliced almonds for topping
- ◆ Sliced strawberries for topping

Instructions:

1. Blend all ingredients except toppings until smooth.
2. Refrigerate mixture for 2 hours to thicken.
3. Dish into serving bowls, top with almonds and strawberries.



Coconut Hemp Bites

Ingredients:

- ◆ 1 cup sunflower seed butter
- ◆ 1/4 cup maple syrup
- ◆ 1 tablespoon unsweetened cocoa powder
- ◆ 1 teaspoon cinnamon
- ◆ Pinch of sea salt
- ◆ 1/2 cup unsweetened coconut shreds
- ◆ 1/3 a cup raisins
- ◆ 1/4 cup sunflower seeds
- ◆ 1/2 cup hemp seeds

Instructions:

1. Mix the sunflower butter, maple syrup, cocoa powder, cinnamon and salt in a large bowl.
2. Stir in the coconut shreds, raisins and sunflower seeds. Mix well until everything is well combined.
3. Refrigerate for 30 minutes. Roll the dough into 1 inch balls.
4. Roll each ball in hemp seeds then place on a plate and serve.



Wheat-Free Hemp and Apple Muffins

Ingredients:

- ◆ ½ cup whole-grain spelt flour
- ◆ ½ cup almond flour
- ◆ ¾ cup hemp seeds
- ◆ 1 teaspoon baking soda
- ◆ 2 teaspoons baking powder
- ◆ ¼ teaspoon sea salt
- ◆ 1 ¾ teaspoon cinnamon
- ◆ ¼ teaspoon nutmeg
- ◆ 1 cup applesauce
- ◆ ½ cup maple syrup
- ◆ ¾ cup coconut milk
- ◆ ½ tablespoon coconut oil
- ◆ 1 ½ teaspoon pure vanilla extract
- ◆ ⅓ cup raisins



Instructions:

1. Preheat oven to 350 degrees F.
2. Mix all dry ingredients, be sure to sift the baking powder and baking soda.
3. Mix applesauce, coconut milk, oil and vanilla together and add to the dry mixture.
4. Stir until just combined - don't over mix.
5. Spoon into lined muffin tins.
6. Bake for 21 minutes until toothpick inserted in center comes out clean.



Hemp Kale Chips With Garlic

Ingredients:

- ◆ 1 head garlic
- ◆ Coconut oil
- ◆ 1 cup hemp seeds
- ◆ 2 tablespoons ground chia seeds
- ◆ 1/2 teaspoon sea salt
- ◆ 3 tablespoons yeast
- ◆ 1 1/2 tablespoons dijon mustard
- ◆ Black pepper to taste
- ◆ 3/4 cup water
- ◆ 1 head of kale, rinsed and torn into pieces

Instructions:

1. Preheat your oven to 350 degrees F. Cut the top of the garlic head, rub it in coconut oil, and place it on a piece of foil on a baking sheet. Season with salt and pepper. Roast for 1 hour then let cool. Turn your oven down to 275.
2. Squeeze the cloves out of the garlic and mash them into a paste.
3. Mix the garlic with the hemp seeds, chia seeds, salt, yeast, mustard and black pepper.
4. Place kale on a baking sheet. Pour garlic mixture over top until evenly covered. Roast in a 275 degree F oven for 30 minutes or until crispy.

Notes:

- ◆ Purchase hemp seed bulk - it is cheaper. We recommend [Pure Healing Foods.com](http://PureHealingFoods.com) and Nuts.com.
- ◆ Keep one pound of hemp seed in an airtight container in the fridge for daily use and freeze the rest in an airtight container. This will keep them fresh.





Mangos

The mango (*Mangifera Indica*), known by some as the “king of fruits”, has been cultivated for over 4,000 years, and is thought to have originated in the sub-Himalayan plains of India, where it is known as ‘safeda.’ Mangos were first introduced to the United States in 1824, when several plants were brought to Hawaii from the Philippines.

This tropical fruit is related to the cashew and pistachio, and grows on trees at the end of long stems. While there are over 1,000 varieties of mango, the most common varieties are about six inches long and about 4 inches wide. They have smooth, green

skin which ripens to a shade between yellow and red, with, sweet, bright orange flesh surrounding a large pit.

Today, mango is one of the most popular fruits eaten around the world, enjoyed for both its flavor and its numerous nutritional benefits.

Nutritional Profile

Mango is packed with nutritional value, including:

- ◆ Calcium
- ◆ Choline
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Omega-3 fatty acids
- ◆ Omega-6 fatty acids
- ◆ Potassium
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamin B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K



Health Benefits

Mangos are rich in antioxidants and phytonutrients, including astragalin, fisetin, gallic acid, isoquercitrin and quercetin. The combination of antioxidants found in mangos works to protect the body from oxidative stress, reduces system-wide inflammation, and aids in the prevention of chronic diseases including breast, colon and prostate cancers.

Quercetin in particular is the subject of a growing body of research highlighting its many important benefits. This flavonoid antioxidant has been linked to maintaining a healthy weight, reducing the risk of heart disease, supporting bone health and easing mild allergies.

The vitamin A content of mangos is vital to optimal eye health, as it can promote overall healthy vision, prevent dry eye and night blindness, and lower the risk of macular degeneration and cataract development. It is also important for the reproduction of cells,

supports bone growth and healthy skin, and may help in lowering the risk of certain cancers. As vitamin A is fat-soluble, it is best to eat mangos alongside healthy fats, such as organic coconut oil.

Mangos are an excellent source of vitamin C, which helps to strengthen the immune system and ward off illness. Their vitamin B6 content can boost immunity even further, and also helps support brain development and nerve function, keeps blood sugar levels stable and supports hemoglobin production, which distributes the oxygen in red blood cells throughout the body.

The fiber content of mangos is key to healthy digestion, and has probiotic properties. Consuming fiber is also vital to cardiovascular health, as it helps to prevent the risk of heart disease and stroke. The omega-3 and omega-6 fatty acids found in mangos also help to promote optimal heart health.



The folate found in mangos helps support the production of red blood cells, and is important to maintaining a healthy heart. It is especially important for pregnant women, as it has been shown to significantly reduce the risk of birth defects. The copper content also aids in red blood cell health, has immune-boosting properties and helps keep bones strong.

Green (unripe) mangos are often featured in traditional Ayurvedic remedies. According to Ayurvedic philosophy, the green mango seed is what gives monkeys their energy and vitality. The juice of the green mango is also mixed with water and used as a remedy to prevent heat stroke. The potassium content of mangos may also help to fight dehydration, as it balances out the sodium levels in the blood. Green mangos are featured in many savory and spicy Asian dishes.

Mango is alkalizing to the body, neutralizing acidic pH. This helps

to maintain immune system health, promotes better sleep and helps keep skin healthy. This fruit is often traditionally used, both internally and externally, to help clear up skin conditions including acne.

As certain chemicals are sometimes used by mango producers to ripen mangos, it is important to buy organic in order to avoid them. Be sure to peel your mango well, as the peel contains phytochemicals which may cause allergic reactions in some people.

Whether you use it in juice, in sweet and savory recipes, or just eat it raw, your body will thank you for the addition of mango to a healthy diet.



Mango Smoothie

Ingredients:

- ◆ 1 ripe mango, peeled and chopped
- ◆ 1/2 cup whole milk
- ◆ 1/2 cup ice
- ◆ 1/4 cup greek yogurt
- ◆ 1 tablespoon honey

Instructions:

Place ingredients in a blender. Process until smooth. Pour into a glass and serve.



Kicked-up Mango Salad

Ingredients:

- ◆ 4 mangos, peeled, and cubed
- ◆ 1/4 cup lime juice
- ◆ 2 tablespoons extra virgin olive oil
- ◆ 1 tablespoon red pepper flakes
- ◆ 2 tablespoons fresh cilantro, chopped
- ◆ 2 tablespoons shallots, chopped
- ◆ Salt and pepper to taste

Instructions:

1. Place the mangos in a bowl.
2. Whisk the juice, olive oil, pepper flakes, cilantro, shallots and salt and pepper together. Drizzle dressing over the mangos.
3. Place the salad in the fridge for 30 minutes or more before serving.



Mango Pineapple Juice

Ingredients:

- 1 pineapple, peeled and chopped
- 3 mangos, chopped
- 2 inch piece of ginger root
- 1 teaspoon vanilla extract
- Crushed ice for serving

Instructions:

1. Process the pineapple, mangos and ginger through your juicer.
2. Whisk the vanilla into the juice.
3. Pour over ice to serve.

Cold Cucumber Mango Soup

Ingredients:

- 2 mangos, peeled
- 2 seedless cucumbers
- 1/4 cup water
- 3 tablespoons red onion, finely chopped
- 3 tablespoons lime juice
- 2 cups cold water
- 2 tablespoons fresh cilantro, chopped

Instructions:

1. Finely chop 1 mango and one cucumber. Puree in a blender with 1/4 cup water.
2. Pour pureed mixture into a bowl. Stir in the remaining chopped mango and cucumber, onion, juice and 2 cups of cold water.
3. Stir in cilantro and chill in the fridge before serving.



Yogurt and Honey Mango Pop

Ingredients:

- ◆ 2 cups ripe mango, chopped
- ◆ 1 1/2 cups greek yogurt
- ◆ 1/2 cup whole milk
- ◆ 2 tablespoons honey
- ◆ Pinch of sea salt

Instructions:

1. Place all ingredients in a blender and mix until smooth.
2. Pour blended mixture into popsicle molds. Cover and add sticks.
3. Freeze until solid and serve.



Notes:

- ◆ If you have a latex allergy, use caution when eating mangos, as they contain anacardic acid, which may trigger a similar reaction in latex-sensitive individuals.
- ◆ When shopping for mangos, don't focus on color but rather squeeze the mango lightly and if it gives a bit it is ready to use.
- ◆ Mangos become softer when they ripen and ripe mangos have a fruity aroma at their stem ends.
- ◆ Keep unripe mangos at room temperature - don't refrigerate before they are ripe.
- ◆ Place mangos in a paper bag at room temperature if you wish to speed up the ripening process.
- ◆ Keep peeled and cubed mango in an airtight container in the refrigerator for several days or freeze for up to 6 months.



- ◆ Wash mangos before cutting.
- ◆ The best way to cut a mango is to cut both side cheeks off first using a sharp knife and then cut small finger-sized pieces.

Swiss Chard



Contrary to its name, Swiss Chard isn't of Swiss origin. Rather, the leafy green plant's native homeland lies in the Mediterranean region and was first identified by the ancient Greeks. Aristotle wrote lovingly of the nutritious vegetable as early as the fourth century B.C. and later civilizations continued to honor chard for its health-promoting qualities.

The Swiss chard we know today was first identified by a Swiss botanist, yet is most popular in Mediterranean cuisine. The tender green leaves noted for the variety of their stalks are a member of the chenopod family, which also contain beets, spinach and quinoa.

Three types of Swiss chard can be found in farmer's markets and grocery store shelves. Rainbow chard is most recognizable thanks to its rainbow of colorful stalks. Fordhook Giant chard is a larger variety with crinkled leaves and light green stalks while Ruby Red chard is comprised of smaller thinner rich red stalks.



Nutritional Profile

Regardless of stalk color, Swiss chard is a powerhouse of nutrition, ranking second only to spinach in terms of nutrient-richness. Some of the nutrients that comprise these tender leaves include:

- ◆ Calcium
- ◆ Choline
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Phosphorous
- ◆ Potassium
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamin B1, B2, B3 and B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K
- ◆ Zinc

Health Benefits

It's no secret that rich leafy greens are packed with nutrition. However, Swiss chard is in a class all its own, containing a diversity and concentration of nutrients unmatched by other greens.

Scientists have identified at least 13 different polyphenols in the leaves and stalks of Swiss chard. Two of the most notable are kaempferol and syringic acid. Kaempferol is a cardioprotective compound also found in cruciferous vegetables such as broccoli. Syringic acid is a blood sugar regulator that inhibits the activation of the enzyme responsible for breaking down carbohydrates into simple sugars.

Like other members of the chenopod family, Swiss chard offers a highly unique blend of antioxidant phytonutrients. The leaves and stalks are comprised of everything from more conventional antioxidants like vitamins A, C and E to more unique and specialized compounds such as betalains.



Betalains are a unique class of compounds also found in abundance in beets. They are responsible for the various rich hues of beets and the stems of Swiss chard and play a vital role in nervous system health. Scientists have identified at least nine different betalain compounds in the leaves of red, purple and orange-stalked chard and 19 different betalains in the yellow-stalked variety.

Swiss chard aids significantly in blood sugar control and is recommended for diabetic and pre-diabetic individuals. Along with the high concentration of blood-sugar regulating syringic acid, one cooked-cup of Swiss chard contains 3.5 grams of fiber and 3.5 grams of protein. The combination of protein and fiber also help control blood sugar and prevent unsafe spikes and dips. Extracts of Swiss chard have been found to regenerate pancreas beta cells, which are responsible for

insulin production and aid in liver detoxification and damage protection.

Along with Swiss chard's potency at warding off diabetes, it also aids in bone health as the leaves are an excellent source of calcium, magnesium and vitamin K. Vitamin K1 prevents the production of osteoclasts, the cells responsible for bone erosion and destruction. Once consumed, vitamin K1 is converted to K2 by healthy gut bacteria. Vitamin K2 activates osteocalcin, the non-collagen portion of the bone that anchors calcium molecules inside the bone cell walls, supplying strength and support. One cup of swiss chard will provide 300 percent of the daily recommended intake of vitamin K.



Swiss Chard Smoothie

Ingredients:

- ◆ 3 cups swiss chard leaves
- ◆ 3 bananas
- ◆ 2 cups frozen pineapple
- ◆ 1 cup frozen mango
- ◆ 1 cup frozen strawberry
- ◆ 3 tablespoons honey
- ◆ 3 cups coconut water

Instructions:

Place all ingredients in your blender. Pulse until smooth. Best if served right away.



Swiss Chard Chicken Salad

Ingredients:

- ◆ 1/2 cup apple cider vinegar
- ◆ 2 teaspoons honey
- ◆ 1/2 teaspoon salt
- ◆ 1/2 teaspoon black pepper
- ◆ 1/2 teaspoon dried oregano
- ◆ 1/2 cup olive oil
- ◆ 1 bunch kale, torn
- ◆ 1 bunch swiss chard, torn
- ◆ 1 pound organic chicken, grilled and torn
- ◆ 6 ounces crumbled feta cheese
- ◆ 1/3 cup raisins
- ◆ 1/3 cup chopped, toasted walnuts

Instructions:

1. Whisk the apple cider vinegar, honey and seasoning together in a bowl. Whisk until honey is dissolved.
2. Mix the olive oil in with the dressing until smooth.
3. Toss the remaining ingredients together. Drizzle dressing over salad and serve.



Swiss Chard Bean Soup

Ingredients:

- ◆ 1/2 pound swiss chard, trimmed
- ◆ 1 teaspoon salt
- ◆ 2 anchovy fillets
- ◆ 1/4 teaspoon dried rosemary
- ◆ 1/3 cup olive oil
- ◆ 2 garlic cloves, peeled and smashed
- ◆ 1 cup white beans, cooked
- ◆ 4 cups organic chicken broth
- ◆ Black pepper to taste
- ◆ 1/2 cup gluten-free pasta
- ◆ Parmesan cheese for serving

Instructions:

1. Place the swiss chard in pot and cover with water. Cook until soft and drain. Chop into smaller pieces.
2. Chop the anchovy and rosemary.
3. Cook the garlic in the oil for 10 minutes. Stir in the anchovy and rosemary. Cook for 1 minute. Stir in chard and cook for 3 minutes. Stir in the beans and cook for 3 more minutes.
4. Bring mixture to a boil. Stir in pasta and cook until soft.
5. Serve topped with parmesan cheese.



Sauteed Swiss Chard

Ingredients:

- ◆ 3 pound swiss chard, cut into strips
- ◆ 2 tablespoons olive oil
- ◆ 2 tablespoons butter
- ◆ 2 onions, thinly sliced
- ◆ 2 garlic cloves, chopped
- ◆ Salt and pepper to taste

Instructions:

1. Heat butter and oil in a skillet over medium high heat.
2. Cook onions and garlic until soft.
3. Add the chard strips and cook for 10 minutes. You may have to cook in batches.
4. Season with salt and pepper and serve.

Chard and Cabbage Juice

Ingredients:

- ◆ 2 apples, cored
- ◆ 1/4 of a red cabbage
- ◆ 2 carrots
- ◆ 1 2-inch piece of ginger
- ◆ 8 leaves swiss chard
- ◆ 1/4 lemon, peeled

Instructions:

Process all ingredients through your juicer. Pour juice over ice and serve.



Notes:

- ◆ Look for chard that is colorful with firm stems and erect leaves.
- ◆ Rinse the leaves under cold water, do not soak. Remove any parts that are brown.
- ◆ Stack the leaves and slice them into 1-inch pieces. The stems for the Fordhook variety can be eaten - slice them into ½ -inch pieces, discarding the bottom inch.
- ◆ Swiss chard is one of the few

vegetables where cooking is recommended due to its oxalic acid concentration. For individuals with kidney problems, oxalic acid can lead to kidney stones as it builds up in the body. For otherwise healthy individuals, boiling is recommended but not a necessity. Boiling the leaves for up to three minutes will help the oxalates leach from the leaves and results in a less-bitter flavor.

