

BLUEBERRY-PERSIMMON-PRUNE YOGURT WITH WALNUTS

INGREDIENTS:

- 5 Tbsp of Greek, goat, or sheep milk yogurt**
- 1/3 cup of blueberries** (fresh or frozen)
- 1/2 persimmon**
- 3 prunes**
- 4 walnuts** (whole)

DIRECTIONS:

Add the yogurt into a bowl.

Wash the blueberries with warm water, then stir them into the yogurt.

Peel the persimmon, then slice it into the yogurt.

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

Wash the walnuts well, remove loose skin, then break pieces into the bowl.

ENJOY for breakfast!

Serves 1

Use **organic** ingredients from small reputable dairies and orchards

Suitable for blood type A

For blood type B & AB, eliminate the persimmon

For blood type O, eliminate the yogurt & see: Fruit, Nuts, & Seeds

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 North America, organic, raw **blueberries** have among the highest antioxidant capacities of all fruits. They benefit all body systems, including the eyes, retina, brain, 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 and ageing. They also help reduce blood pressure and protect blood components and blood vessels from oxygen damage. Plus they are suitable for all blood types.

Select plump, fresh or frozen, organic berries that are rich in color. Store them in the fridge for up to 3 days or in the freezer for 3 to 6 months.

Native to China, the **persimmon** belongs to the family of Ebenaceae, in the genus: Diospyros. After it had spread to Korea and Japan, it was introduced to California during the middle of the 19th century.

The persimmon is a good source of dietary fiber, vitamin C, B complex, and minerals such as manganese, copper, phosphorus. It also contains health benefiting flavonoid polyphenolic antioxidant compounds such as catechins, gallic acid, and anti-tumor compound betulinic acid. Catechins have anti-infective, anti-inflammatory, and anti-hemorrhagic properties.

Select bright colored yellow-orange fresh or dried fruit and store them in a cool place. Refrigerate to slow ripening.

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 in the fridge or a cool dry pantry.

OOB Organic Blueberries, NZ: www.oob.co.nz +649 974-3242

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