

Welcome

to CSNN Mississauga's

Virtual Kitchen

*Bye bye winter, it's time for a change.
Spring shows up with a bit of a fanfare.
It's about new beginnings and fresh ideas.
Get inspired by our latest recipe
must-haves that come along with the
warmer air and sunnier days.*



Avocado, mango, pineapple salad - lots of textures colour, vitamins & minerals



Our Morning Glory Breakfast cookie is a great start to your day, even if you're running out the door...

The importance of the quality & wholesomeness of the food we eat, avoiding additives, exposure to antibiotics, hormones and pesticide residues is another aspect of eating for optimal health. Purchase Certified Organic whenever possible.

Preparing food with fresh healthy ingredients is at the center of every recipe we test. We try to appeal to every kind of cook. Whether you're a beginner, adventurous or somewhere in between - you'll find a recipe that's been triple checked so that you get the same successful results in your kitchen as we do in ours.

There's plenty here to inspire your inner foodie....

LOOK BACK

**April 2018
VIRTUAL KITCHEN**

Looking back at April 2018 we featured a delicious **Orange flavoured Seed Snack Bar**. This recipe is easy to make and is packed with vitamins & minerals. Freezes perfectly, no need to defrost.

April's Highlight

To unlock their nutritive value you simply germinate nuts, seeds or beans by soaking them in filtered water for a specific amount of time. Once the soaking period is completed you can use them right away or continue the process to fully sprout them to unlock a powerhouse of nutrients.



Sprouting;

Seeds are an incredible dormant treasure trove of vitamins, minerals, enzymes and essential fatty acids. When sprouting, a seed unfolds and starts to multiply and develop its nutrients in order to provide the nourishment for the small plant to mature. Sprouting is easy and very versatile!

Why sprout?

- Sprouting increases and unlocks the nutrients, improves digestion and assimilation.
- Proteins, vitamins, enzymes, minerals and trace minerals multiply from 300 to 1200 per cent.

In addition, certain acids and toxins which would ordinarily interfere with digestion are reduced and often eliminated.

- The chlorophyll and carotene content of sprouts increases dramatically when exposed to sunlight. These two elements are vital nutrients that help cleanse the blood and may help to prevent cancer.
- Growing your own sprouts is extremely cheap and easy to do.



Sprouts are easy to grow and really add a delicious, nutritional boost

How we Sprout in the Virtual Kitchen;



Sprouted Buckwheat Groats are a great source of fiber, folate, zinc, protein, iron, magnesium, & phytonutrients



Our sprouted Buckwheat was dehydrated and added to a salad for the texture



Or add the sprouted Buckwheat without dehydrating to yogurt or porridge for all the additional nutrients

1. We soak the seeds, nuts or beans in a glass bowl with plenty of filtered water for a specific amount of time (see our chart for times).
2. We then rinse them in a sieve.
3. Next, we leave them in the sieve set over a bowl to drain off any excess water. Cover with cheesecloth.
4. Rinse them several times a day (again, check the chart for how many rinses each seed/nut/bean/grain takes to sprout).
5. Once you see a little tail emerge they are ready to use.
6. Rinse them again, spread them out on a paper towel and blot dry. Put them in the fridge and use them within about 4 days
7. Another option, some nuts/seeds/grains are delicious when dehydrated at 115° F until completely dry. Store them in an airtight container.

Kitchen Whizdom: Sprouts are a stable food, they retain their nutritive value even after dehydration or freezing.

What can you do with your amazing sprouts?

- add them to salads
- sprinkle on yogurt
- add to porridge
- in smoothies
- add them to recipes as we did in our sprouted Morning Glory Breakfast Cookie to increase its nutritive value





Before beginning
the recipe:

Start by sprouting your
Buckwheat Groats several
days in advance. Use them
once you see the **little tail**
or as mentioned, you can
then dehydrate them for
6 hours until completely dry
and crunchy.



Sprouted Morning Glory Breakfast Cookie

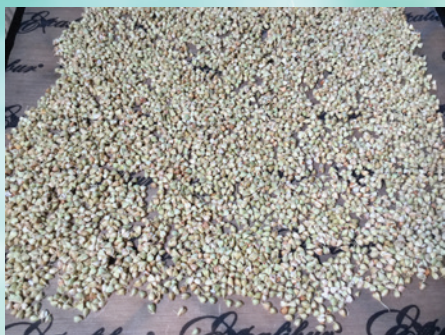
Start your day with a power packed breakfast cookie. You can try different flavour combinations depending on what you like. Make a batch of them up and you're ready for those busy mornings.

Ingredients for cookie;

1 tbsp	chia seeds
1 1/4 cups	gluten-free rolled oats
2 cups	sprouted buckwheat groats (not necessary but nice if you dehydrate them for the extra crunchy texture)
1 tsp	baking powder
1 tsp	baking soda
3 tsp	ground cinnamon
1 tsp	sea salt
1 1/2 cups	cooked beans (15 ounce can)
1/4 cup	coconut oil, melted
1/4 cup	organic maple syrup
zest	grated from 1 organic lemon
1/4 cup	unsweetened, organic applesauce
2 tsp	vanilla extract
1/3 cup	pumpkin seeds

optional; 1/2 cup finely chopped, unsulfured dried fruit

Buckwheat Groats are energizing, nutritious and gluten-free



We sprouted the buckwheat groats and then went the extra step to dehydrate them for the crunchy texture

However, using them without dehydrating is fine, you still get the added nutritional impact



Our cookies are all ready to bake for 15 minutes. Remember, you can vary the ingredients and adjust the size of the cookie to suit your appetite.

Method for Sprouted Breakfast Cookie;

1. Put the chia seeds in 3 tbsp water and set aside for about 10 minutes to gel.
2. In your food processor, pulse the oats into a rough flour texture. Transfer to a large bowl.
3. To the large bowl add the crispy buckwheat groats, baking powder, baking soda, cinnamon and sea salt.
4. Using a food processor pulse the beans with the melted coconut oil until the mixture is creamy. Then add the maple syrup, zest, chia seed gel, applesauce and the vanilla extract. Pulse until blended.
5. Add the bean mixture to the oats mixture in the large bowl and stir until combined. Fold in the dried fruit and pumpkin seeds.
6. **Taste** the mixture to determine if the sweetness is what you like. You could add a *little* more maple syrup, dried fruit or even Stevia (blended well) but remember, they're meant to provide nutrients to start your day, *not* as a dessert cookie (we don't want to spike your blood sugar).
7. Scoop out 1/4 cup of the mixture, shape like a cookie. Place on lined cookie sheet.
8. Bake for 15 minutes, let cool completely.
9. Store in an airtight container for about a week or freeze them for longer storage time.



Salads

One simple method, endless variations....

Fresh, healthy salads are amazing. Start with a few humble ingredients and wind up with a lightweight, elegant and delicious, imaginative result.

Varied enough for lunch and easy enough to pull together any night of the week. The technique is fairly straightforward.

Let's get started...



Avocado, mango, pineapple salad garnished with roasted pistachios

Ingredients for the salad;

1	medium shallot
2 cups	mixed greens such as arugula, baby romaine, baby kale
1/3 cup	roasted pistachios
3 tbsp	mint, stacked, rolled and thinly sliced
3 tbsp	basil, stacked, rolled and thinly sliced
2 ripe	avocados, pitted, peeled and sliced
1	kiwi peeled and cut into thick slices
1	mango peeled and cut into large pieces
1/2	pineapple, peeled, cored and cut into a medium dice (optionally you can buy them already peeled and ready to use in your grocery store)

Method for the salad;

Place everything in a large salad bowl, add vinaigrette (see recipe on next page), toss to combine.

Serve immediately

Alternate vinaigrette suggestion;

The ratio of olive oil to vinegar is best at 3 parts oil to 1 part vinegar to form the strongest, most stable emulsion which results in the perfect leaf-coating consistency.

Since there are many flavoured extra-virgin olive oils and balsamic vinegars available, we sometimes simply whisk 3 tbsp of a flavoured olive oil, such as Blood Orange and add 1 tbsp of a flavoured balsamic vinegar such as Honey Pepper Balsamic.

Whisk to emulsify, pour over salad, toss to coat each leaf and serve immediately.

This salad is beautiful.
It's got crunch, sprouts and
beautiful, edible flowers

To make a vinaigrette;

In a small bowl add:

- 1/3 cup** extra-virgin organic olive oil
- 1/4 cup** filtered water
- 3 tbsp** balsamic vinegar
- 2 tsp** Dijon mustard
- 2 tsp** minced red onion
- 1** garlic clove, minced
- 1 tsp** honey
- 1 tsp** fresh oregano
- 1/2 tsp** sea salt
- 1/4 tsp** freshly ground black pepper

Whisk to emulsify

Once the vinaigrette is made add 3 tbsp to the salad mixture and toss to combine. You want *just enough* dressing to coat the leaves but not result in a limp, soggy mess. A salad should be light and airy. So add a little, toss, taste.... and only add more if needed.



The power of green....

Leafy greens have cancer-protective nutritional properties.

Arugula may lessen the risk of lung cancer in nonsmokers, as well as prostate cancer. It's also a source of calcium and vitamin K.

Collards are full of vitamin K, vitamin C, beta carotene and dietary fiber.

Kale is full of lutein, an antioxidant that may help fight against certain cancers such as breast cancer.

So use a wide variety of greens....

Build your skills

...turn over a new leaf

What makes a good salad?

A salad that is full of nutrients, flavour and textures.

Most everyone feels comfortable making a salad but, because we focus on nutrition intelligence, we want to be sure it's fully loaded.

We want you to think outside the "iceberg" box.



A freshly made salad can have everything you need to nourish your body and mind. Whether you have just a few minutes or want to take it up a notch, experiment, mix it up, and vary the ingredients so you get a broad spectrum of vitamins and minerals.

Salad primer...

Nutrition Intelligence

There's nothing as satisfying and fast as a freshly made salad. It only takes minutes to prepare and the abundance of organic, nutrient-rich vegetables supply your body with a large variety of health-promoting nutrients.



- Check what's in your fridge that needs to be used like a ripe avocado, celery, red peppers. Use them up!
- Using a variety of textures gives salad a more exciting mouth feel.
- Consider making salad as the main event using leftovers like some roasted chicken from last night's dinner.
- There's countless salad combinations such as;
Fresh or cooked vegetables, a variety of greens, herbs & spices, edible flowers, grains like buckwheat or quinoa , plant-based proteins like tempeh or hemp seeds, pasture-raised poultry, grass-fed beef or wild, sustainably caught fish.
- Look in the grocery store, there's a wide variety of greens available. Experiment beyond your norm with mustard leaves, watercress, dandelion or arugula.
- Each month you can adapt your salad plate to include the best of each season; spring and summer means loads of raw vegetables, winter would include more cooked and root vegetables.
- Germinated and sprouted seeds, nuts, beans and grains add a whole new level of nutrition.
- To make life easier it's often a good idea to have your lettuce all ready to use in advance.
- Here in the Virtual Kitchen we use a salad spinner to ensure the lettuce leaves are completely dry.
- Well dried greens can last a few days in your fridge *all ready* to begin the art of salad making.

Germination Chart

	DRY MEASURE	SOAK TIME	RINSES PER DAY	SPROUTING TIME
SEEDS				
Alfalfa	2-4 tbsp	6-8 hours	2 to 4	4-6 days
Broccoli	2-4 tbsp	6-8 hours	2 to 4	4-6 days
Clover	2-4 tbsp	6-8 hours	2 to 4	4-6 days
Radish	2-4 tbsp	6-8 hours	2 to 4	4-6 days
BEANS				
Adzuki	1 cup	8-12 hours	2 to 4	3-4 days
Garbanzo	1 cup	8-12 hours	2 to 4	3-4 days
Lentils	1 cup	8-12 hours	2 to 4	3-4 days
Mung	1 cup	8-12 hours	2 to 4	3-4 days
GRAINS				
Buckwheat Groats	2 cups	30 minutes	1 rinse	2-3 days
Millet	1 1/2 cups	8-10 hours	2 to 3	1-2 days
Oats	1 1/2 cups	8-10 hours	2 to 3	1-2 days
Quinoa	1 1/2 cups	8-10 hours	2 to 3	1-2 days
Wild rice	1 1/2 cups	8-10 hours	2 to 3	3-7 days
SEEDS & NUTS				
Almonds	2 cups	6-12 hours	2 to 3	1-2 days
Pumpkin Seeds	2 cups	6-12 hours	2 to 3	1-2 days
Sunflower Seeds	2 cups	6-12 hours	2 to 3	1-2 days

Focus • Plan • Prepare

With all that info, enjoy April's Virtual Kitchen and we look forward to sharing more Nutrition Intelligence in May...

