

Natural Healing Express Weekly

Column 202 Quick Back to School Recipes

This time of year, we get asked a lot of questions about healthy nutrition for kids that are putting their best foot forward when returning to school. We will list a couple of quick and easy recipes that you can keep on hand when they need to rush out the door or when they arrive home after school with 4 of their newest BFF's.

One thing I highly recommend is making sure that everyone gets off to a great start with a protein filled breakfast. Orange juice is a staple that I like to see on everyone's breakfast table. However, if you can't get that sit down meal accomplished, we offer a fantastic alternative energy and balancing drink called Lotus Elixirs. This product is great for all ages and offers a sustained release so there isn't caffeine high followed by a 3pm crash. Call us for a sample. I promise you, you will love it. It comes in wild berry, cranberry and raspberry.

Here is another great recipe for Coconut-Banana Protein Bars –

Ingredients – 1 cup of egg whites, 1 banana mashed, and 1 tablespoon coconut oil (we use skinny coconut) 1 and ½ cup quick oats. ½ cup sugar, ½ teaspoon baking powder, ¼ teaspoon of sea salt, 1 serving vanilla protein powder (we use the nectar brand) 1 tablespoon coconut flakes.

Preheat oven to 375 degrees. Use a light cooking spray on a 9 inch round skillet or cake pan. In a large bowl, mix together egg whites, mashed banana and coconut oil.

In the second bowl, mix together oats, sugar, baking powder, and salt and protein powder. Add wet ingredients to dry ingredients and stir until uniform. Spread in prepared pan and top with coconut flakes. Bake for 14 minutes.

Cool and cut in to generous servings. Store in glass container and refrigerate.

Here is another filling salad with a good source of protein that can be tasty anytime of the day.

White Bean, Tomato and Cucumber Salad –

Ingredients – 1 15 ounce can of white beans (or cannellini) rinsed and drained, 1 pint of cherry or grape tomatoes, quartered, 1 large cucumber, chopped, ½ red onion chopped, ½ cup parsley, chopped, ¼ cup of white or red vinegar, 2 tablespoons of extra virgin olive oil, ¼ teaspoon of sea salt, ¼ teaspoon of black pepper.

Combine all ingredients in a large mixing bowl and stir gently to combine. Refrigerate for at least one hour and serve.

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.

Website: www.naturalhealingexpress.com

Facebook: Natural Healing Express

