

GINGER CARROTS

INGREDIENTS:

- 2 carrots per person**
- 1 piece** (medium size) **of ginger rhizome**
- 1 tsp of unsalted butter or ghee**
- ½ cup of pure revitalized or spring water**
- 2 Tbsp of chopped fresh coriander/cilantro leaves; or 4 shakes of dried coriander/cilantro leaves**

DIRECTIONS:

Wash and peel (optional) **the carrots. Slice or grate them into a small pot with water. Remove the skin off the ginger and discard. Slice or peel 5 to 6 pieces of ginger into the pot and steam for 3 to 5 minutes, until the carrots are tender. Add butter/ghee, coriander, and stir. Cover and steam for 10 seconds.**

Serve with fish, chicken, potatoes, or rice.

Serves 1-2

Use **organic** ingredients

Suitable for all blood types

Carrots are a rich source of vitamin A, beta and alpha carotene, and potassium, which help to reduce the risk of cancer. Cooking, steaming, or juicing carrots increases absorption of its beta and alpha carotene from 3% to 39%. Its newly discovered falcarinol, has strong skin-protecting antioxidant activity. Carrot's fibre pectin, detoxifies heavy metals and other aging toxins. Its flavonoid rutin, helps to prevent varicose veins and hemorrhoids.

Ginger, one of the main spices used in curries, is made from the rhizome of the *Zingiber officinale* plant. Its volatile oils, such as *gingerols*, are responsible for its strong taste. Ginger was originally cultivated in South-East Asia and exported to ancient Rome from India. Arabic and Indian cultures along with traditional Chinese medicine have used ginger for over 2,500 years. Its active antiseptic ingredients, terpenes and ginger oil, warm the body, promote perspiration, cleanse the lymph, and stimulate the circulation. It also enhances the body's use of serotonin. With its anti-inflammatory properties ginger increases circulation, lowers cholesterol, and thins the blood in much the same way as does garlic. Ginger is widely used as remedy for nausea, motion sickness, indigestion, IBS, bloating, and flatulence, to name a few. Ginger makes swallowing easier by stimulating saliva production and benefits digestion. Ginger is a powerful free radical scavenger/antioxidant. New research indicates that ginger even fuels apoptosis (death of cancer cells). Fresh ginger's strong antibacterial properties makes it the most effective natural remedy for food poisoning.

Coriander/cilantro's deep green leaves are rich in antioxidants (ORAC rating of 5,141), polyphenolic flavonoids (quercetin, kaempferol, rhametin, epigenin), essential oils, vitamins, and dietary fiber. These nutrients help balance cholesterol HDL and LDL levels, heart rate and blood pressure. Coriander/cilantro's high amount of vitamin K plays a role in building

bone mass and limiting neuronal damage in the brain. Its high vitamin A and flavonoids/ carotenes help maintain healthy mucus membranes, lungs, skin, and vision. Coriander/ cilantro is also a good source of vitamins B, C, and minerals such as potassium, calcium, manganese, iron and magnesium, making it a super herb.