

PINEAPPLE-RAISIN-PRUNE YOGURT WITH NUTS & CHIA

INGREDIENTS:

- 5 Tbsp of goat milk, sheep milk, or Greek yogurt
- 2 tsp of chia seeds
- 1 1" slice of pineapple diced
- 1 Tbsp of raisins (NO oil coating)
- 4 prunes; or 1 Tbsp of *Omega Nutrition Prune Extract*
- 10 pecans; or 8 macadamia

DIRECTIONS:

Add the yogurt into a bowl.

Sprinkle the chia seeds over the yogurt and stir.

Wash the pineapple, slice off the bottom, then slice a 1" piece and remove the skin. Cut the pineapple slice into quarters, remove the hard center tips, dice the pineapple into the yogurt.

Wash the raisins, then sprinkle them over the yogurt.

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

If using pecans: wash well, remove any loose skin, then cut pieces into the yogurt.

If using macadamia: wash and stir them 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 required for nerve development and communication. It is also lower in fat and higher in calcium than cow's milk yogurt. Sheep milk yogurt is higher in fat than goat or cow's milk yogurt. But, it is a good second choice because the fat molecules in both goat and sheep milk are smaller and closer to human milk, making them more digestible than those found in cow's milk. The live cultures in yogurt 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, which contain high amounts of sugar.

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*. Buy organic only and store them in the fridge or a cool pantry.

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 bran, 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 athletes and body builders. By absorbing more than 12 times its weight in water the chia 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.

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.

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 polyphenolics, 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 in a container in the fridge or a cool dry pantry.

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.

Native to Mexico, south-central and SE USA, the **pecan** is a member of the hickory genus. Botanically it is actually a fruit or a drupe.

The pecan is rich in flavor; monounsaturated fatty acids like oleic acid and phenolic antioxidants; phytonutrients, including polyphenolic antioxidant **ellagic acid**, which has anti-cancer properties; vitamin E (especially gamma-tocopherol, a powerful lipid antioxidant, which provides protection for cell membrane of mucus membranes and skin by protecting them from harmful oxygen -free radicals; beta-carotenes lutein and zeaxanthin. Pecans also contain important B-complex vitamins and minerals such as magnesium, iron, manganese, potassium, calcium, zinc, and selenium. High in fiber and amino acids, the pecan also has the ability to inhibit DNA binding of certain carcinogens such as nitrosamines and polycyclic aromatic hydrocarbons.

Select fresh nuts in their shell or fresh, raw nuts in a light protected package. AVOID packaged nuts with added vegetable oil. Store them in the fridge or a cool dry pantry.

Indigenous to the rainforests of SE QLD and NE NSW, Australia, the **macadamia** is a genus of four species of trees and constituting part of the plant family Proteacea. They are also grown in Hawaii, New Zealand, California, and regions of Central & South America and South Africa. With their buttery flavor, they are considered to be the worlds tastiest nuts.

Macadamia are a rich source of monounsaturated fatty acids, protein, dietary fiber, phytosterols, manganese, copper, magnesium, iron, phosphorus, zinc, thiamin, vitamin B6, niacin, riboflavin, pantothenic acid, and flavonoids, which convert into antioxidants such as polyphenols, flavones, and selenium. Macadamia also contain moderate amounts of folate, vitamins C and E, calcium, and potassium.

Select fresh unsalted, raw nuts in their hard shell, or lightly roasted nuts in a light protected container/package. Store them in the fridge or a cool dry pantry.

Taylor Brothers Farms, USA <http://taylorbrothersfarms.com/> 1 530-671-1505
Newman's Own Organics, Snowden Bros., Morning Glory & various other reputable brands, USA

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

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

Foods Alive: <http://www.foodsalive.com/> 1 260 488-4497

Eco Farms: <http://www.ecofarms.com.au/> 612 9764-2833 & 617 3892-2400