

# 108

## Anti Aging Recipes

**Clean Eating for  
a Younger Mind,  
Body & Soul**



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Longevity is big business in America today - the dream that anything is possible, even reversing our internal clocks, drives millions of people to seek out sometimes drastic measures to reduce the signs of aging. Plastic surgery, botox and other invasive procedures bring high dollar and high risk.

**H**owever, the key to fighting aging does not rest in some procedure, injection, pill, or even our makeup, but rather on achieving internal balance. The overall health of the body determines how gracefully we age.

The human body has a unique way of achieving a healthy internal balance no matter how old we are. The key to unlocking the anti-aging code rests in providing the raw materials that we need for cellular repair and restoration.

Keeping chronic illness at bay will help you look and feel your best.

Whole foods bring balance to the body and supply energy, while processed foods create unhealthy internal chaos and rob us of our youth. Here are a number of wholesome anti-aging foods to add to your diet today and some healthy and delicious ways to prepare them.

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





## Apricots

These bright orange stone fruits are, for many, synonymous with summer, as they are in season in North America between May and August. Apricots (*Prunus armeniaca*) originally hail from China, and were also cultivated in Greece prior to 60 BC. When the Greeks introduced apricots to Europe, they called them ‘golden eggs of the sun.’

As far as the presence of apricots in the United States, the first apricot tree was brought to Virginia in 1720. However, American apricot culture really took off when they began to be grown in Spanish Missions in California circa 1792. To this day, California continues to produce sweet summer apricots season after season.

Apricots have a velvety texture and a sweet, slightly tart flavor. They are often sold in their dried form, as drying deepens their flavor. The essential oil derived from apricot pits is marketed as bitter almond oil.

## Nutritional Profile

Apricots contain the following nutrients:

- ◆ Copper
- ◆ Fiber
- ◆ Potassium
- ◆ Vitamin A
- ◆ Vitamin C

## Health Benefits

**A**pricots are laden with beta-carotene, which is converted in the body to vitamin A. Vitamin A is crucial to optimal eye health, as well as to protecting the body from free radical damage. As oxidative stress and free radical damage to the eyes can lead to things such as macular degeneration and cataracts, vitamin A is a key player in preventing these conditions.



Beta carotene, along with the other carotenoid antioxidants found in apricots, promote cardiovascular health, help lower LDL 'bad' cholesterol, keep your skin healthy, and may help prevent cancers, most notably cancers of the mouth and lungs.

The antioxidants found in apricots help to fight inflammation throughout the body, and therefore work to prevent the onset of many chronic diseases which have inflammation at their core. Some of these antioxidants are the flavonoid lutein, which has been tied to anti-aging properties, and the carotenoid zeaxanthin, which provides further protection against age-related macular degeneration.

Apricots are high in vitamin C, which is crucial to the healthy functioning of the immune system. Vitamin C also helps to fight inflammation and free radical damage, as well as protecting skin and mucous membranes. If you feel a bug

coming on, eating foods rich in vitamin C can help ward it off. This delectable stone fruit also contains potassium, which helps cells to function optimally, and works to regulate blood pressure. The copper content of apricots help red blood cells to absorb iron, and also play a role in the creation of energy within cells. It also helps the body to create collagen, which is essential for healthy bones and tissue.

Also found in apricots are smaller amounts of protein, vitamin E, magnesium, phosphorus and manganese. While the amounts of these nutrients is not as high in apricots, every little bit benefits your body.



## Baked Apricot Free Range Chicken

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### Ingredients:

- ◆ 2 pounds organic free range chicken breasts
- ◆ 1/2 cup finely chopped organic apricots
- ◆ 2 tablespoons organic lemon juice
- ◆ 2 tablespoons gluten free soy sauce
- ◆ 1 tablespoon minced garlic
- ◆ 2 tablespoons dijon mustard
- ◆ 1 tablespoon extra virgin olive oil
- ◆ 6 organic dried apricots, finely chopped

### Instructions:

1. Preheat oven to 350 degrees F. Lay the chicken flat in a baking dish.
2. In a large bowl combine all the ingredients except dried apricots. Pour the mixture over the chicken then sprinkle with the dried apricot bits.
3. Bake for 20-25 minutes.

## Apricot Glazed Spiced Carrots

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### Ingredients:

- ◆ 2 pounds organic baby carrots
- ◆ 2 tablespoons organic butter, melted
- ◆ 1/3 cup sliced organic apricots
- ◆ 1/4 teaspoon ground nutmeg
- ◆ 1/4 teaspoon sea salt
- ◆ 1 teaspoon orange zest
- ◆ 2 teaspoons fresh organic lemon juice
- ◆ Parsley for garnish

### Instructions:

1. Put carrots in a pot and cover with lightly salted water.
2. Bring to a low boil and cook until carrots are soft. Drain the water.
3. Put all remaining ingredients in a bowl and mix well. Pour over the carrots, garnish with parsley, and serve.



## Baked Honey Apricots

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### Ingredients:

- ◆ 10 small organic apricots
- ◆ 1/4 cup raw honey
- ◆ Pinch of sea salt
- ◆ Organic greek yogurt

### Instructions:

1. Preheat oven to 300 degrees F.
2. Cut each apricot in half and remove the pits.
3. Place the apricots face up on a baking pan.
4. Drizzle the honey over the slices and sprinkle with salt.
5. Bake for 15 minutes, turn over, and bake for 5 more minutes.

## Nutty Chocolate Apricot Bars

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### Ingredients:

- ◆ 1 1/2 cups dried organic apricots
- ◆ 1/2 cup almonds
- ◆ 2 tablespoons organic shredded coconut
- ◆ Coarse sea salt
- ◆ 1/2 an ounce organic dark chocolate, melted

### Instructions:

1. Place the apricots, almonds, coconut and salt in a food processor. Process until ground.
2. Line a baking dish with parchment paper.
3. Transfer the mixture from the food processor to the dish and press to fit.
4. Drizzle the bars with chocolate and place in the refrigerator until hard.



## Apricot and Organic Brown Rice Couscous

### Ingredients:

- ◆ 2 cups organic brown rice couscous (gluten free couscous)
- ◆ 1 pound organic apricots
- ◆ 1/4 cup minced organic shallots
- ◆ 1/4 cup minced organic green onions
- ◆ 1 large handful of parsley
- ◆ 20 mint leaves
- ◆ 1/4 teaspoon fresh minced organic jalapeno
- ◆ Juice of 1 organic lemon
- ◆ 1/4 cup extra virgin olive oil
- ◆ Salt and pepper to taste



### Instructions:

1. Bring 3 cups of water to a boil and stir in the couscous. Cover and simmer for prescribed time (for couscous being used) then remove from heat. Let sit for 15 minutes. Strain and rinse with cold water.
2. Mix remaining ingredients together in a large bowl.
3. Combine the apricot mixture and couscous together and serve.

### Notes:

- ◆ When purchasing dried apricots, beware the bright orange varieties, as they have been treated with sulfur dioxide. This preservative gas can cause reactions in some people, especially those with asthma.
- ◆ Organic dried apricots are brown in color, not bright orange. If you want to avoid this unnecessary and potentially harmful preservative, always choose organic. Better yet, you can dry your own!
- ◆ Choose apricots that are plump and juicy, but not too soft.



- ◆ Don't purchase apricots that are hard, greenish yellow in color or soft or shrivelled.
- ◆ Ripen apricots by placing them in a paper bag for 2 to 3 days.
- ◆ Unripe apricots can be stored at room temperature for 5 days and ripe apricots will store in a sealed container in the fridge for up to a week.
- ◆ Look for apricots that are fully ripe, yield to gentle pressure and have a rich aroma.
- ◆ Do not ingest apricot pits.
- ◆ Don't refrigerate apricots until they are ripe - they can last up to 3 days in the refrigerator.
- ◆ If you want to speed up ripeness, add an avocado, banana or apple to a bag with your apricot.
- ◆ Apricots bruise easily, handle with care.
- ◆ To keep sliced apricots from browning, place them in a mixture of 2 cups of water and 2 table-  
spoons of fresh lemon juice.



## Aloe Vera

The health benefits of aloe vera have been celebrated for thousands of years. Many historians and botanists believe that this plant, which flourishes in desert and tropical climates, originally came from arid parts of Africa. It has been mentioned in the texts of ancient Egyptians, Greeks, Persians and numerous other cultures. Today, aloe vera can be found in warm climates across the United States and in many regions of the world.

Aloe vera, also sometimes known as aloe barbadensis, is a member of the Liliaceae (lily) family, of which onions and garlic are also members. While its medicinal properties have been touted in many texts, one major example is



the writing of Dioscorides, the Greek herbalist who traveled with the armies of the Roman empire. He wrote that aloe vera could help stop bleeding in wounds, soothe mouth irritation, heal bruises, boils and hemorrhoids, aided in “cleansing the stomach,” and could induce sleep, among many other uses.

The aloe vera plant consists of spiny leaves that can reach up to two feet in length. As they mature, the plants develop a stalk that emerges from the center cluster of their leaves, which produces small yellow flowers. The leaves are covered in spots when they are immature, and as they grow, they turn to a more solid, light green color. It is the inside of the leaves that is used medicinally; cut them open and you will find a jelly-like substance that consists of 99 percent water.

## Nutritional Profile

The gooey sap of the aloe vera plant is filled with:

- 💧 Calcium
- 💧 Choline

- 💧 Chromium
- 💧 Copper
- 💧 Folic acid
- 💧 Germanium
- 💧 Iron
- 💧 Magnesium
- 💧 Manganese
- 💧 Potassium
- 💧 Protein
- 💧 Selenium
- 💧 Vitamin A
- 💧 Vitamins B1, B2, B3, B6 and B12
- 💧 Vitamin C
- 💧 Vitamin E
- 💧 Zinc

## Health Benefits

**A**loe vera is best known for its topical applications, specifically for treating sunburn. It also helps to heal minor wounds, soothes minor burns and bug bites, and can take the itch out of psoriasis, eczema and other forms of dermatitis. The gel found within aloe leaves can also help small cuts and scrapes to stop bleeding, and



with regular application, can soften and improve the elasticity of the skin.

When taken internally, fresh aloe vera juice has numerous benefits. For one thing, it has been associated with providing a significant boost to the immune system. It has been linked to calming allergic reactions, improving the immunity of those with weakened immune systems or those who are recovering from an illness, and is under scrutiny by researchers for its connection to fighting cancers such as leukemia, as well as HIV and diabetes.

One reason for aloe vera's immune-stimulating properties could be that it is considered an adaptogen, a substance that heightens the body's natural process of adapting to external stressors. Vitamin C definitely plays a role, as may the mineral germanium, which has been linked to aiding with immune system deficiencies, as well as having benefits for the cardiovascular system and for pain reduction.

Aloe vera is an excellent detox food, as it can help flush the toxins out of many organs, especially the colon. The gels in the aloe liquid absorb toxins as they move through the digestive tract, which are then eliminated along with the stool. Because of this ability, aloe vera can relieve multiple types of digestive distress, and may also help to flush intestinal parasites from the body.

Additionally, aloe vera may help the body to better absorb vitamins B12 and E, and perhaps other vitamins as well - both water and fat soluble. It also contains eight essential amino acids. The aloe vera makes a wonderful houseplant; all it needs is a good amount of sunshine, and minimal watering.



## Lemon Aloe Juice

### Ingredients:

- ◆ 1 organic cucumber, peeled
- ◆ 1 organic apple, sliced
- ◆ 1 organic lemon, peeled
- ◆ 2 tablespoons organic aloe vera pulp

### Instructions:

Process all ingredients through your juicer and serve over ice.



## Aloe Salsa

### Ingredients:

- ◆ 1 cup fresh organic cilantro, chopped, divided
- ◆ 4 tablespoons freshly squeezed organic lime juice, divided
- ◆ 2 fresh organic tomatoes, divided
- ◆ 1/2 cup organic aloe filets, divided
- ◆ 3 fresh organic baby marrow, divided
- ◆ 1 tablespoon sea salt

### Instructions:

1. Put half of all the ingredients into a food processor and blend until pasty.
2. Chop the remaining ingredients into chunks and mix with the paste to complete the salsa.



## Green Aloe Smoothie

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### Ingredients:

- ◆ 1/2 an organic apple, peeled and sliced
- ◆ 1/2 an organic cucumber, peeled
- ◆ 2 tablespoons organic aloe vera pulp
- ◆ 2 cups organic baby spinach
- ◆ 1 cup organic coconut water

### Instructions:

Place all ingredients in your blender. Blend until smooth and serve.



## Aloe Vera Salad Dressing

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### Ingredients:

- ◆ 1/2 cup extra virgin olive oil
- ◆ 1/4 cup organic mustard
- ◆ 3 tablespoons raw honey
- ◆ 3 tablespoons organic aloe vera pulp
- ◆ 3 tablespoons basil
- ◆ 2 tablespoons organic lemon juice

### Instructions:

1. Blend all ingredients in a food processor or blender.
2. Store in an airtight container and shake before drizzling over a salad.



## Aloe Fruit Salad

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### Ingredients:

- 1 organic mango, chopped
- 1 cup organic aloe fillets, chopped
- 2 organic apples, chopped
- 1/2 cup raw walnuts
- 1 organic kiwi, peeled and chopped
- 1 organic grapefruit, sliced

### Instructions:

- Mix all ingredients in a bowl.
- Refrigerate for 15 minutes before serving.

### Notes:

- Due to its high level of potency, drinking fresh aloe vera juice should be done on an as-needed basis, as too much can deplete potassium and other electrolytes.

- It may also interact with certain medications, and should not be used by pregnant or menstruating women, or those with certain liver and gall bladder conditions.
- Because of these precautions, it is highly recommended to talk to a natural health professional before you begin to use aloe vera internally, to determine if it is right for you, the appropriate dosage for your body, and how long to keep taking it.
- Once you have the green light, the fresh juice can be drunk on its own from a shot glass, or blended into smoothies, to name a couple of options.





## Almonds

**A**lmonds have been prized since the days of ancient Greece and ancient Egypt. Historians believe that they originally came from north Africa and western Asia, and hypothesize that the ancient Greeks were the first to cultivate them. Ayurvedic tradition associates almonds with raising intelligence levels and promoting longer life.

These delicacies are actually the seeds of the fruit which grows on the almond tree, a tree hailed for its beautiful and sweet-smelling white and pink flowers. Almond trees are related to cherry and peach trees, which also bear stone fruits with a seed inside.

Unlike these trees, however, the pit of the cultivated almond fruit is edible and offers a wide array of nutrients.

Almonds are oval-shaped and cream colored on the inside, covered by a thin brown skin. Sweet almonds (*Prunus amygdalus* var. *dulcis*) are edible, with a mild nutty flavor and a creamy texture. Bitter almonds (*Prunus amygdalus* var. *amara*) are inedible in their raw form, as they contain toxic hydrocyanic acid. They are, however, made into almond oil, by a procedure which removes the hydrocyanic acid.

While sweet almonds are available in their dried form all year, they are freshest and at the height of their flavor in the middle of the summer.

### Nutritional Profile

Each succulent mouthful of almonds contains:

- ◆ Biotin
- ◆ Calcium
- ◆ Choline



- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Molybdenum
- ◆ Phosphorus
- ◆ Protein
- ◆ Vitamin B2
- ◆ Vitamin E

## Health Benefits

**A**lmonds contain an array of antioxidants, which are key in avoiding the scourge of inflammation. Flavonoid antioxidants, especially prevalent in almonds, have been linked to heart health, as they work to reduce the fat content of the blood, which keeps veins and arteries clear. They also help protect artery walls. Vitamin E also plays a role in the heart-healthy nature of almonds, as does magnesium, which helps to improve blood flow throughout the body.

These fruit pits are rich in healthy fats, notably monounsaturated oleic acid, which is also beneficial to cardiovascular health, and can help lower LDL 'bad' cholesterol. Research has found that adding nuts such as almonds to a healthy diet can aid in healthy weight loss. This is in part due to their high fiber content, which can help you feel full throughout the day, prevent and ease many digestive disturbances, and furthermore, regulates blood sugar levels.

The phosphorus content of almonds helps to keep bones strong and healthy, as does calcium. The potassium in almonds is vital to cellular health, and specifically to normalizing blood pressure levels, as well as supporting optimal heart function and the operation of neurotransmitters. Almonds are also high in vitamin B2, also known as riboflavin, which aids in energy production, making almonds a great pre-workout snack. They are also alkalizing to the body, which further supports healthy energy throughout the day, and can boost weight loss efforts.



When choosing your almonds, always choose raw, as the processed, roasted varieties have had many of their nutrients depleted, and their fatty acids damaged. Raw almonds have all of their nutrients intact. However, they contain phytic acid, which makes it difficult for the body to absorb all of their plentiful nutrients. Luckily, there is a simple solution: soaking. This easy process dissolves the phytic acid and makes the nutrients found in almonds available to the body.

For even further benefit, you can 'sprout' your almonds. This simply means soaking the almonds for 12 hours or more at room temperature, until they swell (they will not actually grow a sprout). Sprouting your almonds makes them much easier to digest, and also releases lipase, an enzyme that helps your body to break down fats.

Don't like the texture of wet almonds? Simply place in a dehydrator, and in just a short while, your almonds will be crisp again.

## Almond Date Balls

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### Ingredients:

- ◆ 1/2 pound raw almonds
- ◆ 2 pints organic dates
- ◆ 1/4 cup raw honey
- ◆ coconut oil

### Instructions:

1. Preheat oven to 350 degrees F.
2. Grind the almonds in a food processor until finely chopped. Spread on a baking sheet and toast for 5 minutes in preheated oven.
3. Chop the dates and place in food processor. Pulse until the dates form a ball. Add honey and half of the toasted almonds. Pulse to combine.
4. Coat hands in coconut oil to keep the dough from sticking to them. Roll the dough into 1 inch balls and roll in the remaining almonds. Refrigerate for 1 hour before serving.



## Kale and Almond Smoothie

### Ingredients:

- ◆ 1 organic frozen banana
- ◆ 3/4 cup organic kale
- ◆ 3/4 cup organic almond milk
- ◆ 1 tablespoon organic almond butter
- ◆ 1/2 teaspoon cinnamon
- ◆ 1/2 teaspoon nutmeg
- ◆ 1/2 teaspoon ground ginger

### Instructions:

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



## Roasted Almonds

### Ingredients:

- ◆ 2 cups whole almonds
- ◆ 1/4 cup organic coconut sugar
- ◆ 1/2 teaspoon sea salt
- ◆ 3 tablespoons honey
- ◆ 3 tablespoons water
- ◆ 1 tablespoon almond oil

### Instructions:

1. Preheat oven to 350 degrees F.
2. Spread the almonds out on a baking sheet. Bake in preheated oven for 15 minutes.
3. Mix sugar and salt together in a large bowl.
4. Stir the honey, water and almond oil together. Place mixture in a saucepan and bring to a boil. Add the almonds and cook for 5 minutes.
5. Put the almonds in the bowl with the sugar and salt and toss to evenly coat.
6. Spread the almonds on wax paper to cool before serving.



## Apple Almond Salad

### Ingredients:

- ◆ 10 ounces organic salad greens
- ◆ 1/2 cup slivered almonds
- ◆ 1/2 cup organic feta cheese, crumbled
- ◆ 1 organic apple, chopped
- ◆ 1/2 organic onion, chopped
- ◆ 1/4 cup organic golden raisins
- ◆ 1 cup organic vinaigrette salad dressing

### Instructions:

1. In a large bowl combine greens, almonds, cheese, apple, onion and raisins.
2. Toss to combine, drizzle with dressing to coat evenly.



## Cherry Almond Cereal

### Ingredients:

- ◆ 2 cups cooked steel cut oats
- ◆ 3 cups organic almond milk
- ◆ 1/2 cup raw almond slivers
- ◆ 1/2 cup dried organic cherries
- ◆ 1/4 cup coconut sugar

### Instructions:

1. While oats are warm, stir in almond milk and sugar.
2. Serve cereal into bowls.
3. Top each serving with almond slivers and cherries.

### Notes:

- ◆ Raw nuts require careful storage so that they don't go rancid;
- ◆ Store all raw almonds in a cool, dry and dark place.
- ◆ Freeze or refrigerate in a sealed bag for longer storage.
- ◆ If almonds sprout you have about 3 days to use them before they go rancid.





## Coconut

Coconuts are the hard-shelled wonder-fruits which grow on the *Cocos nucifera* palm tree. These trees are native to the Pacific islands and Southeast Asia, where their meat, milk, water, oil and husks have been used for a wide array of purposes for hundreds, if not thousands, of years. Pacific islanders refer to the coconut palm as the ‘Tree of Life,’ and believe that coconuts hold the cure to all illnesses.

Coconuts were introduced to the New World by Spanish explorers in the late 1800’s, when a Spanish ship that was headed to Spain from Cuba crashed off of the coast of Florida. Coconuts that had been harvested in Trinidad spilled all over the Floridian coast. The area’s residents planted the stray

coconuts, and they flourished. This is how Palm Beach County eventually got its name.

*Cocos nucifera* palms can grow to be very tall, over 100 feet, and can live for up to 100 years. A single tree can bear up to 150 coconuts per year (75 to 100 is more common), though the quantity of coconuts depends on the variety (there are hundreds of species of this palm). The coconuts themselves are oval or spherical, and have a gray, thick and fibrous outer husk when mature. Inside the husk is a hard shell surrounding an edible kernel, the coconut flesh, or ‘meat.’ Coconuts are hollow in the middle, and contain sweet coconut water when they are first harvested.

### Nutritional Profile

The fruits of the ‘Tree of Life’ contain:

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



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

## Health Benefits

**A**lmost one third of the entire population on Earth depends on coconuts for food and as an economic staple. This is for good reason, as a medium-sized coconut contains nearly all of the nutrition and energy required to feed a medium-sized person for a day. Coconuts are a great source of protein, fiber and essential vitamins and minerals.

Coconuts have been found to be hugely beneficial for the immune system. Besides their vitamin C content, which is known to boost

immunity, promote skin health and reduce inflammation, coconuts have antibacterial, antiviral and antifungal properties. They may also help to kill intestinal parasites that lurk in the body. Coconuts have been associated with balancing blood sugar levels, and are therefore a great choice for diabetics.

The positive effects on the digestive system that coconuts provide are significant. These include improving overall digestive function, reducing symptoms of irritable bowel syndrome (IBS), Crohn's disease, constipation, ulcers and gallbladder disease. Their high fiber content feeds healthy gut bacteria, which helps to prevent a host of chronic illnesses from being able to form.

Coconuts are high in healthy saturated fat, and are an immensely heart-healthy food. One of these saturated fats is lauric acid, which has been found to increase HDL 'good' cholesterol levels in the blood, and also to help prevent atherosclerosis, the hardening of the arteries. The



fatty acids in coconuts and coconut oil are mostly medium chain fatty acids (MCTs), which provide energy and can actually improve metabolic function (see note on coconut oil below).

On top of that, coconuts are a great source of potassium, which helps to regulate heartbeat, among its many functions. They also help the body to absorb calcium and magnesium, which helps to keep bones strong and aids in the prevention of osteoporosis and other bone disorders, and also supports dental health.

### Coconut oil

Organic virgin coconut oil may be saturated fat, but it is an amazingly healthy saturated fat. Coconut oil contains medium chain fatty acids (MCTs) that are resistant to high heat and can easily turn into ketone bodies in the liver. The ketone bodies provide energy for the brain and can be used to improve a wide variety of health issues. Coconut oil can help regulate blood sugar, boost metabolism, improve digestion, kill bacteria and improve brain health.



### Coconut water

Known endearingly as the ‘fluid of life,’ coconut water is the nutrient and mineral-rich sap that is found within a coconut. The water is protected by the tough outer shell of the nut, which keeps it sterile and free from fungus, parasites or bacteria. Numerous tropical countries respect coconut water for its hydrating and renewing properties. In some tropical locations, coconut water is the only potable water available, and has been known to save lives. It also contains important enzymes that can improve digestion and metabolic function.

### Coconut Milk

Coconut milk is extracted from the flesh of the coconut. This lactose-free, creamy milk contains antibacterial, antifungal and antiviral properties that



boost the immune system. It contains iron, selenium, sodium, magnesium, calcium, phosphorus, protein, potassium and vitamins B1, B3, B5, B6, C and E.

Due to all of these health benefits, if you're looking to choose one superfood to add to your diet first, make it the incredible coconut.

## Pina Colada Smoothie

### Ingredients:

- ◆ 14 ounces frozen coconut shreds
- ◆ 1 cup coconut milk
- ◆ 1/2 cup pineapple, chunks
- ◆ 1 frozen banana
- ◆ 1 teaspoon vanilla extract

### Instructions:

Place all ingredients in a blender. Pulse until smooth. Add more coconut milk as needed. Serve garnished with some shreds of coconut.

## Fresh Coconut Cucumber Salad

### Ingredients:

- ◆ 1/2 a red onion, sliced
- ◆ 1 cucumber, cut in long strips
- ◆ 1 cup coconut, large flakes
- ◆ 2 tablespoons coconut water
- ◆ 1 tablespoon lime juice
- ◆ 2 tablespoons coconut sugar
- ◆ Coarse sea salt to taste

### Instructions:

1. Place onion in ice water. Allow to soak for 10 minutes. Drain.
2. Toss cucumber and coconut flakes together in a bowl.
3. Add coconut water and lime juice. Toss to evenly coat salad.
4. Sprinkle coconut sugar and salt over the salad, chill, and serve.



## Baked Coconut Chicken

### Ingredients:

- ◆ 1 cup coconut flour, divided
- ◆ 1 free range egg
- ◆ 1 cup coconut, shredded
- ◆ 1/2 teaspoon garlic powder
- ◆ 1/2 teaspoon sea salt
- ◆ 1/4 teaspoon black pepper
- ◆ 4 organic free range chicken breasts
- ◆ 1/4 cup organic butter, melted

### Instructions:

1. Preheat oven to 400 F. Line a baking sheet with parchment paper.
2. Place half the flour in a bowl. In another bowl, beat the egg. In a third bowl combine the remaining coconut flour, coconut, garlic, salt and pepper.
3. Dip one piece of chicken in the plain flour and coat evenly. Dip chicken in the egg then coat in coconut mixture. Repeat with remaining pieces of chicken.
4. Place on baking sheet. Drizzle with butter and bake for 40 minutes. Flip after 20 minutes.

## Coconut Pops

### Ingredients:

- ◆ 1 can coconut milk
- ◆ 3 tablespoons raw honey or maple syrup
- ◆ 1 tablespoon vanilla extract
- ◆ 1 tablespoon coconut shreds

### Instructions:

1. Mix all ingredients together in a bowl with a whisk.
2. Pour into popsicle molds. Add a stick, cover with plastic and freeze.



## Dehydrated Coconut Cookies

### Ingredients:

- ◆ 2 cups raw cashews
- ◆ Juice from 2 lemons
- ◆ 1 1/2 cups shredded coconut
- ◆ 2 tablespoons honey

### Instructions:

1. Process cashews in a blender until a powder forms.
2. Add remaining ingredients. Process until well mixed.
3. Place spoonfuls on parchment paper lined dehydrator trays. Dehydrate for 6 hours.

### Notes:

- ◆ Use raw, unsweetened coconut products only.
- ◆ Use organic, virgin coconut oil - it should have a sweet and tropical aroma.
- ◆ Coconut oil is stable on the shelf for up to 2 years.
- ◆ Look for BPA-free containers or glass to avoid chemicals.



## Chia Seeds

**C**hia seeds (*Sativa hispanica*) are a truly ancient superfood. They have been growing in the southern parts of North America since about 3500 BC, and were a staple in the Aztec and Mayan cultures. The Aztecs used these seeds in foods, beverages, oils and medicines. The Mayans gave them their current name, which means “strength” in the Mayan language.

In these two ancient cultures, chia seeds were noted for providing energy, were often ground into flour, and were very useful as they could be stored for years without spoiling, and easily transported from place to place. The cultivation of chia seeds was halted for a time when Spanish explorers came



to the area, and it wasn't until the early 1900s that a group of scientists began growing chia seeds in Argentina and their use was rediscovered.

In the 1980's, Wayne Coats, a researcher involved in the cultivation of chia seeds in northern Argentina, began spreading knowledge of their benefits throughout the United States. While at first, 'Chia Pets' were a gimmicky fad, today, the seeds are more and more commonly eaten and enjoyed for their vast array of nutrients.

Chia seeds come from a plant in the mint family, which can grow to about two feet tall in optimal conditions. The plant has thick, wrinkled leaves with a gray fuzz covering their surfaces, multiple stems growing from one plant, and small, blue flowers with spines protruding between them. The seeds themselves are very small, and have a subtle, nutty flavor. Unlike flax seeds, chia seeds do not have to be ground for their nutrients to be unlocked.

## Nutritional Profile

These tasty, versatile seeds contain:

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



## Health Benefits

**C**hia seeds are a rich source of flavonoid antioxidants, including quercetin, myricetin and kaempferol. Flavonoids are closely associated with battling free radicals and preventing oxidative stress to the body, which can lead to chronic disease as well as accelerated aging. These antioxidants are also anti-inflammatory in nature, which also aids greatly in preventing many chronic illnesses.

Some research has found potential for chia seeds to benefit those afflicted with type 2 diabetes, as they help to slow digestion, and the gel coating on the tiny seeds can absorb liquids and help prevent spikes in blood sugar. Chia seeds may also help to

lower blood pressure as well as LDL ‘bad’ cholesterol levels in the blood. They may also help to fight insulin resistance, thus combatting belly fat, and have long been known to increase satiety, which aids in weight loss.

The fiber content of chia seeds also helps to keep you feeling full, aids in digestion, provides energy throughout the day, and is crucial to a healthy cardiovascular system. The seeds contain omega-3 fatty acids, which have been linked to optimal heart and brain health. Tryptophan, an amino acid which helps to improve sleep quality, is also found in chia seeds. Along with benefiting sleep patterns, tryptophan can also help to elevate mood and regulate the appetite.

“ The seeds contain omega-3 fatty acids, which have been linked to optimal heart and brain health. ”





## Chia Oatmeal

### Ingredients:

- ◆ 4 cups almond milk
- ◆ 2 cups old fashioned oats
- ◆ 1/4 cup chia seeds
- ◆ 1/2 cup walnuts
- ◆ 1/2 cup pomegranate seeds

### Instructions:

1. Place almond milk in a saucepan and bring to a boil.
2. Stir the oats into the almond milk. Reduce heat, cook stirring for 5 minutes.
3. Add chia seeds and stir to combine.
4. Divide into bowls and top with a tablespoon each of nuts and seeds.

## Raw Walnut Chia Balls

### Ingredients:

- ◆ 1 cup walnuts
- ◆ 1/2 cup oats
- ◆ 1 1/2 cup dates
- ◆ 3 tablespoons carob powder, divided
- ◆ 1 teaspoon vanilla
- ◆ 1 tablespoon coconut flakes
- ◆ 1 tablespoon chia seeds

### Instructions:

1. Place the walnuts, oats, dates, 2 tablespoons of carob powder, and 1 teaspoon of vanilla in a food processor. Process until a dough forms.
2. Roll the dough into 1-inch balls.
3. Combine the remaining carob powder, coconut, and chia seeds on a plate.
4. Roll the balls in the coconut mixture and place on a baking sheet.
5. Refrigerate for 1 hour before serving.



## Blueberry Chia Seeds

### Ingredients:

- ◆ 2 cups frozen blueberries
- ◆ 1/4 cup shredded coconut
- ◆ 2 tablespoons chia seeds
- ◆ 2 tablespoons raw honey
- ◆ 1/4 cup lemon juice
- ◆ 5 ice cubes
- ◆ 1/2 cup water

### Instructions:

1. Process all ingredients through a blender until smooth.
2. Pour mixture into popsicle molds, add a stick, cover and freeze.



## Chia Seed Pudding

### Ingredients:

- ◆ 2 tablespoons chia seeds
- ◆ 1/2 cup coconut milk
- ◆ 1/8 teaspoon vanilla extract
- ◆ Pinch of salt
- ◆ 1 tablespoon raw honey
- ◆ 1 tablespoon chopped strawberries
- ◆ 1 tablespoon chopped pecans

### Instructions:

1. Combine the seeds, milk, vanilla, and salt together in a bowl.
2. Place the bowl in the fridge and let the seeds soak for 1 hour.
3. Stir in the honey and top with strawberries and pecans.



## Spinach, Fruit, and Chia Smoothie

### Ingredients:

- ◆ 1/2 cup coconut water
- ◆ 1 apple, sliced
- ◆ 1/2 cup frozen grapes
- ◆ 1 cup frozen raspberries
- ◆ 1 frozen banana
- ◆ 2 cups baby spinach
- ◆ 1 tablespoon ground chia seeds

### Instructions:

Place all ingredients in a blender. Mix on high until desired consistency is reached.

### Notes:

- ◆ When choosing chia seeds, look for white and black seeds, but avoid red ones, as they are immature, says Wayne Coats.
- ◆ He also warns that very small, black chia seeds are to be avoided, as these are known as weed seeds, and are not of high quality.

## Bananas

**B**ananas (*Musa acuminata*) are a delectable tropical fruit that offers a wide array of health benefits for people of all ages. Delicate enough for a young child's sensitive stomach, yet nutritionally dense enough to provide energy to serious athletes, the banana is one fruit not to go without.

Part of the Musaceae family, bananas are speculated to originally have come from Malaysia. From there, their cultivation spread throughout India, the Philippines and Africa. They were transported to the New World by Portuguese explorers in the late 1400's, and rose in popularity and availability in the United States during the 20th century.



Bananas grow on large plants which can reach over 25 feet in height, in bunches of up to 25 bananas clustered together in groups of six or more per plant. The fruit inside the peel is off-white, and either sweet or starchy, depending on the variety. While common bananas have a yellow peel when ripe, some bananas have purple, black, pink or red peels.

## Nutritional Profile

When you peel a banana and take a bite, your body will enjoy:

- ◆ Biotin
- ◆ Choline
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Magnesium
- ◆ Manganese
- ◆ Pantothenic acid
- ◆ Potassium
- ◆ Protein
- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin C

## Health Benefits

**O**f all of their nutrients, bananas are best known for their high potassium content. Potassium is important for helping the body to process sodium, regulating blood pressure and helping to prevent atherosclerosis, the hardening of the arteries that can lead to heart attacks and heart disease. This mineral also supports bone health by helping to prevent calcium loss, which can occur when sodium levels are too high.

The fiber content of bananas supports digestion, feeds healthy gut bacteria, keeps blood sugar levels stable and aids in the prevention of heart disease. Fiber also keeps you feeling full, making bananas a great snack and an excellent addition to a healthy weight loss plan. Bananas also contain protein, and can provide an optimal source of energy before a workout.

The native Hawaiians use bananas in remedies for asthma, constipation, thrush and a number of other ailments. Bananas also have a soothing effect



on the stomach, and some research has linked them to the prevention of stomach ulcers. Their vitamin C content is important for the immune system, and the mix of vitamins, minerals and antioxidants in bananas, as a whole, can help in the prevention of a number of chronic diseases.



## Banana Honey Smoothie

### Ingredients:

- ◆ 1 organic banana
- ◆ 1/2 an organic orange peeled and sliced
- ◆ 1/2 cup organic greek yogurt
- ◆ 1/4 cup organic almond milk
- ◆ 2 tablespoons raw honey

### Instructions:

Place all ingredients in blender and mix until smooth. Pour into glasses and serve.

## Banana Pistachio Juice Delight

### Ingredients:

- ◆ 2 cups organic coconut milk
- ◆ 2 large organic bananas
- ◆ 2 tablespoons pistachio halves
- ◆ 1 tablespoon raw honey

### Instructions:

Place all ingredients in a blender and mix for 2 minutes. Serve over ice.



## Raw Oatmeal Banana Cookies

### Ingredients:

- ◆ 5 organic bananas
- ◆ 1 1/2 cups raw walnuts
- ◆ 1 cup organic sun-dried raisins
- ◆ 3 cups steel-cut oats
- ◆ 8 organic pitted dates
- ◆ 1 cup organic orange juice
- ◆ 2 tablespoons maca powder
- ◆ 2 tablespoons mesquite powder
- ◆ 2 tablespoons raw almond butter

### Instructions:

1. Process all ingredients through a food processor except for raisins and walnuts.
2. Stir in walnuts and raisins.
3. Spoon dough onto dehydrator trays. Heat for 8 hours.
4. Transfer cookies directly to dehydrator grates and dehydrate for 16 additional hours.

## Citrus Banana Salad

### Ingredients:

- ◆ 1/2 cup extra virgin olive oil
- ◆ 2 tablespoons organic lemon juice
- ◆ 1/4 teaspoon salt
- ◆ 2 tablespoons red wine vinegar
- ◆ 2 tablespoons raw honey
- ◆ 8 cups organic salad greens
- ◆ 1 organic green pepper, sliced
- ◆ 1 onion, sliced
- ◆ 2 organic bananas, sliced
- ◆ 2 organic oranges, sliced

### Instructions:

1. Whisk the first 5 ingredients together to make the dressing.
2. Toss the remaining ingredients together and drizzle dressing over top.



## Simple Almond Banana Ice Cream

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### Ingredients:

- ◆ 4 ripe organic bananas
- ◆ 2 tablespoons raw almond butter
- ◆ 2 tablespoons organic almond milk

### Instructions:

1. Slice bananas and freeze them on trays.
2. Place all ingredients in blender and mix until the consistency of ice cream. Serve right away.

### Notes:

- ◆ The best bananas are ripe and plump with few dark spots.
- ◆ Fully ripe bananas have the highest nutritional value.
- ◆ Avoid bananas that have bruises.
- ◆ If you are not going to use bananas right away, refrigerate them to help retain their nutritional value.

- ◆ Peels will turn brown in the fridge but this does not impact the fruit.
- ◆ Bananas will freeze for up to 6 months.



## Jackfruit

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**J**ackfruit (*Artocarpus heterophyllus*) is the largest known tree fruit in existence; a single fruit can weigh over 80 pounds! It grows on tall trees that flourish in tropical climates, and is a relative of the mulberry and breadfruit.

Thought to have originated in the region including India, Bangladesh, Sri Lanka and the Philippines, jackfruit is now cultivated across Asia, as well as in South America. Aside from being a delicious, nutrient-filled food source, jackfruit has many uses in traditional remedies. Ayurvedic medicine



employs jackfruit for its antibacterial and immune boosting properties, as a treatment for diabetes, constipation and fevers, and also as a snake bite remedy.

The jackfruit tree can grow to be up to 100 feet tall, and can produce up to 250 fruits each season. The jackfruits are green to light brown when ripe, spherical or oblong, and covered on the surface with a network of blunt spikes. Their size and weight can vary, but the average is about 50 pounds - though they can grow significantly larger. The flesh inside is composed of yellowish bulbs, surrounding brown oval seeds.

Some jackfruits are harder and more fibrous, and others are more pliable with a stringy texture. They are sweet, and have a flavor that some say brings to mind a hint of pineapple.

## Nutritional Profile

These huge tropical superfruits contain:

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



## Health Benefits

**S**ome of the phytonutrients found in jackfruit are carotenoids, isoflavones, saponins and lignans. These compounds help to reduce inflammation and fight free radical damage to the cells, which can cause premature aging. The beta-carotene content (which converts to vitamin A in the body) protects eye health, supports the health of mucous membranes, and can help keep skin clear.

Jackfruit is a good source of vitamin C, which is key to an optimally functioning immune system, and also keeps skin looking vibrant and youthful.

Jackfruit has been used for hundreds of years to ease digestive disturbances. As this fruit is high in both fiber and water, it has natural laxative properties that can greatly dissipate constipation, irritable bowel syndrome (IBS) and indigestion. Fiber binds to toxins in the colon and sweeps them

from the body, which helps to prevent colon cancer. Also, boiled jackfruit is a traditional folk remedy for the treatment of ulcers.

Another traditional use of jackfruit is to soothe anxiety. It is associated with calming effects on both the body and the mind.

The seeds of the jackfruit are edible, and are sometimes used as a substitute for lentils in Indian curries. These seeds, like the fruits they come from, have mild laxative properties and help to ease digestive distress.

They also have also been associated with diuretic activity. The roots of the jackfruit tree also have a history of medicinal use. Extract from the root is used in folk remedies to relieve fevers, asthma symptoms and diarrhea. It is also applied to the skin to treat a variety of dermal ailments.



## Lettuce Wraps with Jackfruit

### Ingredients:

- ◆ 1 onion, diced
- ◆ 4 cloves garlic, minced
- ◆ 1 teaspoon ginger root, minced
- ◆ 1 can young green jackfruit in water, drained and chopped
- ◆ 1/2 cup vegetable broth
- ◆ 2 tablespoons gluten free soy sauce
- ◆ 1 tablespoon hoisin sauce (note: may have trouble finding gluten free hoisin sauce)
- ◆ 2 cups cabbage, shredded
- ◆ 1/2 cup baby carrots, slivered
- ◆ 5 mushrooms, stemmed and sliced
- ◆ 4 green onions, sliced
- ◆ 1 teaspoon dark sesame oil
- ◆ Lettuce leaves

### Instructions:

1. Saute the onion in a pot until soft. Add garlic and ginger and cook for 1 minute.
2. Add the jackfruit, broth and sauces to the pot. Bring to a simmer and cook for 30 minutes.
3. Add remaining ingredients except lettuce. Cook for 5 minutes.
4. Serve on top of or wrapped in lettuce leaves. Eat warm or cold.



## Jackfruit Rice

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### Ingredients:

- ◆ 2 cans green jackfruit in water, chopped
- ◆ 1/2 cup onions, diced
- ◆ 1 cup cooked rice
- ◆ 1 teaspoon cumin seeds
- ◆ 1 teaspoon garlic paste
- ◆ 1/2 teaspoon masala powder
- ◆ 1/2 teaspoon turmeric powder
- ◆ 2 tablespoons extra virgin olive oil
- ◆ Salt to taste
- ◆ Lemon Juice to taste

### Instructions:

1. Heat oil in a pan. Add the cumin seeds, garlic paste and onions. Saute until brown.
2. Add the jackfruit and cook until brown.
3. Add seasonings and cook for an additional minute.
4. Serve layered with rice while warm.

## Jackfruit Ice Cream with Walnuts and Bananas

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### Ingredients:

- ◆ 2 1/2 cups heavy cream
- ◆ 3/4 cup coconut sugar
- ◆ 4 egg yolks
- ◆ 1 can jackfruit
- ◆ 1 banana
- ◆ 1/2 cup walnuts

### Instructions:

1. Combine the cream and 6 tablespoons of sugar over medium heat. Bring to a boil. In another bowl, stir the remaining sugar and egg yolks together. Mix into the saucepan, whisking constantly.
2. Cook on low for 10 minutes.
3. Strain mixture through a sieve and refrigerate for 3 hours.
4. Put the jackfruit, banana and nuts in a blender. Process until smooth. Add the chilled cream mixture and process again.
5. Pour into ice cream maker and follow the instructions until desired consistency is reached.



## Jackfruit Smoothie

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### Ingredients:

- ◆ 1/2 cup jackfruit, diced
- ◆ 2 cups greek yogurt
- ◆ 1/2 cup almond milk
- ◆ 1 teaspoon honey
- ◆ Ice as needed

### Instructions:

1. Place all ingredients except ice in a blender. Mix until smooth.
2. Add ice and blend until desired consistency is reached.

### Notes:

- ◆ Do not eat raw, unripened jackfruit, as this may cause upset stomach.
- ◆ Select fruit that gives a little under pressure.
- ◆ Jackfruit should have a slightly sweet aroma beginning a few days before it ripens.
- ◆ Keep in the refrigerator for up to 7 days or the freezer for two months.



## Guava

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**G**uava (*Psidium guajava*) is a member of the eucalyptus and myrtle family, and is known by some as the ‘poor man’s apple of the tropics.’ It is thought to have originated around Southern Mexico and Central America. From there, its cultivation spread to the West Indies. The growth of guavas in the United States started when they were brought to Florida in 1847. Today, they are grown in tropical climates around the world, including parts of the Middle East, Southeast Asia and Africa.

Due to their sweetness and unique flavor, guavas are often used in Latin American desserts. One preparation consists of stewing halved guavas with the seed pulp scooped out, strained and re-added. The fruit, leaves and



bark of the guava tree have been used in a wide array of medicinal preparations in this area of the world for hundreds of years.

Guavas grow on small evergreen trees that are very sensitive to frost. The most recognizable characteristic of the tree is its smooth, copper bark, which flakes off easily to expose the green trunk. The tree blooms into delicate white flowers. The guava fruits themselves are pear shaped, approximately four inches in length and contain small edible seeds at their core. Depending on variety, their flesh can be white, yellow, pink or red. Guava fruits are very sweet and aromatic, with a hint of tartness.

## Nutritional Profile

Each of these tropical delicacies 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

**G**uava is rich in a variety of antioxidants, including tannins, beta-carotene, cryptoxanthin, lutein and lycopene (pink and red guavas), as well as vitamins A and C. The vitamin A and C content, in fact, is higher than that of citrus fruits such as oranges.

These antioxidants and vitamins work together to protect the cells from free radical damage, aiding in the prevention of chronic disease. Vitamin C is also important for fighting



infections and assisting in the body's manufacture of collagen, which is a main component in skin, bones, organs and blood vessels. This vitamin is concentrated in the skin of the guava fruit.

Vitamin A is key to eye health, especially to improving night vision, and also to the optimal growth of cells. Lutein has been tied to improving vision, and lycopene has been linked to protection against certain cancers, including prostate cancer. Lycopene may also help to protect the skin from UV rays. This antioxidant, usually associated with tomatoes, is found in a 50 percent greater concentration in guavas than in tomatoes. The tannins found in guava have been associated with anti-inflammatory and antibacterial activity.

Additionally, guavas have more potassium per serving than bananas. Traditional natural remedies in which guava fruit is employed include relief from diarrhea and lowering blood sugar. As guava is very gentle on the body, its juice has been used to

combat diarrhea even in babies and young children. Some research has demonstrated that guava is useful for lowering blood sugar, and found that it may help prevent the onset of diabetes.

The medicinal uses of guava leaves throughout history are vast. They have traditionally been used to relieve pain, lower blood pressure and blood sugar, promote menstruation, soothe sore throats and upset stomachs, alleviate vertigo and combat bacteria, viruses, yeast and parasites.

The leaves are also traditionally crushed and applied to ulcers and wounds, and are often chewed to combat bad breath and relieve toothaches. These are just a few of the many indigenous and traditional uses of guava leaves.

**Important:** If you take any kind of heart medication, or are hypoglycemic, talk to a health professional before making guava a part of your diet.



## Guava Juice without Juicer

### Ingredients:

- ◆ 1 cup fresh guava, peeled and chopped
- ◆ 1 tablespoon coconut sugar
- ◆ 1/2 cup cold water
- ◆ 1/2 inch ginger root
- ◆ Ice cubes

### Instructions:

1. Add all ingredients except ice to a blender. Pulse until smooth.
2. Pour mixture through fine mesh to remove the seeds.
3. Pour over ice and enjoy.



## Green Guava Smoothie

### Ingredients:

- ◆ 2 bananas
- ◆ 1 cup frozen mango chunks
- ◆ 1 orange, peeled and sliced
- ◆ 1/2 cup guava juice
- ◆ 1 cup spinach
- ◆ 1 apple, sliced
- ◆ 1/4 cup greek yogurt
- ◆ 1/2 cup ice

### Instructions:

1. Place everything in a blender. Mix for a couple minutes or until smooth.
2. Pour into glasses and serve immediately.



## Guava Baked Chicken

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### Ingredients:

- ◆ 1 1/2 cups guava jam
- ◆ 1/4 cup lemon juice
- ◆ 1/4 cup gluten free soy sauce
- ◆ 2 teaspoons allspice
- ◆ 1 teaspoon sea salt
- ◆ 1/2 teaspoon ground black pepper
- ◆ 1 cup water
- ◆ 1 tablespoon cornstarch
- ◆ 2 pounds organic chicken drumsticks



### Instructions:

1. Place the jam, lemon juice, soy sauce, allspice, salt, and pepper in a saucepan. Heat until mixture is thin and well combined.
2. Stir water and cornstarch together. Mix in with the jam mixture. Bring to a boil. Cook for 1 minute, remove from heat.
3. Place the chicken in a roasting pan and cover in mixture. Place in the fridge for at least 1 hour.
4. Preheat oven to 350 degrees F.
5. Bake chicken for 30 minutes, pour out sauce and bake for an additional 15 minutes.



## Guava Juice Pudding

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### Ingredients:

- ◆ 1/4 cup cornstarch
- ◆ 4 1/2 cups guava juice
- ◆ 1/4 cup coconut sugar
- ◆ 2 teaspoons lemon juice
- ◆ Yogurt for topping
- ◆ Sliced almonds for topping

### Instructions:

1. Whisk the cornstarch and 1/4 cup guava juice together in a bowl.
2. Bring the remaining guava juice, sugar, and lemon juice to a boil in a pot. Stir in cornstarch mixture with a wooden spoon. Simmer until mixture is thick. 4-5 minutes.
3. Pour mixture through a sieve to remove any solids.
4. Divide pudding into cups, cover, and refrigerate for 3 hours.
5. Top each serving with a table-spoon each of yogurt and almonds. Serve.

## Guava Pops

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### Ingredients:

- ◆ 2 cups guava, peeled
- ◆ 1 1/2 cups pineapple
- ◆ 1 banana
- ◆ 1 cup pineapple juice

### Instructions:

1. Blend all ingredients in a blender until smooth.
2. Pour mixture into popsicle molds. Add a stick, cover, and freeze until solid.

### Notes:

- ◆ Look for guavas that don't have any blemishes and give slightly to pressure.
- ◆ Refrigerate ripe fruits for 4 days.
- ◆ Ripe guavas can sit on the counter for a day or two.
- ◆ Freeze guavas for up to 8 months.





## Figs

**F**igs, which grow on the *Ficus carica* tree, are one of the oldest and most revered fruits in our world's history. These relatives of mulberries are thought to have originated in the region that is now Turkey, and were likely first cultivated by the ancient Egyptians. Figs were also a staple in the diet of the ancient Greeks, and were considered a sacred fruit by the Romans.

These succulent fruits were introduced to and planted in the West in 1560, when Spanish explorers journeyed to Mexico. They were planted in California in the late 1800s, but their cultivation did not take off there until the early 1900s. Today, there are over 150 varieties of figs worldwide.

Figs are pear shaped, have a smooth, thin skin and can be eaten whole. Their color varies depending on variety; skins range from green to pink to purple, and the flesh can be pink, purple, amber, red or tan. The flesh of a ripe fig is sweet and chewy, and contains up to 1,600 seeds. Each fig has a hollow opening inside, into which wasps can enter to pollinate the fruit. While figs can be eaten fresh, they are often dried, which concentrates some of their nutrients.

## Nutritional Profile

Each sweet, delicious fig 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

**S**ome of the polyphenol anti-oxidant compounds found in figs are carotenoids, chlorogenic acid, lutein, tannins and zeaxanthin. These combine to fight free radical damage, and support the body's defenses against numerous chronic ailments. Carotenoids and lutein have been found to help protect eye health; they promote optimal vision and help prevent age-related macular degeneration, which can lead to blindness.

Some research has associated the chlorogenic acid in figs with helping to control blood sugar levels in those with type 2 diabetes. In traditional Latin

American folk remedies, fig leaves have been used in concoctions used to treat diabetes.

The high fiber content of the fig fruits can also help to keep blood sugar levels stable, and works to keep you feeling full, promotes optimal digestive function and aids in the prevention of heart disease and stroke. Figs also have laxative properties, which can greatly ease the discomfort of constipation.

Besides diabetes remedies, fig leaves have also been employed in traditional Latin American folk medicine against liver and kidney calcifications. According to some research, they may also help to lower blood triglyceride levels.

This potential effect of the leaves, along with the fiber in the fruit, may aid in weight loss efforts. Some in vitro studies have found that fig leaves may inhibit the growth of certain cancer cells.



These ancient fruits are rich in minerals, including copper and iron, which are important for healthy red blood cells. They are a good source of potassium, which helps to regulate heart rate as well as blood pressure.

Potassium also combats excess sodium in the blood, which is especially helpful if you are detoxing from a diet high in processed or excessively salty foods. Additionally, figs contain folate, which helps to keep arteries clear and is essential for a healthy heart.

Latin American folk medicine also uses figs in remedies for sore throats. They are traditionally boiled with milk and used to treat swollen gums, as well.

You can find dried, organic figs year round at your local organic grocer. However, when you have the opportunity, there is nothing quite like a fresh fig.



## Banana Fig Smoothie

### Ingredients:

- ◆ 4 small figs, cut in half
- ◆ 1 frozen banana
- ◆ 1 1/2 cups almond milk
- ◆ 1 teaspoon vanilla extract
- ◆ 1 tablespoon ground flax seed
- ◆ 1/2 cup ice

### Instructions:

Place all ingredients in a blender. Process until smooth. Serve.



## Fig Oatmeal

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### Ingredients:

- 1 cup coconut milk
- 5 black figs, diced
- 1/2 cup rolled oats
- Pinch of ground ginger
- Pinch of salt
- Shredded coconut for top
- Honey to drizzle on top

### Instructions:

1. Place coconut milk in a saucepan. Heat over medium temperature.
2. When milk boils, stir in figs, oats, ginger and salt.
3. Cook, stirring occasionally until desired consistency is reached.
4. Serve topped with coconut and honey.

## Red Wine Roasted Figs

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### Ingredients:

- 1 pound ripe figs, halved
- 3 tablespoons honey
- 1 tablespoon red wine
- 1 tablespoon lemon juice
- Zest of one lemon

### Instructions:

1. Preheat oven to 400 degrees F.
2. In a large bowl, mix the honey, wine, lemon juice and zest together. Add the figs and toss to coat evenly.
3. Place the coated figs in a baking dish. Pour the remaining mixture over top. Bake for 15-20 minutes.



## Tasty Fig Ice Cream

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### Ingredients:

- ◆ 20 dried figs, diced
- ◆ 1/2 cup water
- ◆ Zest from 1 lemon
- ◆ 3/4 cup coconut sugar
- ◆ 1 cup heavy cream
- ◆ 1/2 teaspoon lemon juice

### Instructions:

1. Put the figs, zest, and water in a sauce pan. Cover and cook over medium heat for 10 minutes.
2. Add sugar and cook stirring until the mixture thickens.
3. Allow to cool then puree through a blender adding the cream and lemon juice.
4. Pour mixture into your ice cream maker and follow manufacturer's instructions.

## Raw Fig Almond Balls

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### Ingredients:

- ◆ 1 cup almonds
- ◆ 10 dried figs
- ◆ 1 teaspoon vanilla extract
- ◆ Pinch of salt
- ◆ 1 tablespoon honey

### Instructions:

1. Place all ingredients in a food processor. Process until a sticky dough forms.
2. Roll the mixture into balls. Serve as is or chilled.

### Notes:

- ◆ Always use figs within a few days of purchase.
- ◆ Good figs will be soft and give a little to pressure and may also be wrinkled.
- ◆ Don't buy figs that have bruises or stems that are not intact or are leaking.



- ◆ Check figs carefully for any sign of mold.
- ◆ Store figs in a shallow dish or plate in the fridge - cover with wrap until you are ready to use.
- ◆ Before using wash them in cold water, pat dry and remove the stem.



## Dates

**D**ates are the delectable fruits of the date palm (*Phoenix dactylifera*), an ancient tree that is believed to have been around since the times of ancient Mesopotamia and Egypt, as far back as 6000 B.C. They were thought to have first been cultivated in 4000 BC, in the region that later became Iraq. Today, they grow all around the world in warm climates.

Date palms are crucial to many Arabic cultures, in which they are seen as a symbol for life. In ancient times, dates were taken on journeys across the

desert, as they were easy to carry and could provide instant energy. In Saudi Arabia, it is still a custom of hospitality to offer guests a platter of fresh dates, along with a cup of Arabian coffee with cardamom. The date palm was introduced to the West coast of the New World by Spanish missionaries in the late 1700's.

The dates themselves are drupes, with sweet, soft flesh surrounding a pit. They can grow to about three inches in length depending on the variety, and are anywhere from bright red to dark purple when ripe.

## Nutritional Profile

These sweet, ancient delicacies contain:

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



- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Selenium
- ◆ Vitamin A
- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin K
- ◆ Zinc

## Health Benefits

**P**olyphenol antioxidants found in dates include the carotenoids beta-carotene, lutein and zeaxanthin. Carotenoids, along with other antioxidant groups in dates, have been shown to help battle oxidative stress and protect the body from disease. All three of these carotenoids are also crucial for eye health.

Beta-carotene converts to vitamin A in the body, and lutein has long been associated with protecting the eye from damage. Zeaxanthin works to protect the light-filtering functions of the eye, and can help to protect against macular degeneration, which can lead to blindness.

Carotenoids have been found to have notable anti-carcinogenic benefits. Eating dates has been associated with helping to prevent breast, colon, endometrial, lung and prostate cancers.

They may also help to reduce the risk of developing heart disease and having a stroke. Dates also contain polyphenol antioxidants called tannins, which have been associated with anti-inflammatory effects, as well as helping to prevent hemorrhage and excessive bleeding.

Dates are a good source of potassium, a very important mineral with a multitude of functions. Potassium helps to balance sodium levels in the body. Without enough potassium, sodium levels can get out of control, leading to health problems such as hypertension. Potassium is also key for the proper function and contraction ability of muscles, and a deficiency of potassium may lead to a higher risk of osteoporosis, kidney stones and stroke.



These fruits are easy on the digestive system, and are rich in dietary fiber. Fiber helps to clear waste from the colon, helps to prevent the risk of heart disease and aids in lowering LDL 'bad' cholesterol levels. Additionally, dates contain protein composed of 23 different amino acids, which is many more than are found in most fruits.

Note: While eating dates can provide an instant source of energy, they should not be eaten in excess. They are very high in natural sugars, and can therefore spike blood sugar levels if you overdo it.



## Cinnamon Date Oatmeal

### Ingredients:

- ◆ 2 cups water
- ◆ 1/4 teaspoon salt
- ◆ Cinnamon stick
- ◆ 1/2 cup chopped dates
- ◆ 1/4 cup flaked coconut
- ◆ 1 cup steel cut oats
- ◆ 1/4 cup chopped pecans
- ◆ 1 tablespoon coconut sugar
- ◆ 1 tablespoon butter
- ◆ 1/2 cup milk

### Instructions:

1. Bring the water and salt to a boil.
2. Add the cinnamon stick, dates and coconut flakes to the boiling water. Stir to combine.
3. Stir in the oats. Allow to cook until a mush forms.
4. Serve oats into bowls. Top with pecans, sugar, butter and milk.





## Date Breakfast Smoothie

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### Ingredients:

- ◆ 1 cup greek yogurt
- ◆ 1 cup whole milk
- ◆ 1 cup medjool dates
- ◆ 1/2 teaspoon vanilla extract
- ◆ 2 cups ice cubes

### Instructions:

1. Put yogurt, milk, dates and vanilla in a blender. Mix until well combined.
2. Add ice to the blender and mix until thick.

## Celery Date Salad

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### Ingredients:

- ◆ 1 1/4 cup walnuts, toasted
- ◆ 1 small shallot, minced
- ◆ 2 tablespoons sherry vinegar
- ◆ 2 tablespoons walnut oil
- ◆ 2 tablespoons extra virgin olive oil
- ◆ Salt and pepper to taste
- ◆ 2 pounds thinly sliced celery stalks
- ◆ 1 cup sliced dates
- ◆ 3 ounces shredded cheese

### Instructions:

1. In a small bowl, whisk together the shallot, vinegar and oils.
2. In a larger bowl add the celery, dates and cheese. Toss to combine.
3. Drizzle the dressing over the salad and serve.



## Energy Date Ball

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### Ingredients:

- 1 cup walnuts
- 1 cup pecans
- 1 cup shredded coconut
- 2 cups dates, pitted
- 2 tablespoons coconut oil
- 1 teaspoon sea salt
- 1 teaspoon vanilla extract

### Instructions:

- Put the walnuts, pecans and coconut shreds in a large food processor. Blend until a powder forms.
- Add remaining ingredients and mix until a dough forms.
- Roll into balls and place on baking sheet. Chill in the fridge then serve.

## Chocolate Date Milk

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### Ingredients:

- 10 dates, pitted
- 10 almonds
- 3 cups almond milk
- 2 teaspoon cocoa powder
- 2 tablespoons coconut sugar

### Instructions:

- Place all ingredients in a blender.
- Pour into chilled glasses and serve.

### Notes:

- Purchase dates that are shiny, have uniform color and are not broken.
- Dates will keep in an airtight container at room temperature for 3 months.
- Refrigerate dates for up to one year.





## Cranberries

**C**ranberries, also known as bounceberries, are close relatives of blueberries, and grow wild across North America, northern Europe and northern Asia. 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 as 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

**R**ich 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 to anti-aging and

anti-cancer properties, and associated 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 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.

## Cranberry Juice Without a Juicer

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### Ingredients:

- ◆ 8 cups fresh cranberries
- ◆ 8 cups water
- ◆ 1/2 cup raw 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.



## Orange Cranberry Smoothie

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### 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:

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



## Spinach Cranberry Walnut Salad

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### Ingredients:

- ◆ 3/4 cup walnuts
- ◆ 1 pound spinach, torn 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 all the remaining ingredients in a bowl. Whisk together to create the salad dressing.
3. Drizzle dressing over salad before serving. Store extra dressing in a jar in the fridge.



## Cran-Raspberry Chilled Soup

### Ingredients:

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

### Instructions:

1. Combine cranberries and apple juice in saucepan. Bring to boil, reduce heat, and simmer for 10 minutes.
2. Add cranberries to mixture, stir, then press through a sieve and return to pan.
3. Bring to boil. Stir in sugar, lemon juice and sugar. Remove from heat and cool for 4 minutes.
4. Stir cream and cornstarch into soup. Bring mixture hill before serving garnished with mint leaves.

## Cranberry Sorbet

### Ingredients:

- ◆ 4 cups fresh cranberries
- ◆ 1 cup coconut sugar
- ◆ 1 cup raw 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 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.



## 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.



## Pineapple

The very mention of pineapple can bring to mind island coastlines, swaying palm trees and warm, salty breezes. These yellow tropical fruits require a bit of knife-work to prepare, but the sweet flavor and nutrient content that you will enjoy is well worth the effort.

Pineapple is formally known as *Ananas comosus*, and is part of the Bromeliaceae family. It is scaly on the outside with sharp green leaves. The inside is made up of juicy, bright yellow ‘fruitlets’ which are sweeter towards the center of the pineapple.

Presumably hailing from South American regions, pineapples were traditionally used in South and



Central America to ease indigestion and soothe inflammation. Pineapple was first brought to the attention of Europeans when they visited the Caribbean island of Guadeloupe in the late 1400s.

Today, pineapples are grown in Brazil, China, Thailand and the Philippines, among other like-climated nations, as well as in Hawaii. They thrive in tropical regions, and are shipped worldwide, as they are in high demand in many countries.

## Nutritional Profile

Each delicious chunk of fresh pineapple contains:

- ◆ Bromelain
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Manganese
- ◆ Pantothenic acid
- ◆ Vitamins B1 and B6
- ◆ Vitamin C

## Health Benefits

One of the main nutritional benefits of pineapple is the presence of bromelain, a compound that is found in every part of the fruit. Bromelain possesses anti-inflammatory and analgesic (pain-killing) characteristics, making pineapple an ideal food to eat when healing from an injury. Some research has found that healing times and pain after surgery were notably reduced when the patients were given bromelain extract.

Pineapple is an excellent fruit to accompany a workout, as the bromelain content can help ease muscle and joint pain and swelling. It can also help reduce swelling in the upper respiratory system and may ease coughs and help relieve symptoms of sinusitis. Bromelain may also aid in digestion, and help to heal stomach ulcers and damaged tissue.

Pineapple also has a high concentration of vitamin C, which is essential for boosting the immune system and



warding off seasonal illnesses such as colds and flus. If you are already afflicted with one of these ailments, pineapple may help you to get rid of the bug faster. The juice of pineapples also contains collagen, which can further strengthen your immune system.

The anti-inflammatory nature of pineapple makes it a powerful ally in the prevention of chronic diseases, including autoimmune diseases and cancers. Many of these diseases are triggered or worsened by chronic inflammation and oxidative stress in the body. If inflammation and oxidative stress are kept under control, the risk of these diseases may drop significantly.

Pineapple is a heart-healthy food and helps to break down LDL 'bad' cholesterol in the blood. It also has detoxifying properties, and can aid the kidneys in the elimination of harmful, built-up toxins, making it a great

fruit to add to a seasonal cleanse. Additionally, eating an abundance of pineapple, or drinking its fresh juice, has rejuvenating properties, and may help to improve the condition of your skin, especially after sunburn or other environmental damage.

## Green Pineapple and Citrus Juice

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### Ingredients:

- ◆ 3 medium organic carrots
- ◆ 1/2 organic pineapple, cut into chunks
- ◆ 1 large organic orange, peeled and sliced
- ◆ 1 cup organic baby spinach

### Instructions:

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



## Pineapple Chicken Stir Fry

### Ingredients:

- ◆ 1 pound organic free range chicken breasts
- ◆ 1 tablespoon extra virgin olive oil
- ◆ 1 cup organic pineapple chunks
- ◆ 2 tablespoons organic gluten-free soy sauce
- ◆ 2 tablespoons raw honey
- ◆ 2 tablespoons fresh organic ginger, grated
- ◆ 2 tablespoons fresh organic garlic, minced
- ◆ 14 ounces frozen organic broccoli
- ◆ 1/2 red organic bell pepper, chopped
- ◆ 1/2 orange organic bell pepper, chopped
- ◆ 1/2 teaspoon sea salt
- ◆ 1/2 teaspoon ground black pepper
- ◆ 1 teaspoon cornstarch
- ◆ 1 tablespoon sesame seeds

### Instructions:

1. Heat a skillet over medium heat. While skillet is heating, cut chicken into thin strips.
2. Put oil in skillet and add chicken. Sprinkle with salt and pepper and cook until brown.
3. Combine pineapple chunks, soy sauce, honey, ginger and garlic in a large bowl. Stir to combine.
4. Slice the peppers into strips.
5. Add pineapple mixture to the pan with chicken. Cook for 5 minutes then add peppers and broccoli. Allow to cook until crisp.
6. Combine the cornstarch and a tablespoon of water in a bowl. Whisk into the skillet to make a thickened sauce. Sprinkle with sesame seeds and serve.



## Pineapple Berry Smoothie

### Ingredients:

- 1/2 cup frozen organic strawberries
- 1/2 cup frozen organic pineapple chunks
- 3/4 cup organic whole milk
- 3/4 cup organic coconut milk
- 1/2 cup organic vanilla greek yogurt
- 2 tablespoons coconut sugar
- 6 ice cubes

### Instructions:

Place all ingredients in a blender and mix until smooth.

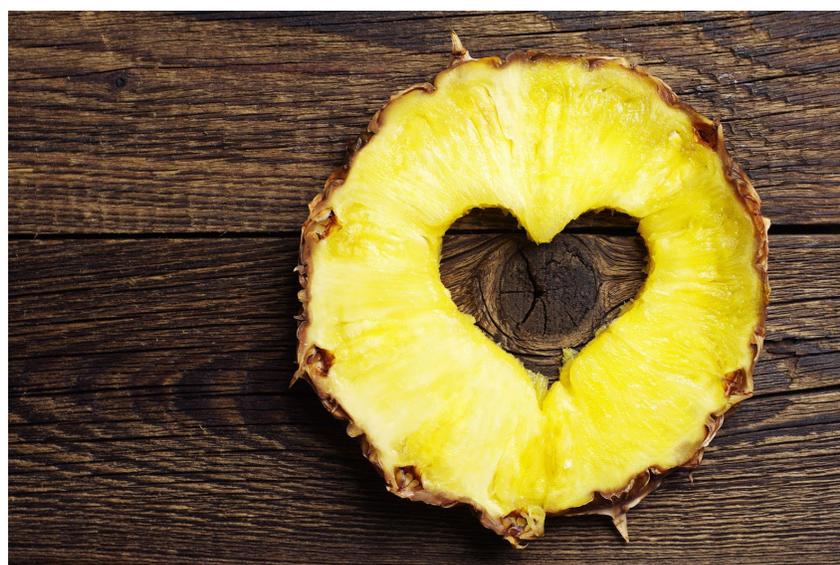
## Pineapple Avocado Salsa

### Ingredients:

- 2 organic cucumbers, chopped
- 1/2 organic red onion, chopped
- 1 organic serrano pepper, chopped
- 2 tablespoons organic lime juice
- 1 teaspoon sea salt
- 1 organic pineapple, cut into chunks
- 2 organic avocados, peeled and sliced

### Instructions:

Place all the ingredients in a large bowl and toss to combine.



## Honey Pineapple Sweet Pops

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### Ingredients:

- ◆ 3 cups fresh organic pineapple chunks
- ◆ 1/3 cup organic coconut milk
- ◆ 1/4 cup raw honey

### Instructions:

1. Combine all ingredients in a food processor or blender. Pulse until just combined and a few chunks of pineapple remain.
2. Pour the mixture into popsicle molds and insert sticks. Freeze for at least 5 hours before serving.

### Notes:

- ◆ Look for pineapples that are fully ripe.
- ◆ You should smell the pineapple when you buy it - the aroma should be sweet.
- ◆ A ripe pineapple gives slightly to pressure.
- ◆ Pineapple leaves should be bright and green.

- ◆ Avoid pineapples that are overly soft or have a sour smell.
- ◆ If you refrigerate pineapple, put it on the top shelf. Pineapple stored in the fridge will have less flavor but will last longer than pineapple left on the counter.
- ◆ Avoid storing pineapple in plastic bags.
- ◆ Always remove the crown and the base pieces before cutting.
- ◆ Cut, peel and slice pineapple in fourths - use a knife to remove eyes if they are deep.

## Passion Fruit

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The passion fruit was first introduced to Hawaii in 1880 yet due to its susceptibility to pests and disease, the fruit wasn't commercially cultivated until the 1930s in Kenya. By 1947, sales of passion fruit took off and today the fruit is most commonly grown in tropical regions throughout the world.

Passion fruit grows on a shallow-rooted vine from which sprout dark evergreen leaves. The ovoid fruit is



one of over 500 species of passiflora. Within the species designated as passion fruit or *P. edulis*, there are two distinct varieties, purple and yellow.

The purple passionfruit is more common in the United States though the yellow can also be purchased at farm markets or specialty stores. The fruit's rind is anything but uniform in appearance and consistency as it can contain dents and pimples and morphs from smooth to rough or dimpled and generally becomes softer as it ripens.

Each fruit ranges in size from 1 ½ to 3 inches and is surrounded with a white pith similar to that of an orange. The flesh itself is of a jelly-like consistency and contains approximately 250 edible seeds. The taste of the fruit can be compared to that of a guava. The flesh of the purple variety is a deep gold color and tends to be more aromatic with a richer flavor while the yellow passion fruit is distinguished by its green pulp and larger seeds. The purple variety has a higher water

content while the yellow fruit will yield twice as much edible fruit than that of its purple counterpart.

## Nutritional Profile

Though different in color, both varieties of passion fruit yield an ample supply of:

- ◆ B Vitamins
- ◆ Fiber
- ◆ Iron
- ◆ Niacin
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Unsaturated Fatty Acids
- ◆ Vitamin A
- ◆ Vitamin C



## Health Benefits

**P**assion fruit juice is a popular method of consuming the sweet aromatic flavor of this nutrient-rich fruit. Though flavorful and nutritionally sound, the juice lacks the high protein, fiber and healthy fat content of the fruit's many seeds.

Consuming the seeds of one fruit is equivalent to eating four cups of bran cereal as one fruit supplies 24.5 grams of fiber and five grams of protein. The seed oil is similar to that of soybean or sunflower oil and is comprised primarily of unsaturated fatty acids.

Both varieties are excellent sources of vitamin A, providing 25 percent of the daily recommended intake in one cup. Thirteen different carotenoids can be found in the fruit's pulp including zeta-, beta- and alpha-carotene, beta-cryptoxanthin and lycopene. The high concentration along with the variety of these different carotenoids allow for greater vitamin A production in the

body, which is essential for eye health as well as maintaining healthy hair, skin and nails.

Passion fruit is also an excellent source of the antioxidant vitamin C. One cup will supply a full serving of the recommended daily intake. Vitamin C helps battle free radicals that cause damage in numerous areas of the body that can result in cancers or other serious illnesses. Along with Vitamin C, passion fruit is also a rich source of folate, another water-soluble vitamin that is essential for many functions performed throughout the body including DNA synthesis and repair.

Iron can be found in abundance in passion fruit, making it an excellent source for vegans and vegetarians. The recommended daily amount for men is six milligrams and eight milligrams for women. One cup of passion fruit contains four milligrams of iron, almost half the recommended amount for females. And thanks to the high vitamin C content, the iron is highly absorbable.



Ripe passion fruits should feel heavy with wrinkled skin and be somewhat aromatic. Too much of an odor can mean spoilage as does dried skin and mushy texture. While many prefer the juice, the seeds supply numerous benefits and should be consumed right alongside the sweet pulp. Since vitamin A is fat-soluble, the seed oil allows for greater absorption of this important nutrient.

## Passion Fruit Breakfast Smoothie

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### Ingredients:

- ◆ 3 passion fruits, peeled
- ◆ 1 frozen banana
- ◆ 1 mango peeled and chopped
- ◆ 1 cup orange juice

### Instructions:

Place all the ingredients in a blender and mix until smooth. Drink right away.

## Passion Fruit Tea

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### Ingredients:

- ◆ 1 tablespoon darjeeling leaf tea
- ◆ 2 cups boiling water
- ◆ 2 tablespoons coconut sugar
- ◆ 1 passion fruit, halved, seeds removed
- ◆ 2 cups white grape juice
- ◆ Crushed ice to serve

### Instructions:

1. Place the tea in a pitcher. Pour boiling water over top.
2. Strain the tea, add sugar and stir until dissolved.
3. Place the tea in the mixture in the fridge until cool.
4. Add the passion fruit and grape juice. Stir until well combined.
5. Pour tea over ice to serve.



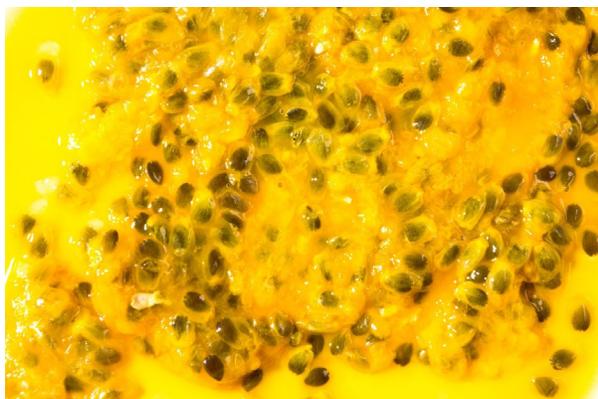
## Passion Mango Parfait

### Ingredients:

- ◆ 2 large ripe mangoes, peeled and cubed
- ◆ 4 passion fruits, cut in half
- ◆ 4 cups greek yogurt
- ◆ 1/4 cup lime juice

### Instructions:

1. Puree the mangos and passion fruit together in a blender or food processor. Add lime juice and continue pureeing.
2. Spoon the yogurt into parfait glasses. Top with passion fruit mix and serve.



## Passion Fruit Ice Cream

### Ingredients:

- ◆ 3/4 cup coconut sugar
- ◆ 1 3/4 cups water
- ◆ 9 ripe passion fruits, peeled
- ◆ 1/2 pint ripe strawberries, sliced

### Instructions:

1. Combine sugar and water in a saucepan. Cook over medium heat until sugar is dissolved.
2. Press the passion fruit pulp through a sieve into a bowl. This will separate the juice and seeds. Stir the seeds into the sugar water. Pour the syrup through the sieve to remove the seeds.
3. Place the syrup in the fridge and chill for 3 hours.
4. Add the fruit pulp to the syrup and stir well.
5. Pour mixture into your ice cream maker and freeze.
6. Scoop out ice cream and serve topped with strawberries.



## Passion Peach Granola

### Ingredients:

- ◆ 1/2 cup dried mangos
- ◆ 2 1/2 cups rolled oats
- ◆ 1/2 cup macadamia nuts
- ◆ 1/2 cup unsweetened coconut flakes
- ◆ 1/4 cup honey
- ◆ 2 tablespoons butter
- ◆ 2 passion fruits
- ◆ 1 teaspoon vanilla
- ◆ 1/2 cup dried peaches

### Instructions:

1. Preheat oven to 275 degrees F.
2. Put the mangos in a food processor. Process until powdery.
3. Put the mango powder, oats, nuts and coconut honey in a bowl. Mix to combine.
4. Melt butter in bowl. Add the pulp from the passion fruit into the butter. Add the vanilla and whisk together. Drizzle this mixture over the granola and toss to combine.

5. Pour onto a baking sheet and spread evenly.
6. Bake for 45 minutes in preheated oven.
7. Mix the peaches with the granola and serve topped with milk.

### Notes:

- ◆ It is best to purchase passion fruit with wrinkled skin, this means it is ripe.
- ◆ Do not purchase passion fruit that is lightweight or hard.
- ◆ To ripen passion fruit, keep at room temperature.
- ◆ Store ripe fruit in the fridge in a plastic bag for one week.





## Papaya

**P**apaya, also known as paw paw, papaw or tree melon, is a native of Southern Mexico and Central America. The ancient Mayans used to worship this sacred “tree of life” while Christopher Columbus was believed to have referred to the fleshy orange fruit as the “fruit of the angels.”

The papaya tree grows to ten to 12 feet high and can only survive in warm climates. Even the slightest exposure to near-freezing temperatures can cause harm and any prolonged exposure to cold wet soil will kill the delicate tree.

Papaya was first introduced to Hawaii in the beginning of the 20th century due to the favorable tropical climate. Today, Hawaii is one of the largest

producers of the fruit worldwide followed by Mexico and Puerto Rico.

The papaya tree produces its delicious fruit year round though a seasonal peak generally occurs in early summer. There are two types of papaya fruits, a Mexican and Hawaiian variety. The Hawaiian papaya is what Americans most commonly find in supermarkets. They are pear-shaped and weigh in at approximately one pound. In general, their average length is seven inches. The Mexican variety is significantly larger, weighing in excess of 10 pounds and measuring up to 20 inches.

The deep orange flesh of a papaya is sweet and juicy and is similar in flavor to that of a cantaloupe. At its center is a cavity filled with black seeds suspended in a jelly-like substance. The seeds are edible, yet somewhat bitter with a peppery taste. The entire fruit is encased in a yellow skin. Both varieties have a similar taste yet the Hawaiian papaya is considered somewhat more flavorful with a richer taste.



## Nutritional Profile

This exotic fruit provides a wide range of nutrients including:

- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Folic Acid
- ◆ Magnesium
- ◆ Potassium
- ◆ Riboflavin
- ◆ Thiamin
- ◆ Vitamin A
- ◆ Vitamin B6
- ◆ Vitamin C
- ◆ Vitamin E

## Health Benefits

**T**he Papaya is rich in numerous flavonoids, antioxidants and other phytonutrients as well as a wide range of vitamins, minerals, enzymes and over 212 amino acids.

One serving of papaya contributes 144 percent of the daily recommended intake of vitamin C and 31 percent

of vitamin A. While both are potent antioxidants on their own, they work synergistically with vitamin E and a specific enzyme found in the flesh of the fruit, paraoxonase to greatly inhibit cholesterol oxidation. When cholesterol oxidizes, it can stick to the walls of blood vessels causing dangerous plaque. Over time, this plaque increases the risk of heart attack or stroke immensely.

The sweet juicy flesh also contains numerous enzymes, two of which play a key role in digestion and reducing inflammation in the colon and throughout the body. The digestive enzyme, papain, is found in abundance in papayas and is often extracted for use in digestive enzyme dietary supplements. Papain is responsible for breaking down proteins. When proteins aren't properly digested, they can linger in the digestive tract, causing inflammation that can eventually lead to colon cancer.



Chymopapain works in conjunction with papain, helping to reduce inflammation that can lead to several illnesses or chronic conditions. The two enzymes also reduce the pain associated with inflammatory diseases like arthritis.

Like most fruits and vegetables, papaya also contains numerous antioxidants such as lutein, zeaxanthin and cryptoxanthin to name just a few. These potent antioxidants help battle free radicals that often cause damage leading to premature aging and degenerative diseases.

Papayas are especially beneficial for older individuals as digestive enzyme production slows with age. Fresh organic papayas are the best choice as a majority of papayas sold in the United States are genetically modified. Avoid the dried variety as they are a concentrated source of sugar and often contain added sugar and sulfites to enhance the color.

## Pineapple Papaya Cooler

### Ingredients:

- ◆ 2 cups papaya, cubed
- ◆ 1 cup pineapple, cubed
- ◆ 1 cucumber

### Instructions:

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



## Lime Papaya Soup

### Ingredients:

- ◆ 2 cups papaya, peeled and diced
- ◆ 1 cup mango, peeled and diced
- ◆ 1 cup orange juice
- ◆ 1/2 cup water
- ◆ 2 tablespoons lime juice
- ◆ 2 tablespoons honey
- ◆ Chopped mint leaves for garnish

### Instructions:

1. Place all ingredients except mint in a food processor.
2. Process until mixture is smooth.
3. Place soup in the fridge to chill.
4. Serve topped with chopped mint.

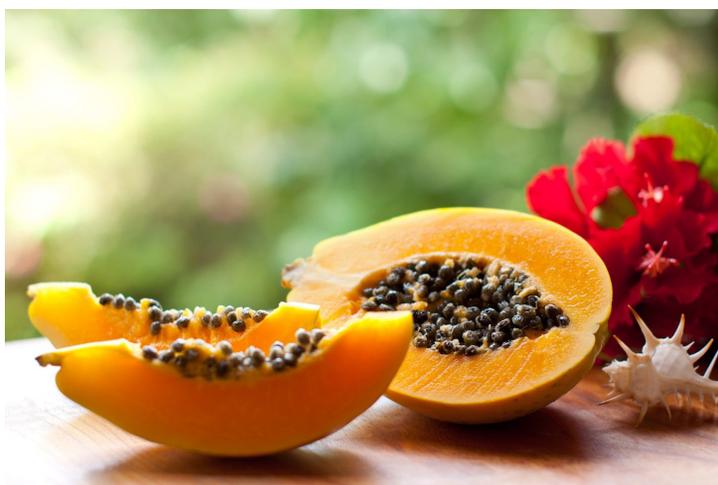
## Papaya Salad

### Ingredients:

- ◆ 1 papaya, sliced thinly
- ◆ 1 carrot, shredded
- ◆ 3 tablespoons cilantro, chopped
- ◆ 1/4 cup lime juice
- ◆ 3 tablespoons fish sauce
- ◆ 2 tablespoons coconut sugar
- ◆ 1 clove garlic, grated

### Instructions:

1. Toss the carrots, papaya and cilantro together in a large bowl.
2. In a small bowl, whisk together the lime juice, fish sauce, coconut sugar and garlic.
3. Pour lime mixture over the salad and toss. Place in the fridge for 30 minutes then serve.



## Roasted Papaya

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### Ingredients:

- ◆ 3 papayas
- ◆ 1/2 cup coconut sugar
- ◆ 1/2 cup lemon juice
- ◆ 1/4 teaspoon pepper
- ◆ 6 tablespoons heavy cream

### Instructions:

1. Preheat oven to 500 degrees F.
2. Slice the papayas in half and place them on a baking sheet.
3. Stir the sugar, juice and pepper together.
4. Drizzle mixture over the papayas.
5. Roast for 15 minutes.
6. Transfer to serving dishes and top with heavy cream.

### Notes:

- ◆ A green and yellow papaya is not yet fully ripe and can be left to ripen at room temperature.
- ◆ A bright yellow papaya is fully ripe.

- ◆ Select only fruit that is firm and yields slightly to pressure.
- ◆ The best papaya will have smooth skin and be slightly heavy in comparison to its size.
- ◆ Ripe fruit can be stored in a plastic bag in the fridge for up to one week.
- ◆ If you wish to speed ripening, place papaya in a brown bag on counter.
- ◆ A ripe papaya will keep in the fridge for up to 3 days.

## Maca Root

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**M**aca root has been celebrated since the times of the ancient Incas for its ability to increase energy levels. Due to this property, maca, which is related to both the radish and the mustard plant, has earned itself the nickname of “Peruvian ginseng.”

Indigenous to the mountains of Peru, Chile, Bolivia and Columbia, maca root comes in a variety of colors, including red, black and yellow. It is actually a



tuber, not a root, and has a wealth of other health promoting benefits in addition to energy enhancement.

Boasting a subtle, earthy, nutty flavor, organic powdered maca root makes the most sense for use in recipes, though it is also available in capsules and tinctures.

## Nutritional Profile

Add a spoonful of maca root into your smoothie, and your body will enjoy:

- ◆ Calcium
- ◆ Copper
- ◆ Fiber
- ◆ Iodine
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Vitamins B2, B3, B6 and B12
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Zinc



## Health Benefits

**M**aca root is very popular with athletes and those who participate in stringent workout plans, both for its ability to increase energy, and because it can help boost endurance and muscle mass when coupled with exercise. Additionally, maca can provide mental energy, potentially increasing focus and improving cognitive function.

Considered an adaptogen, maca root aids in balancing individual body chemistry by stimulating the hypo-



thalamus and pituitary gland. Because of this, it can help to elevate mood, calm anxiety and reduce symptoms of depression. It has also been used to help balance women's hormone levels during menopause. The adaptogenic, hormone-balancing nature of maca may also explain its traditional use for clearing up skin conditions, including acne.

In Peru, maca is often used to help correct various sexual dysfunctions, and as an aphrodisiac. It is used to increase libido in both men and women, as well as to promote fertility. In women, not only can maca root potentially help to balance menopausal hormone fluctuations, it has also been linked to easing hot flashes and mood swings. For younger women, it has been found to help relieve cramping and other types of menstrual pain.

On top of that, maca root is rich in nutrients, and can provide much-needed replenishment for individuals who are mineral deficient.

Note: It is important to start slow when beginning to use maca root in your meals, and then gradually increase intake. Talk to a health professional you trust before using, especially if you have high blood pressure, liver disease or have been diagnosed with cancer. Maca root is not suitable for pregnant or breastfeeding women.

## Maca Blueberry Smoothie

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### Ingredients:

- ◆ 1 cup coconut milk
- ◆ 1 cup frozen blueberries
- ◆ 2 frozen bananas
- ◆ 1 tablespoon maca powder
- ◆ 1/2 cup greek yogurt
- ◆ 1 teaspoon vanilla extract

### Instructions:

1. Place all ingredients in your blender. Mix until smooth.
2. Add more milk for a thinner smoothie. Best if served right away.



## Maca Coconut Fudge

### Ingredients:

- ◆ 1 cup coconut oil, melted
- ◆ 3 tablespoons cacao powder
- ◆ 1/4 cup maple syrup
- ◆ 1 teaspoon vanilla extract
- ◆ 1 teaspoon maca powder
- ◆ 1/4 cup coconut shreds
- ◆ 1 pinch sea salt

### Instructions:

1. Mix the melted coconut oil, cacao, syrup, vanilla, maca and coconut together.
2. Line a baking dish with parchment paper. Spread the fudge mix into the dish.
3. Sprinkle salt over top of the fudge. Refrigerate for 1 hour before serving.



## Red Velvet Layered Maca Shake

### Ingredients:

- ◆ 2 frozen bananas
- ◆ 1/2 an avocado
- ◆ 2 dates
- ◆ 1 tablespoon maca powder
- ◆ 1 cup beet juice
- ◆ 1/2 cup coconut milk
- ◆ 1/2 cup shredded coconut

### Instructions:

1. Blend 1 banana, 1/2 an avocado, the dates, maca powder and beet juice together in a blender.
2. Pour the red mixture in a glass until it is 3/4 full.
3. Blend the remaining banana, coconut milk and coconut shreds in the cleaned out blender.
4. Pour the white mixture over the red and serve.





## Chocolate Maca Pudding

### Ingredients:

- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon cacao powder
- 2 tablespoons maca powder

### Instructions:

1. Whisk the almond milk and chia seeds together until well combined.
2. Mix in the powders. Place pudding in the fridge overnight to allow to thicken. Serve cold.

## Chocolate Maca Energy Balls

### Ingredients:

- 6 dates, pitted
- 1 cup almonds, soaked and drained
- 1/2 cup hemp seeds
- 1 1/2 tablespoons raw cacao powder
- 1 tablespoon maca powder

### Instructions:

1. Combine the dates, almonds and hemp seeds in a food processor. Pulse for 30 seconds.
2. Add the cacao and maca powder. Mix until well combined.
3. Form dough into balls and serve.

### Notes:

- Maca powder can keep at room temperature for 24 months or up to 2.5 years in the freezer.





## Lychee

Lychee fruits (*Litchi chinensis*) have grown on tall, tropical, flowering evergreen trees in Southern China since ancient times. These sweet gems are part of the soapberry family, and were first mentioned in Chinese literature around 1060 AD.

Lychee trees are thought of very highly in China, and many varieties of lychees are named after wealthy and influential Chinese families. Besides their sweet and pleasing flavor, lychees are known for their cooling effect on the body, and various nutritional benefits.

Starting around the 1600s, cultivation of lychees spread from China to Burma and India, and later to the West Indies. They were growing in English and French greenhouses starting sometime around the 1800s, and in the late 1800s, could be found in California, Florida and Hawaii.

Lychee trees can grow to be 100 feet tall, have smooth, gray bark and densely-spaced leaves. The fruits are small and oval shaped, about an inch long, and have a bumpy, leathery pink or red peel. Inside the inedible peel is the white lychee fruit pulp, which is very sweet and has an aroma somewhat resembling roses. The texture of the fruit is akin to that of a peeled grape. There is a single brown seed inside each lychee fruit.

The seeds are generally inedible, but are ground and used in some medicinal preparations, such as an Indian concoction that uses it for digestive disturbances.



## Nutritional Profile

Each bite-sized lychee contains:

- 💧 Choline
- 💧 Copper
- 💧 Fiber
- 💧 Folate
- 💧 Iron
- 💧 Magnesium
- 💧 Manganese
- 💧 Phosphorus
- 💧 Potassium
- 💧 Protein
- 💧 Selenium
- 💧 Vitamins B1, B2, B3 and B6
- 💧 Vitamin C
- 💧 Vitamin E

## Health Benefits

Lychees are rich in numerous antioxidant compounds, including polyphenols, flavonoids and proanthocyanidins. One of the polyphenols that they contain is oligonol, which has been found to have antiviral properties, helps to improve circulation, protects the skin from UV rays, and can also

be beneficial for weight loss. Another antioxidant compound found in lychee, litchitannin A2, also has antiviral properties.

Likely due to their unique antioxidant composition, lychees have been linked to inhibiting the growth of breast, colorectal and liver cancer cells. The anti-inflammatory properties and free radical-fighting activity of these antioxidants can also help to prevent against cancers, as well as an array of other chronic illnesses. Lychees are very high in vitamin C, another potent antioxidant which supports the immune system and is vital to healthy skin and hair.

These little tropical fruits have significant benefits when it comes to heart health. Two of the minerals found in good amounts in lychee fruit are potassium and copper. Potassium helps to balance out sodium levels in the body, and also regulates blood pressure and heart rate. Copper is essential to the body's manufacture of red blood cells. Lychees are also



high in fiber, which helps to lower LDL 'bad' cholesterol, and maintain optimal digestive function.

In Chinese medicine, lychees are sometimes used in remedies for abdominal pain, coughs, neuralgia and swollen glands. A tea made from the peels is sometimes prepared to alleviate diarrhea. In India, lychee bark, flowers and roots are all used in a gargle to relieve sore throats.



**Note:** Although the health benefits of lychees are vast, make sure to eat them in moderation, as they contain a high concentration of natural fructose.

## Lychee Sorbet

### Ingredients:

- ◆ 2 cups water
- ◆ 1/3 cup honey
- ◆ 6 shiso leaves
- ◆ 1 1/2 cups ripe lychee, peeled and pitted
- ◆ 1/4 cup lemon juice

### Instructions:

1. Combine the honey and water in a saucepan. Bring to a boil then pour into a jar. Place in the fridge overnight.
2. Combine all ingredients in the blender until well combined.
3. Pour mixture into your ice cream maker and follow manufacturer's instructions.



## Stuffed Lychee

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### Ingredients:

- ◆ 2 cups canned lychee, drained
- ◆ 1/2 cup cream cheese
- ◆ 1/2 tomato, finely chopped
- ◆ 1/2 cucumber peeled and diced
- ◆ Salt and chilli powder to taste

### Instructions:

1. Combine cream cheese, tomato, cucumber and seasonings.
2. Refrigerate until the tomatoes get firm.
3. Stuff the cream cheese into the lychees. Serve chilled.

## Lychee Chili Lemonade

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### Ingredients:

- ◆ 1 pound lychees, peeled and seeded
- ◆ 1 cup lemon juice
- ◆ 3/4 cup coconut sugar
- ◆ Pinch of salt
- ◆ 1/2 small red Thai chili
- ◆ 3 cups cold water
- ◆ 1 quart ice

### Instructions:

1. Add the lychees, lemon juice, sugar, salt and chili into a blender. Blend on high speed until smooth.
2. Strain the mixture through a fine mesh colander into a pitcher.
3. Add the ice and serve. Garnish with extra chilies if desired.



## Watermelon Lychee Salad

### Ingredients:

- ◆ 1 small shallot, finely minced
- ◆ 1 jalapeño, diced
- ◆ 1 stalk lemongrass, trimmed, bottom 4 inches only, peeled and finely chopped
- ◆ 2 teaspoons honey
- ◆ 1 teaspoon gluten free soy sauce
- ◆ 2 teaspoons white wine vinegar
- ◆ 3 tablespoons extra-virgin olive oil
- ◆ Kosher salt and freshly ground black pepper
- ◆ 2 quarts diced watermelon
- ◆ 1 pound lychees, peeled and flesh torn into chunks
- ◆ 5 ounces crumbled feta cheese
- ◆ 1/2 cup basil leaves, roughly chopped



### Instructions:

1. Stir the shallot, chili, lemongrass, honey, soy sauce and vinegar in a bowl. Whisk in the olive oil and season to taste.
2. Toss the watermelon, lychees, feta and basil together. Add the dressing and coat evenly. Best if served right away.

## Lychee Sparkling Cooler

### Ingredients:

- ◆ 6 lychees, peeled and pits removed
- ◆ 8 ounces of chilled sparkling water

### Instructions:

1. Puree the lychees in a blender.
2. Press the mixture through a fine mesh sieve.
3. Fill glasses 3/4 of the way with the lychees. Fill the remainder of the glass with sparkling water.



## Notes:

- ◆ Select lychees that have red shells and are somewhat heavy for their size.
- ◆ Brown patches indicate that the fruit is sweeter.
- ◆ Refrigerate lychees in a plastic bag for up to ten days.

## Lemongrass



Lemongrass (*Cymbopogon citratus*) is also sometimes called citronella, after one of the essential oils that it contains. This fragrant, fibrous herb is native to Southern India and Sri Lanka, and is often featured in Thai, Vietnamese, Malaysian and Indonesian cuisines, to name just a few.

Aside from providing a delicious accent to many recipes, lemongrass has also been used medicinally for hundreds, if not thousands, of years

across Asia, to treat headaches, fevers and digestive disturbances. The stalks are often steeped to make teas for these purposes, sometimes on their own, and sometimes accompanied by other herbs.

True to its name, lemongrass leaves closely resemble sharp, bright green stalks of grass. The leaves grow in clumps out of a fibrous bulb. Lemongrass boasts a fresh, potent, lemon-like scent and flavor. The type most used for cooking is West Indian lemongrass, while Indian lemongrass (*Cymbopogon flexuosus*) is more commonly used for fragrance.

## Nutritional Profile

These exotic stalks nourish the body with:

- ◆ Calcium
- ◆ Copper
- ◆ Folate
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Pantothenic acid



- 💧 Potassium
- 💧 Protein
- 💧 Vitamins B1, B2, B3 and B6
- 💧 Vitamin C
- 💧 Zinc

## Health Benefits

**T**he lemon fragrance of lemongrass comes from citral, also known as lemonal, an organic compound linked to potent antifungal and anti-bacterial properties. This herb is also filled with essential oil compounds, including limonene, citronellol, geraniol and myrcene. These compounds have been found effective in combating bacteria and fungus growth. Citronella is well-known for repelling mosquitoes, and is often featured in candles for this purpose.

Some of the essential oil compounds found in lemongrass also have anti-inflammatory and antioxidant qualities. Limonene has been found by some research to have significant anti-carcinogenic properties. A flavonoid compound known as luteolin, also

found in lemongrass, has been linked to combatting cancer cells. Luteolin may also assist with improving symptoms of lung infections and multiple sclerosis.

Lemongrass contains a high concentration of iron, which is necessary for red blood cells to transport oxygen throughout the body. It also contains a high amount of manganese, which is an important mineral for bone and skin health, as well as balanced blood sugar levels. Furthermore, it is a rich source of multiple B-vitamins, which must be obtained from food. B-vitamins are vital to the metabolic function of cells. One of these B-vitamins is folate, which is key to heart health, and also helps to prevent birth defects in developing infants.

A great addition to a detox regimen, lemongrass can help the body to flush toxins from the bladder, kidneys, liver and pancreas. Drinking warm lemongrass tea during a cleanse may especially boost its overall effectiveness.



## Lemongrass Watermelon Juice

### Ingredients:

- ◆ 3 cups watermelon, peeled and cubed
- ◆ 1/2 teaspoon grated ginger
- ◆ 2 lemongrass stalks
- ◆ 2 tablespoons lime juice

### Instructions:

1. Process the watermelon, ginger and lemongrass through your juicer.
2. Mix in the lime juice. Serve right away over ice.



## Lemongrass Veggie Soup

### Ingredients:

- ◆ 2 boneless skinless chicken breasts, cooked and cubed
- ◆ 3 carrots, sliced
- ◆ 3 stalks celery, sliced
- ◆ 3 jalapenos, diced
- ◆ 2 yellow squash, sliced
- ◆ 4 garlic cloves, sliced thinly
- ◆ 64 ounces chicken broth
- ◆ 3 scallions, sliced
- ◆ 3/4 cup broccoli, trimmed
- ◆ 2 lemongrass stalks, trimmed and sliced thinly
- ◆ 1/4 cup cilantro leaves, roughly chopped
- ◆ Salt and pepper to taste

### Instructions:

1. Place chicken, vegetables and broth in a stockpot. Simmer for 40 minutes or until vegetables are cooked.
2. Add lemongrass and cook for 10 more minutes.
3. Stir in cilantro, salt and pepper just before serving.



## Pumpkin Lemongrass Soup

### Ingredients:

- ◆ 2 tablespoons sunflower oil
- ◆ 1 1/2 pounds pumpkin, peeled and cubed
- ◆ 1 bunch scallions, chopped
- ◆ 2 inches of ginger, peeled, and chopped
- ◆ 2 garlic cloves, chopped
- ◆ 3 red chillies, seeded and chopped
- ◆ 2 lemongrass stalks, split
- ◆ 1 bunch cilantro, stalks and leaves separated
- ◆ 5 cups vegetable broth
- ◆ 1 can coconut milk
- ◆ 3 tablespoons thai fish sauce
- ◆ Freshly squeezed juice from 2 limes
- ◆ Sour cream to serve

### Instructions:

1. Heat oil in a skillet over low heat. Saute the pumpkin and onions until soft.
2. Put the ginger, garlic, chillies, lemongrass, stock and cilantro in a separate saucepan. Simmer, covered for 25 minutes.
3. Puree the broth mix and pumpkin mix together in a blender. Press the mixture through a sieve and return to the saucepan.
4. Add coconut milk, fish sauce and lime juice to the soup. Stir and bring to a near boil.
5. Stir in cilantro leaves and serve swirling in some sour cream.





## Lemongrass Mango Shake

### Ingredients:

- ◆ 2 stalks lemon grass
- ◆ 1 cup coconut milk
- ◆ 2 ripe mangos, peeled and pitted
- ◆ 2 tablespoons greek yogurt
- ◆ 2 scoops homemade vanilla kefir ice cream

### Instructions:

1. Smash the lemongrass until it's aroma is released.
2. Bring the milk to a boil over medium heat. Add the lemongrass. Allow mixture to cool. Remove lemongrass.
3. Place milk, mangos, yogurt and ice cream in a blender. Mix until creamy and serve.

## Green Lemongrass Smoothie

### Ingredients:

- ◆ 1 cup almond milk
- ◆ 1 frozen banana
- ◆ 1 handful baby kale
- ◆ 6 mint leaves
- ◆ 1 inch lemon grass
- ◆ 6 ice cubes

### Instructions:

Place all ingredients in your blender. Mix until smooth. Serve immediately.

### Notes:

- ◆ Select lemongrass that has a strong lemon aroma.
- ◆ Don't purchase lemongrass that is dry, wilted or discolored.
- ◆ Lemongrass will keep in a paper bag in the fridge for up to three weeks.
- ◆ Be sure to store lemongrass apart from other foods as it will share its flavor with any food with which it is stored.





## Star Fruit

**T**he star fruit goes by many names including carambola, chinese apple, belimbing, five-angled fruit or star apple to name just a few. Native to Sri Lanka, this uniquely shaped fruit has been cultivated in Southeast Asia and Malaysia for over 1,000 years.

The tree bearing the star fruit is rather bushy in nature with a 20 to 25 foot spread and ranges in height from 25 to 30 feet. It is best-suited for tropical climates and begins bearing fruit at between three and four years of age.

The star fruit is a five-sided fruit with angled edges known as ribs. When sliced crosswise, the pieces resemble a star, thus giving the fruit its name. The tree bears green fruits that slowly turn from yellow to deep amber as they ripen. The flesh can be compared to that of an apple in terms of texture with

a citrus-like flavor. The crisp fruit is covered by a thin outer wax-like edible skin.

Two types of star fruit exist, one being somewhat sweeter than the other. The more sour variety is slightly narrower in shape while the sweeter variety has a fuller shape with widely spaced ribs.

Today the fruit is considered quite exotic and is primarily sold in specialty stores. It is mainly cultivated in the Caribbean and Central and South America. In the United States, star fruits are grown primarily in Florida and Hawaii thanks to their tropical climates.

### Nutritional Profile

Though it may be hard to find, the star fruit is well-worth the hunt. The uniquely shaped fruit with the one-of-a-kind texture is a powerhouse of nutrition, providing several nutrients including:

- ◆ Calcium
- ◆ Fiber
- ◆ Iron
- ◆ Magnesium



- ◆ Potassium
- ◆ Vitamin A
- ◆ Vitamin C
- ◆ Zinc

## Health Benefits

**S**tar fruit has proven to be an excellent source of highly absorbable antioxidants. The crisp apple-like fruit with citrus overtones is particularly high in the proanthocyanidin compound epicatechin. This powerful antioxidant protects against free radical damage, inhibits inflammation and has anti-cancer benefits. It is the same compound found in other antioxidant-rich foods including red wine, dark chocolate and green tea.

Along with many other antioxidant-like compounds, star fruits are an excellent source of vitamin C. When combined with its vitamin A content, the star fruit provides protection against many inflammation-related conditions

including osteoarthritis and the eye disease, age-related macular degeneration, which can lead to blindness.

Star fruit is high in water content and low in calories and is also a very good source of soluble fiber. Soluble fiber swells with water in the digestive tract, forming a slow-moving viscous substance. Diets high in soluble fiber protect against diabetes, high cholesterol and several gastrointestinal disorders.

Star fruit also helps protect against bone loss as it is high in both magnesium and potassium, two nutrients essential for strong bones and teeth. Potassium also functions as an electrolyte and is required to maintain regular muscle contractions. Inadequate intake of potassium can result in osteoporosis, stroke and high blood pressure.

Star fruit is one of several fruits and vegetables that contain oxalic acid. While generally not a problem for



healthy individuals, those with kidney or gallbladder conditions will want to limit intake of high-oxalate foods.

The vitamin C content of star fruit diminishes rapidly once the flesh is exposed to heat or air. Once ripened, the fruit is best-consumed in its entirety and before it begins to lose its firmness.

## Star Fruit Juice

### Ingredients:

- ◆ 1 apple, cored
- ◆ 2 star fruits, peeled and seeded
- ◆ 3 oranges, peeled
- ◆ 2 tablespoons honey

### Instructions:

1. Place all ingredients in a blender and process until smooth.
2. Strain the juice through a fine mesh sieve. Pour juice over ice and serve.



## Mango Star Fruit Smoothie

### Ingredients:

- ◆ 2 star fruit, seeded and sliced
- ◆ 1 mango, peeled and diced
- ◆ 1/2 cup orange juice
- ◆ 1 frozen banana
- ◆ 1/4 teaspoon honey
- ◆ 1/2 cup lemon juice
- ◆ 1/2 cup yogurt

### Instructions:

Place all ingredients in your blender. Mix at high speed until smooth. Best if served right away.



## Creamy Star Fruit Ice Cream

### Ingredients:

- ◆ 4 star fruits, sliced and seeded
- ◆ 1/2 cup coconut sugar
- ◆ 1 cup whole milk
- ◆ 1/2 tablespoon orange zest
- ◆ 1/2 teaspoon vanilla

### Instructions:

1. Place the star fruit in a food processor. Puree until smooth.
2. Press fruit through a sieve to remove pulp.
3. Whisk the star fruit juice, sugar, milk, zest and vanilla together.
4. Place the mixture in the fridge for 1 hour.
5. Pour the cold mixture into your ice cream maker and follow manufacturer's instructions.



## Star Fruit Pops

### Ingredients:

- ◆ 1/2 cup coconut sugar
- ◆ 1/2 cup lemon juice
- ◆ 3/4 cup water
- ◆ 1 star fruit, sliced and seeded

### Instructions:

1. Heat sugar, juice and water in a saucepan over medium heat. Stir until sugar dissolves, remove from heat.
2. Place a slice of star fruit in each section of a popsicle mold. Pour the lemon mixture over the slices to fill the mold. Cover, add sticks and freeze until solid.



## Star Fruit Salad

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### Ingredients:

- ◆ 1/2 cup vanilla yogurt
- ◆ 1 teaspoon honey
- ◆ 1/2 teaspoon lemon juice
- ◆ 4 ounces mandarin oranges, drained
- ◆ 1 apple, chopped
- ◆ 6 strawberries, sliced
- ◆ 2 star fruit, sliced and seeded
- ◆ 2 tablespoons chopped pecans, toasted

### Instructions:

Place all ingredients in a large bowl. Toss to combine well and evenly coat all fruit in the yogurt and honey. Chill and then serve.

### Notes:

- ◆ Green fruit are not yet ripe while yellow fruits are.
- ◆ Choose fruit that has a slightly shiny color.
- ◆ Select fruit that does not have bruises; slight blemishes are fine.
- ◆ Keep star fruit at room temperature until they ripen. As they ripen, the ribs of the fruit will turn slightly brown - this is part of the ripening process.
- ◆ Once ripe they will keep in the fridge for 5 to 7 days.
- ◆ To freeze star fruit, cut them vertically (slices form stars) and place them in a single layer so that the pieces will freeze individually.





## Raspberries

**R**aspberries may be one of the most diverse fruits on the planet. There are over 200 species present on five continents ranging from the arctic varieties native to Alaska and Northern Asia to the tropical berries cultivated in Hawaii with a multitude of varieties existing around the globe.

Raspberries figured greatly in trade among early civilizations, which was probably how they managed to spread throughout various cultures. Today, raspberries are still among the most commonly consumed berries, ranking third in the United States behind the strawberry and blueberry, respectively. Over 400,000 metric tons of raspberries are produced each year worldwide. The United States remains a top producer with the Western states supplying the largest commercial yield.

Raspberries are considered an aggregate fruit in that they are comprised of small individual fruits produced by multiple ovaries of a single flower. They are a member of the rose family as are many other popular fruits including apples, apricots, cherries, peaches and plums. Each raspberry is known as a drupelet, containing one central seed.

The root system of a raspberry bush can survive for many years underground and the berries are protected by the thorny brambles surrounding the leaves and fruit. The bushes are generally pruned in both the fall and spring for harvesting purposes.

### Nutritional Profile

Raspberries, like all berries, offer an incredibly rich supply of many nutrients concentrated in each tiny fruit including:

- ◆ Biotin
- ◆ Copper
- ◆ Fiber
- ◆ Folate



- 💧 Magnesium
- 💧 Manganese
- 💧 Omega 3 Fatty-acids
- 💧 Potassium
- 💧 Vitamin C
- 💧 Vitamin E
- 💧 Vitamin K

## Health Benefits

**W**ith over 200 species of raspberries growing in various corners of the globe, from a commercial standpoint they are generally grouped into one of three categories, red, black or purple.

European Red is the most commonly cultivated raspberry in the United States and is known for its deep red color. Black raspberries are often hard to distinguish from blackberries due to their similar shape and color and purple raspberries are a hybrid of the two other varieties. Golden or yellow raspberries are rare but have been known to pop up in random locations. These are the product of genetic mutations occurring in either a black or red raspberry plant.

Regardless of color, raspberries provide a wealth of phytonutrients including various antioxidants, anthocyanins, tannins, flavonols, flavanols and more. The incredibly high concentration of antioxidants and anti-inflammatory phytonutrients present in these tiny berries are what account for their tremendous anti-cancer effects. Researchers have often linked consumption of berries with decreased instances of breast, cervical, prostate and esophageal cancers.

One of the most incredible attributes of raspberries is that such a tiny fruit can contain a high enough concentration of phytonutrients to have a significant anti-inflammatory effect. Consumption of raspberries has been shown to have a similar effect as the anti-inflammatory medication ibuprofen as certain phytonutrients are capable of shutting off signals sent by COX-1 and COX-2 enzymes. These enzymes are involved in the inflammatory response system of the body.



New attention has been placed on the phytonutrient ellagic acid. Ellagic acid is found in high concentrations in raspberries and has been found to prevent the overactivity and overproduction of certain pro-inflammatory enzymes, which may account for a majority of the anti-cancer benefits of these tiny fruits.

Raspberry ketone is a compound also found in high concentration in raspberries, though it is not unique to the berry. Certain other plants such as Turkish Rhubarb contain smaller concentrations, though nowhere near those found in raspberries. Raspberry ketone increases fat cell metabolism by initiating enzyme activity, oxygen consumption and heat production in fat cells. The increased metabolism of fat cells reduces the number of pro-inflammatory molecules produced by fat cells as well as reducing the likelihood the body will store excess fat in those cells. Rather, the increased metabolism will encourage the burning of fat for fuel, which can aid dieters in weight loss efforts.

Tiliroside is a glycosidic flavonoid found in other members of the rose family as well. The compound activates adiponectin, a hormone found in fat cells. Adiponectin aids in blood sugar regulation and insulin balance, which can help prevent type II diabetes onset.

Raspberries also contain numerous vitamins and minerals including ample quantities of folate, potassium, magnesium and calcium. The carotenoids lutein and zeaxanthin are also present and aid in the prevention of various eye diseases.

Scientists have found much higher concentrations of antioxidants and phytonutrients in organically grown berries as compared to conventionally grown (pesticide and herbicide use). They have also noted a much greater efficiency and potency of phytonutrients in fully ripened berries compared to partially ripe or unripe berries.



The best choice for consuming raspberries of any species is to opt for freshly picked organic berries that have reached full maturity. When purchasing berries from a store, be sure to refrigerate promptly and consume within two days as organic berries are highly susceptible to mold and are extremely perishable.

## Carrot Raspberry Juice

### Ingredients:

- ◆ 5 carrots
- ◆ 1 pear
- ◆ 2 cups raspberries
- ◆ 1 cucumber

### Instructions:

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

## Raspberry Salad Dressing

### Ingredients:

- ◆ 1/2 cup olive oil
- ◆ 6 frozen raspberries
- ◆ 3 tablespoons raspberry vinegar
- ◆ 2 tablespoons raspberry jam
- ◆ 1 tablespoon coconut sugar
- ◆ 1 tablespoon dijon mustard
- ◆ 1 teaspoon poppy seeds
- ◆ 1/4 teaspoon onion powder

### Instructions:

1. Place all ingredients in a blender. Mix until smooth.
2. Pour dressing in sealable container. Store in the fridge and shake before each use.



## Strawberry and Raspberry Smoothie

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### Ingredients:

- ◆ 1/2 cup frozen strawberries
- ◆ 1 cup fresh raspberries
- ◆ 1/2 cup almond milk
- ◆ 1/2 cup greek yogurt
- ◆ 1 tablespoon honey
- ◆ 1 teaspoon vanilla

### Instructions:

Place all ingredients in a blender. Blend until smooth and creamy. Pour into a glass and serve.



## Raspberry and Ginger Parfait

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### Ingredients:

- ◆ 2 cups granola (gluten free is best)
- ◆ 1/2 cup dried cherries, chopped
- ◆ 2 tablespoons candied ginger, chopped
- ◆ 3 cups greek yogurt
- ◆ 1 cup raspberries
- ◆ 2 teaspoons honey

### Instructions:

1. Divide the granola evenly between 4 glasses.
2. Top each dish with cherries and ginger.
3. Spoon the yogurt on top.
4. Add raspberries and drizzle with honey. Serve right away.



## Raspberry Ice Pops

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### Ingredients:

- ◆ 3 cups raspberries
- ◆ 1/2 cup coconut sugar
- ◆ 2 tablespoons lime juice

### Instructions:

1. Place the raspberries, sugar and juice in a blender. Blend until smooth.
2. Pour mixture into popsicle molds. Cover, add stick and freeze.

### Notes:

- ◆ Choose raspberries that are bright in color and do not have hulls attached.
- ◆ Sort raspberries at home and discard any that are overly soft, moldy or shriveled.
- ◆ Rinse berries in water and place in a single layer on a plate lined with paper towels.
- ◆ Keep the berries in the fridge this way for up to 3 days.

- ◆ To freeze berries, place them in a single layer on a cookie sheet. Once frozen, transfer the berries to a plastic airtight container or bag.



## Radish

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**T**he radish is an ancient cruciferous vegetable whose history dates as far back as 700 B.C. The root and leaves of the plant are both edible and extremely nutritious.

The most common variety in the United States is round, red in color from the outside with a white inner body and is similar in size to a ping pong ball. Numerous varieties exist and are generally grouped under one of four categories, spring, summer, fall or winter radishes. Each category



contains several varieties and though the red radish is the most recognized, the original radish was black in color. Today radishes come in varying hues including pink, purple, green, white, grey and yellow.

The leaves of the radish plant are dark green with a strong flavor. They can be prepared in similar methods to other greens such as spinach and red beet leaves. The plant itself is a hardy cold-weather crop. It matures quickly and is capable of producing many crops each season.

## Nutritional Profile

While radishes range in both color, size and shape, the nutritional content of the roots and greens is similar and includes a wealth of vitamins and minerals including:

- ◆ B-Complex Vitamins
- ◆ Calcium
- ◆ Folic Acid
- ◆ Magnesium

- ◆ Manganese
- ◆ Phosphorous
- ◆ Potassium
- ◆ Vitamin A
- ◆ Vitamin C
- ◆ Vitamin K
- ◆ Zinc

## Health Benefits

**T**he root of the radish plant is extremely detoxifying and aids in liver, gallbladder and kidney health. The root contains sulfur compounds that regulate the production and flow of bile and bilirubin. The radishes' numerous enzymes also aid in removing excess bilirubin from the blood which promotes both liver and gallbladder health.

The root has a high water content and acts as a natural diuretic, which not only helps remove toxins from the body, but also helps flush kidneys and treat or prevent urinary tract infections.



Along with numerous antioxidants, the radish root also contains isothiocyanate compounds that work synergistically with antioxidants to battle cancer cells. The two compounds have been proven effective at altering cancer cell DNA, thus halting replication and causing cell death.

Radishes are also very beneficial for skin conditions. They contain several antifungal and antibacterial properties along with a high concentration of vitamin C, zinc, B-complex vitamins and phosphorous. The combination of these compounds are effective at treating rashes, dryness or other skin maladies.

The radish is also a great food for dieters as it is low in calories and the high water content coupled with a solid supply of roughage creates a feeling of fullness quickly and easily and also aids in digestion.

While the small red orb-like root is a powerful detoxifier and nutritional powerhouse, the leaves are not to be

forgotten. The concentration of vitamin C, protein and calcium is higher in the leaves of the plant than the root. They are also high in fiber and are a healthy addition to salads, soups, sandwiches or as the main course themselves either sauteed, steamed or stir fried.

## Savory Radish Juice

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### Ingredients:

- ◆ 1/2 cup fresh cilantro
- ◆ 3 kale leaves
- ◆ 6 carrots
- ◆ 3 radishes with greens, peeled
- ◆ 1 cucumber, peeled
- ◆ 1 pepper, seeded
- ◆ 1/4 head cabbage

### Instructions:

1. Process all ingredients through your juicer.
2. Pour juice over ice and serve right away.



## Pink Radish Smoothie

### Ingredients:

- ◆ 5 radishes including greens
- ◆ 1 banana
- ◆ 1/2 cup frozen raspberries
- ◆ 1/2 cup frozen strawberries
- ◆ 1 cup coconut water
- ◆ 1/2 cup coconut milk
- ◆ Pinch of sea salt
- ◆ 1 teaspoon honey

### Instructions:

1. Place all ingredients in your blender. Mix until smooth.
2. Pour into glasses and serve topped with radish leaves for garnish.



## Radish and Carrot Salad

### Ingredients:

- ◆ 3 cups carrots, shredded
- ◆ 7 radishes, cut into strips
- ◆ 1/4 cup raisins
- ◆ 2 tablespoons lime juice
- ◆ 2 tablespoons olive oil
- ◆ 1/2 teaspoon honey
- ◆ 1/2 teaspoon salt
- ◆ 1/4 teaspoon pepper
- ◆ 1 teaspoon grated lime peel

### Instructions:

1. Toss the carrots, radishes and raisins together in a large bowl.
2. Whisk the remaining ingredients together to make the dressing.
3. Pour dressing over salad, chill and serve.





## Lemon Roasted Radishes

### Ingredients:

- ◆ 20 radishes, chopped
- ◆ 1 1/2 tablespoons olive oil
- ◆ Coarse salt to taste
- ◆ 2 tablespoons unsalted butter
- ◆ 1 tablespoon lime juice

### Instructions:

1. Preheat oven to 450 degrees F.
2. Place salt, oil and chopped radishes in a bowl. Toss to evenly coat radishes.
3. Roast for 15 minutes, drizzle with melted butter and lime juice and serve.

## Radish Soup

### Ingredients:

- ◆ 3 cups radishes, chopped
- ◆ 1 medium potato, peeled and chopped
- ◆ 1 medium onion, chopped
- ◆ 1 tablespoon butter
- ◆ 1 teaspoon salt
- ◆ 1 tablespoon horseradish sauce
- ◆ 2 tablespoons yogurt

### Instructions:

1. Place radishes and potato in a food processor. Mix until combined.
2. Heat butter in a pot. Cook onion until translucent.
3. Add radish mixture, salt and horseradish sauce. Stir and cook covered for 30 minutes.
4. Remove from heat, swirl in yogurt and serve.





## Notes:

- ◆ Look for radishes that are smooth textured with green tops.
- ◆ Do not purchase radishes that are dull in color, have white, brown or black spots.
- ◆ Do not purchase radishes with yellow, slimy or limp tops.
- ◆ To store radishes, remove tops and place them in a plastic bag for up to one week.

## Prunes

In the United States, the word “prunes” was recently officially replaced with “dried plums,” in order to give these fruits a fresh marketing appeal. Specifically, prunes are dried European plums, and have been around since ancient times. The fact that they are dried makes them easy to store and enjoy anytime.

Plums themselves are drupes in the same genus as peaches and almonds, which grow on small trees in many parts of the world. European plums were thought to have originated near the Caspian Sea, well before the days of the ancient Romans. The process of drying plums into prunes is thought to have followed soon after their cultivation.



Prunes are usually pitted, and have a pungent, sweet flavor. While the word “prune” has fallen out of favor, these superfood morsels serve as a highly nutritious, tasty snack.

## Nutritional Profile

Whether you prefer to call them prunes or dried plums, these delectable dried treasures contain:

- ◆ Copper
- ◆ Fiber
- ◆ Potassium
- ◆ Vitamin C
- ◆ Vitamin K

## Health Benefits

**P**runes are rich in antioxidants, including chlorogenic and neochlorogenic acids, phenolic compounds which are linked to fighting free radicals. If left unchecked, free radicals can encourage a host of chronic diseases over time. Prunes also contain anthocyanins, flavonoid

antioxidants which are linked to potent anti-inflammatory activities, heart health, reduced cancer risk and overall longevity.

Some comparisons have found that prunes have even higher levels of antioxidants than fresh plums, and even trump the levels found in blueberries - which are known for their antioxidant powers.

The vitamin C found in prunes not only helps support the immune system, it also promotes healthy skin, and is likely a factor in the ability of these dried fruits to aid the body’s absorption of iron. Research has also linked prune consumption to overall bone health, and the potential to help prevent osteoporosis in postmenopausal women.

The association between prunes and constipation relief may be due to several factors. Prunes are high in fiber, which is known to help get things moving in the digestive tract, and also contain sorbitol, which helps



to mildly stimulate the colon. Another compound, known as isatin, has been linked to aiding in constipation relief, as well.

Furthermore, the insoluble fiber found in prunes helps to support healthy gut bacteria. This not only promotes optimal digestion, it can also help to support immune system function.

## Green Prune Smoothie

### Ingredients:

- ◆ 1 cup ice
- ◆ 1/2 cup almond milk
- ◆ 1/2 cup water
- ◆ 1 frozen banana
- ◆ 1 cup baby spinach
- ◆ 1/4 cup prunes
- ◆ 1 tablespoon chia seeds
- ◆ 1 tablespoon honey

### Instructions:

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

## Orange Prune Salad

### Ingredients:

- ◆ 1 cup dried pitted prunes
- ◆ 1/2 cup orange juice
- ◆ 1/4 teaspoon fennel seeds
- ◆ 2 tablespoons olive oil
- ◆ 2 tablespoon sherry vinegar
- ◆ 1/2 teaspoon grated orange peel
- ◆ 2 tablespoons minced garlic
- ◆ 2 fennel bulbs, sliced
- ◆ 6 cups salad greens
- ◆ 1 onion, thinly sliced

### Instructions:

1. Place the prunes, orange juice and fennel seeds in a pot. Bring to a boil and simmer for 6 hours. Cool to room temperature.
2. Place the prunes in a bowl. Add olive oil, vinegar, orange peel and garlic. Whisk together.
3. Toss remaining ingredients in a large bowl. Drizzle prune mixture over top and serve.



## Prune Fruit Soup

### Ingredients:

- ◆ 2 apples, peeled, cored and sliced
- ◆ 2 pears, peeled, cored and sliced
- ◆ 1 cup frozen cherries, pitted
- ◆ 1/3 cup prunes
- ◆ 1/3 cup dried apricots
- ◆ 1 tablespoon raisins
- ◆ 1 tablespoon dried currants
- ◆ 1 cinnamon stick
- ◆ 4 cups water

### Instructions:

1. Place all ingredients in a pot. Bring to a boil. Lower heat and simmer for 20 minutes.
2. Remove from heat and scoop out cinnamon stick.
3. Remove the apples and pears. Puree them in a blender then pour back into soup.
4. Serve warm or cold as a dessert.

## Raw Mango and Prune Balls

### Ingredients:

- ◆ 1/2 cup cashews
- ◆ 1/2 cup sunflower seeds
- ◆ 2/3 cup prunes
- ◆ 2/3 cup dried mango
- ◆ 1/2 teaspoon vanilla
- ◆ Pinch salt

### Instructions:

1. Place all ingredients in a food processor. Blend until a sticky dough forms.
2. Roll mixture into balls and serve. Store in the freezer.



## Banana Prune Shake

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### Ingredients:

- ◆ 1/2 cup yogurt
- ◆ 1 frozen banana
- ◆ 4 pitted prunes
- ◆ 1 1/2 cups coconut milk

### Instructions:

1. Place all ingredients in a blender. Mix until smooth.
2. Pour into chilled glasses and serve.

### Notes:

- ◆ Prunes are sold either with pits or pitted.
- ◆ Purchase prunes that are sold in transparent containers so that you can check them for quality.
- ◆ Prunes should be shiny in color, fairly soft, free of mold and plump.
- ◆ Store prunes in an airtight container in a cool, dark and dry location. They will keep this way for up to 3 months.
- ◆ Keeping prunes in the refrigerator will extend their freshness up to 6 months.





## Pomegranate

**T**he pomegranate, known as the Granada in Spain and the Grenade in France, is the fruit of a tree native to the Mediterranean region. The trees grow best in mild semi-arid climates. High humidity can damage the fruit as well as extreme cold temperatures.

The first pomegranates were introduced to the United States by Spanish explorers in 1769. Today, the fruits are most commonly found in the drier regions of California and Arizona but also respond well to greenhouse cultivation.

A typical pomegranate tree grows to approximately 12 to 16 feet in height, though smaller shrub-like varieties exist as do much larger trees that can grow upwards of 30 feet.

The tree generally bears ripe fruit within five to seven months after blooming. The fruits are defined by a tough leathery skin ranging in size 2.5 to five inches in diameter. The skin or rind can be red, pink, purple or orange in color and gives way to a white pulpy flesh surrounding the sweet juicy seed-filled sacs called arils that the fruit is known for.

### Nutritional Profile

Whether consuming this exotic fruit's seeds or drinking its sweet juice, the nutrition provided in one serving includes numerous vitamins and minerals such as:

- ◆ Calcium
- ◆ Fiber
- ◆ Folic Acid
- ◆ Iron
- ◆ Manganese
- ◆ Niacin
- ◆ Phosphorus
- ◆ Potassium
- ◆ Vitamin C
- ◆ Vitamin K



## Health Benefits

**P**omegranates are a rich source of antioxidants and contain surprisingly high concentrations as compared to other notable antioxidant-rich foods such as the acai berry, cranberries and green tea. Punicalagin, anthocyanins, hydrolysable tannins, and numerous phenols are just a few of the potent antioxidants that comprise this unique fruit and help protect against free-radical damage.

The orb-like fruit is often consumed in juice form, which has been found to act as a blood thinner and aid in the removal of plaque from artery walls, thus reducing the risk for developing atherosclerosis over time. Juice, as well as seed consumption, has also been linked to the reduction of LDL cholesterol and the increase of HDL cholesterol. All of these attributes reduce the risk for developing cardiovascular disease and stroke.

Pomegranates are also an excellent food for promoting bone health. They provide a combination of vitamin K, manganese and calcium, all of which aid in bone preservation. The fruit also contains a unique blend of enzyme inhibitors that preserve cartilage. Healthy and strong cartilage protects the surrounding bone from age-related wear and tear.

Pomegranates are a very good choice for women as they provide important nutrients that aid in a healthy pregnancy including niacin, folic acid, calcium and iron. They also contain the phytonutrients ellagitannins. Ellagitannins have been found to prevent estrogen-responsive cancer cells from multiplying.

The most nutritious way to enjoy a pomegranate is to consume the jewel-like arils contained inside the fruit. Some prefer not to eat the seeds and just drink the surrounding sweet and tart juice, yet the seeds contain both fiber and oils and are perfectly fine to eat.



Processed pomegranate juice may contain added sugars, preservatives and coloring agents and a great deal of the nutritional value is often lost in the bottling process. Juicing a fresh pomegranate would be the preferred method of consuming this antioxidant-rich drink.

## Simple Pom-Berry Smoothie

### Ingredients:

- ◆ 1/2 cup cold pomegranate juice
- ◆ 1/2 cup greek yogurt
- ◆ 1 cup frozen berries

### Instructions:

1. Place all ingredients in a blender. Mix until thick and creamy.
2. Pour into a glass and serve.



## Pomegranate Coconut Rice Pudding

### Ingredients:

- ◆ 1 1/2 cups water
- ◆ 3/4 cup uncooked rice
- ◆ 2 1/2 cups coconut milk
- ◆ 1/4 cup coconut sugar
- ◆ 1 teaspoon orange zest
- ◆ 1/4 teaspoon salt
- ◆ 1 egg
- ◆ 1 cup pomegranate seeds.

### Instructions:

1. Combine the water and rice in a saucepan. Bring the mixture to a boil. Reduce heat, cover and cook for 10 minutes.
2. Stir the 2 cups of coconut milk, sugar, zest and salt in. Cook for 10 more minutes.
3. Mix the remaining 1/2 cup coconut milk and egg together. Stir into the rice pudding.
4. Fold in the pomegranate seeds and serve as is or chilled.



## Pomegranate-Lime Parfait

### Ingredients:

- ◆ Seeds from 1 pomegranate
- ◆ Zest of 1 lime
- ◆ 1 container of vanilla greek yogurt

### Instructions:

1. Divide the yogurt between 4 glasses.
2. Top each glass with a little zest and evenly distribute the seeds on top. Stir a bit to swirl in the seeds and serve as a breakfast or dessert.



## Apple Pomegranate Salad

### Ingredients:

- ◆ 8 cups romaine lettuce, chopped
- ◆ 1/2 cup pomegranate seeds
- ◆ 2 apples, thinly sliced
- ◆ 1/2 cup crumbled feta cheese
- ◆ 1/2 cup balsamic vinegar
- ◆ 2 teaspoons minced garlic
- ◆ 1/3 cup coconut sugar
- ◆ 4 tablespoons extra virgin olive oil
- ◆ 1 tablespoon honey
- ◆ 1 teaspoon salt

### Instructions:

1. Toss the first 3 ingredients together in a large bowl.
2. In a separate bowl, whisk together remaining ingredients to create a dressing. Drizzle over salad and serve.



## Notes:

- ◆ Healthy pomegranates are round and fairly heavy for their size.
- ◆ Do not purchase fruit that has cuts or bruises.
- ◆ Pomegranates will keep for up to a month in a cool and dry place or can be refrigerated for up to 2 months.
- ◆ Seeds can be refrigerated in an airtight container for 5 days.

