

Natural Healing Express Weekly

Column 237 Belly Fat Buster Recipes

We have been talking a lot about our broth and its beneficial effects on the body. So far our bone broth board has been doing really well and we will be publishing reports over the coming weeks. One of the things I get asked about a lot is “what can I eat that’s good for me?” I am a proponent of using the crowding-out theory which means I do not begin with “not this, not this, not that”. Except for items that contain aspartame (no, no and NO) If you are consuming diet sodas, gum or some yogurts, please do yourself a favor and read the label. If there is aspartame involved, don’t put it in your mouth. Aspartame is one of the leading carcinogens in the country.

Anyhow, I get asked about what foods are quick, easy and good for me. Well, if you are creative, there are several. But this week, there are folks who are trying to bust their belly fat. So, here they are – a few recipes that are designed to help you with that spare tire and bust some fat up on the way.

SEARED AHI TUNA SALAD

Ingredients: 1 fennel bulb, 3 cups arugula, 1 large grapefruit, 1/2 cup parsley, 3 Tbsps. Vinaigrette dressing, ½ teaspoon of Skinny Coconut oil, 1 pound Ahi Tuna.

Slice fennel into half moons, segment grapefruit, chop parsley. Combine ingredients with arugula. Lightly sear Ahi Tuna in coconut oil, slice and place on salad mixture. Drizzle with Vinaigrette.

GRILLED VEGETABLE HUMMUS WRAP

Ingredients: 2 cups mixed vegetables. 8 oz. grilled chicken breast, 2 tbsp. pesto, 4 gluten free tortillas, ¼ cup hummus, and 1 cup of arugula.

Combine grilled vegetables, chicken and pesto in a bowl, set aside. Warm the tortillas in the oven. Lay the tortillas on plate and spread 1 tbsp. of hummus over each. Top with vegetable/chicken mixture and serve warm.

FLAT BELLY GRANOLA

Ingredients= 4 cups rolled oats, ¼ cup of chopped raw walnuts, ¼ cups raw pecans, 1/3 cup pistachios shelled, 1/3 cup of dried tart cherries, ¼ cup of maple syrup, 2 tbsp. of Skinny coconut oil, 2 egg whites, ½ tsp ground cinnamon, ¼ kosher salt.

Preheat oven to 325 degrees. Mix the oats, walnuts, pecans, pistachios, and cherries together in a large bowl. In another bowl, whisk together the maple syrup, coconut oil (melted) egg whites, cinnamon and kosher salt. Pour over the nuts and stir to combine.

Spread the mixture evenly over two non-stick baking sheets. Bake in the oven for 25 minutes or until golden. Stir after ten minutes for an even color and to help cook evenly. Transfer to a cooling rack to cool.

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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