

MINTY COTTAGE CHEESE & PINEAPPLE

INGREDIENTS:

- 1 cup of cottage cheese**
- 1 cup of diced pineapple** (fresh)
- 1 TBSP of chopped fresh mint**

DIRECTIONS:

Scope the cottage cheese into a bowl.

Add the diced pineapple and gently mix together.

Sprinkle the mint on the top.

ENJOY for breakfast or lunch!

Serves 1

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

Suitable for B & AB blood types

Cottage cheese got its name from left over milk that was produced in small cottages. It is prepared by boiling and curdling milk with the help of acidic substances such as lime or vinegar. As the milk boils, it starts to curdle, forming lumps of curds. These curds are then pressed to squeeze out the whey or milk serum to form a big lump of curd or cheese. Cottage cheese contains all the essential amino acids to qualify as a complete protein. One cup contains 23-25 grams of protein and 1.4 to 4g of fat depending on the type.

It is low in carbohydrates and lactose compared to milk, and one of the top sources of casein, which is a slow-digesting milk protein. Casein accounts for about 80 percent of the protein in milk (the other 20 percent is whey protein). This slow digesting milk protein provides a steady release of amino acids.

Casein-rich foods make a good nighttime snack for B and AB blood types to avoid waking up hungry in the middle of the night. It also helps athletes with B and AB blood type to minimise muscle losses that naturally occur while sleeping.

Cottage cheese is a rich source of calcium, phosphorus, and B-12, which is needed for muscle contractions, heart and nerve functions, bone building, and blood clotting. It also contains vitamin B complex, potassium, magnesium, zinc and small amounts of selenium, and vitamin A.

Select organic cottage cheese that is low in sodium. AVOID brands with additives, such as artificial colors, modified food starch, potato starch, gums, and stabilisers. Keep refrigerated and consume by its use by date.

Originally from South America, the **pineapple** was discovered in the Caribbean (Guadalupe) in 1493. In the 18th century, it was cultivated in Hawaii and other tropical locations. It is second to the banana as America's favorite fruit. The Pineapple is a composite of many flowers whose individual fruitlets fuse together around the core to produce an abundance of juice with a delightful sweet flavor.

The pineapple is rich in vitamins C and B complex, fiber, enzymes such as bromelain, manganese, copper, and other minerals. Its rich supply of nutrients and enzymes help improve digestion and reduce inflammation, excessive blood coagulation, plaque buildup, and certain types of tumor growth. They also help prevent diabetic heart disease, cancer, asthma attacks, osteoarthritis, rheumatoid arthritis, and macular degeneration. In

addition, these nutrients provide antioxidant protection and immune support. Select a plump, heavy pineapple that is slightly yellow and keep it in a bowl until it is ripe but not over ripe. Once cut, store pineapple pieces in a container in the fridge.

Mint contains a good amount of dietary fiber, manganese, copper, iron, magnesium, potassium, calcium, vitamins A, C, and folate.

Native to temperate areas of Europe, Asia, and Africa, mint comes in hundreds of varieties and has a long history. Its name is derived from the nymph *Menthe*, who was turned into a plant by the goddess Proserpina, when she found out that Pluto was in love with Menthe.

Greeks used it to clean their banquet tables and added it to their baths for stimulation. Romans used it in sauces, as an aid to digestion and as a mouth freshener. They also brought it to Britain. Monks used it in medieval times for its culinary and medicinal properties.

Mint is widely used as a relaxant, breath freshener, and in products such as tooth paste, herbal teas, candy, chewing gum, and mouth washes. Its menthol oil is very soothing for nausea and motion sickness. The aroma of mint assists digestion by activating the salivary glands and stimulating the glands that secrete digestive enzymes. With its germicidal qualities, mint is also effective in clearing up congestion of the nose, throat, bronchi, and lungs providing relief for respiratory disorders, asthma, and the common cold. Extracts from mint leaves inhibit the release of histamines to alleviate hay fever and allergies. Mint juice is a soothing skin cleanser, which helps cure infections and itchiness making it useful for insect bites. White mint oil is a good antiseptic and anti-pruritic substance.

Mint grows well in damp moist conditions but requires sunshine for its leaves.

Select both fresh and dried mint that is organically grown to insure they have not been irradiated. Fresh mint should be deep green and firm. Store it in a plastic bag or closed container in the fridge, where it will keep for several days. Dried mint will keep fresh up to twelve months if stored in a closed glass jar in a cool, dark, and dry place.