

Quick and Easy Anti-Inflammatory Recipes

** (Please note: It is important to connect with your health provider before adding anything new to your daily health plan)

Juice/Beverages:

Super Food Zinger Anti-Inflammatory Juice

Ingredients:

1 Cup Dark Grapes (black or purple)

1 Cup Fresh Cranberries

½ Apple

Large Handful of Spinach

Handful of Parsley

½ Inch ginger

Instructions:

If you like a little more zing, add more ginger. Juice and enjoy over ice

Have you tried Kombucha?

Kombucha is the beverage that the ancient Chinese called the “Immortal Health Elixir” You can find this beverage in health food stores with different flavors. Although new to the United States in the 1990’s, this beverage has been around for 2000 years. The following health benefits have been identified:

- 1. Detoxification**-Rich in enzymes and bacteria, this beverage is a probiotic that can help to cleanse your liver and help to prevent cancer.
- 2. Joint care**-Kombucha contains glucosamine, which is a strong preventative treatment for all forms of arthritis.
- 3. Aides digestion and gut health**-Kombucha is naturally fermented with a living colony of bacteria and yeast. It is a probiotic beverage that can improve digestion, and can reduce the symptoms of fibromyalgia, depression, and anxiety.
- 4. Immune boosting**- Kombucha is anti-oxidant rich and can boost your immune system and improve energy levels.

Snack:

Kale Chips

Ingredients:

1 bunch of Kale

Sea Salt

(You can also add other spices like cumin, cayenne, or turmeric)

2 Tablespoons of olive oil

Directions: Pre-heat oven at 350 degrees for 5 minutes. Wash Kale and then let it dry. Cut into bite size pieces and transfer into a bowl. Add olive oil and sea salt and toss well.

Transfer kale to an oven pan. Separate each piece. Bake at 300 degrees for 10-12 minutes on one side and then flip to the other side for 5 more minutes. Make sure that it doesn’t burn. Kale chips should be crispy and light.

Benefits:

Kale is a great anti-inflammatory food. It is high in calcium and vitamin A and C. It is a great food to help detox, and it can lower cholesterol levels. It is filled with high and powerful antioxidants.

Meal:

Ginger Edamame Quinoa

Recipe from: *Quinoa The Everyday Superfood 365* Patricia Green and Carolyn Hemming

Ingredients:

1 cup quinoa
2 cups water
2 Tbsp olive oil
2 Tbsp water
2 cups broccoli florets
½ Tsp minced fresh garlic
½ tsp ground ginger (or 1 tsp grated fresh ginger)
2 Cups cooked diced chicken, beef, pork, or whole shrimp, or diced tofu (Optional)
1 cup cooked black beans
1 cup edamame beans (shelled and steamed)
Spices to taste (cumin, turmeric, cayenne)

Directions:

Bring the quinoa and the 2 cups of water to a boil in a medium saucepan. Cover, reduce to a simmer and cook for 10 minutes. Turn the heat off and leave the covered saucepan on the burner for another 6 minutes. Fluff with a fork and set aside.

Heat a large wok or saucepan on medium heat. Add the oil the 2 Tbsp of water and the broccoli. Cover and cook the mixture for 4 minutes. Add the garlic and ginger, replace the cover and cook for an additional 3 minutes until the broccoli are tender and crisp. Add the chicken, black beans, edamame and spices. Stir in the quinoa and continue to heat until it is heated throughout. Serve warm from stove or can be served cold if made without the protein.

Benefits:

This meal has all the essentials of fiber, protein, calcium, vitamin C, iron, and is loaded with superfoods.

Dessert:

One-Bite Raw Brownies

Recipe from www.RawFoodFoundation.org

Ingredients:

¾ cup walnuts
7 medjool dates, pitted
¼ cup cacao powder
½ tsp vanilla bean powder
(or regular vanilla)
Pinch of salt
1/8 tsp cayenne pepper (optional)
Garnish: ¼ cup unsweetened shredded coconut

Directions:

Process walnuts until fine.
Add remaining ingredients
and process until smooth.
Form into one bite brownies.
Roll in coconut flakes.
Freeze for 5 min.