

BERRY PRUNEY PINEAPPLE DATE WITH NUTS & CHIA

INGREDIENTS:

- 1 Tbsp of chia seeds**
- 4 Tbsp pure revitalized or spring water**
- 1 thick slice of pineapple**
- 1 banana** (optional for Os & Bs)
- 1/3 cup of macadamia or pecans**
- 4 prunes; or 1 Tbsp of *Omega Nutrition* Prune Extract**
- 1 date** (optional)
- 1/3 cup of raspberries** (fresh or frozen); or **1 Tbsp of goji berries**
- 1 Tbsp of *Omega Nutrition* Cold Milled Flax Seeds**

DIRECTIONS:

Soak the chia seeds in a bowl with the water for 10 minutes.

Wash a whole pineapple, slice off the bottom, then cut a thick slice and remove the skin. Cut the pineapple slice into quarters, remove the hard center tips, and dice the pineapple into into the bowl.

Peel and slice the banana into the bowl.

If using macadamia, wash well, and sprinkle them into the bowl and stir.

If using walnuts or pecans, wash well, remove any loose skin, then break pieces into the bowl and stir.

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

Wash the skin off the date under warm water, remove the pit, then cut pieces into the bowl and stir.

Wash the goji berries or raspberries in a strainer and sprinkle them into the bowl.

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

ENJOY for breakfast.

Serves 1

Use **organic** ingredients from small reputable orchards

Suitable for O & B blood types

For A & AB blood types, eliminate the banana

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.

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.

Bananas are thought to be native to Malaysia around 4,000 years ago. From there they spread throughout the Philippines and India, where Alexander the Great's army recorded them being grown in 327 BC. Arabian traders then brought them to Africa. When Portuguese explorers discovered them in 1482, they took them to the Americas.

Bananas now grow in most tropical and subtropical regions. The main commercial producers are Costa Rica, Mexico, Ecuador, and Brazil.

Bananas, including plantains, belong to the *Musaceae* family of plants. They are a rich source of potassium, manganese, copper, biotin, magnesium, and fiber. Bananas are also high in vitamins C, B6, B3, B2, folate, pantothenic acid, alpha and beta carotene, lutein, and zeaxanthin. This makes them especially beneficial for cardiovascular health, blood pressure and heart function. They are also good for athletic performance.

Though bananas are naturally sweet and creamy, they have a low glycemic index (GI) because of their high and unique fiber content. As bananas ripen and soften, their water-soluble pectin (fiber compounds) and fructose content increase, which in turn moderates carbohydrate digestion and blood sugar levels. In addition they contain unique fructose-containing carbohydrates that are not broken down by enzymes in the digestive tract. When in the lower intestine/colon, they become metabolized by bacteria. This process helps maintain the balance of "friendly" bacteria (e.g. *Bifidobacteria*) and overall colon and digestive health.

Bananas come in numerous varieties such as Cavendish, Big Michael, Martinique, and Lady Finger. The less sweet, more starchy plantain bananas, with their higher betacarotene content, are cooked like vegetables since they are unsuitable to eat raw.

Select yellow sweet bananas that are slightly ripe but still firm. Plantains are larger and more green or dark (black) when ripe. Do not refrigerate unripe bananas. To ripen bananas store them at room temperature in a paper bag. Brown or dark spots indicate that they have

ripened and are sweeter. To stop the ripening process store them in the fridge, but bring them back to room temperature before consuming.

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.

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.

Pecans are 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, pecans also have the ability to inhibit DNA binding of certain carcinogens such as nitrosamines and polycyclic aromatic hydrocarbons.

Select fresh pecans 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.

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 organisms. Dates are a good source of energy. They improve heart health with their minerals, and inhibit seasonal allergies, with 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).

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.

Native to Asia for over 700 years, the **Goji berry** or wolfberry is the fruit of *Lychium barbarum* and *Lychium chinense*, which are two closely related species of *boxthorn* in the *Solanaceae* nightshade family.

In the Chinese tradition, the goji is believed to increase "chi" or "life energy" and longevity. The goji berry is rich in antioxidants, anthocyanins, and polysaccharides, including one which stimulates the secretion of rejuvenating human growth hormone from the pituitary gland. The goji berry contains 18 amino acids, 21 trace minerals, carotenoids, vitamins B, E, and 500 times the amount of vitamin C by weight than oranges. This makes them second to the Camu Camu berry as the richest source of vitamin C. The goji berry also contains 11 mg of iron per 100 grams, beta-sisterol (an anti-inflammatory agent), linoleic fatty acid, sesquiterpenoids (cyperone, solavetivone), tetraterpenoids (zeaxanthin, physalin), and betaine. Select organic, dried goji berries that are bright red. Store in a sealed container in the fridge. To soften, wash well in a strainer before using them.

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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

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