

## NUTTY BLUEBERRY YOGURT SMOOTHIE

### INGREDIENTS:

- 10 almonds; or 3 Tbsp of almond nut butter**
- ½ cup of blueberries** (fresh or frozen)
- 2 prunes; or 1 Tbsp of *Omega Nutrition Prune Extract***
- 4 Tbsp of Greek, sheep, or goat milk yogurt** (adjust for thickness)
- 1½ cup of revitalized or pure spring water** (adjust for thickness)

### DIRECTIONS:

**Soak the almonds in water overnight, or in hot water until the skin softens. If in a rush, use boiled water to help remove the skin quickly and more easily. Peel the skin off under running water and add the almonds into a blending container.**

**Wash the blueberries in a strainer and add them into the container.**

**Rinse the prunes, remove the pits, and add them into the mixture.**

**Add the yogurt and water. In cold weather, use boiled water to warm it.**

**Blend the ingredients into a creamy smoothie.**

ENJOY for breakfast!

Serves 1

Use **organic** ingredients

Suitable blood types for A, B, & AB

For blood type O see: **Blueberry Banana Protein Smoothie**

**Almonds** are actually the seeds of the fruit of the almond tree, which is a cousin of the peach, cherry, and apricot trees. Almonds are classified into two categories: sweet (*Prunus amygdalus var. dulcis*) and bitter (*Prunus amygdalus var. amara*). The sweet variety, with its buttery taste, is the type eaten.

Almonds originated in western Asia and north Africa. Romans referred to them as the “Greek nut” in reference to the civilization who had first cultivated them.

Spanish missionaries brought almonds to California, several hundred years ago, where they thrived. Almonds are also grown in Mediterranean countries including Italy, Portugal, Spain, and Morocco.

Almonds contain 28 essential nutrients including vitamins, minerals, fatty acids, protein, and fiber. They are a rich source of vitamins E and B2, biotin, manganese, copper, phosphorus, magnesium, molybdenum, and fiber. Once for ounce, almonds are one of the most nutritionally dense nuts. Along with vitamin E, they are a good source of powerful antioxidants, including flavonoids.

Almonds provide protection against diabetes and cardiovascular disease. They can help reduce cholesterol levels and C-reactive protein (a marker of artery-damaging inflammation) as much as first generation statin drugs.

The skin contains phytic acid and enzyme inhibitors that can interfere with absorption of nutrients. Removing the skin helps overcome this. However, recent studies found potent antioxidants in skin, such as catechins (found in green tea) and naringenin (found in grapefruit).

Perhaps, the solution is to activate the almonds or consume a small amount of them with their skin.

Homemade almond milk is far superior to commercial almond milk because it is unprocessed, contains all its enzymes, and does not contain any added ingredients.

Almond nut butter provides another option for enjoying the benefits of almonds in a more easily digested form.

While roasting loses some of the nutrition and may damage their valuable oils, dry roasting at a low temperature 160-170°F or 75°C minimizes this.

Almonds in their shell have the longest shelf life. Shelled almonds with their skin, in a sealed container/bag are a more convenient option and will last longer than almonds from a bulk bin. AVOID split, chopped, blanched, or slivered almonds as they quickly go rancid or moldy when exposed to moisture, air, light, and/or heat.

Select organic or spray-free almonds that are fresh and nicely colored. Read the ingredients on the label to make sure they do not contain sugar, corn syrup, flavors, vegetable oil, or preservatives. Store them in a sealed container in the fridge, or a cool dry pantry away from sunlight. Refrigerated almonds will keep for several months.

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.

**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.

**Yogurt** is rich in protein (80% casein), calcium, phosphorus, and potassium. Plus, it contains vitamins A, and B, magnesium, manganese, selenium, and a type of saturated fat that is needed for nerve communication. It is also lower in lactose than milk, making it easier to digest for people who are lactose intolerable. Yogurt's live cultures such as *Lactobacillus*, (a friendly bacteria that ferments milk into yogurt) and other probiotics aids digestion, promotes gut flora health, and boosts immunity by warding off infections from harmful bacteria. Yogurt is also helpful in restoring friendly gut bacteria/flora after antibiotics and vaginal infections. Yogurt increases the body's fat burning capacity and provides some B-12, which is most important for vegetarians.

**Greek yogurt** makers add an extra step to their process to drain out excess water, lactose, and minerals. This produces a creamy, rich yogurt with less sugar and more protein than other cow milk yogurts.

**Goat milk yogurt** is 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 is often used as a dessert and to flavor a number of dishes in Eastern cuisines.

AVOID commercial, sugary, fruit flavoured and sweetened yogurts.

**Dancourt Trading (IGA), Australia** <http://www.dancourt.com.au/nuts/> 617 5437-0930

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

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

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

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

**Meredith Dairy, Australia** <http://meredithdairy.com/> 613 5286-2000

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

**Nuts.com, USA** <https://nuts.com/nuts/walnuts/organic.html> 1 800 558-6887

**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

**SunFood Super Foods, USA:** <https://www.sunfood.com/> 1 888 729-3663

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

**The Vortex Water Revitalizer, Canada** <http://www.alivewater.com/> 1 888 644-7754