



*Eating healthy has
never tasted
so good.*



Dates stuffed with sprouted almonds, rolled in chocolate and coconut flakes.



Broccoli puffs, delicious and easy to make.

June is Mind-Body-Spirit month...
Taking control over your health, means developing healthy habits. It takes 21 days to create long-lasting habits. Good habits make incorporating strategies that support your health your new normal which then become part of everyday life.

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.

A hectic, fast-paced lifestyle can make turning to fast-food and unhealthy snacks seem like the only option. But, healthy foods can be just as easy and portable. They fuel your body with the energy you need to manage a busy life.

LOOK BACK

**June 2018
VIRTUAL
KITCHEN**

Looking back at June 2018 we featured a delicious **Creamy Chocolatey Frozen Fudgesicles**

This recipe is easy to make and delicious on a hot summer day.



June's Highlight

Once you switch out processed, sugary treats for healthier alternatives, your cravings subside because your blood sugar level is stable.

Tailor your nutrition at each stage in your life.

Food can nourish us, heal us or comfort us. When we eat with family and friends it can bring us tremendous joy. Because ***you are what you eat***, it's important to focus and continually make healthy choices.

1. 20's and 30's - when thinking about food choices and how this impacts everyday life, this may not seem important. Career, marriage, children and a fast-paced lifestyle can trigger an overpowering desire to eat junk food, sweets, fast food...because it's quick and easy. You may feel like you're invincible but eating healthy in your 20's and 30's sets the stage for *feeling* and *looking* your best.

Simple strategies include;

- focus your meals on nutrient dense, whole foods
- when eating out, research the restaurants near you that provide healthy options
- pack a small cooler with mini meals and snacks

2. 40's and 50's - you want to continually move *up-the-slope of health* and avoid many of the problems associated with growing older.

Simple strategies include;

- if you tend to gain weight avoid processed carbs like bread, muffins, crackers, white rice and concentrate on lean proteins, non-starchy vegetables, low glycemic berries
- add plant-based protein sources like lentils, legumes, almonds and quinoa
- eating 35 grams of fiber each day is important. Fiber-rich diets help protect against breast, ovarian and uterine cancers as well as diabetes, heart disease and kidney stones. Include foods like cruciferous vegetables (Brussels sprouts, broccoli and cabbage), leafy greens (kale, collard greens and Swiss chard), enjoy lots of colourful produce and low-glycemic fruits

Know what foods work best for you. We're all unique individuals. Take the time and make the effort to learn what helps you to look and feel your best at every stage of life.

3. 50 and beyond - Free radical damage accumulates as we age. Your body's ability to mop up free radicals can become overwhelmed by illness, an unhealthy diet and exposure to pollution.

Simple strategies include;

- fruits and vegetables are excellent sources of antioxidants which help your body ward off free radical damage which then minimizes their impact on aging
- slow the effects of aging by consuming 3-4 servings a day of these high antioxidant foods
- foods that score high on an antioxidant test called ORAC (Oxygen Radical Absorbance Capacity) include;

TOP HIGH ANTIOXIDANT FOODS	*ORAC SCORE
Goji Berries	4,310
Wild Blueberries	9,621
Dark Chocolate	20,816
Pecans	17,940
Artichoke (boiled)	9,416
Elderberries	14,697
Kidney Beans	8,606
Cranberries	9,090
Blackberries	5,905
Cilantro	5,141
TOP HIGH ANTIOXIDANT HERBS	*ORAC SCORE
Cloves	314,446
Cinnamon	267,537
Oregano	159,277
Turmeric	102,700
Cacao	80,933
Cumin	76,800
Parsley (dried)	74,349
Basil	67,553
Ginger	28,811
Thyme	27,426

*These measurements were developed by the National Institutes of Aging and are based on 100g of each food/herb

*Source; Dr. Axe



We've formed the puffs and now they're ready to put in the oven



Out of the oven, browned and ready to enjoy



Here we're serving them as a side with the rest of the meal



Broccoli Puffs

Eating cruciferous vegetables is such a healthy decision. In this recipe we're using steamed broccoli. It's a great way to use up leftover steamed broccoli. The cassava flour we used in the recipe is flour from the root of the yucca. It's full of resistant starch and is gluten-free. This recipe has been adapted from The Plant Paradox Cookbook.

Ingredients:

2 cups	steamed broccoli
1	egg
1	yellow onion, diced finely
1 cup	mushrooms, sliced and sautéed in advance
1 clove	of garlic, minced
1/4 cup	almond meal
1 tsp	freshly ground black pepper
1 tsp	honey
1 tsp	sea salt
2 tbsp	parsley, minced
1/4 cup	nutritional yeast

Method:

1. Start by preheating oven to 400 degrees F. Next line a baking sheet with parchment paper. Set aside.
2. Sauté sliced mushrooms in a little coconut oil. Set aside.
3. In a food processor, pulse the steamed broccoli, egg, onion, cooked mushrooms, garlic, cassava flour, almond meal, black pepper, honey, sea salt, parsley, nutritional yeast
4. Take out 1 1/2 tbsp of the mixture and press with your hands to form a little rectangular shape. Place the little shapes onto the baking sheet, spaced evenly.
5. Bake for 20 minutes.
6. Serve as a side or as a snack dipped in guacamole.



This recipe is so adaptable. Here we swapped out the steamed broccoli and instead used steamed cauliflower.



Date Stuffed Almond Treats

These are so easy and delicious you won't believe it!
They are a perfect little sweet treat that really satisfies.

Ingredients:

- 24 large Medjool dates (buy moist dates)
- 48 raw almonds, soaked and dehydrated
- 1 cup vegan chocolate chips
- 1 cup shredded coconut

Method:

1. Cut each date in half, but not all the way through. Remove the pit.
2. Stuff each date with several dates and press to close the date.
3. Melt the chocolate chips.
4. Dip the stuffed dates in the melted chocolate using a fork.
5. Press each date into the shredded coconut until well coated.
6. Place in the freezer to firm up.
7. Enjoy them cold or room temperature.



Only 4 ingredients...

Remember,
we're focusing
on Mind-Body-
Spirit this
month

Build your skills

Start developing new habits slowly. It takes commitment and practice to ensure you always have healthy foods on hand.



Habit #1

Buy what's good for you. If you buy junk food, food that's filled with preservatives and chemicals, you'll be tempted to eat it. If you shop for healthy whole organic food that will become the bulk of your diet. You can't eat what's not in your cupboard.

Habit #2

Shop the perimeter of the store. Fruits, vegetables and lean proteins line the outer edges of the store. The center aisles are where the unhealthy snacks and packaged foods sit, you are better to avoid the temptation. Shopping at your local farmer's market is always our first choice.

Habit #3

Use the rainbow rule when you buy fruits and vegetables. Richer colours often coincide with the greatest health benefits. The same pigments that turn the produce aisle into a rainbow of reds, yellows, oranges, purples, blues and greens have phytochemicals like carotenoids and flavonoids. These natural plant compounds can help to reduce the risk of heart disease and cancer, help with eyesight, memory function, and boost energy.

Habit #4

Fill your fridge with healthy foods. The fastest way to eat poorly is if you have nothing on hand when hunger hits. Having pre-washed salad fixings means you'll eat a salad. Having washed, ready to eat fruit means a healthy snack. A gluten-free wrap and a tablespoon of almond butter or vegetables with humus make eating healthy both delicious and doable.



Habit #5

When cooking, prepare extra so you have leftovers. If you're baking a pasture-raised chicken breast, bake a few extra, divide them into meals so you have extra over the next few days. Here in the VK we often eat quinoa for breakfast. We make extra for busy mornings. Extra servings (leftovers) mean you have all kinds of options on-hand to eat during the week or pack up to take with you to work.

Habit #6

Prepare lots of soups. Getting more vegetables into your diet is easy when you prepare different soups. Make a big pot and freeze it in portions for the next few weeks/months. Make a rainy day weekend your soup prep day, clean out your fridge and you'll avoid food waste plus have a variety of delicious soups for other meals.

Focus • Plan • Prepare

Have a wonderful summer
from all of us in CSNN Mississauga's
Virtual Kitchen.

Thank you so much for joining us in the second of the series
of healthy, delicious, fully-tested recipes.

