

A close-up photograph of various spices on a wooden surface. In the foreground, there are several dark brown coffee beans. Behind them are several cinnamon sticks, some whole and some broken into smaller pieces. To the left, there is a star anise, a dried seed pod with eight points. The background is filled with more of these spices, creating a rich, textured scene.

# 15

# Diabetes Reversing Recipes:

The Blood Sugar Normalizing Blueprint

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# STOP DIABETES



Diabetes is a serious, life-threatening condition that is marked by high blood glucose levels resulting from poor insulin production, insulin inaction or both.

Complications with this condition are dangerous and can bring about premature death.

Over 25 million Americans have diabetes - that is about 8% of the current population. Of these, 7 million have the disease but are undiagnosed. The number of people diagnosed with diabetes has skyrocketed from 1.5 million in 1958 to over 18 million in 2010 - this represents epidemic proportions.

There are two types of diabetes; Type 1 and Type 2. Type 1, previously called juvenile-onset, accounts for only about 5% of all diagnosed cases in adults. Type 2 accounts for up to 95% of all diagnosed cases in adults and is also on the rise in children and teens.

There is good news. Type 2 diabetes is not only preventable, but reversible through proper lifestyle choices, including a healthy diet and exercise. Avoiding processed and fast foods, consuming plenty of whole fruits and veggies along with healthy protein and fats can not only keep diabetes at bay but also other dangerous lifestyle conditions.



This guide offers a glimpse into fifteen foods that have been found to help regulate blood sugar when consumed regularly. These food snapshots and 75 recipes will help you look and feel your best.

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

**Happy cooking!**

## Avocado

**A**vocados, also known as alligator pears, are the fruits of the *Persea americana*, a large evergreen tree. These fruits have been cultivated in Central and South America since about 8,000 BC, and have been grown in the U.S. since the early 20th century.

Depending on variety, avocados can weigh anywhere from 8 ounces to 3 pounds. They have a dark green, fibrous skin and a soft, light green ‘meat’ inside, surrounding a large pit.



The Florida avocado has less (healthy) fat content and a more watery texture than the California variety.

Although they are most famous for their starring role in guacamole, avocados are an extremely versatile food, and can be added to a wide array of meals and snacks.

### Nutritional Profile

The nutrients you will enjoy alongside the yummy flavor of your avocado include:

- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Magnesium
- ◆ Manganese



- ◆ Omega-3 fatty acids (alpha-linolenic acid)
- ◆ Pantothenic acid
- ◆ Potassium
- ◆ Selenium
- ◆ Vitamin B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K
- ◆ Zinc

## Health Benefits

Avocados are loaded with many different types of antioxidants, including the carotenoids lutein, beta-carotene and alpha-carotene, the flavonoids epicatechin and epigallocatechin 3-O-gallate, the phytosterols beta-sitosterol and stigmasterol, and polyhydroxylated fatty alcohols (PSAs). These, plus the vitamins and minerals contained in avocados, combine to make them anti-inflammatory in nature, helping your body to prevent chronic diseases, including cancers.

Avocados have a low glycemic index, and are high in fiber, making them

important in blood sugar regulation. Some research has associated monounsaturated fats, such as those found in avocados, with improved insulin sensitivity. One cup of cubed avocado contains about 240 calories and 22 grams of fat - but don't let this fat fact scare you. Much of the fat found in avocados is comprised of monounsaturated oleic acid, the same kind found in olive oil.

According to the American Heart Association, monounsaturated fat can lower cholesterol, and plays a role in keeping hair and skin healthy. Research indicates that avocado fat (along with its antioxidant content) reduces inflammation within the body and is especially useful for people suffering from arthritis.

Avocados promote heart health and may help lower the risk of heart disease, and their magnesium content may help to regulate blood pressure. The healthy fat content of avocados promotes optimal digestion and facilitates the transport of fat-soluble vitamins throughout the body.



## Simple and Delicious Avocado Soup

### Ingredients:

- ◆ 4 ripe avocados, pitted, peeled and chopped
- ◆ 3 cups whole milk
- ◆ Salt and cayenne pepper to taste
- ◆ 2 tbsp freshly squeezed lemon juice

### Instructions:

1. Put the chopped avocados in a blender, add half the milk and a pinch each of salt and cayenne. Puree the ingredients together.
2. Beat in the remaining milk. Chill the soup for 6 hours.
3. Serve chilled topped with lemon juice.

## Banana Avocado Smoothie Delight

### Ingredients:

- ◆ 1 soft avocado, peeled
- ◆ 1 banana
- ◆ 1/2 cup greek yogurt
- ◆ 1 cup unsweetened almond milk
- ◆ 1 teaspoon vanilla extract
- ◆ 3 tbsp maple syrup
- ◆ Handful ice cubes

### Instructions:

Place all ingredients in a blender and pulse until smooth. Serve in chilled glasses.



## Green Avocado Juice

### Ingredients:

- ◆ ½ large pineapple, peeled and cubed
- ◆ 1 pear
- ◆ 6 large kale leaves
- ◆ 1 cup broccoli
- ◆ 1 handful spinach
- ◆ 1 large cucumber
- ◆ 4 large celery stalks
- ◆ 1 inch piece ginger
- ◆ 1 avocado

### Instructions:

Place all ingredients except avocado into your juicer and process.

Put the juice and the avocado into a blender and blend the avocado in.

Serve right away.



## Avocado Potato Salad

### Ingredients:

- ◆ 2 pounds red potatoes, cut into cubes
- ◆ 1 cup mayonnaise
- ◆ 5 tbsp of raw apple cider vinegar
- ◆ 2 tbsp mustard
- ◆ Salt and pepper to taste
- ◆ 4 green onions, sliced
- ◆ 2 ripe avocados, chopped into 1/2 inch cubes

### Instructions:

1. Place potatoes in a pan, cover with water and cook for 15 minutes after water has come to a boil. Drain and put in a bowl.
2. Combine remaining ingredients together and stir in with the potatoes.
3. Refrigerate for 4 hours before serving.



## Avocado Coconut Ice Cream

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### Ingredients:

- ◆ 3 ripe avocados
- ◆ 3/4 cup coconut sugar
- ◆ 1 cup sour cream
- ◆ 1/2 cup heavy cream
- ◆ 1 tbsp freshly squeezed lime juice
- ◆ Pinch of salt
- ◆ Fresh coconut meat shredded

### Instructions:

1. Place all ingredients in a blender or food processor and mix until smooth.
2. Pour the mixture into your ice cream maker and follow the manufacturer's instructions to finish the ice cream.
3. Top with fresh shredded coconut

### Notes:

When choosing an avocado, you can tell it is ripe when it is dark green on the outside, and has a slight 'give' when you press on it. If it is too soft, it is overripe.

When peeling your avocados, be sure to remove only the peel, as the flesh just under the skin contains the highest carotenoid concentration.

Avocados will start to turn brown within minutes after slicing. To keep them green longer, drizzle them with a bit of fresh lemon juice. This adds a citrus kick to the flavor, as well.





## Beans (common)

**B**eans are a staple food in many households. They are inexpensive, versatile and loaded with nutrients. Common beans (*Phaseolus vulgaris*) include kidney, black, navy, yellow, pinto, pink and anasazi beans, and are members of the legume family.

These types of beans hail from South and Central America, and were thought to all have stemmed from one bean ancestor cultivated in Peru. Common beans were brought to Europe in the 15th century by Spanish explorers after their visit to the New World.

Navy beans, also known as white beans, are small and white, and lend themselves perfectly to a pot of baked beans. Kidney beans, also called red beans, are often featured in chilis. Pinto beans are beige with red or brown splotches, and black beans, also known as turtle beans, are, as their name suggests, black, and used in many Latin dishes (although this is by no means their only use).

Different types of common beans have similar health characteristics, with a few key differences.

### Nutritional Profile

Although some common beans have additional nutrients, all common beans contain:

- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Magnesium



- ◆ Manganese
- ◆ Molybdenum
- ◆ Phosphorus
- ◆ Protein
- ◆ Vitamin B1

## Health Benefits

Beans are an excellent source of protein. One cup of kidney beans, for example, contains over 15 grams of protein. While protein content varies slightly amongst different types of beans, it is comparable throughout the varieties. The protein found in beans does not contain all nine essential amino acids, however, if you eat them alongside your favorite gluten-free grains, such as brown rice or millet, you will have yourself a healthy, meat-free protein source.

Another benefit of beans is their high fiber content. Both soluble and insoluble fiber are key to the health of the digestive and cardiovascular systems, and can keep your cholesterol and blood sugar levels in check.

The indigestible fraction (IF) in black beans helps to keep the digestive tract healthy by allowing the good bacteria in the colon to produce butyric acid. For this reason, black beans have been linked to significantly lowering the risk of colon cancer.

Eating beans can help boost your brainpower, thanks to vitamin B1, also known as thiamin. This vitamin is crucial to cognitive function, and the lack of it is implicated in contributing to the onset of Alzheimer's disease. Beans are also an important source of molybdenum, a trace mineral that helps rid the body of sulfites and certain other toxins.

Laden with phytonutrients and antioxidants, beans can help reduce the risk of cancer and other chronic diseases. As far as antioxidants, black beans have another advantage over many of their relatives: the presence of three types of anthocyanins, which give them their color, as well as kaempferol



and quercetin. These flavonoids have been linked to significant anti-inflammatory properties, and the protection of the body against disease-promoting free radicals.

Kidney and pinto beans have the benefit of potassium content. Potassium is key to the functioning of all of the muscles in the body. It also regulates blood pressure and is integral in heart health.

As different common beans provide slightly different nutrition, eating a variety is a smart (and delicious) way to enjoy these legumes.



## Anasazi Bean Soup

### Ingredients:

- ◆ 1 cup cooked brown rice
- ◆ 3 cups cooked organic anasazi beans
- ◆ 1/2 an onion, chopped
- ◆ 1 tbsp extra virgin olive oil
- ◆ 1 cup carrots, sliced
- ◆ 1 cup celery, sliced
- ◆ 1 tbsp dried herbs of choice
- ◆ 1 cup organic salsa

### Instructions:

1. Saute onion and olive oil in a crock pot until soft.
2. Add the carrots and celery and continue cooking until soft.
3. Stir in herbs, salsa, and broth. Bring to a boil then lower heat to a simmer.
4. Add beans and rice, simmer for 10 minutes and serve.



## Easy Black Bean Dip

### Ingredients:

- ◆ 2 cans black beans
- ◆ 1/2 cup chopped onion
- ◆ 1 clove garlic, minced
- ◆ 2 tbsp organic lime juice
- ◆ 1/4 teaspoon ground cumin
- ◆ 1/4 teaspoon chilli powder
- ◆ Salt and pepper to taste
- ◆ 2 tbsp organic shredded cheese for garnish
- ◆ Gluten free pita chips or gluten free crackers

### Instructions:

1. Put all ingredients through a food processor and blend until smooth.
2. Pour mixture into a saucepan and heat until warm.
3. Serve warm topped with cheese beside pita chips or gluten free crackers.

## Bean and Spinach Soup

### Ingredients:

- ◆ 1 tbsp coconut oil
- ◆ 2 cups free range, gluten free turkey sausage, chopped
- ◆ 1 onion, chopped
- ◆ 2 cloves garlic, minced
- ◆ 4 carrots, chopped
- ◆ 4 parsnips, chopped
- ◆ 2 cans navy beans
- ◆ 2 tbsp dry thyme
- ◆ Salt and pepper to taste
- ◆ 8 cups water
- ◆ 1 tbsp apple cider vinegar
- ◆ 1 cup spinach leaves

### Instructions:

1. Slice sausage into a skillet and brown in the coconut oil.
2. Add onion, garlic, carrots and parsnips. Cook for 5 minutes.
3. Stir the sauteed meat and veggies in a pot with remaining ingredients except spinach.
4. Boil then reduce heat. Simmer 2 hours then stir in torn spinach leaves. Cook until wilted



## Pinto, Pink and Yellow Bean Salad

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### Ingredients:

- 1/2 can pinto beans
- 1/2 can yellow beans
- 1/2 can pink beans
- 1/2 cup cooked corn kernels
- 1 bell pepper, diced
- 1/2 small onion, chopped
- 1 cup cherry tomatoes, halved
- Salt and pepper to taste
- 1/4 cup extra virgin olive oil
- 1/4 cup lemon or lime juice
- 1 avocado, chopped
- 1/4 cup cilantro, chopped

### Instructions:

1. Toss the beans, corn, pepper, onion, tomatoes, and salt and pepper together.
2. Stir in the lemon and olive oil to evenly coat salad.
3. Fold the avocado and cilantro into the salad, chill and serve.

## Kidney Bean Burgers

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### Ingredients:

- 1 1/3 cups cooked kidney beans
- 3 tbsp gluten free flour
- Salt and pepper to taste
- 1/4 teaspoon cumin
- 1/4 teaspoon red pepper flakes

### Instructions:

1. Stir all ingredients together in a bowl.
2. Use a fork or potato masher to mash all the beans.
3. Heat a skillet over medium heat. Form the bean mixture into 4 patties. Cook each patty on the skillet, 2 minutes on each side.
4. Serve topped with organic salad greens, onions and your favorite burger toppings. (If you must put your burgers in buns, make sure they are gluten free.)



## Notes:

Dried beans are always the best and purchasing in bulk is usually cheaper.

Look for beans that are bright in color and uniform in size. Do not purchase packages with cracked or broken beans.

Rinse dry beans well and sort out any stones or other debris.

Soak dry hard beans before using to remove surface dirt and reduce cooking time.

Store dried beans in a food-safe container with a lid. Keep them in a cool and dry place - out of direct sunlight.

For best results, use beans within one year of purchase.

If your beans have been sitting for a long time, use ¼ teaspoon of baking soda per pound of beans when you cook. This will help soften them up.

If you use canned beans be sure to look for those with no salt added.

## Beef (Grass fed)

All throughout history, our ancestors raised cattle on pastures, allowing them to roam around and graze in the sun. They ate grass all day, their natural diet, and as a result, their meat and milk were healthy and nutrient rich.

Historians estimate that humans first domesticated cattle around 8,000 BC in the region near the Tigris and Euphrates Rivers, thought to be the birthplace of civilization. Cattle were introduced to the West by Christopher Columbus, and ever since have been prevalent throughout North America.

It is only since the 1950's that cattle have been shipped to feedlots, fed cheap, processed grains to fatten them up quicker, confined into small spaces, and injected with dangerous hormones and antibiotics. As a result, conventional beef has had many of its nutrients depleted, and many additives introduced to the resulting meat and milk.



There is, however, a natural option, that follows the principles set by our ancestors: grass fed beef, also known as pastured beef. The cows that it comes from are allowed to graze on their natural diet of grass, are treated more humanely and are not injected with growth hormones or antibiotics. This practice greatly enhances the nutrition of the beef in a number of ways.

## Nutritional Profile

Grass fed beef is rich in:

- ◆ Choline
- ◆ Conjugated linoleic acid (CLA)
- ◆ Iron
- ◆ Omega-3 fatty acids
- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Selenium
- ◆ Vitamin A

- ◆ Vitamins B2, B3, B6 and B12
- ◆ Vitamin E
- ◆ Zinc

## Health Benefits

Comparisons of grass fed beef and beef from conventionally raised cows have highlighted some important differences. While nutrient concentrations do vary among individual animals, grass fed beef has been shown to have about twice the beta carotene and lutein of conventional beef. These two antioxidants, besides having anti-inflammatory and disease-preventing properties, are crucial to eye health and the prevention of macular degeneration.



Grass fed beef also contains more heart-healthy omega-3 fatty acids, as well as more vitamins A and E. Vitamin A is important for eye health, as well as for immune system and cellular health. Vitamin E, along with promoting skin health, can protect the heart and the nervous system from free radical damage.

Another important benefit of choosing grass fed beef is that it has been found to have two to three times the level of conjugated linoleic acid (CLA) of conventional beef. CLA is a form of linoleic acid, a monounsaturated omega-6 fatty acid that has been found to reduce inflammation throughout the body and potentially lower the risk of heart disease.

CLA has also been linked to protecting against many other chronic conditions, including cancers, as well as slowing the progression of muscular sclerosis (MS), supporting healthy weight loss, and nourishing the health of muscle tissue.

## Hearty Beef Stew

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### Ingredients:

- ◆ 1 pound grass fed sirloin, cubed
- ◆ 2 large potatoes, peeled
- ◆ 3 carrots, sliced
- ◆ 1 onion, sliced
- ◆ Salt and pepper to taste
- ◆ 1 tbsp worcestershire sauce (make sure the brand you buy is gluten-free)
- ◆ 1/2 cup gluten-free flour
- ◆ 1 tbsp extra virgin olive oil
- ◆ 4 cups beef broth

### Instructions:

1. Mix the flour and a bit of salt and pepper in a bowl. Roll the cubes of beef in the mixture.
2. Heat olive oil in pot until warm. Add meat and cook until browned.
3. Add carrots, potatoes, onions and any remaining flour to the pot. Cook for 4 minutes.
4. Add remaining ingredients, bring to a boil, allow to cool for 5 minutes then serve.



## Beef and Pepper Stir Fry

### Ingredients:

- ◆ 1 pound grass fed sirloin, cubed
- ◆ Salt and pepper to taste
- ◆ 1 clove garlic, minced
- ◆ 3 tbsp grapeseed oil
- ◆ 2 med. bell peppers, chopped
- ◆ 1/2 onion, thinly sliced
- ◆ 1 tbsp gluten-free soy sauce
- ◆ 2 teaspoons sesame oil

### Instructions:

1. Heat 2 tablespoons of grape-seed oil in a skillet over medium heat. Cook beef cubes until browned. Season as desired then remove from pan.
2. Heat remaining tablespoon of oil in the pan and saute onions and garlic until fragrant. Add peppers and cook until soft.
3. Add meat back to the pan and stir in soy sauce and sesame oil.

## Ground Beef Omelet

### Ingredients:

- ◆ 1 tbsp coconut oil
- ◆ 1 pound grass fed ground beef
- ◆ 3 cloves garlic, minced
- ◆ 1 onion, diced
- ◆ 1 tomato, diced
- ◆ Salt and pepper to taste
- ◆ 6 free range eggs, beaten

### Instructions:

1. In a skillet over medium heat, melt coconut oil. Brown meat in the skillet, transfer into bowl.
2. Saute garlic and onion until soft. Add to bowl with meat.
3. Stir tomato and salt and pepper in with the meat mix.
4. Pour half of the beaten eggs into the skillet. Cook until able to be flipped. Place half of the meat mix on top and fold omelet over. Repeat with the other half of the eggs and meat mix.



## Easy Grass Fed Beef Meatballs

### Ingredients:

- 2 tbsp coconut oil
- 1 pound grass fed ground beef
- 1 free range egg, beaten
- 1/3 cup rolled oats

**Note:** To be truly gluten free, substitute oats for one of the following: ground flax, rice bran, quinoa flakes or chia seeds.

### Instructions:

1. Preheat your oven to 350 degrees F. Grease a baking pan and place it in the oven while oven is preheating.
2. Mix all ingredients in a large bowl.
3. Using your hands or an ice cream scoop, form balls and place them in the hot baking dish.
4. Bake for 15 minutes, turn over and bake for an additional 5 minutes before serving.



## Orange Beef and Rice

### Ingredients:

- 2 cups cooked long grain brown rice
- 1/2 teaspoon sea salt
- 1 teaspoon minced garlic
- 1/2 teaspoon crushed red pepper
- 1 pound grass fed sirloin, cut into strips
- 1/2 teaspoon grated orange rind
- 1/4 cup fresh organic orange juice
- 1 tbsp cornstarch
- 2 tbsp gluten-free soy sauce
- 1 teaspoon sesame oil
- 3/4 cup sliced organic green onions

*cont'd...>>*



<<...*Orange Beef and Rice cont'd.*

## Instructions:

1. Mix salt and rice and set aside.
2. Combine garlic, red pepper and beef in a bowl.
3. Whisk together orange rind, orange juice, cornstarch and soy sauce.
4. Heat oil in a skillet and cook meat mixture until brown. Add onions and saute for 2 minutes. Add juice mixture and cook until thickened. Serve over rice.

## Notes:

When searching for true grass fed beef, look for a label that says '100% grass fed.' Many imposter labels exist, and even if a label says 'grass fed,' 'pasture-raised,' or 'natural,' the cows may have only spent minimal time actually grazing, or have been fed some grains along with grasses. Better yet, seek a certification from the American Grassfed Association (AGA) or The American Food Alliance (AFA). You may also find local, grass fed

beef from your neighborhood farmer. Just be sure to ask them about their practices.

Double wrap meat in butcher paper or use a vacuum sealer bag before storing in the freezer. Storing any other way may result in freezer burn.

In the appropriate deep freeze, beef will store for up to 2 years.

When beef is exposed to air and light it will lose its surface color - don't be alarmed.

Be sure not to overpack a freezer, it may result in unevenly frozen meat.

Don't open a freezer when there is a power outage - it may result in spoilage, particularly of frozen meat if it thaws.





## Cabbage

**C**abbage is one of the oldest cultivated vegetables in existence, with records of its use going back to ancient Greek, Roman and Celtic civilizations. Still considered a staple food in many households, it is no fluke that cabbage has withstood the test of time - it is packed with diverse nutrition that benefits every system of the body.

This cruciferous vegetable is characterized by layers of leaves surrounding a round core. The most common varieties are green, red and Savoy cabbage. Green cabbage can be either pale or dark green, red cabbage has red or purple leaves with white veins, and Savoy cabbage is a yellow-green color and sports ruffled leaves.

Bok choy (a Chinese cabbage that never forms a head) and napa cabbage are two other varieties. Both of these varieties have a milder flavor than green and red cabbage. Bok choy is light to dark green, and napa cabbage has ruffled leaves and a pale green hue.

There are an endless variety of methods to cook cabbage and incorporate it into meals, however, you will get the most nutrition from it if you serve it raw, quickly steamed or sauteed. The longer you cook it, the more nutrients will disappear.

### Nutritional Profile

Every serving of cabbage you eat will provide your body with:

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



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

## Health Benefits

**C**abbage is rich in vitamin C, which is crucial to a healthy immune system. The vitamin C content is one reason that cabbage is considered an anti-inflammatory food. It also contains vitamin K, which is necessary for bone metabolism and preventing osteoporosis, and may protect against some of the damage caused by Alzheimer's disease.

This veggie is teeming with antioxidants, which protect the body from free radicals. Free radicals have been named as culprits behind a

wide range of chronic, degenerative diseases. Cabbage also has the key benefit of being rich in glucosinolates, compounds that have been linked to protection from cancer.

As different types of cabbage contain different glucosinolate patterns, eating a variety of different types can be widely beneficial. For example, Savoy cabbage has particularly high levels of sinigrin, a glucosinolate that has been singled out by researchers for its anti-carcinogenic properties.

Cabbage also promotes healthy digestion, may help ease peptic ulcers and encourages healthy gut bacteria, which is important for the health of the entire body. The nutrients found in cabbage also support kidney health, and steamed cabbage is often recommended to people who are undergoing dialysis.

While all types of cabbage have potent health benefits, red cabbage has one significant addition: polyphenol



antioxidants known as anthocyanins. The ARS Beltsville Human Nutritional Research Center found that red cabbage contains 36 different anthocyanins. These phytonutrient compounds are associated with improved heart and cardiovascular system health, lowered blood pressure, and increased protection from diabetes and cancers.

Whether you add it to your homemade juices, whip up a salad for supper or steam and saute it alongside your other favorite foods, cabbage is one veggie that should definitely become a staple in your home - if it hasn't already.

## Cabbage and Beet Juice

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### Ingredients:

- ◆ 1/8 medium red cabbage
- ◆ 1/8 green cabbage
- ◆ 2 stalks celery
- ◆ 1/2 medium beet
- ◆ 1 green apple
- ◆ 1 carrot
- ◆ 1 lemon, peeled
- ◆ 1 inch ginger root

### Instructions:

Process all ingredients through your juicing machine. Serve over ice.



## Orange Cabbage Smoothie

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### Ingredients:

- ◆ 1/2 cup orange juice
- ◆ 1 cup frozen berries
- ◆ 1/2 cup cabbage
- ◆ Pinch of cinnamon
- ◆ 6 almonds
- ◆ 1/2 cup ice

### Instructions:

Place all ingredients in blender and blend until desired consistency is reached. Serve immediately.

## Cabbage soup

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### Ingredients:

- ◆ 3 tbsp extra virgin olive oil
- ◆ 1 onion, chopped
- ◆ 2 cloves garlic, chopped
- ◆ 8 cups chicken broth
- ◆ 1 teaspoon sea salt
- ◆ 1/2 teaspoon black pepper
- ◆ 1/2 head cabbage, chopped
- ◆ 1 cup diced tomatoes

### Instructions:

1. Heat oil in a stock pot and cook onion and garlic for 5 minutes over medium heat.
2. Add chicken broth to pot. Bring to a boil.
3. Add seasonings and cabbage. Simmer for 10 minutes.
4. Stir in tomatoes. Simmer for 20 more minutes.



## Sauteed Cabbage

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### Ingredients:

- ◆ 1 head cabbage, shredded
- ◆ 2 tbsp coconut oil
- ◆ Salt and pepper to taste

### Instructions:

Melt the coconut oil in a skillet over medium heat.

Add salt, pepper and cabbage. Saute for 15 minutes.

### Notes:

Cabbage heads should be large, compact and heavy for their size. They should have tender green leaves that show no evidence of insect damage.

Fresh cabbage will have a generous amount of outer leaves.

Cabbage from the store will keep for up to a week in a plastic bag. If you store fresh cabbage from your garden it will keep for two weeks in the same fashion.

## Shredded Cabbage Salad

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### Ingredients:

- ◆ 1 clove garlic
- ◆ 2 tbsp lemon juice
- ◆ 2 tbsp extra virgin olive oil
- ◆ Head green cabbage, shredded
- ◆ Sea salt to taste

### Instructions:

Puree the garlic and mix with lemon juice and olive oil. Toss the cabbage with lemon garlic mix, season with salt and serve.

Once you cut into a head, cabbage will lose its freshness quickly. If you only need half a head, sprinkle some water on the cut side and put it back in a plastic bag to store.

To freeze cabbage, cut it into shreds and blanch for 2 minutes in boiling water. Drain the water and pack the cabbage into airtight containers. Store for up to a year. Frozen cabbage will work well in cooked dishes.

Cooked cabbage can be refrigerated in a sealed container for up to four days.





## Collard Greens

**C**ollard greens (*Brassica oleracea* variety *viridis*) are also sometimes referred to as tree cabbage, or just simply as collards. This relative of cabbage, kale and brussels sprouts is the most popular cruciferous vegetable eaten in the American South. In fact, you would be hard-pressed to find a diner or restaurant south of the Mason-Dixon line that did not serve collard greens.

Members of the Brassica family, including collard greens, share one common distant ancestor: the wild cabbage, which has been used as a food source since prehistoric times

in Asia Minor. Wild cabbage was cultivated in Europe as early as 600 BC by wandering Celtic peoples.

Collard greens as we know them were a popular food choice for the ancient Greeks and Romans, and they were thought to have come to the United States in the late 1600s.

Collard greens, unlike some other cabbage relatives, do not form a head. Instead, they grow in clusters of smooth, broad, blue-green leaves, which have a mild to smoky flavor, depending on variety. Some popular varieties of collards include Blue Max, Georgia, Champion and Flash.

### Nutritional Profile

Each nutritionally dense bite of collard greens is rich in:

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



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

## Health Benefits

Collard greens contain a wide array of antioxidant compounds, including vitamin A, vitamin C, quercetin, kaempferol and ferulic acid. These make collards a potent anti-inflammatory food. Reducing body-wide inflammation can help to prevent a wide array of chronic diseases from forming. Eating collard greens can also help to protect the cells from oxidative stress and free radical damage, which can accelerate the aging process.

One of the main benefits of collard greens, which has received quite a bit of recent attention from researchers, is its cancer prevention potential. Collard greens, as well as other cruciferous vegetables, contain compounds called glucosinolates. In the body, glucosinolates are converted into isothiocyanates (ITCs), which help the body to detoxify its systems, reduce inflammation and may help prevent many cancers from forming.

Four different glucosinolates found in collard greens have been specifically researched as to their anti-cancer potential, these are: glucoraphanin; gluconasturtiin; glucotropaeolin and sinigrin. Collard green consumption has been associated with a reduced risk of breast, bladder, cervical, colon, lung, ovarian and prostate cancers. Along with cancer prevention, the glucosinolate content of collard greens makes them a great addition to a detoxification plan, and may also help to protect stomach lining health by preventing the overgrowth of bacteria.



Collard greens can be very beneficial to both the heart and the brain. They contain omega-3 fatty acids, which have been closely associated with heart and brain health, as well as folate, which supports optimal cardiovascular function and cognitive function, along with helping to prevent birth defects when eaten by pregnant women.

These smoky Southern greens may also help to significantly lower LDL 'bad' cholesterol levels in the body, possibly even more so than other cruciferous vegetables. In the digestive tract, collard green compounds bind to bile acids, which are made of cholesterol. The bile acids are then eliminated from the body.

Additionally, collard greens are high in vitamin K, which works to increase bone mass and may help to prevent osteoporosis. As collard greens also contain calcium and phosphorus, eating these greens may greatly boost your overall bone health.

## Greens Juice

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### Ingredients:

- ◆ 2 cups collard greens
- ◆ 1 1/2 cups broccoli, chopped
- ◆ 1 cucumber
- ◆ 2 cups red cabbage, chopped
- ◆ 4 large carrots
- ◆ 1 apple

### Instructions:

Process all ingredients through a juicer.

Pour over ice and serve.



## Collard And Mango Smoothie

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### Ingredients:

- 2 tablespoons lime juice
- 2 cups collard greens
- 1 1/2 cups frozen mango chunks
- 1 cup green grapes
- 1/2 cup orange juice

### Instructions:

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

## Spicy Collard Salad

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### Ingredients:

- 1 bunch collard greens, washed and torn
- 1/8 cup extra virgin olive oil
- 1/4 teaspoon sea salt
- 1/4 cup apple cider vinegar
- 8 sun dried tomatoes, chopped
- 1/3 cup onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon red pepper flakes
- 1/2 teaspoon black pepper

### Instructions:

1. Place collard pieces in a bowl. Add olive oil and sprinkle with salt. Toss to combine.
2. Whisk remaining ingredients in a bowl to form a dressing.
3. Drizzle dressing over collards. Soak in the fridge for 4 hours before enjoying.



## Collard Green Lentil Soup

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### Ingredients:

- ◆ 3 tablespoons coconut oil, divided
- ◆ 1 onion, chopped
- ◆ 1 tablespoon sea salt
- ◆ 1 cup dry red lentils, rinsed and drained
- ◆ 6 cups water
- ◆ 1 bunch collard greens, stems removed and thinly sliced
- ◆ 1 tablespoon cumin
- ◆ 1 teaspoon cinnamon
- ◆ 2 tablespoons minced garlic
- ◆ 1/3 cup lemon juice

### Instructions:

1. Heat 1 tablespoon of coconut oil in a saucepan and saute onion until soft. Sprinkle with sea salt.
2. Stir lentils in with onion and cook for 1 minute. Add water and bring to a boil. Simmer for 15 minutes.
3. In a skillet, heat 2 tablespoons of coconut oil over medium heat. Add greens and cook for 10 minutes.
4. Add collard greens in with lentils. Stir in spices. Simmer for 10 more minutes. Stir in lemon juice and serve while warm.

## Sauteed Greens

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### Ingredients:

- ◆ 2 1/2 pounds of collard greens, torn into 1 inch pieces
- ◆ 2 garlic cloves
- ◆ 1 tablespoon butter
- ◆ 1 tablespoon extra virgin olive oil
- ◆ 1 teaspoon fresh lemon juice
- ◆

### Instructions:

1. Cook collards in a pot of boiling water for 15 minutes. Drain and press out extra moisture.
2. Heat butter in a skillet over medium heat. Add garlic and collards. Sautee for 5 minutes.
3. Drizzle olive oil and lemon juice over greens. Toss to combine and serve.



## Notes:

Young greens are fresher than older greens, look for younger greens if you desire a sweeter taste.

Wash your greens really well before using. Submerging them in a sink of fresh water and separating the leaves is a great idea. Shake the leaves well and transfer them to a salad spinner.

Wrap leaves in a tea towel and place in a baggie - leave the baggie open in the fridge.

To freeze greens, tear them up in small pieces and put them in a ziplock bag.

## Lemon

The lemon (*Citrus limon*) is actually a cross between a citron and a lime, and is thought to have originated in either China or India. Some evidence suggests that lemons came from the Indus Valley in South Asia during the Bronze Age, around 2500 BC. Their medicinal and culinary use has been celebrated in Asia since ancient times. In the Ayurvedic healing tradition of India, lemons are added to remedies for vision, indigestion, detoxification, morning sickness and kidney stones.

Lemons were introduced to both Europe and North Africa during the 11th century. They were brought to the West by Christopher Columbus,



and have been cultivated in Florida since the 1500s. One of the key uses of lemons in American history was to ward off scurvy during the California Gold Rush of the 1800s, due to their high vitamin C content.

These tangy yellow fruits grow on small evergreen trees in warm climates. They are yellow and oval-shaped with a textured peel and segmented, often seeded, flesh. Most varieties are sour in flavor, although some, such as Meyer lemons, are sweet.

## Nutritional Profile

These celebrated citrus fruits contain:

- ◆ Biotin
- ◆ 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
- ◆ Zinc

## Health Benefits

Lemons are chock-full of antioxidants, including an abundance of flavonoids. These have anti-inflammatory properties which help to prevent a wide range of chronic illnesses. Specifically, lemons have been shown to have special ability against inflammatory conditions such as rheumatoid arthritis. One flavonoid group found in lemons is known as glycosides, which have been found to have noteworthy anti-cancer properties. Lemons also contain compounds called limonoids, which have demonstrated cancer-fighting properties, and may help to lower LDL 'bad' cholesterol.



The juice of lemons has potent anti-bacterial properties, and has been found to kill bacteria strains including malaria, diphtheria and typhoid in lab tests. It is for this reason that lemon juice is often added to kitchen cleaning concoctions. The citric acid found in lemon juice has been shown to be effective in dissolving kidney stones and gallstones, as well as breaking up calcium deposits. Lemons can also help to kill intestinal parasites such as worms.

As in other citrus fruits, much of the antioxidant content of lemons is concentrated in the peel. One antioxidant contained in the peel is tangeretin, which is linked to cognitive health, and the potential prevention of neurological disorders such as Parkinson's disease.

The best-known health property of lemons is their high vitamin C content. Vitamin C is a powerful antioxidant vitamin, which reduces inflammation, boosts the immune system, and supports collagen production. Due to

its ability to neutralize damaging free radicals, vitamin C may have anti-aging properties.

Another tried-and-true property of lemons is their ability to assist in detoxifying the body, especially the liver. They are able to dissolve uric acid and other toxins in the liver, and also stimulate healthy bowel movement to flush out waste compounds. For this reason, many health experts recommend drinking warm water with lemon juice every morning.

Although lemons taste very acidic, they are actually alkalizing to the body, and help to normalize pH levels. This creates ideal conditions within the body for all organs and systems to function properly and maintain optimal health.



## Lemon Tomato Salad

### Ingredients:

- ◆ 2 lemons
- ◆ 1 tbsp coconut sugar
- ◆ 3 cups cherry tomatoes, halved
- ◆ 3 tbsp fresh chives, chopped
- ◆ 2 tbsp olive oil
- ◆ 1/2 teaspoon salt
- ◆ 1/4 teaspoon black pepper

### Instructions

1. Grate 2 teaspoons of zest off one of the lemons. Set aside.
2. Remove the peel from both lemons and cut the fruit into slices. Toss the lemon pieces and sugar together.
3. Stir in the zest and remaining ingredients with the lemon. Allow to chill for 30 minutes before serving.

## Lemon Berry Yogurt Shake

### Ingredients:

- ◆ 10 ice cubes
- ◆ 1 1/2 cups greek yogurt
- ◆ 1 lemon, seeded
- ◆ 1 cup raspberries
- ◆ 3 tbsp honey

### Instructions:

Place all ingredients in your blender. Mix until desired thickness is attained.

Pour into chilled glasses and serve.

## Simple Apple Lemon Juice

### Ingredients:

- ◆ 3 green apples
- ◆ 1 whole lemon
- ◆ 1 inch piece ginger

### Instructions:

Process all ingredients through your juicer. Serve right away over ice.



## Chicken Lemon Soup with Quinoa

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### Ingredients:

- ◆ 6 cups chicken broth
- ◆ 1/3 cup quinoa
- ◆ 6 egg yolks
- ◆ 1 1/2 cups shredded chicken, cooked
- ◆ 1/4 cup lemon juice
- ◆ Salt and pepper to taste

### Instructions:

1. Bring the broth to a boil. Stir in quinoa and cook until done.
2. Whisk the egg yolks. Whisk in 1 cup of the hot broth with the eggs. Stir the mixture in with the rest of the soup. Reduce heat and cook for 5 minutes.
3. Add chicken, lemon juice, salt and pepper. Cook for 5 more minutes.

## Lemon Cream Popsicles

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### Ingredients:

- ◆ 1/2 cup coconut sugar
- ◆ 1/4 cup lemon juice
- ◆ 2 tbsp grated lemon peel
- ◆ Pinch of salt
- ◆ 1 1/4 cup buttermilk

### Instructions:

1. Whisk the lemon juice and sugar together in a bowl until the sugar dissolves.
2. Add the salt, lemon peel and buttermilk to the bowl and whisk to combine.



## Notes:

Purchase small lemons that are heavy, bright yellow, firm and have no wrinkles or scars

Store fresh lemons for up to 10 days on the counter or keep sealed in a plastic zipped sandwich bag in the refrigerator for up to four weeks.



## Lentils

Lentils are one of the oldest foods in existence, and continue to be among the most nourishing and wholesome. Historians date eating lentils back to prehistoric times, and they have been featured for thousands of years in Middle Eastern, Indian and other Asian cuisines.

Part of the legume family, lentils grow inside pods that contain either one or two seeds, and can be oval, round or disc-shaped. The most common lentils are brown and green, which keep their composition better than other types of lentils after they are cooked. Other lentil colors include red, black, yellow and orange, which become mushier after cooking and lend themselves well to purees and soups.

The benefit of choosing lentils over other legumes, such as beans, is that they do not need to presoak, and can be cooked directly from their raw, dry state. Lentils have a rich, warm flavor, and are excellent at absorbing flavors from other foods and spices, making them an ideal meal base.

## Nutritional Profile

Each delicious dish of lentils provides:

- ◆ Choline
- ◆ Copper
- ◆ Fiber
- ◆ Folate



- 💧 Iron
- 💧 Magnesium
- 💧 Manganese
- 💧 Molybdenum
- 💧 Pantothenic acid
- 💧 Phosphorus
- 💧 Potassium
- 💧 Protein
- 💧 Vitamins B1, B2, B3 and B6
- 💧 Zinc

## Health Benefits

An excellent choice for vegetarians, vegans and those just looking for a tasty meatless dish, lentils are a good source of protein. While they do not contain all nine amino acids that would qualify them as a ‘complete protein,’ adding some brown rice or one of your favorite gluten-free grains to the mix can give you the amino acid content that you need. Of course, you can also pair them alongside your favorite meats in a savory, slow-cooked stew.

Besides protein, lentils are chock-full of fiber, which can help you to feel full long after your meal is done. The

high fiber content of lentils also works to regulate blood sugar and aids in lowering LDL ‘bad’ cholesterol. These legumes contain both soluble and insoluble fiber, which both support healthy digestion by preventing ailments such as constipation and irritable bowel syndrome (IBS). Additionally, the combination of fiber and iron helps the body maintain optimal energy levels.

The fiber, folate, magnesium and vitamin B6 found in lentils combine to make them a very heart-friendly food. B-vitamins help to lower the levels of homocysteine that are released during the body’s metabolic process. If this process is left unchecked and homocysteine levels are too high, artery damage can occur. Magnesium helps to improve the flow of blood through veins and arteries.

One nutrient present in lentils that you may not be familiar with is molybdenum. This mineral is essential for many bodily functions, although research is still uncovering the specifics. It is thought to support the



nervous system, kidneys and mitochondria (cell energy centers), helps the body to properly use iron, and aids the enzymes in metabolizing certain amino acids and toxins.

With the extreme versatility and inviting flavor that lentils bring to the table, it's hard to go wrong if you choose this ancient food.

## Green Lentil Smoothie

### Ingredients:

- ◆ 2 frozen bananas
- ◆ 1/2 cup lentils, sprouted
- ◆ 1/2 cup frozen blueberries
- ◆ 2 handfuls baby spinach
- ◆ 1/2 cup water

### Instructions:

Place all ingredients in your blender. Blend on high until all ingredients are well mixed. Serve right away.

## Slow Cooker Curry Lentils

### Ingredients:

- ◆ 1 1/2 cups lentils
- ◆ 1 1/2 pounds russet potatoes
- ◆ 1 onion, chopped
- ◆ 2 teaspoons curry powder
- ◆ 1 teaspoon fresh ginger
- ◆ Salt and Pepper to taste
- ◆ 4 cups chicken broth
- ◆ 6 boneless, skinless chicken thighs
- ◆ 2 tbsp lime juice
- ◆ 3/4 cup plain yogurt
- ◆ 1/4 cup fresh cilantro, torn

### Instructions:

1. Put all ingredients in slow cooker. Stir to combine.
2. Cover and cook on high for 7-8 hours.
3. Serve while warm.



## Barley Lentil Salad

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Note: This dish is not gluten-free. To easily convert this recipe to gluten-free, replace the barley with brown rice.

### Ingredients:

3/4 cup quick cooking barley (or brown rice to make it gluten-free)

- ◆ 3 tbsp olive oil
- ◆ 2 tbsp lemon juice
- ◆ Salt and pepper to taste
- ◆ 8 cups romaine lettuce, torn
- ◆ 15 ounces lentils, rinsed
- ◆ 1 carrot, slivered
- ◆ 1/4 cup olives, chopped
- ◆ 1/4 cucumber, chopped
- ◆ 1/2 cup goat cheese, crumbled



### Instructions:

1. Cook the barley (or brown rice for gluten-free), following package instructions. Run under cold water to chill.
2. Whisk the olive oil, lemon juice, and salt and pepper together.
3. Toss the remaining ingredients together in large bowl. Add the barley (or brown rice for gluten-free) and dressing and toss again.



## Lentil Olive and Mushroom Burgers

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### Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 1/2 pound cremini mushrooms, thinly sliced
- 3 cloves garlic, minced
- Salt and pepper to taste
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried tarragon
- 1/2 cup pitted olives
- 1 1/4 cup lentils, rinsed and drained
- 1 cup gluten-free breadcrumbs
- 2 tbsp gluten-free soy sauce
- 2 teaspoons lemon juice

### Instructions:

1. Preheat your oven to 350 degrees F.
2. Sauté the onion, mushrooms and seasonings in a pan until soft.
3. Place olives in a food processor and finely chop them. Remove from food processor.
4. Put mushroom mixture into the food processor. Add remaining ingredients except for 1/2 cup of the breadcrumbs. Process until well blended.
5. Transfer the burger mixture to a bowl and stir in remaining bread crumbs.
6. Form the mixture into 6 patties and place on a baking sheet. Bake for 15 minutes in the preheated oven, flip and bake for an additional 15 minutes.



## Brownies with Lentils

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### Ingredients:

- ◆ 1/2 cup butter, melted
- ◆ 1/2 cup lentils, pureed
- ◆ 3/4 cup cocoa
- ◆ 1 cup coconut sugar
- ◆ 3/4 teaspoon salt
- ◆ 3 eggs
- ◆ 1 teaspoon vanilla
- ◆ 1 cup coconut flour
- ◆ 1 cup chocolate chips
- ◆ 1 cup walnuts

### Instructions:

1. Preheat your oven to 350 degrees F.
2. Mix butter, lentils, cocoa, sugar and salt together.
3. Stir eggs in one at a time.
4. Mix vanilla, coconut flour, chocolate chips and walnuts into the mixture.
5. Pour mix into a baking pan and bake for 22 minutes.

### Notes:

Purchase lentils in bulk to save money

Rinse and sort through lentils before using - remove small stones and debris

Store dry lentils in a sealed container with a lid in a cool dry location

## Onion

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There is good reason why onions are a staple food in the cuisine of so many cultures worldwide. Not only do these savory bulbs provide the root flavor of so many different styles of meals, their unique combination of nutrients helps prevent disease and support optimal health.



First cultivated in Asia over five thousand years ago, onions were ubiquitous among the ancient Egyptians, Indians, Greeks and Romans, for both food and medicinal purposes. Ancient Egyptians even buried onions in the tombs of their pharaohs, for them to eat in the afterlife.

There are two main varieties of bulb onions: storage onions, which are available year-round, and seasonal onions which are harvested in the spring and summer. Storage onions include yellow, white, red and Spanish onions, and seasonal onions include sweet Vidalia and pearl onions, which are a smaller type which are often pickled.

## Nutritional Profile

When you eat onions, your body will benefit from:

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

- ◆ Manganese
- ◆ Phosphorus
- ◆ Potassium
- ◆ Quercetin
- ◆ Vitamins B1 and B6
- ◆ Vitamin C

## Health Benefits

Part of the allium family alongside garlic, onions contain allyl sulfides. These compounds, which contain sulfur, have some powerful health properties. The different types of allyl sulfides in onions have been associated with promoting the functionality of red blood cells, supporting the health of connective tissues and lowering triglycerides and cholesterol. Certain animal studies have found that these compounds may help prevent blood clots.

Onions contain a variety of flavonoid polyphenol antioxidants, one of which is quercetin. Quercetin has been associated with significant anticarcinogenic properties. The allyl sulfides found in onions, along with quercetin and the other flavonoids present, combine to



help them fight bacteria. Fresh, raw onions have been linked to fighting the bacteria that cause tooth decay and gum disease.

Besides fighting bacteria, the antioxidants found in onions battle inflammation and protect against oxidative stress, lowering your risk of many chronic diseases that have inflammation at their core, such as arthritis. When eaten on a daily basis, onions may also help strengthen the bones, and protect women from hip fracture and loss of bone density.

The chromium which is found in onions helps to control your blood sugar level. Their biotin content helps in the maintenance and well-being of digestion, metabolism, skin and nerves. It also supports the health of cells throughout the body. Red onions contain anthocyanins, which have been linked to potent anti-inflammatory and cancer prevention properties.

## Vegetable Smoothie With Onion

### Ingredients:

- ◆ 1 tomato
- ◆ 1/4 cucumber
- ◆ one bell pepper
- ◆ one jalapeno
- ◆ 1/4 onion
- ◆ 2 cloves garlic
- ◆ 2 stalks celery
- ◆ 3 handfuls spinach
- ◆ 2 cups water
- ◆ handful of ice

### Instructions:

Dice all ingredients and place in a high powered blender.

Mix on high until smooth. Drink immediately.



## Caramelized Onions

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### Ingredients:

- ◆ 2 tablespoon butter
- ◆ 2 yellow onions, sliced thinly
- ◆ Salt and pepper to taste

### Instructions:

1. Melt the butter in a large pan.
2. Add the onions and cook, stirring occasionally until onions are caramelized.
3. Season as desired and serve.

## Easy Crock Pot Onion Soup

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### Ingredients:

- ◆ 3 onions, sliced
- ◆ 3 tablespoons butter
- ◆ 3 tablespoons all purpose gluten-free flour
- ◆ 1 tablespoon gluten-free (no malt) worcestershire sauce
- ◆ 1 teaspoon coconut sugar
- ◆ Salt and pepper to taste
- ◆ 4 12-oz cans organic beef broth

### Instructions:

Place onions and butter in crock pot. Turn the heat on high and cook for 30 minutes or until onions start browning.

Add remaining ingredients and stir well to combine. Cook on low for 7-9 hours.

## Onion, Cucumber, and Tomato Tossed Salad

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### Ingredients:

- ◆ 5 medium tomatoes, halved, seeded and sliced
- ◆ 1/2 an onion sliced
- ◆ 1 cucumber, peeled and sliced thin
- ◆ 2 tablespoons extra virgin olive oil
- ◆ 1 tablespoon red wine vinegar
- ◆ Salt and pepper to taste

### Instructions:

Place all ingredients in a large bowl. Toss to combine.

Let mixture sit for 20 minutes to absorb the flavors before serving.



## Baked Chicken with Onions

### Ingredients:

- ◆ 1 whole organic chicken, cut into chunks
- ◆ 2 tablespoons extra virgin olive oil
- ◆ 2 teaspoons coarse salt
- ◆ 1/2 teaspoon ground pepper
- ◆ 2 onions, thinly sliced

### Instructions:

1. Preheat oven to 450 degrees F.
2. Place the chicken in a baking dish. Sprinkle salt and pepper on top. Toss the chicken to evenly coat.
3. Place the onions on top of and beside the pieces of chicken.
4. Bake, basting occasionally for 40 minutes.

### Notes:

Look for onions that are clean and well-shaped with no openings at the neck.

Skin should be crisp and dry.

Do not purchase onions that are sprouting or have dark patches.

Store spring and summer onions in a cool and dark place away from direct light.

Do not refrigerate uncut onions.

Stored cut onions in a sealed container and use within a day or two.

When peeling onions, try and remove as little of the outer layers as possible, as the most flavonoids are usually found near the outside of the onion.

To keep onions from irritating your eyes, chill them for an hour before cutting.

If you cook onions on a low heat, the quercetin is not destroyed; it simply filters into the liquid portion of the dish.

While raw onion has the most health benefits, many of these remain when the onion is cooked, especially at lower heats.



## Eggs (Organic, Free Range)

**E**ggs have been collected and eaten by humans since ancient times. In various cultures around the world, a variety of eggs are enjoyed, including chicken, duck, turkey, ostrich, quail and goose eggs. In fact, our culture's springtime custom of painting and decorating eggs is an age-old practice: the ancient Chinese, Egyptians, Persians and Greeks painted eggs, as well.

Eggs are significantly more nutritious when the hens that lay them are allowed to roam on pastures and eat their natural diet, as opposed to being caged and fed a diet of inexpensive grains. Birds are omnivores, and naturally consume seeds, plants, worms and insects. Hens that are allowed to peck around outside and eat all of these things produce eggs that have a higher nutritional content.

Contrastingly, conventionally-raised hens are confined in cages for most or all of their lives, and fed an all-grain diet which can include soy, corn and cottonseed, often genetically modified and filled with additives. Many of them never even see the outdoors. This is why it is especially important to choose organic, free range eggs from pastured chickens.

Eggs are comprised of a hard - yet fragile - outer shell, a white and a yolk. The white is comprised of water, protein, vitamins and minerals. The yolk is made up of water, healthy fats, protein, vitamins and minerals.



## Nutritional Profile

Hidden inside each free range eggshell are:

- ◆ Biotin
- ◆ Choline
- ◆ Folate
- ◆ Iodine
- ◆ Molybdenum
- ◆ Omega-3 fatty acids
- ◆ Pantothenic acid
- ◆ Phosphorus
- ◆ Protein
- ◆ Selenium
- ◆ Vitamin A
- ◆ Vitamins B1, B2, B3, B6 and B12
- ◆ Vitamin D
- ◆ Vitamin E

## Health Benefits

Eggs are an excellent source of protein, and are considered to be a complete protein due to their amino acid content. This makes them a great choice for vegetarians (those that choose to include eggs in their diet)

who do not get their protein from meat sources. Free range eggs have been shown by some research to increase HDL ‘good’ cholesterol levels, and also to improve the function of this healthy cholesterol in the body, which can actually help protect against heart disease.

The yolks of eggs are an important source of essential omega-3 fatty acids, which help to reduce inflammation in the body, and have been found to support cardiovascular health, as well as the health of the brain. Omega-3’s have also been associated with a lower risk of many chronic diseases, including Alzheimer’s disease and some cancers. Free range eggs have been found to contain approximately twice the amount of omega-3 fatty acids as conventional eggs.

Nutrient comparisons between conventional eggs and true, pastured, free-range eggs have shown much higher amounts of vitamins A and E in the free range eggs. Both of these



vitamins have important antioxidant capabilities, which help to protect the body's cells from oxidative stress damage. Vitamin A is important for the health of the eyes, bones, teeth and soft tissues. Vitamin E, besides being essential for healthy skin, supports healthy circulatory system function. Studies comparing the two types of eggs have found that free range eggs contain between 40 and 67 percent more vitamin A, and between two and three times the amount of vitamin E.

Eating eggs provides a good source of selenium and iodine, both of which are only available from a select few food sources. Both of these minerals are important to healthy thyroid function. Selenium also has antioxidant properties, and iodine supports healthy growth and development, as well as helping the body to adequately absorb other minerals.

## Single Serving Egg Oatmeal

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### Ingredients:

- ◆ 1/2 cup old fashioned oats
- ◆ 1 1/2 cup water
- ◆ 1/2 cup organic free range egg whites
- ◆ 1 organic apple, peeled and diced
- ◆ 1/2 teaspoon cinnamon

### Instructions:

1. Bring the water to a boil. Add oats. Lower heat and simmer for 5 minutes or until oats are just cooked.
2. Whisk the egg whites into the oatmeal. Continue stirring over low heat for 1 minute.
3. Transfer oatmeal to a bowl and stir in apple and cinnamon.



## Spinach Scrambled Eggs

### Ingredients:

- ◆ 2 organic free range eggs
- ◆ 1/4 teaspoon salt
- ◆ 1/4 teaspoon pepper
- ◆ 1 teaspoon extra virgin olive oil
- ◆ 3 cups baby spinach (or kale), chopped
- ◆ 2 tablespoons grated parmesan

### Instructions:

1. Whisk eggs in a bowl with salt and pepper.
2. Heat oil in a skillet over medium heat.
3. Add spinach (or kale) to the skillet and cook until wilted.
4. Add eggs and cook for 1 minute or until eggs are cooked.
5. Stir in parmesan cheese and serve while warm.

## Quiche With Broccoli

### Ingredients:

- ◆ 2 tablespoon coconut oil
- ◆ 1 onion, minced
- ◆ 1 teaspoon garlic, minced
- ◆ 2 cups broccoli, chopped
- ◆ 1 gluten-free pie crust
- ◆ 1 1/2 cups shredded cheese
- ◆ 4 organic free range eggs
- ◆ 1 1/2 cups organic milk
- ◆ 1 teaspoon salt
- ◆ 1/2 teaspoon pepper
- ◆ 1 tablespoon organic butter, melted

### Instructions:

1. Preheat oven to 350 degrees F.
2. Melt coconut oil over medium heat. Saute onions, broccoli and garlic until onion is clear.
3. Place vegetables on top of the crust and cover with cheese.
4. Stir together eggs, milk, salt, pepper, and butter. Pour mixture over top of cheese.
5. Bake for 30 minutes. Allow to cool slightly before serving.



## Banana Egg Protein Smoothie

### Ingredients:

- ◆ 1 banana, frozen
- ◆ 1 cup almond milk
- ◆ 1 teaspoon vanilla extract
- ◆ 1 organic free range egg
- ◆ 2 tablespoons coconut sugar
- ◆ 1 pinch ground cinnamon

### Instructions:



Place all ingredients in a blender. Mix until smooth.

(Make sure egg is a local and organic since this smoothie includes a raw egg.

If you are concerned

about raw eggs, and in particular, salmonella, avoid this recipe.)

Pour into a chilled glass and top with cinnamon.

## Basic Meringue Cookies

### Ingredients:

- ◆ 3 organic free range egg whites
- ◆ 1/4 teaspoon cream of tartar
- ◆ 1/2 cup fine coconut sugar
- ◆ 1/4 teaspoon salt
- ◆ 1 teaspoon vanilla extract

### Instructions:

1. Preheat oven to 300 degrees F.
2. Beat the egg whites with an electric mixer on medium speed until frothy.
3. Add cream of tartar. With mixer still on medium speed, beat until stiff.
4. Add sugar a little at a time. Beat on high until well combined.
5. Add salt and vanilla. Beat until mixed.
6. Spoon or pipe mixture onto parchment paper lined baking sheets. Bake for 2 hours. Allow to cool until serving.



## Notes:

The absolute best source of eggs is from a local farm that follows organic practices and allows the chickens to roam outside.

If this is not an option for you, talk to your grocer about where the eggs labeled as 'organic' and 'free range' actually came from, and how much time the hens spent outside.

Try raising your own hens, the practice is growing in popularity and really pays off when your chickens start laying eggs. Just be sure to follow organic practices when raising them.

## Chocolate (Raw)



Chocolate is made from the bean of the cacao tree (*Theobroma cacao*), and has unfortunately received a bad name because of processing, added sugars and added chemical preservatives. However, chocolate, in its raw, unprocessed form, is a powerful superfood.

Raw chocolate was celebrated by the ancient Olmec people of Mexico, who are thought to have introduced it to the ancient Mayans. The Mayan civilization truly loved chocolate, referring to it as the 'food of the gods,' cultivating cacao trees in their gardens, using it in ceremonies and potions, and depicting it in their artwork. It was also later used by the Aztecs for ceremonial purposes and in sacrificial offerings.

Cacao beans grow on evergreen trees, in pods containing about 50 beans



each. They are native to Central and South America, as well as Mexico, and flourish in tropical climates. The raw cacao beans are removed from the pods, and undergo a natural drying and fermentation process, which takes a week or two. The beans are then sold whole, or ground into a powder. If any further roasting or processing is done, they lose much of their nutritional value.

## Nutritional Profile

- ◆ Raw, dark chocolate is rich in:
- ◆ Beta-carotene
- ◆ Calcium
- ◆ Copper
- ◆ Fiber
- ◆ Folic acid
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Pantothenic acid
- ◆ Potassium
- ◆ Protein
- ◆ Sulfur

- ◆ Vitamins B1, B2 and B3
- ◆ Vitamin E
- ◆ Zinc

## Health Benefits

Raw, dark chocolate is teeming with antioxidants, including flavonoids, which have been strongly associated with heart health. Their benefits include fighting inflammation, stabilizing blood pressure, boosting circulation and reducing arterial plaque build-up. Cacao beans also contain epicatechins, which help to prevent blood clots, and resveratrol, the compound also found in red wine that has been associated with longevity. The combination of antioxidants found in raw chocolate can help to prevent a wide range of chronic illnesses.

Another benefit of raw chocolate is its concentration of health-promoting fats. These include oleic acid, which is also found in coconut and olive oils. This monounsaturated fat helps to lower blood pressure and blood levels of LDL ‘bad’ cholesterol, and also supports hair and skin health. Raw chocolate also contains healthy saturated



fats, which are, contrary to popular belief, actually healthy for the heart and support an array of vital bodily functions.

As many people are aware, chocolate has unique ‘feel-good’ characteristics. A compound found in chocolate, phenylethylamine (PEA), affects the brain in a similar way as falling in love. Chocolate also increases the availability of neurotransmitters in the brain, including serotonin and anandamide. Serotonin helps to improve mood, and anandamide, derived from the Sanskrit word for ‘bliss,’ helps to block feelings of pain. Both of these neurotransmitters work to combat depression.

Chocolate may help to lower levels of cortisol (the stress hormone) in the body, and also contains theobromine, an alkaloid that is associated with energy and central nervous system (CNS) stimulation.

## Raw Cacao Oatmeal

### Ingredients:

- ◆ 1/2 cup oats
- ◆ 1/2 cup almond milk
- ◆ 1/2 cup water
- ◆ 1 banana
- ◆ 1 teaspoon vanilla extract
- ◆ 1 tablespoon cacao powder
- ◆ Fruit and nuts for toppings

### Instructions:

1. Bring the milk and water to a boil on medium heat.
2. Add oats, reduce to simmer.
3. Mash half the banana and mix it in with the oats.
4. Add vanilla and cacao and stir thoroughly.
5. When the cereal is thickened, pour into a bowl and top with desired fruits and nuts.



## Chocolate Almond Milk

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### Ingredients:

- 1 cup almonds, soaked and drained
- 4 cups water
- 4 dates, pitted
- 1 teaspoon vanilla extract
- 2 teaspoons maca powder
- 4 tablespoons raw cacao powder

### Instructions:

1. Place all ingredients in blender. Blend for 2 minutes to mix.
2. Cover a bowl with cheesecloth.
3. Pour the mixture onto the cheesecloth. Allow the milk to strain for 2 hours.
4. Use the pulp for smoothies or cookies. Store the milk in an air-tight container in the fridge.

## Cacao and Peanut Butter Smoothie

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### Ingredients:

- 1 tablespoon raw honey or maple syrup
- 1 frozen banana
- 2 tablespoons peanut butter
- 1 1/2 tablespoons cacao powder
- 1/2 cup almond milk

### Instructions:

Place all ingredients in a blender. Mix until well combined. Add more almond milk for a thinner smoothie, or ice for a thicker one.



## Raw Chocolate Truffle Balls

### Ingredients:

- ◆ 1 cup dates, pitted
- ◆ 1/4 cup coconut oil
- ◆ 1/4 cup raw honey
- ◆ 1/2 teaspoon cardamom powder
- ◆ 1/4 teaspoon cinnamon
- ◆ 1/4 teaspoon sea salt
- ◆ 1 teaspoon vanilla
- ◆ 1/2 cup raw cocoa powder
- ◆ Soak 3/4 cup walnuts and drain
- ◆ 1/4 cup dried cranberries

### Instructions:

1. Process the dates alone in food processor for 10 seconds.
2. Add coconut oil and pulse to mix in. Add honey, cardamom, cinnamon, salt and vanilla for another 10 seconds.
3. Place mixture in a bowl. Stir in cocoa, walnuts and cranberries.
4. Form the dough into balls and place on a baking sheet. Refrigerate for 30 minutes before serving.

## Chocolate Pistachio Avocado Pudding

### Ingredients:

- ◆ 2 ripe avocados
- ◆ 2 tablespoons coconut oil
- ◆ 1/3 cup raw honey or maple syrup
- ◆ 3 dates, pitted, soaked, and chopped
- ◆ 1/2 cup cacao powder
- ◆ 2 teaspoons vanilla extract
- ◆ 1 cup almond milk, divided
- ◆ Chopped pistachios and shredded coconut for toppings

### Instructions:

1. Add oil, dates, honey, vanilla, half of the almond milk, avocados and cacao powder to a blender.
2. Blend for 3 minutes. Add remaining milk and stir.



3. Refrigerate for 15 minutes to allow to thicken. Dish into bowls and top with pistachios and coconut.



## Notes:

When choosing your chocolate, look for organic, raw, non-roasted cacao beans or nibs, or raw cacao powder.

As real chocolate, without the added sugars, is bitter, you can sweeten it with raw honey, coconut crystals or stevia leaf when using it in dessert recipes or in delicious raw hot chocolate.



Oats can withstand poor soil conditions as well as unfavorable climates. When the oats are harvested, they undergo a hulling process, yet the germ and bran remain intact which accounts for their incredible nutrient content.

## Steel Cut Oats

Oats have been a valuable food source for many civilizations for over 2000 years. The original oat plant is thought to be the Asian wild red oat. Thanks to their durability as a crop, oats can be cultivated in numerous regions and are today produced commercially in several countries.

The main difference in steel cut oats and rolled oats is how they are processed. The whole oat, or groat, is steamed, rolled and then steamed a second time to produce rolled oats. Steel cut oats, sometimes called Scotch, Irish or Pinhead oats are simply cut into thirds. While both are similar in nutritional content, the extra processing of the of the rolled variety can reduce some of its nutritional value.



## Nutritional Profile

Steel cut oats are an excellent way to start the day as they provide numerous nutritional benefits and a wide range of vitamins, minerals and other nutrients such as:

- ◆ Manganese
- ◆ Phosphorus
- ◆ Zinc
- ◆ Chromium
- ◆ Magnesium
- ◆ Vitamin B1
- ◆ Copper
- ◆ Biotin
- ◆ Molybdenum
- ◆ Protein
- ◆ Fiber

## Health Benefits

Steel cut oats are most commonly incorporated into breakfast foods and dishes and with ample reason. Oat and oat products are low on the glycemic index. The glycemic index measures how high and how quickly a food raises blood sugar levels. Foods

such as oats raise blood glucose minimally and slowly which allow for sustained energy levels as well as protecting against blood sugar spikes and dips that can lead to insulin resistance or type II diabetes.

Oats are also an incredibly rich source of soluble fiber, supplying two grams in a ¼ cup serving or 15 percent of the recommended daily intake. Compared to the insoluble fiber found in fruits and vegetables, soluble fiber has been found to provide better protection against certain chronic conditions.

Beta glucan is the soluble fiber found in oats. This type of fiber inhibits the absorption of cholesterol and can help lower the LDL or “bad” cholesterol in the blood stream. Beta glucan has been found to lower high blood pressure more efficiently than comparable quantities of insoluble fiber.

Steel cut oat fiber can also play a role in immune-system function. Neutrophils are the body’s most-abundant immune cells. Beta glucan helps neutrophils detect and eliminate



invading cells and bacteria quicker and with more efficiency than they would otherwise. Regular consumption of this potent soluble fiber has been linked to reduced instances of certain cancers, diabetes and childhood illnesses such as asthma.

Avenanthramides are a unique variety of antioxidants found only in oats. Avenanthramides help prevent the oxidation of LDL cholesterol which can lead to plaque formation over time. When combined with vitamin C, avenanthramides have been found to work even more efficiently at reducing cholesterol oxidation and thus preventing both atherosclerosis and stenosis in aging individuals.

Those suffering from celiac disease or a gluten sensitivity may be able to tolerate oats and oat products in small portions better than other grains, however, the most current research indicates that oats can be problematic for people who are seeking to be completely gluten-free.

## Slow Cooker Coconut Oatmeal

### Ingredients:

- ◆ Coconut oil as needed
- ◆ 2 apples, peeled and chopped
- ◆ 1 1/2 cups almond milk
- ◆ 1 1/2 cups water
- ◆ 1 cup steel cut oats
- ◆ 2 tablespoons coconut sugar
- ◆ 1 1/2 tablespoons butter
- ◆ 1/2 teaspoon cinnamon
- ◆ 1 tablespoon ground flax seed
- ◆ 1/2 teaspoon salt
- ◆ Chopped nuts for garnish

### Instructions:

1. Coat the inside of a slow cooker with coconut oil.
2. Add all ingredients to the slow cooker and stir to combine.
3. Cover and cook on low for 7 hours.
4. Serve topped with chopped nuts.





## Strawberry Almond Oatmeal Shake

### Ingredients:

- ◆ 1 cup almond milk
- ◆ 1/2 cup rolled oats
- ◆ 1 frozen banana
- ◆ 14 frozen strawberries
- ◆ 1/2 teaspoon vanilla extract
- ◆ 1 teaspoon honey

### Instructions:

Place the milk and oatmeal in a blender and mix until the oatmeal is broken up.

Add remaining ingredients to the mixture and blend until thick and creamy.

## Chocolate no Bakes

### Ingredients:

- 1/2 cup maple syrup
- ◆ 1/3 cup cocoa powder
- ◆ 1/4 cup almond milk
- ◆ 1/4 cup coconut oil
- ◆ 1/4 cup almond butter
- ◆ 2 cups rolled oats
- ◆ 1/3 cup coconut, shredded
- ◆ 1/2 teaspoon vanilla extract
- ◆ 1/8 teaspoon salt

### Instructions:

1. Stir syrup and cocoa together in a saucepan. Heat over medium heat and stir until well combined.
2. Stir the milk and oil into the cocoa mixture. Bring to a boil. Cook for 1 minute.
3. Remove the mixture from the heat. Stir in the almond butter, oats, coconut, vanilla and salt.
4. Use a spoon to drop the dough onto wax paper. Place the cookies in the fridge for 20 minutes to harden before serving.



## Easy Peanut Butter Oat Energy Bars

### Ingredients:

- ◆ 1 cup rolled oats
- ◆ 1/3 cup dried cherries
- ◆ 1/2 cup peanut butter
- ◆ 3 tablespoons honey
- ◆ 1 teaspoon vanilla extract

### Instructions:

1. Place all ingredients in a food processor. Process until well combined.
2. Spread the mixture into the bottom of a wax paper lined baking dish.
3. Place in the fridge for 2 hours to harden before serving.

## Chocolate Cherry Dessert Oatmeal

### Ingredients:

- ◆ 1 cup oats, cooked
- ◆ 1 cup frozen cherries
- ◆ 1/4 teaspoon salt
- ◆ 1 cup almond milk
- ◆ 2 tablespoons heavy cream
- ◆ 1/4 cup cocoa powder

### Instructions:

1. Stir the frozen cherries in with the oatmeal. Add salt and milk.
2. Stir the heavy cream and cocoa powder together.
3. Put a layer of oatmeal in the bottom of a glass, top with a bit of the cocoa mixture. Continue layering until the glass is full. Serve warm.



## Notes

Oats are often incorporated into baked goods or eaten alone as a breakfast meal such as oatmeal.

Due to a higher fat concentration, they are subject to rancidity.

If purchased from bulk containers, be sure to check for any moisture build-up or for a sour odor.

They should be stored in a cool, dry and dark area and can maintain freshness for up to two months.

Steel cut oats can be added to any variety of dish or enjoyed alone.

Oat flour can be incorporated into baked goods as well.

Packaged oatmeals often contain added sugars and other ingredients, so be sure to check labels carefully.



## Wild Caught Salmon

Salmon are truly incredible creatures, being able to swim up streams and waterfalls with incredible speed and strength. Humans have been enjoying this fatty fish for centuries with its unique texture, often considered more desirable than other popular varieties of fish.

By 1980, global production of fish skyrocketed and farming techniques became necessary to keep up with the demand. Over 80 percent of the salmon consumed today is farm-raised. In 2014, there were over one one million metric tons more of the farmed variety produced than in 1980.



Due to excessive contamination with mercury, fungicides and other hazardous substances including dioxins, dioxin-like compounds, polychlorinated biphenyls and other POPs (persistent organic pollutants), along with poor farming and sustainability practices, health experts recommend consuming only wild caught salmon as it contains far fewer contaminants.

The lowest-risk category for contamination include Southeast Alaska chum, sockeye, coho and pink salmon as well as the Kodiak coho, pink and chum varieties.

## Nutritional Profile

Salmon are an incredibly healthy food and the wild caught variety boasts an even higher concentration of various nutrients including:

- ◆ Vitamin B12
- ◆ Vitamin D
- ◆ Vitamin B3
- ◆ Vitamin B6
- ◆ Selenium
- ◆ Omega 3 Fats

- ◆ Choline
- ◆ Phosphorous
- ◆ Biotin
- ◆ Potassium
- ◆ Protein
- ◆ Pantothenic Acid

## Health Benefits

Salmon is perhaps most well-known for its valuable omega 3 fatty-acid content. One four-ounce serving provides two grams, more than most adults get from all other food sources over the course of several days.

Flaxseed and walnuts contain higher amounts of omega 3 fatty-acids per serving than salmon, yet this fatty acid is of the Alpha-linolenic variety which is not nearly as potent or bioavailable as the EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) varieties found in salmon.

Salmon is unique in that it contains what experts consider to be the perfect ratio of omega 3 fatty-acid to omega 6 fatty acid, 5.5 to 1. Regular consumption of omega 3's have been proven to decrease the risk for heart attack,



stroke, arrhythmia, high blood pressure and high blood triglycerides. Many of these benefits can start to be experienced with just one six-ounce serving of wild caught salmon per week, but even more outstanding benefits can be seen with two or three servings weekly.

In the body, EPA is converted into three important compounds, prostaglandins, thromboxanes and resolvins. This unique class of compounds provide much of the anti-inflammatory protection that regular fish-eaters experience, which reduces the risk of numerous cancers as well as the risk of macular degeneration.

DHA plays an integral part in brain health as well. The brain is comprised of 60 percent fat, much of which is in the form of DHA. Consuming DHA from food sources like wild caught salmon, reduces the risk of cognitive decline, depression, hostility and other brain-related conditions. Protectins are a newly discovered class of compounds that are formed from

DHA in the body. Researchers believe protectins provide powerful anti-inflammatory properties.

Wild caught salmon is rich in other important and unique nutrients as well. Calcitonin is a bioactive peptide produced by the thyroid gland. In humans, the hormone helps to stabilize the balance of calcium and other minerals in bones and the surrounding tissue. Wild caught salmon provides ample quantities of calcitonin as well as other important bioactive peptides that provide joint support, increase insulin effectiveness and help control digestive tract inflammation in the human body.

Selenium and vitamin D are both found in high concentrations in wild caught salmon. One four ounce serving provides a full day's worth of the recommended daily intake of vitamin D (though the recommended daily intake may in fact be too low), which protects against various cancers, cardiovascular disease and autoimmune



diseases such as multiple sclerosis and rheumatoid arthritis. One serving of wild caught salmon also provides 62 percent of the recommended daily intake of selenium, a potent antioxidant associated with cancer protection as well as decreasing joint inflammation.



## Salmon Soup

### Ingredients:

- ◆ 5 cups chicken broth
- ◆ 1 lb fresh salmon, thinly sliced
- ◆ 1 yellow onion, thinly sliced
- ◆ 4 tablespoons olive oil
- ◆ 1 fresh bunch spinach, sliced
- ◆ 1/4 teaspoon cayenne pepper

### Instructions:

1. Heat oil in a stock pot. Saute the onion until soft.
2. Add the chicken broth and bring the mixture to a boil.
3. Add the salmon to the mix and simmer for about 10 minutes.
4. Add pepper and spinach. Remove from heat, serve.

## Salmon Spinach Salad

### Ingredients:

- ◆ 2 skinless salmon fillets
- ◆ Salt and pepper to taste
- ◆ 10 ounces baby spinach
- ◆ 1 cup baby grape tomatoes, halved
- ◆ 3/4 cup goat cheese, crumbled
- ◆ 1/4 cup pecans
- ◆ 1/4 cup balsamic vinaigrette

### Instructions:

1. Heat your oven's broiler setting. Place salmon on a foil sheet and bake for 9 minutes. Cool slightly, then flake.
2. Toss all ingredients together in a large bowl.



## Salmon Patties

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### Ingredients:

- ◆ 3 teaspoons extra virgin olive oil
- ◆ 1 small onion, chopped finely
- ◆ 1 stalk celery, diced
- ◆ 2 tablespoons chopped parsley
- ◆ 1 1/2 cups salmon, cooked and flaked
- ◆ 1 egg, beaten
- ◆ 1 1/2 teaspoons dijon mustard
- ◆ 1 3/4 cups gluten-free bread-crumbs
- ◆ 1/2 teaspoon black pepper

### Instructions:

1. Preheat your oven to 450 degrees F.
2. Heat the oil in a skillet. Cook the onion until soft and stir in parsley. Remove from heat.
3. Mix the flaked salmon with the eggs and mustard. Add remaining ingredients including onions and mix well.
4. Shape the mixture into patties and place on a greased baking sheet. Bake for 3 minutes on each side or until golden brown.

## Salmon and Salsa

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### Ingredients:

- ◆ 4 salmon fillets
- ◆ Salt and pepper to taste
- ◆ 1 cup salsa

### Instructions:

1. Preheat your oven to 450 degrees F.
2. Sprinkle salt and pepper on both sides of each salmon filet.
3. Bake for 12 to 15 minutes.
4. Serve, topped with salsa (make sure to get a healthy, organic variety).



## Salmon Snow Pea Stir Fry

### Ingredients:

- ◆ 6 ounce salmon fillet, cubed
- ◆ 1/4 cup gluten-free soy sauce
- ◆ 1/4 cup orange juice
- ◆ 1 garlic clove, minced
- ◆ 1 teaspoon sesame oil
- ◆ 1 onion, sliced
- ◆ Coconut oil as needed
- ◆ 6 ounces snow peas

### Instructions:

1. Place the salmon cubes, soy sauce, orange juice, sesame oil and garlic in a large bowl. Cover and place in the fridge. Marinate in the fridge for 30 minutes.
2. Melt enough coconut oil in a skillet to coat it.
3. Remove the salmon from the bowl and cook for about 5 minutes in the coated pan. Remove from pan.
4. Add a bit more coconut oil to the skillet and saute the onions until soft. Add snow peas and cook for 3 more minutes.
5. Return the salmon to the pan and pour the marinade over top. Cook for 3 minutes then serve with brown rice.

### Notes:

Wild caught salmon is the preferred choice for salmon consumption. Farm-raised salmon is often contaminated with numerous toxins and lacks much of the nutrients of the wild caught variety including reduced concentrations of omega 3 fatty-acids.

Astaxanthin is a unique carotenoid produced by certain types of algae. Wild caught salmon consume this algae and the astaxanthin is responsible for both the salmon's pink-colored flesh as well as providing the strength and stamina to swim upstream. Farm-raised salmon is denied access to the astaxanthin-producing algae, therefore the artificial dye canthaxin is often used to color the flesh.

While salmon is an incredibly healthy source of nutrients, opt for only wild caught salmon and the lowest risk of contamination varieties to avoid harmful toxins.



## Sweet Potatoes

**S**weet potatoes are considered one of mankind's earliest food sources. Peruvian caves dating back to prehistoric times contain depictions of the sweet potato, providing evidence for their cultivation as far back as 10,000 years.

Christopher Columbus is responsible for introducing Europe to sweet potatoes in 1492. Over time, the tuber arrived in various countries including the southern United States where they are still considered an important component of traditional Southern dishes. More than half of the commercially produced sweet potatoes grown in the United States come from the southern states, primarily from North Carolina.

Over 400 varieties of sweet potatoes exist. While the most recognizable varieties contain a deep orange flesh, it isn't uncommon to find sweet potatoes with cream, white, gold, pink, purple and yellow flesh and skin.

As color varies, so does shape, with certain species noted for their short and stocky build while others are long and skinny.



### Nutritional Profile

Often confused with yams or potatoes, the sweet potato is unique with its extremely rich supply of nutrients including:

- ◆ Vitamin A
- ◆ Vitamin C
- ◆ Vitamin B1
- ◆ Vitamin B2
- ◆ Vitamin B3
- ◆ Vitamin B6
- ◆ Phosphorus
- ◆ Biotin
- ◆ Copper



- 💧 Manganese
- 💧 Potassium
- 💧 Pantothenic Acid
- 💧 Fiber

## Health Benefits

Like most orange-colored fruits and vegetables, sweet potatoes are an excellent source of beta-carotene, the compound converted to vitamin A in the body. However, the sweet potato is unique in that it exhibits a superior ability to raise vitamin A levels in the blood as compared to other beta-carotene-rich foods. A 3.5 ounce serving meets over 90 percent of the vitamin A requirements for optimal health.

Thanks to the tuber's ability to grow in numerous conditions and its year-round cultivation, it plays an important role in supplying children in developing countries with this important nutrient (as well as many others).

The color-related pigments responsible for supplying the different hues of flesh among the varieties activate several enzymes and produce numerous antioxidants when consumed. Antho-

cyanins are found in the unique deep purple flesh of certain sweet potato varieties. Peonidin and cyanidin in particular are two anthocyanins that provide antioxidant protection as well as anti-inflammatory properties. When passing through the digestive system, both compounds have been found to combat heavy metals, toxins and free radical damage.

This variety of unique pigment also has an important effect on the glycoprotein fibrinogen. Fibrinogen is broken down into fibrin in the body and plays an active role in blood clotting. However, excess fibrin levels have a pro-inflammatory effect and can break down the myelin coating of nerve cells, which exacerbates symptoms of conditions like multiple sclerosis. Sweet potato pigment compounds have been found to reduce both inflammation as well as combat escalating blood fibrin levels throughout the body.

Sweet potatoes are high in fiber, providing seven grams per serving. They also help improve blood sugar by



increasing levels of adiponectin. Adiponectin is a protein hormone produced by fat cells. It aids in modifying insulin metabolism and is often found in low concentrations in diabetics or insulin-resistant individuals.

Potassium, manganese and vitamin B6 are all found in high concentration in sweet potatoes as well. Potassium is an important electrolyte that helps lower blood pressure by ridding the body of excess sodium. It also helps regulate heartbeat and maintain normal brain and central nervous system function.

Manganese is a trace mineral that aids in carbohydrate metabolism. It also acts as a cofactor in enzymes that generate energy and utilize antioxidants.

Vitamin B6 helps break down the compound homocysteine. Homocysteine contributes to the hardening of arteries and blood vessels. Adequate amounts of vitamin B6 are necessary to keep passageways flexible and allow blood to flow freely.

## Sweet Potato Carrot Juice

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### Ingredients:

- ◆ 8 carrots
- ◆ 2 sweet potatoes
- ◆ 1/2 inch piece ginger

### Instructions:

Press all your ingredients through your juicer.

Pour juice over ice and serve right away.

## Sweet Potato Smoothie

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### Ingredients:

- ◆ 1 large sweet potato, baked and chilled
- ◆ 1 banana
- ◆ 2 cups almond milk
- ◆ 1/4 teaspoon ground cinnamon

### Instructions:

Blend all ingredients in your blender until smooth and pour into chilled glasses. Enjoy.





## Sweet Potato Fries

### Ingredients:

- ◆ 6 sweet potatoes
- ◆ 2 tablespoons olive oil
- ◆ 1 teaspoon salt
- ◆ 1/2 teaspoon pepper
- ◆ 1/2 teaspoon garlic powder

### Instructions:

1. Preheat your oven to 425 degrees F.
2. Peel and slice the sweet potatoes into strips.
3. Place the fries in a bowl and toss with the oil and seasonings.
4. Pour the fries onto a baking sheet. Spread thinly.
5. Bake for 15 minutes, stir and bake for an additional 10-15 minutes.

## Slow Cooker Sweet Potato Soup

### Ingredients:

- ◆ 3 sweet potatoes, peeled and sliced
- ◆ 2 cups chicken broth
- ◆ 1 teaspoon coconut sugar
- ◆ 1/8 teaspoon ground cloves
- ◆ 1/8 teaspoon ground nutmeg
- ◆ 1/2 teaspoon salt
- ◆ 1 1/2 cups light cream

### Instructions:

1. Put the potatoes in a slow cooker. Cook covered on high for 2 hours or until tender.
2. Puree the potatoes in a blender. Place back in slow cooker.
3. Add remaining ingredients. Cook on high covered for 1 hour.



## Sweet Potato Salad

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### Ingredients:

- ◆ 4 sweet potatoes, baked
- ◆ 1/2 cup extra virgin olive oil, divided
- ◆ Salt and pepper to taste
- ◆ 1/4 cup red wine vinegar
- ◆ 1 bell pepper, diced
- ◆ 2 teaspoons ground cumin
- ◆ 1 tablespoon grated orange zest
- ◆ 1/2 cup scallions, sliced
- ◆ 1/2 cup mint leaves, minced
- ◆ 2 chilli peppers, minced
- ◆ 1/4 cup raisins

### Instructions:

Place 1/4 cup olive oil, salt and pepper, vinegar, pepper, cumin and orange zest in a blender. Mix until smooth.

Toss the potatoes with scallions, mint, chilli peppers and raisins. Drizzle dressing over top. Serve chilled.

### Notes:

Sweet potatoes are often confused with yams, though they are of an entirely different food family.

Yams are from the family *Dioscoreaceae* and have one embryonic seed leaf, making them monocots. Sweet potatoes are dicots belonging to the *Convolvulaceae* family.

United States government agencies have allowed the terms “yam” and “sweet potato” to be used interchangeably, meaning quite often consumers aren’t sure which tuber they are purchasing.

Yams lack much of the the phyto-nutrient content of sweet potatoes and tend to be longer and slimmer in shape.



Regardless of the label, most often consumers are purchasing a true sweet potato since commercially produced yams are very rare in the United States.

Look for sweet potatoes that are heavy and firm, free of mold, blemishes or sprouts.

Store sweet potatoes in a cool, dark place.

## Quinoa

**Q**uinoa or *Chenopodium quinoa*, is often incorrectly believed to be a grain similar to wheat. Yet this ancient seed is what many scientists refer to as a “pseudocereal” since it can be utilized and prepared in similar ways to common cereal grasses. The cereal-like seed is actually a member of the same family as spinach, Swiss chard and beets.

Quinoa is thought to have originated as far back as 3000 B.C. in the Andes Mountain regions of South America.

The quinoa plant can survive a number of different growing conditions, which accounts for its popularity among early civilizations. Along with maize, quinoa was a mainstay of the ancient Incan diet. They often referred to the revered crop as “chisaya mama,” or the mother of all grains.

Today, what is purchased in grocery stores are the seeds of the quinoa plant. The seed heads sprout from magenta stalks that range three to nine feet in height. While numerous species exist, the most commonly cultivated and commercialized varieties are white, red or black in color. The leaves and stems of the quinoa plant can also be consumed right along with the seeds.

## Nutritional Profile

Quinoa is often prepared in similar methods to that of cereal crops, yet the nutritional content far exceeds that



of grain products. Quinoa is an excellent source of numerous nutrients including:

- ◆ Essential amino acids
- ◆ Vitamin E compounds
- ◆ Iron
- ◆ Copper
- ◆ Magnesium
- ◆ Manganese
- ◆ Phosphorus
- ◆ Zinc
- ◆ Folate
- ◆ Fiber
- ◆ Protein
- ◆ Omega 3 Fatty-acids



## Health Benefits

Quinoa can be a great part of a gluten-free diet primarily because it contains many of the

nutrients that other gluten-free grains lack, including protein and healthy fat. Quinoa is unique in that it can be considered a complete protein source. Unlike other grains, wheat being one of these, quinoa contains two essential amino acids, lysine and isoleucine, which play integral roles in tissue repair.

Quinoa also has a high protein to carbohydrate ratio, meaning products made from the seeds help sustain energy longer and control blood sugar levels better than more carbohydrate-rich grains. Because of this unique ratio, quinoa is also an excellent choice for diabetics or individuals needing to regulate blood sugar levels.



Quinoa seeds are also much higher in healthy fat than other grains. Approximately 28 percent of the fat content of quinoa is heart-healthy monounsaturated. Omega 3 fatty-acids also comprise some of the fat content of quinoa. This unique blend promotes heart health by contributing to the HDL or “good” cholesterol in the body.

This ancient seed also contains a wealth of antioxidants. Two extremely potent antioxidants, quercetin and kaempferol, are found in higher concentrations in quinoa than in several varieties of antioxidant-rich berries. There are also very high concentrations of ferulic, coumaric, hydroxybenzoic and vanillic acids which all provide antioxidant protection as well as contribute anti-inflammatory properties.

Quinoa also contains a number of vitamin E -family members called tocopherols. Alpha, beta, gamma and delta-tocopherols act as antioxidants and also provide numerous anti-inflammatory properties, yet they are

often subject to oxidation. But thanks to the incredibly high concentration of these valuable tocopherols, they can withstand oxidation and maintain their integrity through the cooking process.

Iron plays an important role in oxygen transport between cells and to the muscles who utilize it in order to contract. Quinoa is an excellent source of iron, which also greatly contributes to cognitive function as 20 percent of the oxygen in blood is utilized by the brain. Iron also aids in neurotransmitter synthesis, enzyme activity, energy production and body temperature regulation. It is a key nutrient that many people in the United States, women in particular, are in short supply.



## Notes

Seeds can be ground into a flour and prepared in many ways that more traditional grains are used.

The seeds can also be cooked like rice or pastas such as couscous and incorporated into any number of dishes.

Seeds are coated in compounds called saponins, which can give them a slightly bitter taste.

Though most commercially available seeds have been rinsed, lightly rinsing the seeds prior to preparing is advised.

## Green Quinoa and Fruit Smoothie

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### Ingredients:

- ◆ 1 cup ice
- ◆ 3 cups honeydew melon, cubed
- ◆ 4 peaches, cored
- ◆ 1 banana
- ◆ 1 cup spinach
- ◆ 1 cup quinoa, cooked

### Instructions:

1. Place the ice and fruit in a blender. Mix until smooth.
2. Add the spinach and mix until well blended.
3. Add the quinoa and pulse a few times. Serve right away.



## Coconut Quinoa Breakfast Bowl

### Ingredients:

- ◆ 1 can coconut milk
- ◆ 1 teaspoon vanilla
- ◆ 1 cup quinoa, rinsed and drained
- ◆ 1/4 teaspoon salt
- ◆ 2 tablespoons honey
- ◆ 4 tablespoon coconut shreds

### Instructions:

1. Place the coconut milk, vanilla and salt in a saucepan. Bring to boil over medium heat.
2. Stir in quinoa and simmer for 15 minutes or until thickened.
3. Spoon mixture into bowls and top with honey and coconut.

## Quinoa Salad

### Ingredients:

- ◆ 1 1/2 cups quinoa, rinsed and drained
- ◆ 3 cups water
- ◆ 1 handful fresh cilantro, chopped
- ◆ 2 tablespoons olive oil
- ◆ 1 Avocado, peeled and chopped
- ◆ 1 teaspoon honey
- ◆ 1 1/2 cups grape tomatoes, halved
- ◆ 1/4 cup lime juice

### Instructions:

1. Bring the water to a boil in a saucepan. Add quinoa, cover and cook for 15 minutes.
2. Chill the cooked quinoa to room temperature.
3. Stir in the cilantro, olive oil, avocado, honey, tomatoes and lime juice. Serve as is or chilled.



## Quinoa Vegetable Soup

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### Ingredients:

- ◆ 2 tablespoon olive oil
- ◆ 1 onion, diced
- ◆ 2 cloves garlic, minced
- ◆ 2 carrots, chopped
- ◆ 2 stalks celery, chopped
- ◆ 1 small zucchini, chopped
- ◆ 1 yellow squash, chopped
- ◆ 1 1/2 cups green beans, chopped
- ◆ 32 ounces vegetable broth
- ◆ 1 can diced tomatoes
- ◆ 2 bay leaves
- ◆ 1 teaspoon thyme, dried
- ◆ 1/3 cup fresh basil, chopped
- ◆ 2 cups quinoa, cooked
- ◆ Salt and pepper to taste

### Instructions:

1. Heat oil in a large pot over medium heat.
2. Add the vegetables and cook until tender.

3. Add broth, tomatoes, and herbs. Bring to a boil.
4. Reduce heat and stir in quinoa and seasonings. Serve warm.

## Quinoa Pudding

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### Ingredients:

- ◆ 1 cup quinoa
- ◆ 3 cups almond milk
- ◆ 1/4 cup maple syrup
- ◆ 1 tablespoon chia seeds
- ◆ 4 tablespoons dark cocoa powder

### Instructions:

1. Place quinoa, milk and maple syrup in a saucepan. Bring to a boil on medium heat. Cover and cook, stirring periodically for 30 minutes.
2. Remove from heat and stir in chia seeds and cocoa powder. Serve while warm.



## Spinach

**S**pinach is a member of the chenopod family that includes beets, chard and quinoa. Food experts are hard-pressed to find another vegetable as nutrient-rich as spinach. The vibrant green leaves are available year-round, though the technical growing season runs March through May and September through October.

There are three varieties of spinach: savoy, smooth-leaf and semi-savoy. Savoy spinach leaves are noted for their crispness and curled appearance. Smooth-leaf spinach leaves are spade-shaped with a smooth and flat appearance while semi-savoy resembles a less-wrinkled savoy leaf.



The spinach plant is believed to have originated in Ancient Persia, what is now known as Iran. It made

its way to China during the seventh century and has a relatively short history in Europe compared to other vegetables. The Moors introduced the tender leaves to Spain in the 11th century, and in England, spinach was referred to as a “Spanish vegetable” for years.

Spinach’s popularity spread as it was the favorite green of Catherine de Medici who brought her own cooks to France to prepare it as she wished. Today the United States and the Netherlands are two of the top producers of spinach globally.

### Nutritional Profile

Spinach leaves stand second only to kale when it comes to nutrient-richness. Other vegetables pale in comparison to the concentrations of vitamins and minerals found in the green leaves, including:

- ◆ Vitamin K
- ◆ Vitamin A
- ◆ Manganese
- ◆ Vitamin E



- 💧 Folate
- 💧 Calcium
- 💧 Vitamin C
- 💧 Copper
- 💧 Zinc
- 💧 Selenium
- 💧 B-Complex Vitamins
- 💧 Fiber
- 💧 Omega 3 Fatty-acids

## Health Benefits

Thanks to the incredibly high concentrations of vitamins, minerals, antioxidants and other phytonutrients, spinach leaves reign supreme among other vegetables and are most noted for their anti-cancer effects.

Twelve different flavonoid compounds have been identified in spinach that are known to have potent antioxidant and anti-cancer properties. The leaves can boast higher concentrations of the carotenoids beta carotene, lutein and zeaxanthin than most any other plant, all of which provide antioxidant protection and promote eye health.

Spinach has been proven to be effective in protecting against aggressive prostate cancer better than any other vegetable or green. Researchers contribute this phenomenon to a unique group of carotenoids called epoxyxanthophylls. Two such epoxyxanthophylls, neoxanthin and violaxanthin are believed to be the key phytonutrients that help combat more aggressive cancers.

Another unique group of compounds called methylenedioxyflavonol glucuronides has been proven to slow the division of stomach cancer cells and reduce the size, replication and prevalence of skin cancer cells.

Most cancers and chronic conditions are caused by inflammation and oxidative damage. Spinach is high in glyco-glycerolipids, the fat-related molecules that play a role in plant photosynthesis. These compounds battle oxidative stress throughout the body but play an important role in protecting the lining of the digestive system from free-radical damage.



Spinach also plays a very big role in bone health. Along with being an extremely high source of calcium and magnesium, the leaves are also naturally high in vitamin K1. This important nutrient prevents the overproduction of bone-dissolving osteoclast cells. Further, it is converted to vitamin K2 in the body which is responsible for activating osteocalcin. Osteocalcin is the major non-collagen compound housed in bones. Its role is to anchor calcium inside the bone to prevent leaching.

Eating spinach can also aid in blood vessel health. Delicate blood vessels are susceptible to oxidative stress. Spinach consumption has been associated with decreased instances of blood vessel-related conditions such as high blood pressure and atherosclerosis. The leaves also contain several unique peptides that aid in lowering blood pressure by inhibiting certain enzymes known to keep blood pressure high.

## Green Spinach Juice

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### Ingredients:

- ◆ 6 ounces baby spinach leaves
- ◆ 2 apples, halved
- ◆ 2 carrots
- ◆ 2 celery stalks
- ◆ 1/2 a lemon, peeled
- ◆ 1 2-inch piece of ginger

### Instructions:

Pass all ingredients through your juicing machine. Pour over ice and enjoy fresh.



## Spinach Blueberry Smoothie

### Ingredients:

- ◆ 1 frozen banana
- ◆ 1/2 cup blueberries
- ◆ 1/4 cup coconut milk
- ◆ 1 cup fresh spinach

### Instructions:

Place the banana, blueberries, milk and spinach in your blender. Mix until smooth. Pour into a glass and enjoy.



## Spinach and Pear Salad

### Ingredients:

- ◆ 1/2 cup extra-virgin olive oil
- ◆ 2 tablespoons balsamic vinegar
- ◆ 2 teaspoons mustard
- ◆ 1 teaspoon coconut sugar
- ◆ 1 teaspoon sea salt
- ◆ 1/2 teaspoon ground black pepper
- ◆ 1 cup red onion, thinly sliced
- ◆ 1/3 cup dried cranberries
- ◆ 8 cups baby spinach leaves
- ◆ 2 pears, cut into long thin slices
- ◆ 2/3 cup walnuts, toasted and chopped

### Instructions:

1. Place the first 6 ingredients in a jar with a lid. Screw the lid on tight and shake to make the dressing.
2. Toss remaining salad ingredients in a large bowl. Serve salad onto plates and drizzle on desired amount of dressing. Store extra dressing in the fridge and shake before each use.



## Spinach Lunch Wrap

### Ingredients:

- ◆ 2 spinach tortilla wraps
- ◆ 6 tablespoons spiced hummus
- ◆ 6 slices turkey breast
- ◆ 2 slices provolone cheese
- ◆ 1/2 a cucumber, sliced thinly
- ◆ 1 tomato, sliced thinly

### Instructions:

1. Place wrap on two plates. Spread 3 tablespoons of hummus on each wrap.
2. Arrange 3 slices of turkey and one slice of cheese on each wrap.
3. Top the turkey and cheese with a few slices of cucumber and tomato. Wrap up and enjoy.

## Cream of Spinach Soup

### Ingredients:

- ◆ 1 pound frozen spinach, chopped and thawed
- ◆ 2 cups chicken broth
- ◆ 1/2 an onion, sliced
- ◆ 1/4 teaspoon garlic powder
- ◆ 1/4 cup butter
- ◆ 1/4 cup coconut flour
- ◆ 3 cups half-and-half cream
- ◆ Salt and pepper to taste

### Instructions:

1. Place the spinach, broth, onion and garlic powder in a large pot. Cook over medium heat to bring to a boil.
2. Reduce heat and cook until spinach is soft.
3. While spinach mixture is cooking, melt the butter in a small pot.
4. Stir the flour with the butter and whisk smooth. Pour this mixture in with the spinach.
5. Add half and half and salt and pepper. Cook until soup thickens or about 10 minutes.



## Notes:

If you purchase unwashed spinach, the best way to clean it is to wash it several times - changing water in between.

Dry spinach on a paper towel or use a salad spinner.

Remove the stems by folding leaves in half lengthwise and pulling out the stem.

Dry spinach thoroughly before storing in a clean bag with a zipper seal.

Spinach leaves contain oxalic acid which can interfere with the absorption of calcium and iron. It can also crystallize when consumed in high quantities, though those quantities are difficult to consume on a normal diet. Individuals with kidney or gallbladder problems are recommended to keep oxalic acid and oxalate compounds to a minimum. Boiling spinach for a few minutes will break up the oxalates and cause much of the acid to leach from the leaves.

