

## A NUTTY CHIA DATE WITH QUINOA

### INGREDIENTS:

- 1 cup of Quinoa** (corn-free)
- 3 cups of pure revitalized or spring water**
- 1/3 cup of walnuts**
- 1 Tbsp of chia seeds**
- 2 Tbsp of *Omega Nutrition* Cold Milled Flax Seeds**
- 1/4 cup of raisins** (NO oil coating)
- 4 dates**
- 5 shakes of cinnamon**
- 2 Tbsp of unsalted butter or ghee** (adjust to taste)

### DIRECTIONS:

**Add the quinoa into a 2qt/1.9L pot and remove any grit. Rinse if necessary in fine mesh strainer.**

**Add 2 cups of water, cover, bring to a boil, then simmer for 10-12 minutes until most of the water is absorbed, but still fluid.**

**Wash the walnuts well, remove any loose skin, then break pieces into the pot.**

**Add the chia and flax seeds and more water as needed to keep fluid.**

**Stir, cover, and simmer for another 1 minutes. When done, the outer germ layer of the quinoa will separate and become translucent.**

**Wash the raisins, sprinkle into the quinoa with the cinnamon.**

**Wash the skin off the dates with warm water, remove the pits, and cut date pieces into into the quinoa.**

**Sprinkle the cinnamon into the ingredients.**

**Stir, cover, and simmer for 1 minute. Add more water if needed to keep fluid.**

**Add 1 Tbsp of butter/ghee into each bowl, then pour the ingredients into the bowls. ENJOY for breakfast!**

Serves 2

Use **organic** ingredients only

Suitable for ALL blood types

**Quinoa**, or *Chenopodium quinoa*, originated in and was domesticated for human consumption 3-4,000 years ago, in the Andean region of Ecuador, Bolivia, Colombia, and Peru. It was one of the two mainstay foods for the Inca Empire. Its 250 different varieties provided it a remarkable tolerance for different growing conditions. Peru and Bolivia are the worlds two main producers.

Quinoa is actually a seed that contains all the essential amino acids, including high amounts of lysine. It is also contains rich amounts of phytonutrients, the flavonoids quercetin and kaempferol, and fiber, along with manganese, copper, phosphorus, magnesium, zinc, calcium, potassium, folate, iron, selenium, and B vitamins. Plus it provides healthy fats such as oleic acid, (monounsaturated fat), alpha linolenic acid (ALA-Omega 3) and certain forms

of vitamin E tocopherols. It has a wide range of anti-inflammatory nutrients and cell wall polysaccharide which help to reduce type 2 diabetes, cancer, and heart disease.

Quinoa is gluten-free, making it an excellent substitute for grains and allergy sufferers. It is actually a member of the same food family as spinach, Swiss chard, and beets. But, because it is cooked much like rice, it is often referred as a 'pseudo-cereal.' It is low in purines, but contains a small amount of oxalate.

Select quinoa that is packaged in air tight containers to ensure freshness. It comes in off-white, red, and black varieties. Store in the fridge in an airtight container to maintain freshness for up to 6 months.

The **walnut** tree has been cultivated for thousands of years and has a life span of up to 250 years. The English walnut, also known as the Persian walnut, originated in India and regions surrounding the Caspian Sea. The ancient Romans introduced it into many European countries in the 4th century AD. English merchant ships introduced "English walnuts" into America. The black and white varieties are native to North America. Walnuts played an important role in the diets and lifestyles of the native American Indians and early colonial settlers.

Walnuts are a rich source of potassium, magnesium, manganese, molybdenum, calcium, biotin, vitamin E (gamma-tocopherol form in particular), monounsaturated fats, and essential fatty acids (ALAs and omega 3), which significantly reduce type 2 diabetes symptoms and improve cardiovascular functions, including blood pressure. Along with anti-cancer properties, walnuts provide health benefits for the heart, brain, memory, and bones. 90% of the phenols, including phenolic acids, tannins, and flavonoids in walnuts are found in the skin.

Presently, China is the largest commercial producer of walnuts. The United States is second, with 90% grown in California.

Since walnuts are highly perishable, choose whole walnuts in their shell or fresh walnuts in a light protected package. Cracked, pierced, or stained shells indicate mold development, which renders them unsafe. AVOID these, along with shelled nuts that are preserved with vegetable oil. Store them in the fridge or a cool dry pantry.

Native to central and southern Mexico and Guatemala and cultivated by Aztec, **chia seed** comes from the flowering desert plant *Salvia hispanica/lavandulifolia*; a species of the mint family, *Laminaceae*.

Chia seed is a complete source of protein, which provides all the essential amino acids. Chia seed is rich in omega-3 fatty acids (EFA), which the body needs for respiration of vital organs; blood to transport oxygen; regulating blood coagulation; normal glandular activity; and nourishing skin cells, mucus membranes, and nerves. One ounce of chia seeds contain as much omega-3 as 8 oz. of salmon, as much calcium as a cup of milk, as much fiber as 1/3 cup of banana, as much iron as 1/3 cup of spinach leaves, as much vitamin C as 2 oranges, and as much potassium as a half a banana. Chia seed is a rich source of calcium and contains boron, which acts as a catalyst for the body to absorb and utilize the available calcium. Chia seed also facilitates the growth and regeneration of tissue during pregnancy and lactation, and aids regeneration of muscles for conditioning athletes and body builders. By absorbing more than 12 times its weight in water, it prolongs hydration and retains electrolytes in body fluid.

The gel forming property of chia seed slows the conversion of carbohydrates into sugar, which sustain balanced blood sugar levels and extends endurance.

Chia is grown commercially in Mexico, Bolivia, Argentina, Ecuador, Nicaragua, Guatemala, and Australia, which became the world's largest producer in 2008. The essential oils in its leaves repel insects, making chia suitable for organic cultivation.

Store them in the fridge.

**Omega Nutrition organic Cold Milled Flax Seeds** is a rich, gluten-free source of ALA omega-3 fatty acid and contain 175 mg of SDG lignans per 1/12 Tbsp serving. It is also a good source of dietary fibre.

**Raisins** are dried grapes or currants that come in numerous varieties: Seedless, Golden Seedless, Raisins with seeds, Sultana, Zante currant, Mixed types or varieties. They are a higher concentrated source of energy, vitamins, minerals, and health benefiting poly phenolics, dietary fiber, and other phytonutrients than grapes. They also have a higher antioxidant strength (ORAC value) than fresh grapes. However, they contain fewer amounts of vitamin C, folic acid, carotene, lutein, and zanthins than grapes. As with grapes, raisins contain the phytochemical compound resveratrol, which is anti-inflammatory, anti-cancer, blood cholesterol/pressure lowering by reducing blood vessel damage and producing nitric oxide. Raisins derived from red/purple grapes are very high in anthocyanins, which have anti-allergic, anti-inflammatory, anti-microbial, and anti-cancer properties.

Their dietary fiber and abundant flavonoid compounds such as tartaric acid, tannins, catechins, and inulin aid bowel movements.

Raisins are a good source of minerals such as copper, iron, potassium, phosphorus, manganese, vitamin B6 and other B complex.

Raisins are a good natural sweetener for many baked recipes and curries.

Always select high quality, plump, organic raisins as other raisins are heavily sprayed with chemicals. Store them in a container in the fridge or a cool dry pantry.

**Dates** are among the most nutritious and oldest (fossil records indicate for at least 50 million years) of all fruits. They are grown on the phoenix dactylifera/date palm tree and originated from Ancient Egypt and Mesopotamia.

Though high in natural sugar/sweetness, they are also high in fiber, which means they are cleansing and metabolize slowly. Dates are rich in calcium, copper, iron, magnesium, manganese, phosphorus, potassium, zinc, antioxidants, and flavonoids such as beta carotene, lutein, zeaxanthin. Plus, they have adequate levels of B complex, folates, and vitamin K. Consumed during the last month of pregnancy, they help shorten and assist with labor. Dates also promote bone health and strength and muscle development. They also promote the growth of friendly bacteria in the intestine and inhibit the growth of pathological organism. Dates are a good source of energy. They improve heart health with their minerals, and inhibit seasonal allergies, with its sulfur compounds.

Important varieties are Amir, Hajj, Saïdy, Khadrawy, and Medjool, which is the most popular. Select dates that are rich in color, fresh, soft, and moist. Store in an air sealed container in the fridge. Wash in warm water to clean and remove the skin (optional).

Native to Sri Lanka and used since biblical times for its medicinal and culinary properties, **cinnamon** has one of the highest ORAC (oxygen radical absorbance capacity) ratings (131,420). This highly prized, sweet spice is obtained from the outer brown bark of the Cinnamomum tree, which is dried and rolled into a tubular form known as a "quill".

This fragrant, pungent spice is a digestive aid that has antibacterial, antiseptic, antiviral, and anti-inflammatory properties. It also has anti-diabetic properties, which help improve glucose and lipids in people with type 2 diabetes.

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