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Blueberry Banana Cookies

1 1/2 cups flour
 3/4 teaspoon baking soda
 3/4 teaspoon salt
 3/4 teaspoon cinnamon
 2 1/4 cups oats
 1/2 cup butter, softened
 1/2 cup white sugar
 1/2 cup brown sugar
 1 large egg
 2 tablespoons honey
 3 ripe bananas, smashed with fork
 1 cup blueberries

Heat oven to 350. Mix flour, baking soda, salt, cinnamon and oats in a large bowl. Set aside. Cream butter and both sugars. Add honey and egg, stir well. Add smashed bananas, and stir in dry ingredients. Add blueberries. Drop by teaspoon on greased cookie sheets. Bake for 10 minutes, cool on wire rack. Enjoy!

Roasted Spiced Rhubarb with Dates and Yogurt

1/4 cup unsalted, shelled raw pistachios
 1/2 cup Medjool dates, chopped
 2 teaspoons finely grated orange zest
 1/2 teaspoon vanilla extract
 2 tablespoons honey, divided
 3 large rhubarb stalks (about 3/4 lb.), cut into 2" pieces
 1/4 teaspoon ground cinnamon
 1 1/3 cups plain nonfat Greek yogurt
 Heat oven to 350. Bring dates, zest, vanilla honey and 1 cup water to a boil in a small saucepan, reduce heat, and simmer until dates are very soft and liquid is reduced by half. (10 min.) Place rhubarb in a small baking dish and toss with cinnamon and date mix. Roast, turning halfway through, until rhubarb is tender but not falling apart. Whisk yogurt and remaining honey in a small bowl. Serve spiced rhubarb with yogurt and pistachio. Enjoy!

RECIPES FROM BONAPPETIT.COM &
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The Inflammation Battle

One of the most powerful tools to combat inflammation comes not from the pharmacy, but from the grocery store.

Inflammation is the way that the human body reacts to infections and injuries. Swelling, redness and warmth are typical symptoms which indicate the presence of inflammation. Some foods will trigger inflammation. Not surprisingly, the foods that contribute to inflammation are generally considered bad for our health: sodas and refined carbohydrates, as well as red and processed meats. All fruits and vegetables are great anti-inflammatories. The antioxidants in these foods support better immune system function. When you add fruits and vegetables to your diet regularly, they help produce more "killer cells" (white blood cells) which boost immune system function and fight inflammation, giving you and your family more energy throughout the day and better sleep at night.



Summer Health Habits

Gardening can be something parents can do with their kids together. Have fun with it! It can be good for the whole family.

Summer is yard work season! Gardening is a great workout for your body -- if you do it right. Make your gardening and yard work into a fun exercise by alternating light activities with heavier ones. Rake for a while, then dig holes, then prune. Try switching sides as well. Rake right handed 15 times, then switch to the left 15 times. Remember to stretch first! You'd stretch before going to the gym, so why not before you garden? It keeps the muscles flexible, strong, and healthy. We need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight, leading to injury. The lower back and knees most often pay the price during gardening season. Here is how to properly perform the most common gardening maneuver: bending, plus an exercise to strengthen your gardening muscles:



Muscles Used: Abs, back, and legs

The Right Way: Focus on tightening your quadriceps and hamstrings as you bend forward. Keep your knees slightly bent.

Semi-Stiff Dead Lift: Begin standing with your thumbs on your rib cage and your fingers on the crests of your hip. Stand on one leg with your knee bent only slightly. Slowly flex forward from the hips moving your chest toward the floor. Return to an upright position. Repeat 15 times on each leg

