

CHERRY-PEACHY-PRUNE YOGURT WITH WALNUTS & CHIA

INGREDIENTS:

- 5 Tbsp of goat milk, sheep milk yogurt
- 2 tsp of chia seeds
- ½ peach; or nectarine
- ⅓ cup of cherries (fresh or frozen)
- 4 prunes; or 1 Tbsp of *Omega Nutrition Prune Extract*
- 4 walnuts (whole)

DIRECTIONS:

Add the yogurt into a bowl.

Sprinkle the chia seeds over the yogurt and stir.

Wash the peach or nectarine, then slice it into the yogurt.

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

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

Wash the walnuts well, remove any 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 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 ⅓ cup of bran, as much iron as ⅓ 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.

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.

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.

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, zea-zanthin, 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. 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.

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