

Natural Healing Express Weekly

Column Volume 111 More Good Recipes which are OK during Detox

Two weeks ago we discussed whether or not it was time for a detox in your life. I shared an easy to follow questionnaire to help determine if you were indeed at that intersection. We received many calls and as usual, we are always happy to help folks begin or continue their journey towards health and wellness. So, if you missed that article and are wondering if you may need a detox, give us a call, we can email you a copy. Or if you don't have email, we can set one aside for you at the store.

Last week, we ran four recipes that are good recipes you can try anytime, but are especially great if you are trying to lose weight, detox or get healthy. We had such a tremendous response, including trying several on our "open cooking class" night – (Wednesdays) that I decided to share more this week.

If you are in the Lena vicinity on Wednesday nights, feel free to stop by the store and try a taste of our healthy recipes. There is no charge for this class.

Banana and Mango Smoothie

Ingredients = 1 mango, 1 large banana, 1 large orange, 1tbsp of Sesame Seeds. Skin the mango and remove the pit. Place the mango and banana in food processor or blender. Squeeze the juice from the orange and add to the blender with the sesame seeds. Blend the mixture until smooth and creamy the pour into glasses and serve.

This is the perfect blend of slow release carbohydrates that are rich with Vitamin C, great for this time of the year cold/flu season is about to hit.

Chicken, Avocado and Chickpea Soup

Ingredients = 6 ½ cups of chicken stock, 1 fresh chili pepper, 2 boneless/skinless chicken breasts, (turkey breast can be used in place of chicken) 1 fresh avocado, 14oz can of chickpeas, 4 scallions (green onions). Pour chicken stock into a large pan, add the chili pepper and bring to a boil. Add the chicken breasts and simmer until chicken is cooked. Let cool a bit. Shred the chicken into bite size pieces. Add the avocado, scallions and chickpeas to stock. Return shredded chicken to pan and season to taste. Heat gently and serve immediately.

This is a great main course meal which is satisfying and full of great protein.

Granola

Ingredients = 1 Cup Porridge Oats, 1 cups Jumbo Oats, ½ cup sunflower seeds, 2 tbsp. sesame seeds, ½ cup hazelnuts, ¼ cup chopped almonds, ¼ sunflower oil, ¼ cup tupelo or local honey, ½ cup raisins, ½ cup dried cranberries. Preheat oven to 275 degrees. Mix oats, seeds and nuts in a bowl. Heat the oil and honey in a bowl until combined. Remove from heat. Add oat mixture and stir, then spread over one to two baking sheets depending on size sheet you have. Bake 50 minutes until crisp, stirring 2-3 times. Remove from oven, mix in raisins and cranberries. Let cool and enjoy!

Granola is a healthy snack that can be eaten anytime during the day.

Strawberries with Passion Fruit Sauce

Ingredients= 2 cups raspberries (preferably fresh, but frozen ok) 2 tbsp. tupelo or local honey, 1 passion fruit, 6 cups strawberries. Place raspberries and honey in a pan and warm gently to release the juices. When the juices begin to run, simmer for 5 more minutes. Set aside and allow to cool. Halve the passion fruit and scoop out the seeds. Put juice into a bowl. Blend raspberries and passion fruit (food processor or blender) until smooth. Divide strawberries into serving bowls, spoon over some of the sauce and serve. Offer juice as a side treat.

Many of these recipes originated with Maggie Pannell author of "The Detox Health-Plan Cookbook".

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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