

## CHERRY PEACHY PRUNEY BANANA DATE WITH NUTS & CHIA

### INGREDIENTS:

- 1 Tbsp of chia seeds
- 4 Tbsp of pure revitalized or spring water
- 1 peach; or 1 nectarine sliced (fresh or frozen)
- 1 banana (optional for Os & Bs)
- 4 cherries pitted (fresh or frozen)
- 4 prunes; or 1 Tbsp of *Omega Nutrition Prune Extract*
- 1 date (optional)
- 1/3 cup of walnuts; or 12 macadamia nuts
- 1 Tbsp of *Omega Nutrition Cold Milled Flax Seeds*

### DIRECTIONS:

**Soak the chia seeds in a bowl with the water for 10 minutes.**

**Wash the peach or nectarine and slice it into the bowl.**

**Peel and slice the banana into the bowl.**

**Wash the cherries in a strainer, remove the pits, and cut pieces into the bowl.**

**If cherries are not available, blueberries can be used instead.**

**Wash the walnuts well, remove any loose skin, then break pieces into the bowl and stir. Or, wash the macadamia nuts and add them into the bowl.**

**Wash the prunes, remove the pits, then cut pieces into the bowl.**

**Wash the skin off the date under warm water, remove the pit, then cut pieces into the bowl.**

**Sprinkle the *Omega Nutrition Cold Milled Flax Seeds* on top.**

**ENJOY for breakfast.**

Serves 1

Use **organic** ingredients from small reputable orchards

Suitable for O & B blood types

For A & AB blood types, eliminate the banana

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, *Lamiaceae*.

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 ban, 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.

Native to China, the delicious **peach** belongs to the genus, *Prunus*: in the family of *Rosaceae*. It was spread to the rest of the world via the ancient silk route.

The peach provides a moderate source of vitamins C, A, and beta carotene, which help maintain the body's mucus membranes, lungs, eyes, and skin. The peach also contains copper, potassium, iron, manganese, and various other minerals. It has white or yellow flesh and is in season for about 5 months.

Select ripe but firm fruit with a sweet aroma and store them in the fridge.

**Bananas** are thought to be native to Malaysia around 4,000 years ago. From there they spread throughout the Philippines and India, where Alexander the Great's army recorded them being grown in 327 BC. Arabian traders then brought them to Africa. When Portuguese explorers discovered them in 1482, they took them to the Americas.

Bananas now grow in most tropical and subtropical regions. The main commercial producers are Costa Rica, Mexico, Ecuador, and Brazil.

Bananas, including plantains, belong to the *Musaceae* family of plants. They are a rich source of potassium, manganese, copper, biotin, magnesium, and fiber. Bananas are also high in vitamins C, B6, B3, B2, folate, pantothenic acid, alpha and beta carotene, lutein, and zeaxanthin. This makes them especially beneficial for cardiovascular health, blood pressure and heart function. They are also good for athletic performance.

Though bananas are naturally sweet and creamy, they have a low glycemic index (GI) because of their high and unique fiber content. As bananas ripen and soften, their water-soluble pectin (fiber compounds) and fructose content increase, which in turn moderates carbohydrate digestion and blood sugar levels. In addition they contain unique fructose-containing carbohydrates that are not broken down by enzymes in the digestive tract. When in the lower intestine/colon, they become metabolized by bacteria. This process helps maintain the balance of "friendly" bacteria (e.g. *Bifidobacteria*) and overall colon and digestive health.

Bananas come in numerous varieties such as Cavendish, Big Michael, Martinique, and Lady Finger. The less sweet, more starchy plantain bananas, with their higher betacarotene content, are cooked like vegetables since they are unsuitable to eat raw.

Select yellow sweet bananas that are slightly ripe but still firm. Plantains are larger and more green or dark (black) when ripe. Do not refrigerate unripe bananas. To ripen bananas store them at room temperature in a paper bag. Brown or dark spots indicate that they have ripened and are sweeter. To stop the ripening process store them in the fridge, but bring them back to room temperature before consuming.

Native to Eastern Europe and Asia Minor regions the **cherry** is rich in unique and powerful antioxidant properties. Its red, purple, or blue polyphenolic flavonoid pigment compounds, which are concentrated in the skin, are known as anthocyanin glycosides.

These anti-inflammatory agents help help relieve gout, arthritis, fibromyalgia, and sports injuries. The antioxidant compounds in tart cherries help fight cancers, aging, and neurological diseases, and pre-diabetes.

The cherry is also rich in stable antioxidant melatonin, which soothes the brain neurons, calms down nervous system irritability, relieves neurosis, insomnia, and headaches. The cherry also provides zinc, iron, potassium, manganese, and copper.

The cherry, especially tart cherries, are exceptionally rich in flavonoids polyphenolic antioxidants such as leutein, zeaxanthin, and beta carotene. These compounds act as protective scavengers against harmful free radicals and reactive oxygen species (ROS) that play a role in aging, cancers, and various disease processes.

The West Indian cherry, known as acerola, has exceptionally high levels of vitamin C. The cherry season is short. Select firm, ripe cherries and store them in the fridge.

**Prunes**, which are actually dried plums, originated from the Caspian Sea area over 2,000 years ago. Scientifically they are known as *Prunus domestica*, and belong to the Prunus genus of plants, which are relatives of the peach, nectarine, and almond. In Ancient Rome, there were over 300 varieties.

The Pilgrims introduced European varieties into the U.S. in the 17th century. Japanese varieties, originally from China, were introduced into the U.S. in the late 19th century. California, where the drying of prunes took hold in the middle of the 19th century, is now the world's leading producer of prunes.

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 high in unique phytonutrients and increase the absorption of iron. They are also rich in potassium, manganese, iron, vitamins K, B, and C, beta carotene, lutein/zeaxanthin, phenols, and other antioxidants. The phenols, neochlorogenic and chlorogenic acid in prunes neutralize superoxide anion radicals and prevent oxygen-based damage to fats.

A new variety of plum, called Queen Garnet, has recently been developed in Australia. It has exceptional health benefits, with its high amount of anthocyanin and ability to assist in weight loss.

Select prunes that are rich in color, plump, shiny, relatively soft, and free of mold and preservatives such as sulfites. Prunes can last up to 6 months when refrigerated in an airtight container. To soften and clean, wash in warm water.

**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 betacarotene, 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, Saidy, 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).

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 Asia for over 700 years, the **Goji berry** or wolfberry is the fruit of *Lychium barbarum* and *Lychium chinense*, which are two closely related species of *boxthorn* in the *Solanaceae* nightshade family.

In the Chinese tradition, the goji is believed to increase “chi” or “life energy” and longevity. The goji berry is rich in antioxidants, anthocyanins, and polysaccharides, including one which stimulates the secretion of rejuvenating human growth hormone from the pituitary gland. The goji berry contains 18 amino acids, 21 trace minerals, carotenoids, vitamins B, E, and 500 times the amount of vitamin C by weight than oranges. This makes them second to the Camu Camu berry as the richest source of vitamin C. The goji berry also contains 11 mg of iron per 100 grams, beta-sisterol (an anti-inflammatory agent), linoleic fatty acid, sesquiterpenoids (cyperone, solavetivone), tetraterpenoids (zeaxanthin, physalin), and betaine. Select organic, dried goji berries that are bright red. Store in a sealed container in the fridge. To soften, wash well in a strainer before using them.

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