FREE Food e-Magazine

Its Cookin', April 2017

Spinach

Basil Reste

DIY Alkaline Water

DIY Salad Bar

Kid Approved

reen Smoot









"Let your food be your medicine

&

your medicine be

your food"

-Hippocrates'

Forward

For years we have been helping people overcome illness through diet, exercise, herbs, attitude and vitamins.

People are constantly asking us for recipes, classes and help with every day ailments. This magazine is our attempt to spread our knowledge to the world one issue at a time. To empower people everywhere to improve their health and cooking skills along with their ability to take care of their families health needs.

Join us on our journey!

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Spinach **Basil Pesto**



Submitted by: Marie

My family loves this recipe!

We eat it on everything from sandwiches to salad wraps and even on fish. Most of my kids don't like fish but add this pesto and they beg for it.

We even love it as a dip for our veggies and as a topping on our roasted mushrooms.

The possibilities are endless!



Ingredients:

2 large handfulls spinach 1 large handful basil leaves 4 cloves garlic 1/3 cup pine nuts 1/2 cup parmesan cheese 1 teaspoon salt 1/2 teaspoon pepper juice of one lemon 1/3 cup olive oil

Instructions:

Place everything but the olive oil in a food processor or blender. Add about 2 tablespoons of the olive oil, put lid on and blend or pulse until mostly smooth. Scraping down the sides as needed. Next add the rest of the olive oil slowly while it is still running. Continue until smooth.

Store in an air tight container, in the fridge for up to a week.



DIY Salad Bar

Submitted by: Lynn

Salads are so good for us, but sometimes they get boring or just to hard to keep up with. I have found that if I have a variety of toppings already cut and/or prepared in the fridge it makes a huge difference. It gives us variety and instant food. They also double as healthy snacks!

Once or twice a week I cut up salad greens and toppings and put them in

air tight containers in the fridge. I also keep a variety of dressings made up so everyones taste needs can be met.

Topping Ideas...

<u>Veggies</u>

- zucchini
- green onions
- cucumber
- mushrooms
- bell peppers
- sprouts
- onions
- carrot pieces
- broccoli
- tomatos
- corn
- peas...

Staying Power

- taco meat
- shredded chicken
- · flavored grains
- cheese

- boiled eggs
- Avocado
- beans...

Healthy Crunch

- cashews
- sunflower seeds
- almond pieces
- pumpkin seeds
- pecans...

Dressing/ Moisture

- ranch dressing
- · Basil pesto
- green chili
- vinegar & oil
- guacamole

To Serve Salad

When we are ready to have salad I get it ready in one of two ways.

#1. I just get out all of the toppings and the precut greens and let everyone make their own. Sometimes with promptings of "at least 3 veggies guys."

#2. I get out a big bowl and make up the salad I want everyone to eat using precut toppings (it saves a lot of time).

Picky Eater Hack

Another hack I have for salad is TORTILLAS. They are somehow a magic wrapper that turns a salad into something different. My kids, that fight salad, love salad wraps.

Kid Approved Green Smoothie



Kid Approved Green Smoothie

Submitted by: Lynn A.

My kids love this smoothie! And I have picky kids.

This recipe is huge but I have a lot of kids and usually have to make it twice for everyone to get some. You are welcome to downsize it or blend it up and put it in the fridge.

This is a great way to get some extra greens in your kids diet!





Ingredients:

2 large handfuls Spinach

1 Zucchini, cubed (about 2 cups)

1 cup Celery cubed

1/2 cup Wheat Grass

2-3 green Apples (core removed)

1 1/2 cups Pineapple chunks

2 Limes (rind trimmed off)

4 Tbsp. Agave

2-3 cups water or ice Water makes it a smoothie. Ice makes it more like a sherbet.

Instructions:

I put all of the ingredients in the blender and set it on the smoothie setting, if I used water, and on the frozen dessert setting, if I used ice. Blend until smooth.

Enjoy!

P.S.

I have a Vitamix that I use for all of my smoothies. I love it and would encourage anyone who does smoothies often to get one. If you don't have one then you might have to cut the recipe in half and run your blender for a while to get a smooth texture.



DIY Alkaline Water

Our bodies thrive in an alkaline environment. Many modern diseases thrive in an acidic environment. If your bodies pH is not on the alkaline side of the scale then you are headed for disaster. In an ideal world if you ate only alkaline foods and were never exposed to chemicals, pollution, junk food, sodas and so much more, you would be alkaline.

Since your body is about 70% water, drinking alkaline water is the fastest and easiest way to get your overall pH in order.

If you want to increase your health, hydration and vitality, drink alkaline water every day.

Alkaline Water

Ingredients:

- 1 teaspoon baking soda
- 1 gallon purified water (not tap water)

Instructions:

Pour baking soda in water and shake or stir. Drink all day.

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P.S.

If you drink bottled water, just add a pinch of baking soda to your water.

"My family suffered from many ailments including chronic dehydration, UTI's and biweekly migraines, until Dr. James introduced us to alkaline water. It changed our lives! My kids no longer suffer from migraines and we got hydrated! It only took a few days to get used to the taste and now we don't go anywhere without our treated water. Thank you for sharing such a simple truth." Cindy