

BLUEBERRY-RASPBERRY-PRUNE YOGURT WITH WALNUTS

INGREDIENTS:

- 5 Tbsp of goat milk, sheep milk, or Greek yogurt**
- 1/3 cup of blueberries** (fresh or frozen)
- 1/3 cup of raspberries** (fresh or frozen)
- 4 prunes; or 1 Tbsp of *Omega Nutrition Prune Extract***
- 4 walnuts** (whole)

DIRECTIONS:

Add the yogurt into a bowl.

Wash the blueberries and raspberries with warm water, then stir them into the yogurt.

Wash the prunes, remove the pits, then cut pieces into the yogurt.

Wash the walnuts well, remove loose skin, then cut pieces into the yogurt.

ENJOY for breakfast!

Serves 1

Use **organic** ingredients from small reputable dairies and orchards

Suitable for A, B, & AB blood types

For O blood type, eliminate the yogurt

Goat milk yogurt contains protein, calcium, manganese phosphorus, selenium, vitamins A and B, and a type of saturated fat that is needed for nerve communication. It is also lower in fat and higher in calcium than cow's milk yogurt. Plus, its smaller fat molecules are closer to human milk, making them more digestible than those found in cow's milk. Yogurt's live cultures promote intestinal flora/health and strengthen the immune system. Yogurt increases the body's fat burning capacity and provides some B-12, which is most important for vegetarians. Live Greek yogurt contains less sugar and more protein than other cow's milk yogurts. AVOID commercial, fruit flavored yogurts.

Native to North America, organic, raw **blueberries** have among the highest antioxidant capacities of all fruits. They benefit all body systems, including the eyes, retina, brain, and cardiovascular system. Blueberries are rich in vitamin K, C, manganese, fiber, and phytonutrients such as anthocyanins, flavonols, beta carotene, lutein zeaxanthin, and resveratrol, which act as anti-inflammatory compounds. The phytonutrients in blueberries help prevent memory loss and ageing. They also help reduce blood pressure and protect blood components and blood vessels from oxygen damage. Plus they are suitable for all blood types.

Select plump, fresh or frozen, organic berries that are rich in color. Store them in the fridge for up to 3 days or in the freezer for 3 to 6 months.

Appearing over 2,000 years ago, on 5 continents, the **raspberry** is an aggregate fruit belonging to the rose (Rosaceae) family of plants. It contains rich amounts of vitamin C and K, manganese, copper, and fiber. Its diversity of antioxidant and anti-inflammatory

phytonutrients help reduce many types of cancer and other chronic diseases, such as obesity, type 2 diabetes, hypertension, and atherosclerosis. Its anti-inflammatory ellagic acid is particularly helpful with Crohn's disease. Its phytonutrient, raspberry ketone/rheosmin increases enzyme activity, oxygen consumption, and heat production, which decrease fat cells and fatty liver. Rheosmin can also decrease pancreatic lipase resulting in less absorption of fat. Its flavonoid tiliroside activates the hormone adiponectin, which helps regulate blood fats, blood sugar, and insulin. Organic, whole, ripe raspberries contain higher levels of phenols and total anthocyanins, making them richer in total antioxidants than non-organic raspberries.

Fresh raspberries are delicate and highly perishable, lasting only a few days, whereas frozen raspberries will keep for up to one year.

Prunes, which are actually dried plums, originated from the Caspian Sea area. Though naturally very sweet, prunes release their sugars slowly because of their high soluble (60% pectin) and insoluble fiber content. Thus, they help eliminate waste, lower cholesterol, and in the prevention of heart disease and cancer. Their insoluble fiber also promotes friendly bacteria in the large intestine, contributing to colon health and in the relief of constipation. Prunes/dried plums are also rich in potassium, manganese, iron, vitamins K, B, and C, beta carotene, lutein/zeaxanthin, phenols, and other antioxidants. Its phenols, neochlorogenic and chlorogenic acid neutralize superoxide anion radicals and prevent oxygen-based damage to fats.

Prunes can last up to 6 months when refrigerated in a container. Washing in warm water helps to soften them.

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.

OOB Organic Blueberries, NZ: www.oob.co.nz +649 974-3242

(The best organic frozen blueberries in NZ & Australia)

Taylor Brothers Farms, USA <http://taylorbrothersfarms.com/> 1 530-671-1505

Newman's Own Organics, Snowden Bros., Morning Glory & various other reputable brands, USA

Hiltona/Brooke-Kelly's Organic Fruits, Australia: 612 6383-3229

Omega Nutrition, USA & Canada: www.omeganutrition.com 1 800 661-3529