

## **BERRY PRUNEY NECTARINE DATE WITH WALNUTS & CHIA**

### INGREDIENTS:

- 1 Tbsp of chia seeds**
- 4 Tbsp of pure revitalized or spring water**
- 1 nectarine** (preferably yellow)
- 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**
- 1 date** (optional)
- 1/3 cup of walnuts**
- 1 Tbsp of *Omega Nutrition* Cold Milled Flax Seeds**

### DIRECTIONS:

**Soak the chia seeds in a bowl with the water for 5 minutes.**

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

**Wash the blueberries and raspberries in a strainer, then sprinkle them into the bowl and stir.**

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

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

**Wash the walnuts well, remove any loose skin, then break pieces into the bowl and stir.**

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

**ENJOY for breakfast.**

Serves 1

Use **organic** ingredients from small reputable orchards

Suitable for ALL blood types

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 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 and closely related to the peach, the **nectarine** belongs to the genus: *Prunus*: in the family of *Rosaceae*. Like the peach, the nectarine also comes with white or yellow flesh, but is usually juicier than the peach. It spread to Central Asia, Persia, and Europe through the silk route. The nectarine contains a healthy amount of vitamin B complex and minerals. It also contains small amounts of fiber, vitamins C, A, E, beta carotene, and the flavonoid polyphenolic antioxidants, such as lutein, zeaxanthin, B-cryptoxanthin, and beta carotene. It is in season for about 4 months. Select firm, colorful fruit with a fragrant aroma. Store them in a cool place or the fridge to slow ripening.

Cultivation of **blueberries** was widespread among Native American tribes throughout North America and then brought back to Europe by the colonists.

Blueberries belong to both the *Ericaceae* family of plants and also to the *Vaccinium* genus. Of the three *Vaccinium* genus groups: Highbush Blueberries are the most commonly cultivated and sold in supermarkets. Lowbush Blueberries are smaller and commonly referred to as "Wild Blueberries."

Organic, raw blueberries have among the highest antioxidant capacities of all fruits. They benefit all body systems, including the eyes, retina, brain, hearing, 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, ageing, type two diabetes, and various types of cancer. They also help reduce blood pressure and protect blood components and blood vessels from oxygen damage. Blueberry consumption results in increased eNOS activity (nitric oxide synthase). Plus, they are suitable for all blood types.

The United States cultivates and supplies over half (275 million pounds) of all blueberries globally (550 million pounds). Chile, Argentina, Uruguay, So. Africa, New Zealand, and Australia are additional producers of blueberries.

Select plump, fresh (or frozen), organic berries that are firm and rich in color. Remove any crushed or moldy berries. Store fresh berries in the fridge for up to 3 days or frozen berries in the freezer for 3 to 6 months. Do not wash the berries until right before eating as washing removes the bloom that protects the berries' skins from degradation.

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 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 their 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.

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

**Elgin Organics, Australia** <http://www.harvestime.com.au/organics.php> 617 3807-5264

**EM Superfoods, Australia:** <http://www.em-superfoods.com.au/> 614 2138-0823

**Food To Live, USA** <https://foodtolive.com/> 347 713-4968

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

**J.C. Quality Foods Pty Ltd Australia** <http://www.jcsqualityfoods.com.au/> 613 9764-0517, NZ 0800 527 695

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

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

**Nuts.com, USA** <https://nuts.com/nuts/walnuts/organic.html> 1 800 55806887

**Omega Nutrition, USA & Canada** <http://www.omeganutrition.com/> 1 800 661-3529

**OOB Organic Blueberries, NZ** <http://www.oob.co.nz/> 649 974-3242

**Sun Organic Farms, USA** <http://www.sunorganicfarm.com/> 1 760 510-8077/888 269-9888

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

**Wellwood, Australia** <http://www.wellwood.com.au/>