

Natural Healing Express Weekly

Column 245 Stubborn Belly fat Recipes

Thank you for the great feedback on our Stubborn Belly Fat series. Many of you have been asking for recipes regarding this series, so this week I thought I would include a few of my favorites.

TACO SALAD (serves 4)

Ingredients= Olive Oil Spray or Coconut Oil, 1 lb. of Extra lean Ground Turkey (or Beef) , 2 Tbsps. of Mexican Spice Blend (recipe follows) 1 head of iceberg lettuce, 1 cup of Salsa (homemade is better) and 1 cup of Natural Healing Express's Chunky Guacamole (now called Gracie's Guac) (recipe follows)

Heat in Large Skillet Spray with Olive Oil/Coconut Oil the Turkey/Beef. Break meat into small pieces. Add Mexican Spice and mix well. Let simmer for 15 minutes. Remove from heat and drain any fat. Divide lettuce among four plates and top each salad with one quarter of the meat. Top with ¼ cup of salsa and 2 Tablespoons of Guacamole. Enjoy – (I usually squeeze a lime or two over the salad)

Mexican Spice (makes ½ cup)

Ingredients = 2 ½ tbsp. chili powder, 1 tsp sea salt, 4 tsp paprika, 2 tsp ground cumin, 4 tsp onion powder, 4 tsp garlic powder

Mix all spices in a small bowl to combine. Store in a glass jar away from direct sunlight for up to one month.

Gracie's Guac

Ingredients = 4 large avocados, 1 large onion, 1 tsp of sea salt, one spring of cilantro, 1 lime, 1 green chili pepper, 2 small tomatoes, pepper to taste.

De-Leaf Cilantro leaves away the stems. Chop leaves and set aside. Pitch the stems. Chop the onion into bite size pieces. Cut Avocados in half, Snap Blade of Knife directly onto seed and turn a quarter turn. Seed should be on knife for easy removal (set aside seed). Scoop the Avocado into medium size bowl. Cut tomatoes and pepper in half and remove seeds. Chop both into bite sizes pieces and add to bowl. Stir in cilantro and sea salt, leaving mixture chunky. Squeeze limes to taste. Sometimes we add ground pepper or garlic depending on our palette.

Now, for extra special help as an anti-carcinogenic, hammer the avocado seed into small pieces blend in a food processor. Place in a glass container for storage. Add one teaspoon a day to smoothies or yogurt. This is one of the best cancer fighters out there and a by-product of Gracie's Guac.

Here is a smoothie recipe that goes great with the above mentioned avocado seed powder.

Mango Island

Ingredients= ½ cup of unsweetened almond milk, 1 scoop of Nectar Protein Powder (vanilla) (available at Natural Healing Express) 2/3 cup of frozen mango chunks (available at Lena Maid Meats), 1 ½ tsp of natural almond butter. (add avocado seed powder here)

Combine all ingredients in a blender and blend until smooth.

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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