

THE HEALTHY-GUT ISSUE: **YOUR COMPLETE GUIDE**

Real food for a healthy, happy life.

Clean Eating

MAY 2018

35 Recipes
To Heal
from
Within

Feed
Your
Brain

The Best Foods
for Cognitive
Health &
Prevention

7 FOODS
TO EASE
SPRING
ALLERGIES

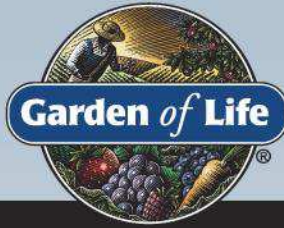
FIX
YOUR GUT
7-DAY MEAL
PLAN

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Spring's Best
Cookbooks

LIVE
LONGER:
5 Proven
Health
Habits





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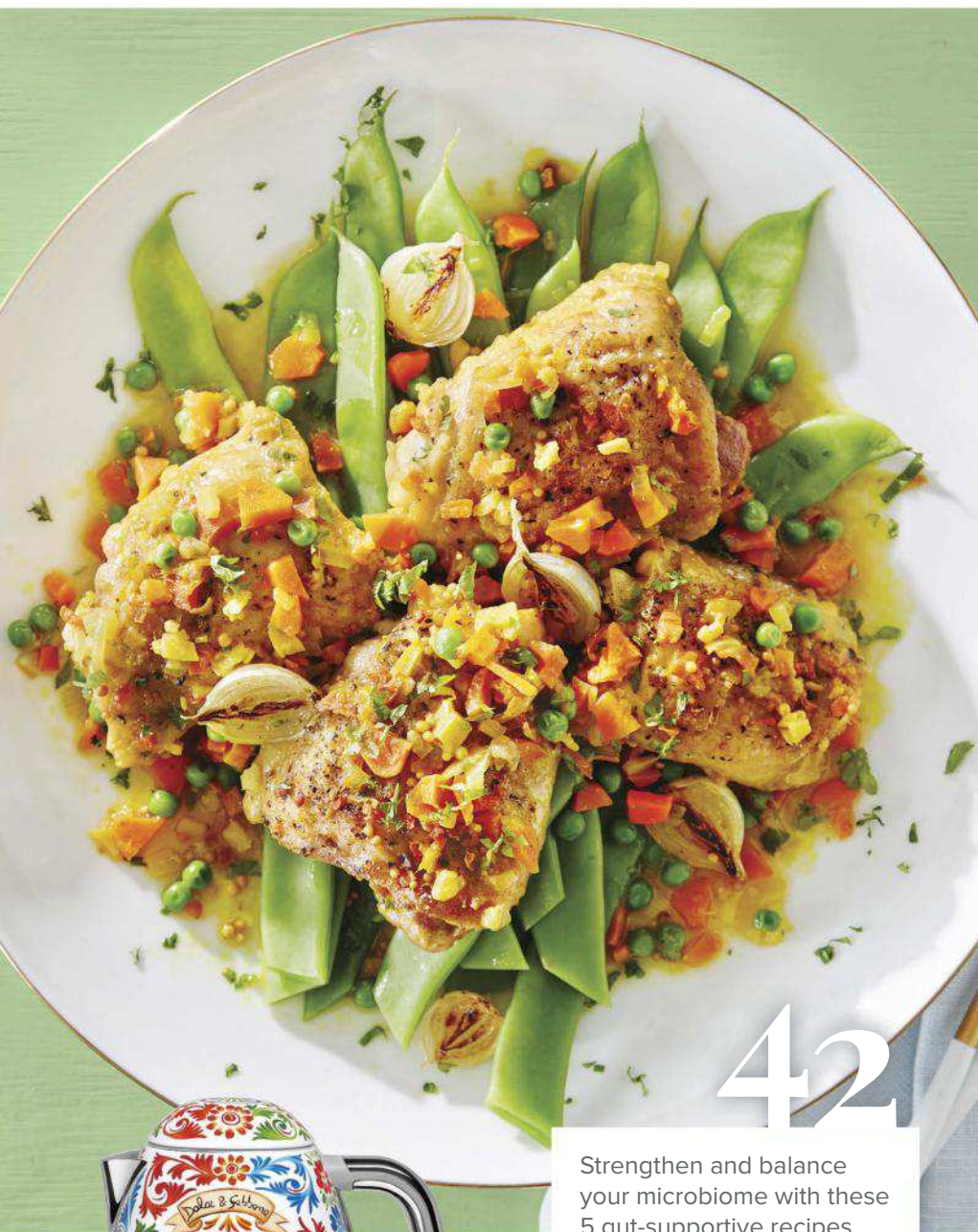


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Clean Eating

MAY 2018



Strengthen and balance your microbiome with these 5 gut-supportive recipes.



84

Give your kitchen a spring refresh with these beautiful yet practical culinary items.

FEATURES

42 NOURISH YOUR GUT

Find out how to achieve a balanced microbiome with these scrumptious recipes, each packed with probiotics, fiber, prebiotics and other nutrients that are good for your gut flora. **By Rachel Debling & Beth Lipton**

53 MOM'S THE WORD

This Mother's Day, treat your mother to one (or all!) of these healthy and heartwarming recipes from some of your favorite chefs and food bloggers.

62 BRAIN-POWERING FOODS

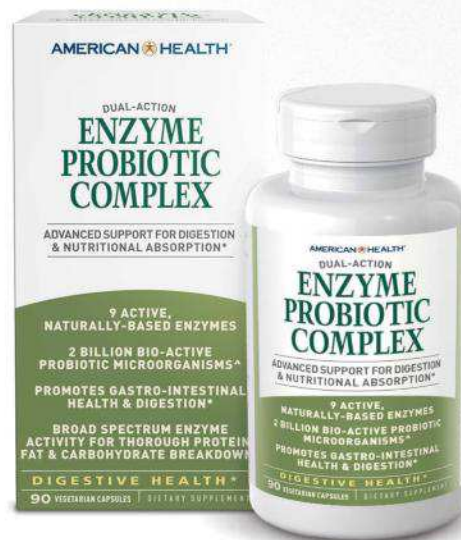
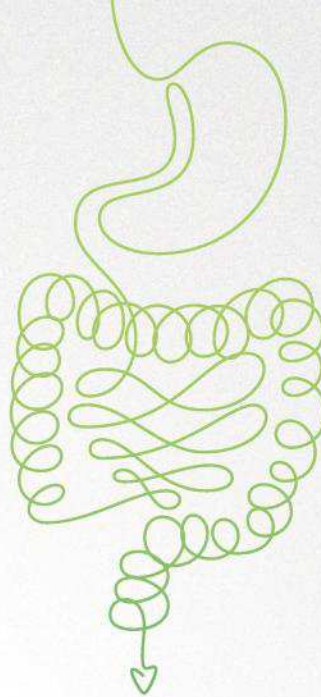
Give your brain a boost with these healthful recipes featuring scientifically backed foods that will nourish your noggin and prevent neurodegenerative diseases. **By Lisa Turner**

MEAL PLANNING FOR EASY WEEKDAYS

74 THE FIX-YOUR-GUT MEAL PLAN

Head into spring with this one-week meal plan that's packed with fermented foods, collagen, probiotics and other gut-friendly foods to help your intestinal health thrive. **By Tiffani Bachus and Erin Macdonald**

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beginning
to
end:
support
all
the
way
through.



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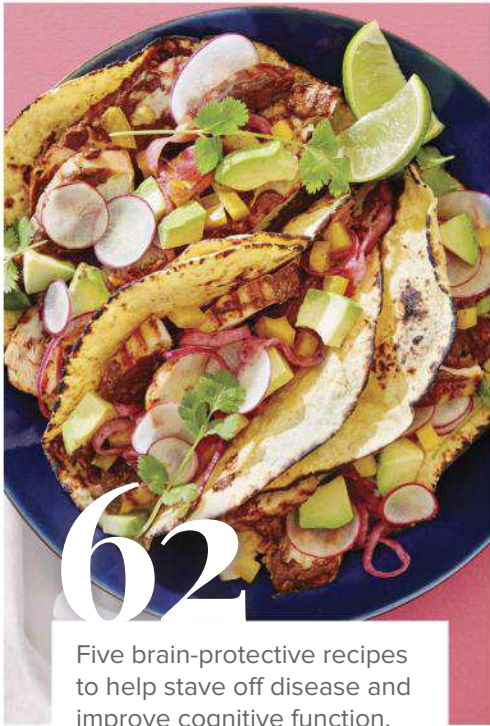
^At Time of Manufacture.

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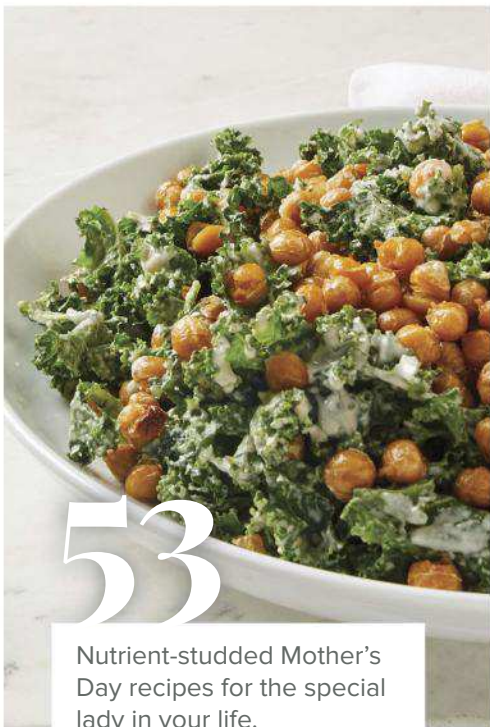
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62

Five brain-protective recipes to help stave off disease and improve cognitive function.



53

Nutrient-studded Mother's Day recipes for the special lady in your life.

THE REGULARS

CE Online 6
 Editor's Letter 8
 Letters & Advisory Board 12
 Recipe Index 14

LIVE BETTER

- 18 BITS & BITES**
Trailblazing food trends and the latest health and nutrition news.
- 19 3 WAYS WITH MUSHROOMS**
Interested in the benefits of adaptogenic mushrooms? Here are 3 unique ways to add more fungi to your meals.
- 26 CLEAN LIVING**
Keep your bathroom surfaces spotless with this chemical-free cleaner.
- 30 THE BOOK CLUB**
Cook to your health with the 6 best cookbooks for spring.
- 34 A GREENER YOU**
Uncover 5 genius ways to reduce and upcycle food waste.
- 38 COMPLEMENTS**
Discover natural pain fighters to help with common ailments, including migraines and joint pain.
- 86 ASK DR. JONNY**
Jonny Bowden breaks down the top 5 things you can do to live a long and healthy life, including exercising daily and eating a healthy diet.
- 88 SWEET TOOTH**
These sweet strawberry-rhubarb bars are packed with antioxidant vitamin C and are portable enough to take with you on the go.

ON THE COVER

Recipe featured is our "Herbed Chicken Meatball Marinara with Zoodles & Pesto" (p. 75).
 Photographer: **Ronald Tsang**
 Food Stylist: **Nancy Midwicki**
 Prop Stylist: **The Props**



36

Make the most of your kitchen real estate with the best space-saving tools.

HEALTH MUST-HAVES

- 25 SUPERMARKET GUIDE**
Up your snacktime game with these low-sodium, additive-free crackers and chips.
- 29 FOODIE FAVES**
Honey and maple are popping up as star ingredients in more and more products – shop the trend with our top picks.
- 36 TOOLS**
Eliminate kitchen clutter with these clever space-saving tools.
- 82 MIND & BODY BOOSTERS**
Natural solutions for allergy relief.
- 84 GEAR & GADGETS**
Ten fanciful and functional kitchen tools to make spring recipe prep easier than ever.



- P. 62
- P. 82
- P. 42
- P. 36
- P. 86
- P. 30

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7 Hearty Spring Salads

It's the perfect time to turn seasonal produce into a satisfying meal. These crisp salads are all deliciously hearty with loads of fiber and protein and can be made in 30 minutes or less. cleaneating.com/springsalads

DON'T MISS A THING

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5 BEST-EVER BURGERS

Is a Memorial Day cookout – or any cookout for that matter – complete without hamburgers? We don't think so! Here are 5 juicy and delicious burger variations to help you celebrate the start of spring.

cleaneating.com/burgers



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Heal from Within

Two words on everyone's lips that are completely transforming the frontiers of health these days are "gut health." It's the number one health concern and area of interest for *Clean Eating* readers, but microbiome intrigue completely transcends the *Clean Eating* sphere – and for good reason. A flourishing gut directly impacts the vitality of your immune system and has the ability to boost and stabilize mood, prevent disease, influence weight, affect heart health, fuel energy and potentially extend life. On the flip side, a neglected gut has been scientifically tied to all sorts of fallout including autoimmune diseases and sensitivities, depression, cognitive decline and more.

The good news is that there is so much you can do to fix and nourish a thriving gut starting right now. We collected all the latest research and actionable steps for you, but in the process, we discovered we had so much to say that instead of dedicating just one

article to the topic of gut well-being, we needed the better part of the issue. And once we got to working on this dedicated issue, we realized we had even more to say (*so much more*) that we decided to partner with health and wellness expert, cookbook author and award-winning NYC chef and restaurateur Seamus Mullen to develop a revolutionary online course called **The Gut-Health Fix**. This course is brimming with eye-opening info that will help students heal from within. Designed for the passionate wellness seeker who is hungry to deep dive into the fascinating and life-changing world of gut health, this course is a rich mix of online cooking classes and science-backed information that will help transform and optimize your gut health and hence your whole body's health to be the very best it can be. As I write this, we're in production on this exciting new offering launching very soon. Visit cleaneating.com/guthealthfix to learn more.

From feeding a sharp, protected brain (p. 62) to nourishing a resilient microbiome (p. 42) to the five proven habits to living a longer life (p. 86), this issue zeroes in on the pillars of eating for longevity – and I don't mean simply living as long as possible in a near-catatonic state in a senior's home – I mean like *really healthy and radiantly well*. Take out that insurance policy now and take us up on our expert-curated advice. The best part is that it's all undeniably delicious. I know I'll be taking it.

Alicia
Alicia Tyler
Editorial Director
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Write me: CEeditorial@aimmedia.com

What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food, for a healthy, happy life.

Eat when hungry, stop when full. Find out what macro values reflect your health goals and strive to eat within them. Experiment with various ways of eating, and when you find a diet your body responds well to – be it a clean take on high fat/low carb, Paleo or flexitarian – stick with it.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Clean Eating
cleaneating.com

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* Vitamins, Herbs, Minerals, Supplements

*Find out why it's good to
nourish your gut with these
probiotic- and prebiotic-rich
foods on page 42.*



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Q/ Are vegan omega-3s just as effective as fish oil?

A/ Fish oil-based omega-3s have been heavily studied for their anti-inflammatory properties and for their benefits for heart, brain and eye health. But plant-based alternatives have been less promising. While nuts, seeds and their oils contain omega-3s in the form of alpha linolenic acid (ALA), ALA's conversion into beneficial docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) is inefficient. A better alternative is algae oil, which studies have found to be just as well-absorbed as fish oil. However, many algae oils lack sufficient amounts of EPA, so they may not be as effective as fish oil for every health concern. Before supplementing with a vegan omega-3, speak with your health-care practitioner.

— KATHRIN BRUNNER

Meet Our Experts

kathrin brunner CNP

Clean Eating's "Clean Living" columnist, nutritionist and yoga teacher. Brunner teaches at The Institute of Holistic Nutrition and has a private practice that offers a variety of workshops, corporate talks and yoga classes.

erin macdonald RDN
tiffani bachus RDN

Clean Eating Academy instructors, co-owners of the U Rock Girl nutrition and training program (**URockGirl.com**), registered dietitians and nutrition, fitness and wellness experts.

heather bainbridge

BSc, MA, EdM, RD, CDN
Certified dietitian-nutritionist and registered dietitian who specializes in counseling clients to achieve a healthier weight and improve conditions including type 2 diabetes and heart disease.

jonny bowden PhD, CNS

Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss and health.

pamela salzman BA, MBA

Clean Eating's Contributing Culinary Nutritionist, Clean Eating Academy instructor, natural foods cooking instructor and holistic health counselor. Her blog, **pamelasalzman.com**, offers healthful recipes and time-saving tips.

jill silverman hough

Recipe developer, culinary instructor and author of the *100 Perfect Pairings* series and co-author of *The Clean Plates Cookbook* (Running Press, 2012).

james smith MBA

Clean Eating Academy instructor and Tourism and Hospitality chair at Fanshawe College with more than 25 years of experience. He completed his culinary training at George Brown College.

marianne wren BA, CC

As both a recipe developer and food stylist, Wren has worked with print and advertising clients. She completed her culinary training at DUBRULLE FRENCH CULINARY SCHOOL and THE CULINARY INSTITUTE OF AMERICA.

We Hear You!

More Meal Plans, Please!

I am a new subscriber and just got my first issue. I loved your article, "Eat Clean for 7 Days with Just 20 Ingredients" (p. 76, March 2018). I don't care if it's 20 or 30 ingredients, but having someone compile a week's worth of food that I can use multiple times is simply genius. I just don't have the time to sit down and plan five or more meals around similar ingredients, so I end up wasting way too much food or just eating the same foods all the time. Please do more articles like this!

— COURTNEY H., MECHANICSVILLE, VA

Cauli-Love

I received my first issue of *Clean Eating* last week. So excited about all the recipes that I can't wait to try! I made the Cauliflower Risotto with asparagus and seared scallops (p. 62, March 2018). Not only was it fast and simple to prepare, it was gorgeous and delicious!

— MICHELLE STEWART, VIA FACEBOOK

EDITOR'S NOTE: Oops, we goofed! In the March 2018 issue's "Clean Choice Awards" feature on page 43, we mistakenly wrote that Terra Sweet Plantains are baked in coconut oil. In fact, they are fried in coconut oil. Clean Eating sincerely regrets the error.



Insta Love ♥

TAG US IN YOUR POSTS WITH HASHTAG #CLEANEATINGMAG

@KARENVANVLOTEN, VIA INSTAGRAM

I found this delicious pizza crust made with almond flour in *Clean Eating* magazine's March 2018 edition on page 71. I topped this one with homemade pizza sauce, chopped red bell peppers, sliced black olives, capocollo and arugula.

@FAMILY_RECIPE_COOKING, VIA INSTAGRAM

Meal planning with *Clean Eating* and lots of natural light because it's surprisingly sunny today.



Tell us what you thought of this issue by emailing us at CEeditorial@aimmedia.com. Plus, get bonus recipes and more clean-eating content on social media.



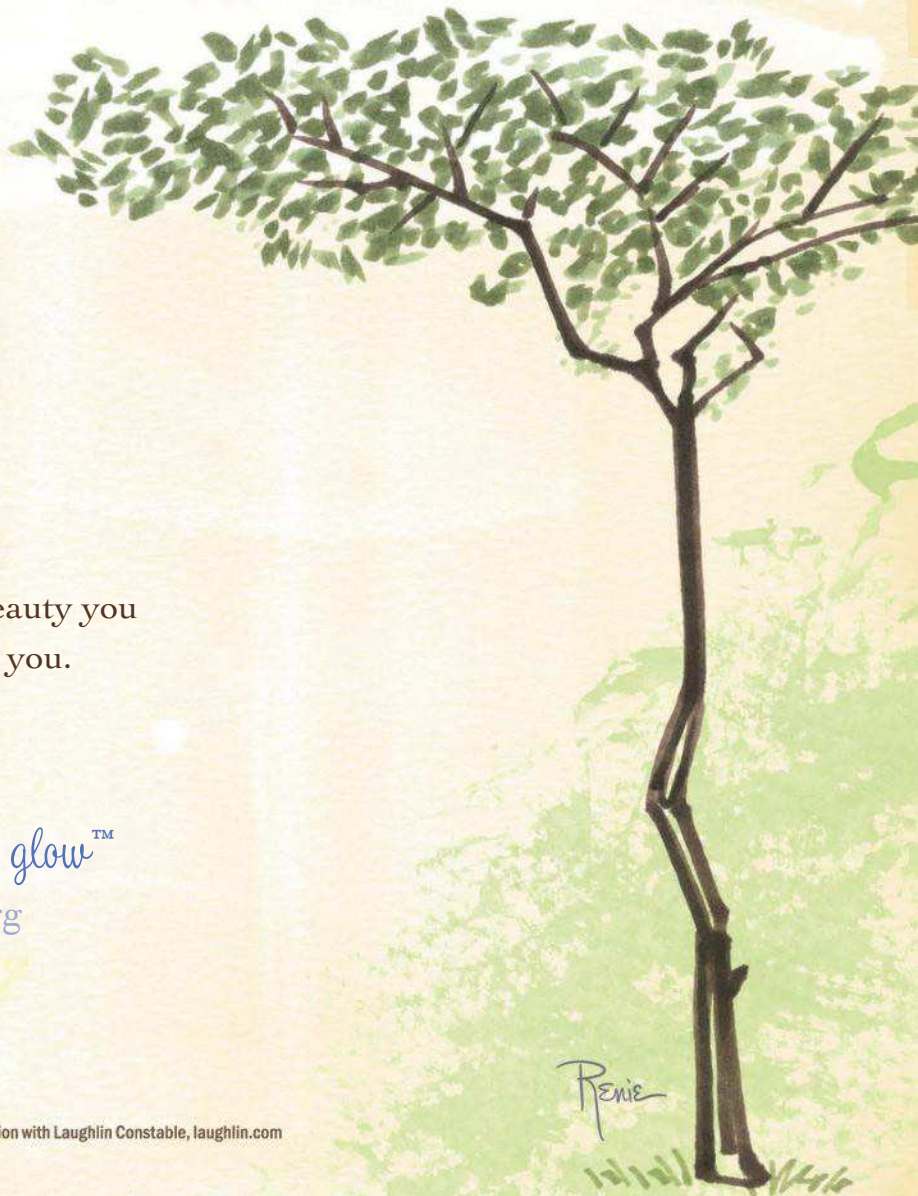
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Your *CE* Recipe Guide

From meals that support cognitive function to dishes loaded with gut-supportive ingredients, this issue's recipes offer a hefty dose of nutrition and mouthwatering flavor combos.



P GF
Herbed Chicken Meatball Marinara with Zoodles & Pesto
P. 75

poultry



P F GF
Gingery Braised Chicken Thighs
P. 48



GF
Mole Poblano with Chicken
P. 64

P Paleo
F Freezable
Q Quick under 45 minutes
V Vegetarian *may contain eggs and dairy*
GF Gluten-free
GFA Gluten-free adaptable *Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.*

snacks & breakfasts



P Q V GF
Reishi Golden Milk Nightcap
P. 19



V GF
Chocolate Raspberry Bars with Cordyceps
P. 20



P F Q V GF
Green Banana Pancakes
P. 78



P Q V GF
Blueberry Almond Breakfast Cookies
P. 80

grains & vegetables



Q V
Shiitake "BLT" Sandwich
P. 20



Q V GFA
Roasted Broccoli Steaks with Miso Butter
P. 48



V GFA
Kimchi & Vegetable-Fried Black Rice
P. 51



V
Skinny Spanakopita
P. 70



Q GF
Moroccan Lentils & Quinoa
P. 78

pasta, soup & salads



Q V GF

Tricolor Salad with Oranges, Olives & Kefir Herb Vinaigrette
P. 46



V GF

Baked Mac & "Cheese" with Creamy Cashew Sauce
P. 57



V GF

Vegan Kale Caesar Salad with Garlic Roasted Chickpeas
P. 58

dips



Q V GF

Curry Cashew Dip
P. 68



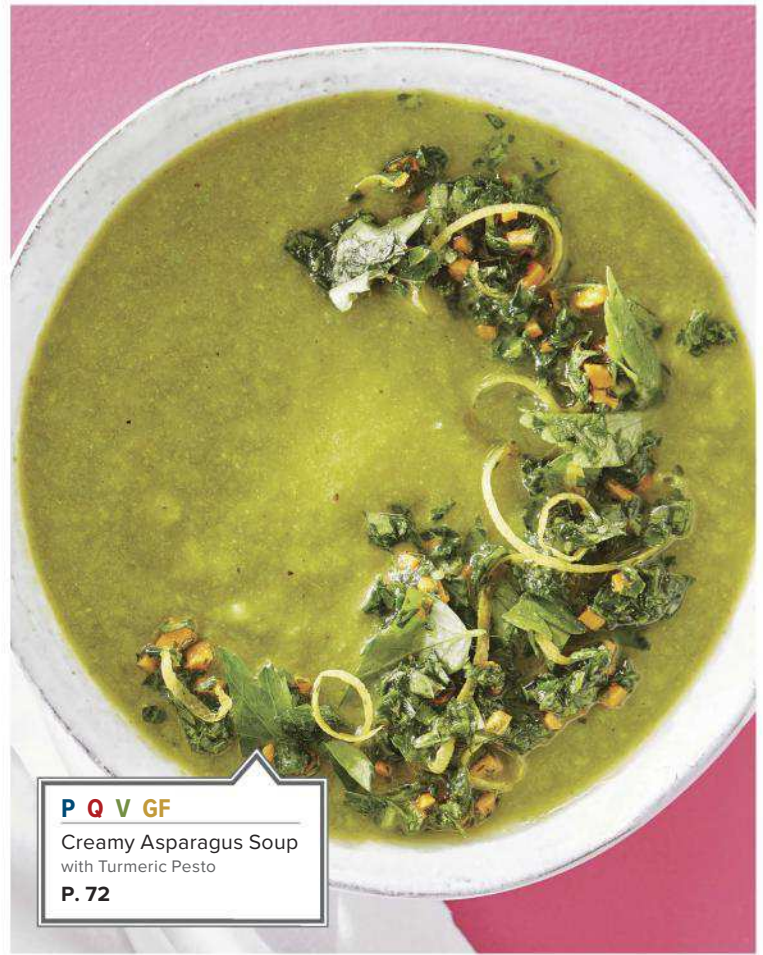
Q V GF

Spinach Herb Dip
P. 68



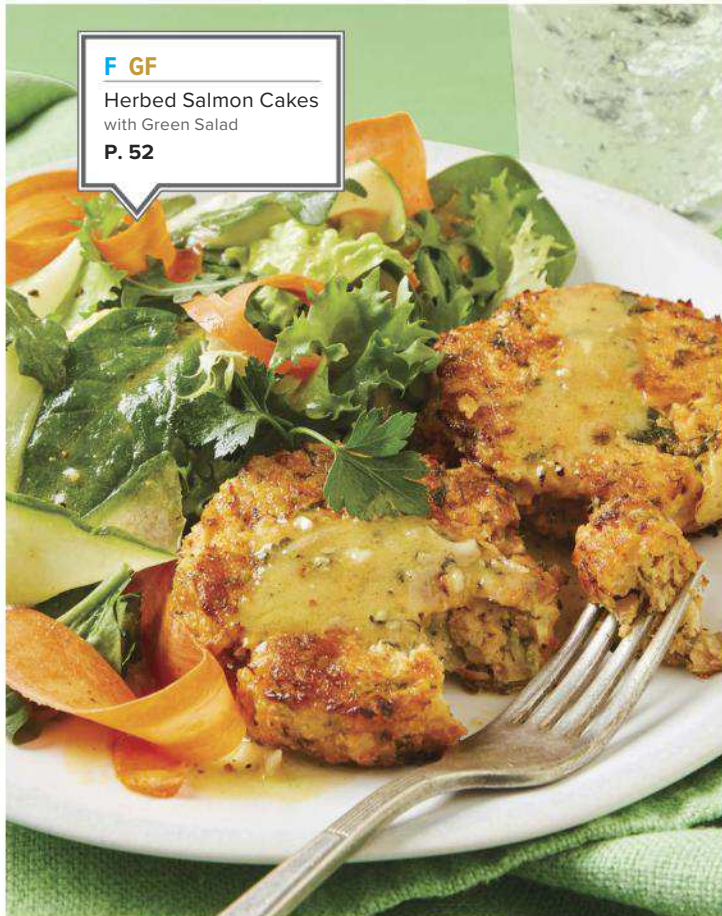
Q V GF

Red Pepper & Feta Dip
P. 68



P Q V GF

Creamy Asparagus Soup with Turmeric Pesto
P. 72



F GF

Herbed Salmon Cakes with Green Salad
P. 52

seafood



Q GF

Smoked Salmon Omelette with Goat Cheese & Beet Relish
P. 54



Q GF

Sardine & Zucchini "Pasta" with Grana Padano
P. 67



GFA

Miso-Glazed Cod with Spicy Orange Baby Bok Choy
P. 77

desserts



Q V GF

(Almost) Mom's Honey Cake
P. 60



Q V GF

Chocolate Chia Pudding
P. 79



F V

Scrumptious Strawberry Bars
P. 88

nutritional values The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.



ANCIENT NUTRITION

IS BONE BROTH THE MISSING LINK TO YOUR HEALTH?

For as long as humans have been cooking food over fire, bone broth—the simmering stock of bones otherwise discarded—has been a daily part of life, celebrated by cultures around the world. Not only does bone broth add depth of flavor to recipes and meals, it also imparts significant and broad health benefits that are now capturing the attention of millions. Bone broth may be the “hottest trend in health” today, even though it is centuries old. Could it be the missing link that you’ve been searching for?

CELEBRITY TREND *DU JOUR*

One thing that actors, professional athletes, executives and television personalities all have in common are high-performance lifestyles. So it is little wonder that the media seems to be reporting almost daily on the celebrities that are making bone broth a central component of their health and fitness program.

You will also see bone broth very well represented if you take a stroll down the aisle of your local bookstore and a surprising number of “broth cafes” have opened up in New York City as people are trading in their morning cup of coffee for the benefits that bone broth can deliver!

PERFECT FOR PALEO LIVING

Another audience that is “fueling the fire” of the bone broth movement is the rapidly-growing group of people following a Paleolithic-inspired eating and lifestyle program. And its not just weekend warriors and hardcore fitness advocates that are contributing to the growth. Recent statistics indicate a wider demographic of people is “going Paleo” and estimate that 54% are women and 76% are college educated. The world of health and fitness is often dominated by fads and trends; however, all the data suggests that this is a modern-day phenomenon, based on ancient wisdom, that is not going away any time soon.

WHY ALL THE HYPE?

Bone broth is typically rich in protein, collagen, gelatin, glucosamine, chondroitin and key minerals often missing in diet. These vital nutrients support a wide range of health benefits and body systems including:

- ▶ Healthy detoxification, gut and immune system[†]
- ▶ Healthy joints and lean muscle mass[†]
- ▶ Healthy and vibrant skin, hair and nails[†]
- ▶ Metabolism and a healthy weight[†]



Natural | Gluten Free | Dairy Free | Soy Free | Grain Free | Nut Free

BONE BROTH PROTEIN™

MODERN SUPERFOOD

BRINGING THE BENEFITS OF BONE BROTH TO THE PEOPLE

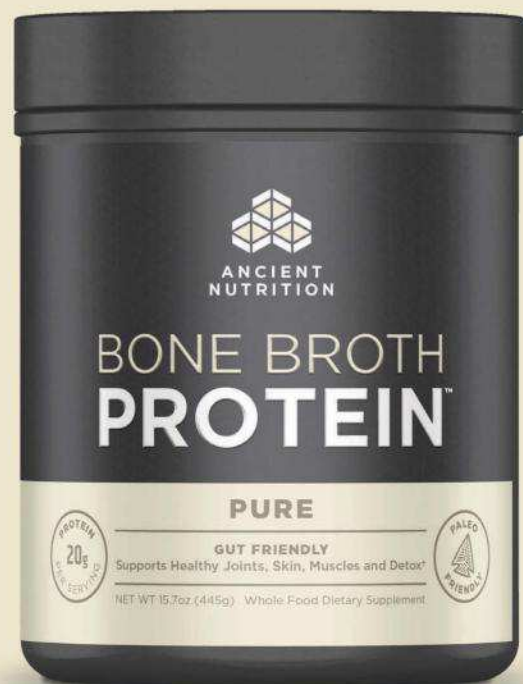
Two major drawbacks to experiencing the benefits of bone broth is the time to make it at home and expense to buy it pre-packaged. Introducing **Bone Broth Protein™**—a breakthrough in protein supplementation that delivers the benefits of bone broth in an easy-to-mix, convenient and on-the-go form.

Not only does Bone Broth Protein™ pack 20g of gut-friendly and Paleo-friendly protein per serving, it also provides Bone Broth Co-Factors such as collagen, glucosamine, chondroitin, hyaluronic acid and key electrolyte minerals to support the health of your gut, joints, muscles, skin and healthy detoxification.†

Bone Broth Protein™ is free of common allergens and the ideal protein source for those sensitive to dairy, grains, egg, beef, nuts and legumes. Carefully-crafted quality you can trust and tested to be GMO free.

5 BIG BENEFITS OF BONE BROTH PROTEIN™

1. Saves You Time
2. Saves You Money
3. Packed with 20g Protein
+ Bone Broth Co-Factors
4. Whole Food Supplemental Protein
5. Diet, Paleo and Gut Friendly



Other Delicious and Functional Flavors Available

WWW.TRYBONEBROTH.COM

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

bits & bites

3 WAYS WITH **ADAPTOGENIC MUSHROOMS**

Dig into these incredibly tasty recipes featuring a variety of mushrooms that help boost your immune system, fight disease and reduce stress. BY BETH LIPTON, PHOTOGRAPHY BY BEATA LUBAS





If you don't have a high-speed blender, place honey and reishi in blender and strain milk mixture in before blending.

Reishi Golden Milk Nightcap

SERVES 2.

- 1 cup** full-fat coconut milk, well blended
- 1 cup** unsweetened plain almond milk
- 1 tbsp** minced fresh ginger
- 1 tbsp** minced fresh turmeric
- Pinch** ground black pepper
- Small** pinch pink Himalayan or sea salt, optional
- 1 tsp** reishi mushroom powder
- 1 tbsp** raw honey

1. In a saucepan, combine milks, ginger, turmeric, pepper and salt. Bring to a simmer over medium-low heat, whisking occasionally. Turn off heat, cover and let stand for 5 minutes.

2. In a high-speed blender, add milk mixture, reishi powder and honey; blend until smooth. Serve warm.

PER SERVING (1½ cup):
 Calories: 282, Total Fat: 26 g, Sat. Fat: 21.5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 14 g, Fiber: 1 g, Sugars: 9 g, Protein: 3 g, Sodium: 106 mg, Cholesterol: 0 mg

Shiitake “BLT” Sandwich

SERVES 2.

- 6 oz** thinly sliced shiitake mushroom caps
- 2 tbsp** avocado oil
- 1 tbsp** coconut aminos
- ¼ tsp** smoked paprika
- ½ tsp** sea salt
- 4 slices** sourdough bread, lightly toasted if desired
- 4** Bibb lettuce leaves
- 4 slices** beefsteak or Roma tomato
- ½ small** avocado, thinly sliced

MAYONNAISE

- 2 large** egg yolks
- 1 tsp** fresh lemon juice
- 1 tsp** apple cider vinegar
- ½ tsp** Dijon mustard
- ½ tsp** raw honey
- ¼ tsp** smoked paprika
- 1 tsp** turkey tail mushroom powder, optional
- ¼ tsp** sea salt, plus additional if desired
- ½ cup** safflower oil

1. Preheat oven to 375°F. Meanwhile, line a large baking sheet with parchment paper. Prepare shiitake bacon: Toss shiitake caps with avocado oil, coconut aminos, ¼ tsp paprika and ½ tsp salt. Spread in a single layer on baking sheet and bake until golden and beginning to crisp, 25 to 30 minutes, stirring once or twice during baking time. (Bacon will crisp up further as it cools.)

2. Prepare mayonnaise: In a medium bowl, whisk together egg yolks, lemon juice, vinegar, mustard,

honey, ¼ tsp paprika, mushroom powder (if using) and ¼ tsp salt until well combined. Gradually drizzle in oil in a fine stream, whisking constantly to make sure mixture is emulsifying. When mixture is emulsified, season with additional salt, if desired. (**NOTE:** You can also process all ingredients in a food processor until emulsified, 5 to 10 minutes, stopping to scrape down sides of bowl several times.)

3. Place 1 slice of bread on each of 2 plates. Spread about 1 tbsp mayo on each bread slice. Top each evenly with lettuce, tomato and avocado. Press shiitake bacon on top. Top each slice with another piece of bread.

PER SERVING (1 sandwich): Calories: 516, Total Fat: 34 g, Sat. Fat: 4 g, Monounsaturated Fat: 17 g, Polyunsaturated Fat: 11 g, Carbs: 45 g, Fiber: 7.5 g, Sugars: 4 g, Protein: 10 g, Sodium: 897 mg, Cholesterol: 37 mg

Chocolate Raspberry Bars with Cordyceps

SERVES 12.

- ½ cup** raw almonds
- 1 cup** raw walnuts
- ½ tsp** instant coffee, optional
- ¼ cup** chopped dark chocolate (at least 70%)
- 3 tbsp** unsweetened cacao powder
- 2 tsp** cordyceps mushroom powder
- ¼ tsp** pure vanilla extract, divided
- ¼ tsp** + pinch sea salt
- 1 cup** packed pitted dates (**NOTE:** If dates are hard, dissolve instant coffee in ¾ cup hot water; add dates and soak for 30 minutes. Drain and pat dry.)

- 5 tbsp** freeze-dried raspberries, divided
- ½ oz** cacao butter, chopped
- ⅛ tsp** coconut oil
- 2 tbsp** coconut butter
- 1 tsp** pure maple syrup

1. Line an 8-inch square baking pan with parchment paper. To a food processor, add almonds, walnuts, instant coffee (if using), dark chocolate, cacao powder, cordyceps, 1 tsp vanilla and ¼ tsp salt. Pulse until well chopped (don't over-process). Add dates and process until mixture is completely blended and starts to come together. Transfer chocolate-date mixture to bowl. Knead 3 tbsp raspberries into mixture (this will break them up).

2. Press mixture into baking pan. Place a sheet of parchment paper over top and use the bottom of a glass to flatten dough evenly. Remove parchment paper. Crush remaining 2 tbsp raspberries in your hands and scatter over top. Use parchment paper or your hands to press them in. Cover and refrigerate for at least 1 hour.

3. Prepare icing: To a heat-proof bowl set over a pan of simmering water, add cacao butter, coconut oil and pinch salt. Let stand, stirring occasionally, until melted and smooth, 1 to 2 minutes. Whisk in coconut butter, maple syrup and ¼ tsp vanilla extract until smooth. Remove cover from bars; use bottom sheet of parchment to remove from pan. Cut into 12 bars. Using a fork or a piping bag, drizzle icing onto bars in a decorative pattern.

PER SERVING (1 bar): Calories: 195, Total Fat: 14 g, Sat. Fat: 4 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 6 g, Carbs: 16 g, Fiber: 4 g, Sugars: 10 g, Protein: 4 g, Sodium: 52 mg, Cholesterol: 0 mg

Medicinal Mushrooms

Nutritional researcher and board-certified family physician Joel Fuhrman, MD, explains the disease-fighting and immune-boosting powers of 6 healing fungi. To reap the most benefits, take a small amount of mushroom powder (check the packaging as dosages can vary) and eat cooked mushrooms daily.



TURKEY TAIL

HEALTH BENEFITS: A drug derived from turkey tail mushrooms is a component of cancer treatment in several countries. Trials in patients with colorectal, gastric and lung cancers have suggested that turkey tail extracts could boost immune function and improve survival in these patients. **TRY:** Turkey tail powder can be taken to help improve the defences of your immune system and reduce the chances of getting the cold or flu. **WE RECOMMEND:** Om Turkey Tail (\$25, ommushrooms.com)

REISHI

HEALTH BENEFITS: An important immune-boosting effect of reishi mushrooms is enhancing the activity of natural killer (NK) cells, which has been shown in human studies. NK cells are immune cells that attack cancerous and virus-infected cells. Trials in patients with cancer suggest that reishi supplementation may help to enhance the efficacy of chemotherapy. **TRY:** Reishi powders to help your body better manage symptoms of anxiety and stress. **WE RECOMMEND:** Sun Potion Organic Reishi Mushroom Powder (\$53, sunpotion.com)



CHAGA

HEALTH BENEFITS: In vitro studies show that chaga mushrooms can inhibit the growth of cancerous cells, and a study on patients with inflammatory bowel disease showed that chaga supplementation reduced oxidative DNA damage in the patients' white blood cells. **USE IT AS:** An antioxidant to help neutralize free radical damage to body's cells for anti-aging benefits. **TRY:** Chi Chaga Wild Chaga Powder (\$24, chichaga.com)

LION'S MANE

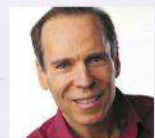
HEALTH BENEFITS: Lion's mane mushrooms have anti-angiogenic activity, which means they inhibit the signals tumor cells use to acquire a blood supply. Interestingly, these mushrooms have also been studied in animals for their potential to facilitate regeneration of injured nerves. **TRY AS:** A nootropic (natural smart drug) to help reduce brain fog and sharpen focus. **WE RECOMMEND:** Four Sigmatic Lion's Mane Elixir (\$38, us.foursigmatic.com)

SHIITAKE

HEALTH BENEFITS: Studies using the shiitake mushroom polysaccharide lentinan as an adjunct to chemotherapy for patients with gastric cancer have reported longer survival compared to chemotherapy alone. Shiitake mushroom extracts also have antiviral activity. **TRY:** There's also some interesting research on these mushrooms and dental health. A study using an oral rinse containing shiitake mushroom extract showed a decrease in plaque, gingival inflammation and pathogenic bacteria compared to the control group. **LOOK FOR:** Fresh shiitake is easy to find in grocery stores while you can also purchase shiitake powder at most health-food stores.

CORDYCEPS

HEALTH BENEFITS: *Cordyceps sinensis* activates macrophages (specialized white blood cells of the immune system that are integral to detecting invaders and fighting off infections) in vitro. **USE IT:** Cordyceps powders can be taken to help reduce cortisol levels to improve stress, and for increased energy and libido. **TRY:** Mountain Rose Herbs Cordyceps Powder (\$6 to \$36.50, mountainroseherbs.com)



JOEL FUHRMAN, MD, is a board-certified family physician, nutritional researcher and six-time *New York Times* best-selling author. He serves as president of the Nutritional Research Foundation. His two most recent books are *Eat to Live Quick and Easy Cookbook* and *Fast Food Genocide*.

Plant-Powered Milk Swaps

TRY OUR TURMERIC GINGER
LATTE CLEANEATING.COM/
TURMERICLATTE
TO GET YOUR MOOD AND
MEMORY BOOST ON.

MEMORY BOOSTER

In adults with mild, age-related memory loss, sprinkling some bright yellow turmeric over your morning eggs or weeknight stir-fry might be the ticket to better recall. The component responsible is thought to be curcumin, the primary active compound in turmeric that gives the root its yellow hue. Researchers at the University of California Los Angeles discovered that curcumin may also contribute to a better mood. Although lead researcher Gary Small, MD, director of geriatric psychiatry at UCLA's Longevity Center and of the geriatric psychiatry division at the Semel Institute for Neuroscience and Human Behavior at UCLA, says that while his research team still needs to determine how curcumin exerts its effects, it may be due to its ability to reduce brain inflammation, which has been linked to Alzheimer's disease and major depression. During the 18-month study, those who took curcumin improved memory by 28% and had a mild improvement in mood and their brain PET scans. Those taking the placebo saw significantly less improvement in both memory and mood. With further research, researchers are hopeful that those with memory problems and mood disorders can take a safe dose of curcumin for noticeable benefits.

Whether you're looking for an alternative to cow's milk or are already on the non-dairy bandwagon, it's becoming easier than ever to find options thanks to the fact that plant-based milks are a booming industry. According to Innova Market Insights, the global market for plant-based dairy alternative drinks are expected to reach \$16 billion in 2018, up from \$7 billion in 2010. But which type is the most nutritious? McGill University researchers from Quebec, Canada, have found that soy milk stands out as the most nutritious. The popular beverage, while being rich in protein and high in added calcium, also contains isoflavones – phytonutrients believed to protect against some types of cancer. If you're allergic to soy or don't care for its flavor, try one of these other plant-based options:



ALMOND MILK has as much added calcium as soy milk in addition to monounsaturated fatty acids that are known to help manage weight and support heart health. It is lower in protein, however.



COCONUT MILK contains medium-chain triglycerides, which have been found to support metabolism and weight loss, as well as monounsaturated fatty acids. It contains little to no protein (depending on the brand) and small amounts of added calcium, so try pairing it or alternating with another nut milk for the most nutritional benefit.



While a great source of added calcium, **RICE MILK** didn't stack up nutritionally given its high carbohydrate-to-protein ratio. But if you like the taste and want to include it in your rotation once in awhile, go for it!



Other plant-based beverages include **OAT, PEA, TIGERNUT AND CHICKPEA MILK**. While these drinks weren't part of the study, they still bring nutrients to the mix, including protein and added calcium and vitamin D (depending on the type). Make sure to consider the pros and cons of each to find the one that's right for you.

A Perfect Way to Add a **Ketone Boost** to Any of Your Meals

In his latest blockbuster book, *Fat for Fuel*, Dr. Mercola has counseled those wanting an extra edge to take control of their body and brain health with a ketogenic diet.

Because of their rapid conversion to energy, medium-chain triglycerides (MCTs) are an ideal way to successfully burn fat, producing ketones that fuel your mitochondria energy centers. MCTs help squelch hunger pangs, and can help you maintain a healthy weight.*

Dr. Mercola's Pure Power Ketone Energy MCT Oil contains a whopping 95% C8 (caprylic acid) fats, converting fats to ketones even faster. Add it to salads, grilled vegetables and meats, a smoothie, or blend it into your favorite coffee with raw grass-fed butter. You can even eat it right off a spoon.

If you'd like to...

- Boost your memory, focus and think more clearly*
- Feel more energetic with greater endurance and stamina*
- Activate your body's ability to burn body fat*
- Prevent cell damage that contributes to cellular aging*

...Then **Dr. Mercola's Pure Power Ketone Energy MCT Oil** is for you!



Order today and receive **10% off** a single bottle!** Just mention **CLEANMCT18** when ordering. Find out for yourself why **Dr. Mercola's Pure Power Ketone Energy MCT Oil** is a must-have for a ketogenic lifestyle.

DR. MERCOLA®
PREMIUM PRODUCTS

**One time use per customer. Mention code CLEANMCT18 when ordering or placing order online. Receive 10% off a single bottle of Ketone Energy MCT oil. Offer expires 5/31/18. Discount cannot be combined with any other offer. Valid while supplies last.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

What's Cooking Now

Discover the latest food news and events that will keep your health thriving. BY LAURA SCHOBER



SWEET ROLLOUT

The next time you visit the healthy fast-casual chain Sweetgreen, keep an eye out for its new CORE menu, launching in May. **TAILORED TO YOUR TASTES:** “Over the past few years, our team has spent thousands of hours combing through customer feedback and ideas, testing new flavor combinations in our test kitchen and working with over 150 farmers across the country to explore new seasonal ingredients,” says Nicolas Jammet, Sweetgreen’s chief product officer and co-founder. **FRESH FARE:** The new additions include Chicken Pesto Parm, Lentil and Avocado, Spicy Thai Salad and Curry Chickpea Bowl. Black lentils are also being added to the mix, providing another mouthwatering source of plant-based protein for those who are vegetarian, vegan or flexitarian.

CULINARY GETAWAY

LOOKING FOR SOME R&R? Wellness and culinary retreats are seeing a rise in popularity, and it’s no wonder why. The opportunity to go away for a few days to relax and refresh is essential for self-care. The Art of Living Retreat Centre, nestled in the Blue Ridge Mountains of North Carolina, is hosting its Ayurveda Culinary Retreat from June 1 to 3 and its Delicious Energy Workshop from June 22 to 24. **FOOD FOR THE BODY & MIND:** Led by renowned Ayurvedic cooking instructor Nalini Mehta, the Culinary Retreat is rooted in Ayurveda, the ancient Indian medicine that explores the connection between mind and body. You’ll learn what type of *dosha* you embody and how to best nourish it in every season with Ayurvedic foods. (Practitioners believe a person can have one or sometimes two doshas, or energies that govern physiological functions of the body.) **RAW FOODS:** The Delicious Energy Workshop offers the chance to learn about the bounty of superfoods you can use for uncooked applications. You’ll also learn yoga and breathing techniques designed to support the digestive system. Visit artoflivingretreatcenter.org for more information.



GIRL POWER

CALLING ALL POPCORN

LOVERS: Food Network host, chef and cookbook author Giada De Laurentiis has a new popcorn line out with Simply 7 Snacks, and not only is it incredibly addictive and full of satisfying flavors, but it’s also made with popcorn that’s sourced from American female farmers as much as possible. “Being a mom, I’m always trying to find snack items that have really great ingredients in them,” says De Laurentiis, who created three Italian-inspired flavors: Parmesan, Sicilian Sea Salt and Organic Butter (**\$3 to \$3.50, amazon.com**).

Each popcorn is made from non-GMO blue and red corn: “It gives it more texture, more crunch, more nuttiness and more protein in the actual popcorn,” she says. **GIVING BACK:** Proceeds from the sale of the popcorn will benefit Giada’s “Fund Her Farm” initiative to empower female farmers. “It’s about giving back and helping female farmers, and helping them get more connected to where our food comes from, and glamorizing it so that people want to farm again,” she says. “And it becomes something that in the end will be beneficial to our health as a nation.”

FUN WAYS TO TRY: De Laurentiis suggests toasting the popcorn in the oven to add as “croutons” to a Caesar salad, adding it to trail mix or as a garnish over top of olive oil brownies. For more recipes from De Laurentiis, you can check out her new cookbook, *Giada’s Italy* (Clarkson Potter, 2018).





Crunch Time

These crunchy, crispy and flavor-packed crackers and chips are healthier than the usual supermarket fare thanks to ingredients such as non-GMO corn, nuts and seeds with zero additives.

BY LAURA SCHOBER



GET YOUR GREENS

The Cool Cucumber and Dill Kale Chips by The Healthy Crunch Company gives kale chips new life with sunflower seeds, lemon, coconut sugar, Himalayan salt and nutritional yeast for a savory, “cheesy” snack. **\$5.50**, healthycrunch.com



DO THE DIP

While Late July Organic Blue Corn Cantina Dippers are perfect for dipping into piquant salsa or guacamole, these crispy, salted Non-GMO Project-verified chips are also a treat for your taste buds on their own. **\$4.50**, latejuly.com



GRAIN-FREE GOODNESS

These party-ready cassava chips are entirely grain-free! Siete Grain-Free Tortilla Chips in Nacho provide the perfect combination of cheesy, spicy and savory flavors. **\$5**, sietefoods.com for where to buy



THE NUT CRACKER

Simple Mills Sea Salt Fine Ground Almond Flour Crackers boast a pleasing grain-free, gluten-free blend of nuts and seeds as well as tapioca, cassava, sea salt and onion powder. **\$5**, simplemills.com



KING OF CRUNCH

Whether paired with hummus, cheese or veggies, Crunchmaster 7 Ancient Grains Crackers with Sea Salt are gluten-free and low-sodium, making these a crowd-pleasing option for your next wine-and-cheese. **\$3**, crunchmaster.com



A DIY Bathroom Cleaner

Sparkling clean bathrooms are a spritz away with this natural castile soap spray.

BY KATHRIN BRUNNER, PHOTOGRAPHY BY MEAGHAN EADY

This soap spray for bathrooms cleans and freshens surfaces without leaving any toxic fragrances behind. Its citrusy and earthy scent comes from essential oils that also help to disinfect: Lemongrass essential oil has been found to effectively reduce germs and bacteria, making it a greener alternative to chemical disinfecting agents. Another eco-friendly choice is castile soap, a natural and highly concentrated cleaner that lifts away dirt and grime. So breathe easy – this DIY option is better for your wallet, your health and the environment!

Grapefruit & Lemongrass Spray

2 cups distilled water

2 tbsp unscented liquid castile soap

20 drops lemongrass essential oil

15 drops pink grapefruit essential oil

1. Using a funnel, add distilled water to a bottle with a spray nozzle.
2. Add castile soap and essential oils and seal tightly. Shake gently to combine.
3. To use, spray onto bathroom surfaces and leave on for several minutes, then use a microfiber cleaning cloth or sponge to clean. Rinse cloth or sponge with hot water and wipe again to remove soap residue.



1



2



3



KATHRIN BRUNNER is a Toronto-based nutritionist and yoga teacher. She has a passion for holistic living and is a super-avid DIYer who has created several lines of natural body-care products. Brunner teaches at The Institute of Holistic Nutrition and has a private practice that offers a variety of workshops, corporate talks and yoga classes. Visit her website at fortheLoveofbody.com.

Glow Getters

Keep your skin soft and glowy with these 3 rejuvenating skin-care products.

BY LAURA SCHOBER

SMOOTH AS SILK

True to its name, Nyl Velvet Transformative Serum goes on smooth and gives your face a gorgeous glow. Packed with vitamin C and antioxidants, this balancing oil has anti-inflammatory properties and fights free radical damage to stave off wrinkles. **\$68**, nyl skincare.com



DESSERT FOR THE BODY

With its heavenly crème brûlée scent and plant-based ingredients, basd body care lotion leaves skin soft to the touch by nourishing it with five organic moisturizers like coconut oil, sunflower seed oil, aloe vera juice, cocoa butter and shea butter. **\$25**, basdbodycare.com



RESTORATIVE OIL

Formulated with moisturizing baobab seed oil to soothe skin, vitamin C to boost collagen production, and tamanu oil to help repair sun damage, MyChelle Dermaceuticals Perfect C Cleansing Oil goes beyond cleansing to brighten, balance and restore skin. **\$18**, mychelle.com



When to Give in to Your Sweet Tooth

Researchers at Princeton University have discovered that small to modest amounts of fructose, a sugar found in fruit, are processed primarily in the small intestine and not by the liver as previously believed. Although the study was conducted in mice, the findings give insight into how your body may process sugar and how simple modifications to how and when you munch on the sweet stuff could affect your microbiome.

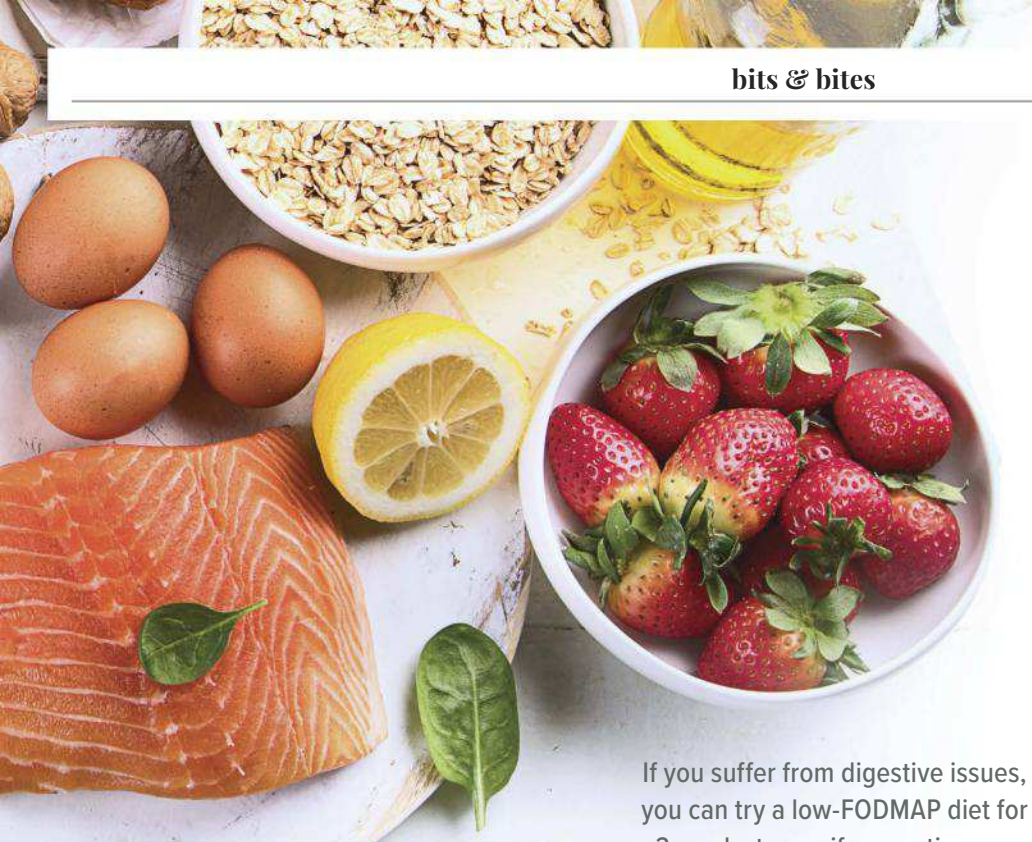
THE AMOUNT OF SUGAR MATTERS: This means that the majority of fruit-based sugars ingested may not reach the liver and lead to chronic diseases such as cirrhosis or liver cancer. However, excess sugar intake can still negatively impact gut health and spill over to the liver and colon, especially if eaten in between meals. “These observations suggest that fructose can be safely eaten in moderation, especially after a meal,” said Joshua Rabinowitz, MD, PhD, of the Lewis-Sigler Institute for Integrative Genomics at Princeton University, adding that it’s also best to avoid eating sweets on an empty stomach. “Eating fructose in a fed state rather than a fasted state may be better to prevent fructose spillover to the liver and microbiota,”

he says. **DOCTOR’S ORDERS:** Rabinowitz suggests avoiding fructose in the morning when the body is least able to process it and start the day instead with a balanced breakfast containing complex carbohydrates such as oatmeal and/or protein such as eggs. If you want to indulge your sweet tooth after a meal later in the day, go for dark chocolate or a small serving of berries instead of a sugary cookie or chocolate bar.



**SALTED CHOCOLATE
ALMOND BUTTER CUPS
CLEANEATING.COM/
SALTEDBUTTERCUPS**

SWEET TOOTH TEXT BY KAREN MORSE, ALMOND BUTTER CUP PHOTO BY RONALD TSANG



If you suffer from digestive issues, you can try a low-FODMAP diet for 2 weeks to see if you notice any improvements in symptoms.



ASK OUR DIETITIANS

Got a food question?

We have the answers.

Q/ What are FODMAPs?

A/ FODMAP (the acronym for Fermentable, Oligo-Di-Monosaccharides and Polyols) are a type of carbohydrate that some people have difficulty digesting. When undigested, FODMAPs settle in the far end of the intestine where they interact with gut bacteria, which use them for fuel and produce hydrogen. This causes symptoms of gastrointestinal distress, including bloating, gas, diarrhea, constipation and stomach pain. While not everyone has a sensitivity to FODMAPs, people with irritable bowel syndrome (IBS) are particularly sensitive to them. FODMAPs are found in many types of foods, including dairy, wheat, legumes, some fruits and vegetables, as well as high-fructose corn syrup and sorbitol. Low-FODMAP diets have been shown to improve symptoms of gastrointestinal distress and reduce symptoms of IBS as well as inflammatory bowel disease. A low-FODMAP diet consists of foods such as meat, nuts, seeds, fish, eggs, many fruits and vegetables, anti-inflammatory oils, low-lactose or lactose-free cheeses, and grains including oats. To make sure you are eating a well-balanced diet, you should consult with a Registered Dietitian Nutritionist, who can provide you with an individualized nutrition plan.

Registered dietitians Tiffani Bachus and Erin Macdonald are the co-founders and creators of URockGirl.com, a website dedicated to promoting wellness and a healthy, balanced lifestyle.

THE WHEY TO MUSCLE

What's the fastest way to gain muscle from your workouts? If you're someone who regularly lifts weights or does another form of resistance training, dietary protein supplements are often touted as the Holy Grail when it comes to improving muscle size and strength. However, a study published online in the *British Journal of Sports Medicine* has found that taking a dietary protein supplement may not be have the same muscle-building benefits for everyone, particularly in older adults who require a higher concentration of protein to make supplementation as effective as it is in younger people. The research team at McMaster University in Ontario, Canada, analyzed dozens of clinical studies and found that the combination of resistance training and protein supplements was beneficial for healthy adults but was less effective for older adults. This suggests protein serving sizes or composition may need to be optimized for older adults, and further research is merited. The researchers also found that going beyond 1.6 grams of dietary protein per kilogram of bodyweight per day (during resistance training) does not enhance any changes in muscle mass. The researchers aim to use their findings to help supplement makers customize their protein (by adding either a larger dose of protein or a protein that is fortified with additional leucine to trigger muscle growth) so people of all ages can benefit.

A Hint Of Sweetness

You won't spy any cane sugar in these bevvies and foods! Instead, these clean goodies contain either honey or maple syrup for a naturally sweet taste you can feel good about.

BY LAURA SCHOBER



1 / DAY BREAKER

Take a bite out of Base Culture's Sweet Paleo Banana Bread and try not to finish it in one sitting! With no artificial ingredients or preservatives, this baked snack contains honey, vanilla, bananas, egg, golden flaxseed meal and gluten-free nut flours. **\$8.50, baseculture.com**

2 / IRRESISTIBLE TEA

Delectably smooth flavor enhancers like Steam-crafted maple syrup and natural mint flavor are what makes The Maple Guild's Fair Trade Organic Green Tea Mint one of our favorite afternoon pick-me-ups. **\$3.50, themapleguild.com**

3 / DRINK TO YOUR HEALTH

Pukka Herbs in Lemon, Ginger and Manuka Honey contains immune-boosting FairWild elderflowers plus the addition of Sicilian lemons and Manuka honey for a warming spicy-sweet tea you can savor every night. **\$5.50, pukkaherbs.us**

4 / THIRST-QUENCHER

Up Mountain Switchel Original is a refreshing bevvie composed of fresh ginger, raw apple cider vinegar and organic grade A maple syrup. In the winter, you can even heat it up for a hot cup of tea! **\$4, drinkswitchel.com for where to buy**

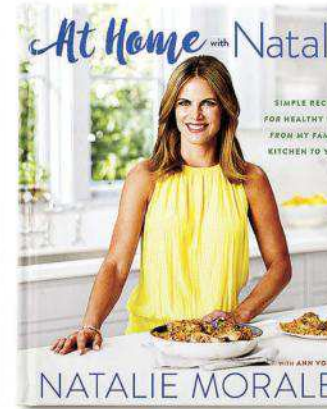
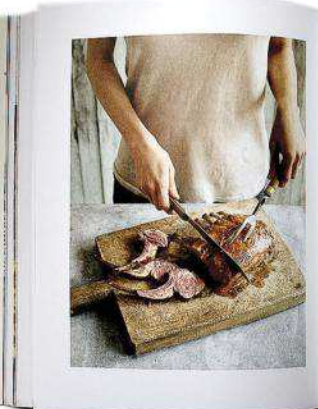
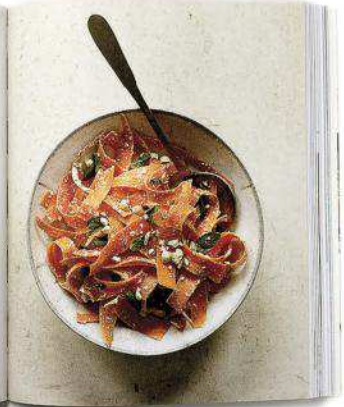
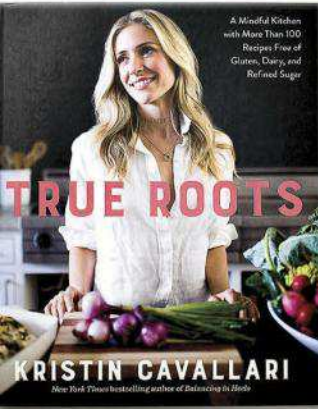
5 / PROTEIN-PACKED DECADENCE

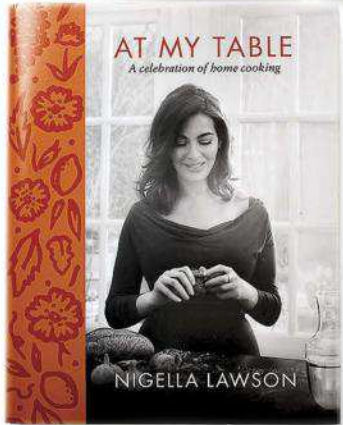
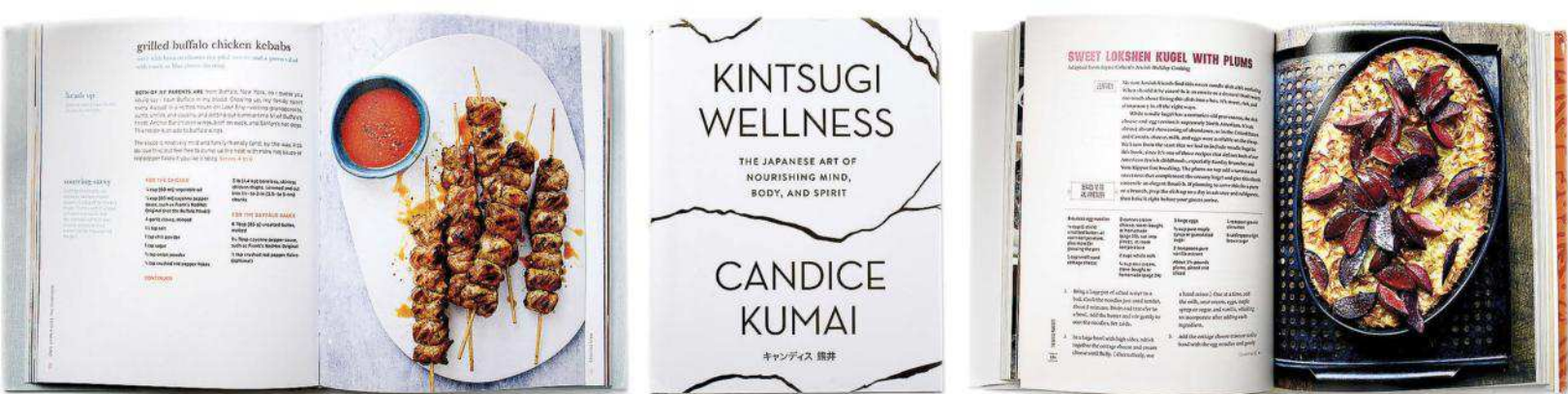
Hail Merry's indulgent yet entirely clean Salted Brownie Bar Bites, made with almonds, maple syrup, sea salt and cocoa powder, offer 10 grams of protein from sunflower protein and hemp seeds. **\$3, hailmerry.com**

6 / SWEET & SPICY PICKLES

The Real Dill Jalapeño Honey Dills contain Colorado wildflower honey, onion and jalapeño for fresh-tasting, mild-heat pickles that will have your friends thinking they're homemade. (Shhh, we'll never tell!) **\$15, therealdill.com**

spring's hottest new reads

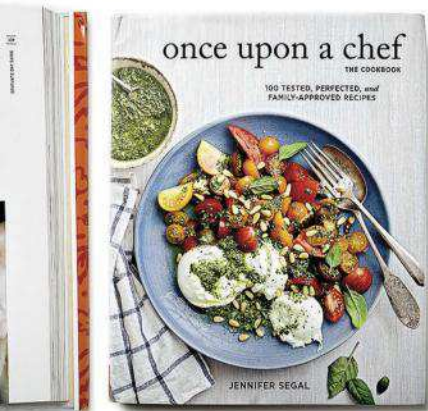




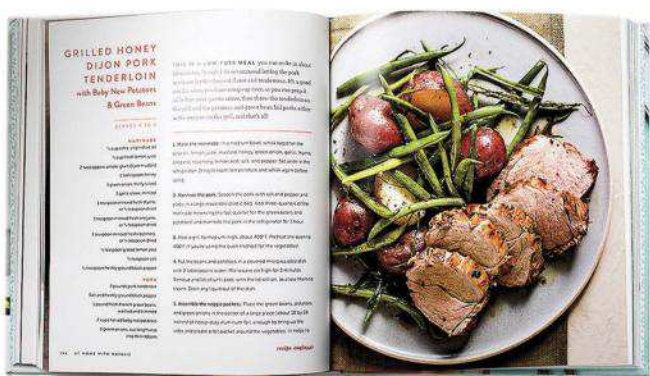
Spring's Hottest New Reads



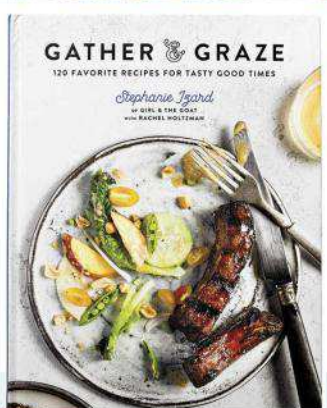
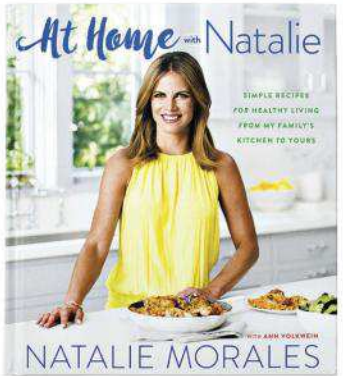
Our lineup of the latest cooking and wellness books will help you savor the season to the max!



BY ANNA LEE BOSCHETTO,
PHOTOGRAPHY BY VINCENZO PISTRITTO



spring's hottest new reads

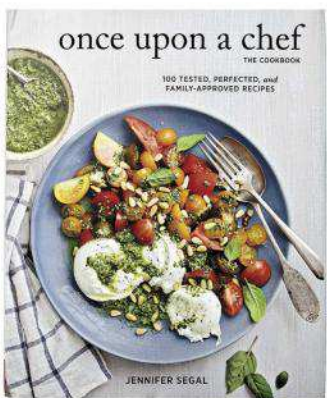


AT HOME WITH NATALIE

Growing up, journalist and author Natalie Morales was accustomed to living abroad – with her father working in the Air Force, her family moved eight times in her first 18 years. But no matter where she was in the world, her mother's kitchen was always a source of comfort. The foods that Morales tried in her many homes and countries inspired *At Home with Natalie: Simple Recipes for Healthy Living from My Family's Kitchen to Yours*. With each chapter, Morales takes you and your family on a journey around the world, where food is about balance and mealtime is about gathering your family around the kitchen. You'll find chapters such as "Power-Up Breakfast" and "Family Dinners," where Morales offers her healthier takes on both global and traditional dishes. **By Natalie Morales with Ann Volkwein (\$30, Houghton Mifflin Harcourt)**

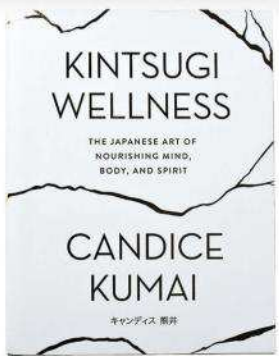
ONCE UPON A CHEF, THE COOKBOOK

In *Once Upon a Chef, the Cookbook: 100 Tested, Perfected, and Family-Approved Recipes*, European-trained chef Jennifer Segal takes recipe creation to the next level. For Segal, time is of the essence, and you can't afford to have a recipe that's off the mark, so she's done everything in her power (and then some) to serve up 100 recipes that hit the mark right on. Plus, she dives into her culinary tool kit and gives you the rundown on the essential kitchen gadgets everyone needs right now. Home cooks will appreciate that Segal uses her extensive culinary training to offer professional tips on topics such as balancing flavors, and parents will like the side tips on how to revise certain recipes to suit the tastes of picky little eaters so that everyone can dine happily. While not every ingredient is clean (we spotted vegetable oil and sugar in a few recipes), you can easily make clean swaps to make it work for you. **By Jennifer Segal (\$30, Chronicle Books)**



GATHER & GRAZE

Author, restaurateur and chef Stephanie Izard's cookbook, *Gather & Graze: 120 Favorite Recipes for Tasty Good Times*, is a food lover's celebration of globally inspired recipes utilizing seasonal garden varieties, seafood and good-quality meats that make meal prep a lot more interesting. The section "Veggies Are Fun, Too!" puts the spotlight on vegetables, with creative ways to use and prepare various types. From grilling recipes to dishes for brunch and celebratory events such as picnics, each section involves minimal effort and maximizes the pure flavors of real, farm-fresh fare. (Just keep an eye out for ingredients such as brown sugar and canola oil, which will require *Clean Eating*-approved substitutions.) Izard beckons you to join her in having fun with food, enjoying the simplicity of the ingredients from fish to fish sauce and homemade spice blends. After all, food is meant to be enjoyed with your family and friends. There's nothing complicated about that. **By Stephanie Izard with Rachel Holtzman (\$35, Clarkson Potter)**



KINTSUGI WELLNESS

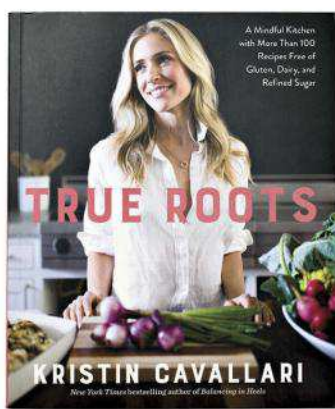
Using the simple rituals of her Japanese heritage, in *Kintsugi Wellness: The Japanese Art of Nourishing Mind, Body, and Spirit*, chef and author Candice Kumai offers a guide for living a more balanced, nourished and enriched life. Organized in four sections – Strengthen, Nourish, Lifestyle and Heart – readers will discover healing rituals and recipes that are easily incorporated into your daily routine. To help you add a bit of Asian flavor to your cooking repertoire, Kumai includes a rundown of Japanese pantry basics, along with a guide to purchasing quality tea. Kumai also encourages home cooks to approach the kitchen open to inspiration as a way of deepening your relationship with food. The selection of recipes, including a traditional Japanese breakfast, will have you feeling as though you’ve been whisked away to Japan without having left the comfort of your own home.

By Candice Kumai (\$30, Harper Wave)

AT MY TABLE

When cookbook author and television personality Nigella Lawson bought her first home, a kitchen table was a priority. If the kitchen is the heart of your home (as it is for most), then a table is its grounding life force. In *At My Table: A Celebration of Home Cooking*, Lawson has reimagined ingredients with recipes that are both practical and refreshingly simple, with all the tools you need to share each dish with the ones who gather around your table. Unlike some of her other cookbooks, in this one you won’t find chapters but rather a recipe collection that keeps the focus on the food and maximizes the flavors of each ingredient. Although you’ll be tempted to dive right into cooking (and who wouldn’t with recipes like Mung Bean Dal with Mint and Cilantro!), savor the introduction – we think you’ll enjoy Lawson’s writing as much as you will her recipes.

By Nigella Lawson (\$35, Flatiron Books)



TRUE ROOTS

Stemming from their shared passion for simple, rustic food, Kristin Cavallari teams up with chef Michael Kubiesa to bring to life a cookbook that offers more than 100 recipes free of gluten, dairy and sugar. *True Roots* is a welcome guide for when you’re cooking for family or friends with dietary restrictions. From your morning meal to late-night snacks, each chapter offers approachable recipes using seasonal ingredients that make it a cinch to pull together a meal. In addition, when you need to build a menu for weekend entertaining, you’ll find it easy to select recipes for pairings, such as the Summer Salad with Sweet Basil Vinaigrette and the Seared Scallops with Blackened Cherry Tomato and Sautéed Fennel.

By Kristin Cavallari (\$26, Rodale) 🌱



5 Ways to Reimagine Food Waste

The food system is getting a major makeover: What was once considered “waste” is getting a delicious second act. Check out these fresh ideas that can change the way you eat and sip - all the while keeping more food out of landfills.

BY KATE GEAGAN

1/ Support partnerships that make wholesome, fresh foods more accessible.

“In New York City, where I live, one in six people is food insecure,” says Katie Workman, acclaimed cookbook author, food writer and hunger-relief activist. “Many people who experience food insecurity have to make difficult decisions between paying for necessities like medicine or rent and being able to put good food on the table,” she says. Workman sits on the board of City Harvest, a New York City-based organization that rescues 59 million pounds of food every year from local restaurants, supermarkets, manufacturers and

growers. It delivers it to places such as food pantries, soup kitchens and daycare centers to help nourish the community. These organizations play a critical role in solving one of the biggest paradoxes in our food system today: Up to 40% of the food we produce is wasted, while at the same time an estimated 41 million Americans struggle with food insecurity. “Even if you can’t see the person sitting across the table from you, if you’re helping make sure food gets from point A to point B, then you’re also helping feed somebody, and that matters,” says Workman.



2/ Meet your new favorite tea.

Consumed as a tea in Ethiopia and Indonesia for centuries, the leaves of the coffee tree have been largely overlooked in modern farming, typically cast aside as waste or animal feed. Companies such as Wize Monkey have set out to change that: Their line of smooth-tasting, handcrafted coffee leaf teas (which contain caffeine levels similar to green tea) are upcycling an ingredient that's brimming with health benefits. In one 2012 study, researchers found that *coffea* leaves (the leaves used in coffee leaf teas) contain high levels of antioxidants, in particular mangiferin, an antioxidant known to combat inflammation. There's a positive social impact, too: Whereas the coffee bean harvest typically lasts just three months, coffee leaves can be harvested for nine months out of the year, giving farmers a more viable income. Try Wize Monkey in Original (\$13, wizemonkey.com).



Kate Geagan, MS, RD, is an award-winning dietitian and internationally recognized leader in sustainable eating and nutrition. She is the author of *Go Green, Get Lean: Trim Your Waistline with the Ultimate Low Carbon Footprint Diet*, and she's regularly appeared on *The Dr. Oz Show* and Katie Couric's show *Katie*.

3/ Get in on the "shroom boom."

While the popularity of mushrooms as a functional superfood is booming (they are popping up in everything from coffee drinks to healing broths to chocolate powders), they have another powerful benefit for the planet. Mushrooms are nature's great recyclers, able to break down chemical components of a variety of materials, from agricultural waste to coffee grounds, resulting in growth of more mushrooms. This realization was behind the creation of Back to the Roots at-home organic mushroom growing kits, which rescue spent coffee grounds and turn them into a nutrient-rich medium for growing mushrooms. Since the company's inception, they have rescued tens of millions of pounds of coffee grounds through partnerships with cafés. Try Back to the Roots Organic Mushroom Farm (\$20, backtotheroots.com).

4/ Upcycle nutrient-rich castaways.

Food entrepreneurs are breathing new life into wholesome by-products that have typically been tossed. "Doing less harm is not enough," says Dan Kurzrock, co-founder of ReGrained. "What we really need is for solutions to be regenerative, to find creative ways to do more with less." ReGrained rescues and upcycles the grain by-product created by the beer brewing process into SuperGrain+



flour and foods like bars. The brewing process extracts most of the sugars, leaving behind a grain that's higher in protein, prebiotic fiber and micronutrients. Other innovators are helping salvage the estimated 6 billion pounds of vegetables and fruits that go unharvested or unsold each year because they lack the eye-catching perfection most shoppers expect. Misfit Juicery partners with farmers, distributors and fresh-cut producers to put the squeeze on "ugly" or bruised produce, helping keep nutrition and resources in the food system and out of landfills, where they would otherwise generate greenhouse gasses.

5/ If you haven't tried aquafaba yet, now's the time.

One ingredient causing quite a stir is something you may have dumped down a drain rather than into a mixing bowl. Aquafaba, the viscous liquid left over from cooked chickpeas, holds the same promise as egg whites and can be easily whipped up into frothy foams and vegan whipped creams. Chefs are leading the charge with how to use this versatile new plant-based star, using it in everything from fluffy pancakes to light-as-air meringues. Even the cocktail bar is getting crafty with it. Not only does this mean you can stretch a can of beans a little further, but it's also a lean and green win: Swapping animal products for plants cuts down on carbon emissions. 🌱





6 Ways

to Declutter Your Kitchen

Have a lot of kitchen tools but not enough storage? We're featuring our best tricks and most clever finds to maximize space and keep your countertops clutter-free.

BY ANDREA GOURGY

Free up Counter Space

UMBRA FLOAT

Are you always digging through the utensil drawer to find a wooden spoon? Mount this holder against a wall or in a cabinet to keep utensils handy without taking up precious real estate on your countertop. It has a flexible grip that held all the various-sized utensils we tested it with. \$15, umbra.com

Make Use of Vertical Space

ENCLUME WALL-MOUNTED NARROW BOOKSHELF RACK

When you can't add more shelves at eye level, there's only one solution: Build up! This gorgeous 24-inch storage rack has both hooks for hanging pots and pans and a shelf for cookbooks or cutting boards. It's easy to spot the cooking vessel you need without reaching into the back of a cabinet. We love it in copper, but it's also available in hammered steel.

\$400, williams-sonoma.com

Ditch the Knife Block

ZWILLING JA HENCKELS WALL-MOUNT MAGNETIC KNIFE HOLDER

If you still have a bulky wooden knife block on your countertop, it might be time to rethink the arrangement. All your chef's knives can be stored on this sleek magnetic rack for easy access. This may not work as well for DIYers if you have a tile backsplash, however, as you have to drill into the wall to mount it. \$25, bedbathandbeyond.com

Collapse Your Tools

CHEF'N SLEEKSTOR 8-PIECE COLLAPSIBLE MEASURING CUPS AND SPOONS SET

Dry measuring cups can be awkward and take up space. This eight-piece set of dishwasher-safe measuring cups and spoons not only nests but also collapses almost flat. We love that these are BPA-free and consist of stain- and heat-resistant silicone cups (up to 650°F) and heat-resistant nylon handles (up to 400°F).

\$15, bedbathandbeyond.com

Make Sense of Your Spices

KAMENSTEIN 12 JAR SPICE RACK

Free up a drawer or cabinet by moving your spices to a magnetic rack such as this stainless steel model that holds 12 canisters. It's best mounted on a wall or used with its built-in stand on a countertop. It comes with labels and spices plus a complimentary subscription for five years of refills, which can be fulfilled at freespicerefills.com. Always make sure to close the spice jars before hanging back on the rack to avoid spills.

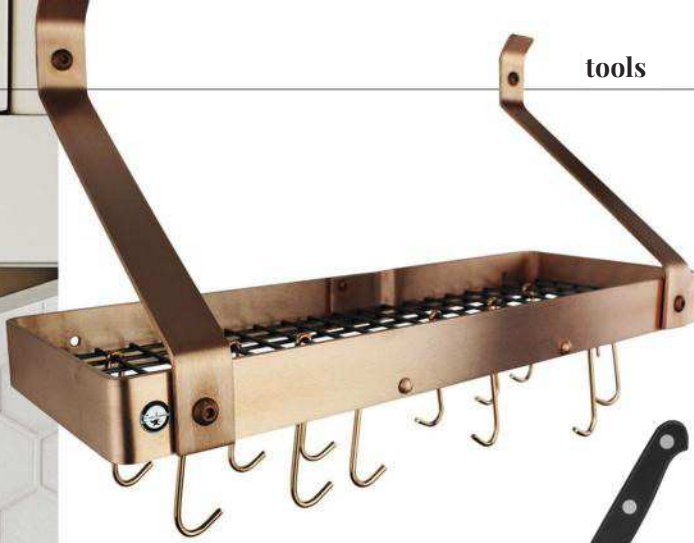
\$41, wayfair.com

Look for Multipurpose Tools

ISI BASICS SILICONE SPOON SPATULA IN WASABI

Why keep two tools on hand when one does double duty? This one utensil is both a spoon for cooking and scooping up liquids (it's heat-resistant up to 600°F) as well as a spatula for baking and scraping flat surfaces – and its unique shape makes it amenable to both uses.

\$10, isi-store.com ©





Ease Pain Naturally

Before reaching for relief in the form of a pill, consider one of these natural pain fighters.

BY ANDREA GOURGY

LEAD PHOTO BY KHOSRO/SHUTTERSTOCK.COM, CLOVES PHOTO BY OLEKSANDR GULA/SHUTTERSTOCK.COM, PEPPERMINT PHOTO BY OLENA BORONCHUK/SHUTTERSTOCK.COM

Chronic or recurrent pain is an unwelcome condition for the many who suffer from it. About 25 million Americans – more than 10% of the population – say they experience pain on a daily basis, according to a 2012 National Health Interview Survey. In fact, in an effort to relieve chronic pain, millions of Americans are being treated with opioids, and nearly 2 million Americans are abusing opioids or have an addiction to them. And, in the over-the-counter category, oral pain relievers are among the highest-selling products, according to consumer data from The Nielsen Company.

While those in severe chronic pain may not be able to wean off pain meds entirely, there are some natural and effective pain relievers that you might consider trying instead of or in conjunction with your regular pain meds, with your doctor's blessing, of course. We're looking at five common ailments – and the science-backed natural remedies that can help tame the pain.



JOINT PAIN

If you've experienced the burning sensation from cutting into a hot chile, then you're already familiar with capsaicin. This heat-inducing, spicy component in chiles can also be leveraged to ease the pain of inflamed joints by disrupting the normal functioning of your nerve receptors including their ability to process pain signals. Capsaicin has been shown to relieve pain when used regularly in sufferers of osteoarthritis, rheumatoid arthritis and fibromyalgia by as much as 50%. You'll find capsaicin creams and gels ranging in strength from 0.025 to 0.075%, and it can be used topically three to four times daily.

STOMACH PAIN

Peppermint tea has long been a household remedy for tummy troubles, so you may not be surprised to learn that recent research is providing backup to the potential of this powerful herb. It has a wide range of benefits: It's antispasmodic, it's calming, it boosts digestion and it has anti-nausea effects. Several studies show that peppermint oil can be beneficial for irritable bowel syndrome (IBS); in one randomized, double-blind study, enteric-coated peppermint oil capsules improved the severity of pain in more than 75% of the study participants who took it. Peppermint oil is normally used for IBS as it's a more concentrated form than tea. Avoid taking peppermint if you have gastroesophageal reflux (GERD) as it can exacerbate the condition.



TOOTHACHE

Need some pain relief until you can make it to the dentist? Cloves, the flower buds from the tropical evergreen tree *Syzygium aromaticum* are rich in a compound called eugenol, which has both antiseptic and anesthetic properties. For centuries, cloves have been used for breath freshening and tooth pain, and modern science confirms its efficacy: A 2006 study found that clove gel applied topically worked just as well as the topical anesthetic benzocaine gel for easing the pain of needle insertion. To use, place a clove near the tooth and keep it there, or pour the oil onto a cotton pad and place on or near the tooth. Don't ingest clove oil in large quantities, and always check in with your dentist to ensure your tooth pain isn't a sign of anything more serious that needs attention.

Lemon Tahini Smothered Broccolini
[cleaneating.com/
tahinibroccolini](http://cleaneating.com/tahinibroccolini)



Andrea Gourgy
EXECUTIVE EDITOR

Andrea Gourgy is the Executive Editor for *Clean Eating* magazine and the co-creator of the Clean Eating Academy. An expert on disease prevention through food, Andrea has worked with a number of health-based organizations including the Princess Margaret Cancer Care Centre and the American Heart Association. Andrea holds a master's degree in journalism from the University of Southern California, a diploma in culinary nutrition and a diploma in holistic nutrition.

MIGRAINES

Research suggests that low levels of the mineral magnesium may play a role in migraines - an interesting fact considering that magnesium deficiency is widespread with almost two-thirds of the Western population not getting enough. Magnesium oxide is used for migraine prevention, at a dose of 400 to 500 milligrams, according to the American Migraine Foundation, and it's mostly effective in those whose migraines are accompanied by aura. However, there are other forms of magnesium that are better tolerated or absorbed by the body, such as magnesium citrate, malate or aspartate. Check with your health-care professional about dosages for migraine prevention before taking as they can vary depending on the form.



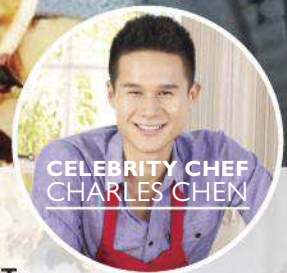
While fighting pain is likely the most immediate problem, the key to avoiding painkillers in the long run is to get to the source of the problem – particularly for chronic pain sufferers. If you're struggling with a painful inflammatory condition, such as rheumatoid arthritis, remember that diet and lifestyle factors play an important role. Following an anti-inflammatory diet, such as the Mediterranean diet, and including lifestyle practices such as exercising, meditating and getting quality sleep give your body the tools it needs to tackle inflammation. We suggest working with both your doctor and natural health practitioner together to develop a tailored supplement plan that's right for you. ☺

BROCCOLINI PHOTO BY DARREN KEMPER, MAGNESIUM PHOTO BY MONA MAKELASHUTTERSTOCK.COM

COOKING WITH COLLAGEN

MAKES EATING HEALTHY SIMPLE & DELICIOUS.

collagen
ALMOND BAR



CELEBRITY CHEF
CHARLES CHEN

INGREDIENTS:

Coconut Bars

- 1 ½ cups unsweetened coconut flakes
- ¼ cup coconut oil, solid or melted
- pinch of cinnamon
- 1 tsp of vanilla extract
- 2 tbsp pure maple syrup or coconut nectar
- ¾ cup slivered almonds

Chocolate Dip Layer

- ½ cup dairy free chocolate chips
- 1 tbsp of Neocell Super Collagen™ Powder
- 1 tsp coconut oil

HOW TO MAKE IT:

1. Line an 8.5x4.5" inch loaf pan with parchment paper or wax paper.
2. Add coconut flakes, coconut oil and maple syrup. Add cinnamon/vanilla extract.
3. Spread coconut mixture into the prepared loaf pan.
4. Chocolate Dip Layer: Use the double boiler method to melt chocolate, then add coconut oil and collagen.
5. Pour melted chocolate over pan, top with almonds and drizzle more chocolate.
6. Freeze for 15-20 minutes until hardened. Take out 5 minutes before serving!

For more Collagen infused recipes visit neocell.com/recipes

Super Collagen™ contains clinically studied BioActive NeoCell Collagen™ which supports healthy collagen formation throughout the body. Using NeoCell's technologically advanced hydrolyzation process, large collagen molecules are enzymatically hydrolyzed into small peptides that are both bioavailable and bioactive in the body.*

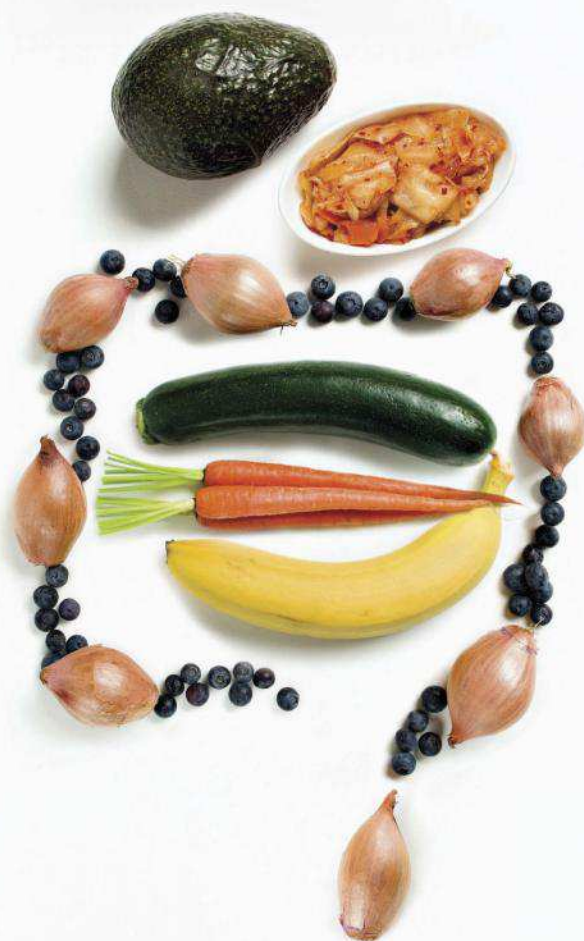
NEOCELL®
the true science of collagen

NEOCELL.COM

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**BASED ON SPINS DATA 10/2016



Happy Gut, **HEALTHY EVERYTHING**



New research proves it: Not just the source of ill-timed gurgles and groans, your gut may be the unsung hero of head-to-toe health.

TEXT BY RACHEL DEBLING, RECIPES BY BETH LIPTON, PHOTOGRAPHY BY CRAYOLA ENGLAND

WOMAN HOLDING SIGN PHOTO BY KANASHKIN EVGENIY/SHUTTERSTOCK.COM, FOOD GUT PHOTO BY VINCENZO PIETRITTO

Our Bodies, Ourselves is more than just the title of the classic 1970s women's health text that has sold millions of copies worldwide. It's a phrase that reflects how we have been brought up to view who we are – a singular entity that deserves and, in fact, needs protection from the onslaught of disease and germs lurking around every corner. So why is it that though we have embraced antiseptics and antibiotics to control the bacterial population inside and outside of our bodies, we seem to just be getting sicker?

Research is revealing a surprising source for the recent influx of allergies, autoimmune diseases and even mental health issues that plague our population. It turns out that your gastrointestinal system and, by extension, the nearly immeasurable number of bacteria contained within it are in the business of far more than just ensuring your latest meal is properly digested – and our misunderstanding of their role is leading to a lot more than just an upset stomach.

IN THE BEGINNING

"This used to be [a topic] just for gastroenterologists, and now everyone is weighing in; even the media is taking an interest," says Emeran Mayer, MD, PhD, a professor at UCLA's David Geffen School of Medicine and the Executive Director of the university's G. Oppenheimer Center for Neurobiology of Stress and Resilience. He is also the author of *The Mind-Gut Connection* (Harper Wave, 2016), which explains how the gut-brain axis, or the information superhighway between your head and "the second brain" in your gut, controls everything from your emotions to how your body fends off disease. And it is indeed a fascinating area of study.

You've probably heard that of all the cells in your body, those that are foreign (think bacteria) outnumber human cells (i.e., you). Up until recently, your gut – a word that collectively refers to your stomach, intestines and other digestive organs such as the liver, pancreas and even your mouth – was said to be home to 100 trillion bacterial cells, a 10:1 ratio of bacteria to human cells. However, according to researchers at the Weizmann Institute of Science, that ratio was calculated from numbers based on the premise that the average bacterium is about 1,000 times smaller than the average human cell, but, in fact, the size of bacteria cells and

human cells widely vary. Taking that information into account, the researchers revisited the scientific literature behind the ratio of 10:1 and published their findings in *Cell* in 2016. While they still found that bacteria outnumber human cells, the ratio is actually closer to being equal at 1.3:1. Still, the researchers caution their numbers are only rough estimates and that the numbers can vary slightly from person to person.

The diversity of this cellular population isn't a product of your genes alone. It is influenced in utero and during the first three years of your life by many internal and external factors, including your mother's diet, her stress level, your level of stress, the other people you have contact with and genetics, explains Mayer. Plus, since much of the bacteria that "seeds" the gut microbiome – a community of bacteria, fungi and other microscopic organisms – is passed to an infant during childbirth, those who are born via cesarean are often exposed to (and host to) a smaller variety of beneficial bacteria, putting them at a greater risk later for allergies, asthma and autoimmune diseases.

AGAINST GUT INSTINCTS

Though this army of bacteria is meant to work in harmony with the rest of your body, protecting it from unfriendly bacteria, things can sometimes go awry. When there is a defect in the gut-brain axis, the immune system begins to attack your body's cells, causing your brain to believe that your body is being attacked by foreign intruders when really it's just some organ or tissue that would have otherwise been harmless if your gut-brain axis was functioning properly. This effect is manifested in autoimmune diseases like celiac, lupus and even diabetes.

"We have to be cognizant that bacteria are our greatest allies. We aren't living in a cold, hostile world of bacteria that are out to get us. Actually, it's the opposite."

But what can cause this exchange of info error? Some speculate that it could be what we are putting into our environment and, by extension, our bodies. A 2014 review in the journal *Autoimmune Diseases* surmised that the rise in use of chemicals during manufacturing and farming that has taken place since World War II coincides with the surge in autoimmunity conditions. Studies also show that air pollutants affect the circulation of serotonin, an important neurotransmitter

that's found in both the gut and brain, as well as the function of the vagus nerve, the nerve that connects the brain to the heart, lungs and digestive tract. A malfunctioning vagus nerve causes inflammation within the body, which is linked to arthritis and irritable bowel syndrome (IBS), and has been tied to diseases like Parkinson's. More study, however, is needed to determine exactly what the effects of pollution are on the microbiome.

TOTAL-BODY REACH

There is a wealth of additional research that links an imbalance of gut microbiota to serious health issues aside from the autoimmune and inflammatory disease variety. For instance, the health of your brain. A 2017 study from Sweden's Lund University found that when a group of mice had intestinal bacteria from healthy mice transplanted into their guts, they developed fewer beta-amyloid plaques – lumps that accumulate in the brain and may be a cause of Alzheimer's – than those that had received a sample from a mouse with the disease.

And an imbalance of gut bacteria has been found to play a role in the development of cancer, not just locally as with colorectal cancer but systemically as with esophageal cancers, as described in the June 2017 issue of *Annals of Gastroenterological Surgery*. Clearly, keeping your internal bacterial community happy should be a major health priority – and not just to keep tummy rumblings at bay.

GET YOUR FLORA TO FLOURISH

Even though your gut microbiome may be architected during the very years over which you have the least control – the prenatal period, infancy and the first years of life – there are things you can do right now to affect the quality of the bacteria in your gut and the amount of each type, as well as the general day-to-day abnormal gut reactions that Mayer estimates 15% of people suffer from. (The microorganisms in your gut, he explains, create gas when mowing down on fiber, sometimes causing bloating and distension.) There's a lot of promise in largely plant-based diets with a focus on whole foods, says Mayer. "There is overwhelming evidence that it is the healthiest for your microbiome," he shares. "It won't permanently change it, but it will change the abundance and diversity as long as you are on that diet." In fact, meat-heavy diets have been linked to an increase in *Bilophila wadsworthia*, a type of gut bacteria that has been shown to be associated with inflammatory bowel disease, according to a 2013 Harvard University study published in the journal *Nature*.

But you don't necessarily have to go meat-free to see benefits. Josh Axe, DNM, CNS, DC, author of *The Gut Repair Cookbook* (Axe Wellness, LLC, 2016) and the founder of Ancient Nutrition, suggests beginning by removing offenders like refined sugar, gluten, processed dairy products, unsprouted grains and processed foods, which have been shown to cause digestive upset. Slowly start to add in foods like bone broth, fermented vegetables, steamed non-starchy vegetables, probiotic-rich raw cultured dairy, and healthy fats like avocado and coconut oil. He also recommends taking a high-quality probiotic supplement as well digestive enzymes.

If you suffer from recognized allergies or suspected food intolerances, removing the foods or food groups that trigger reactions from your diet can help reduce digestive upset. This is especially true for individuals with low levels of the enzyme lactase, which breaks down lactose into simpler sugars in the body; avoiding dairy products will prevent the cramping and diarrhea that are sometimes associated with their intake.

It's not just your diet that can play an important role in your gut health either. A 2017 review published in *Neurobiology of Stress* concluded that there is a strong link between stress and the diversity of gut bacteria in animal studies, and the relationship is compelling enough to warrant further research. Even exercise has been shown to have positive effects: Participants in a 2017 University of Illinois at Urbana-Champaign study who followed a six-week exercise program had higher levels of bacteria that produce butyrate, a short-chain fatty acid that reduces inflammation, promotes healthy intestinal cells and provides energy to colon cells.

Just being aware of the fascinating community that lives within you can go a long way in helping create balance, too. "We have to be cognizant that [bacteria] are our greatest allies," says Raphael Kellman, MD, founder of New York City's Kellman Center for Integrative and Functional Medicine and author of *The Whole Brain* (Da Capo Lifelong Books, 2017) and *The Microbiome Diet* (Da Capo Lifelong Books, 2014). "We aren't living in a cold, hostile world of bacteria that are out to get us. Actually, it's the opposite."

In the end, reframing our understanding of the human body as a vibrant and varied community of interworking life-forms is a necessary step on the road to health and longevity. Shifting away from the segregated and narrow "our bodies, ourselves" mindset can be the first step to achieving the balance we all crave. After all, as Dr. Kellman notes, "If you are thinking of the bacteria inside of you as the bad guy, how are you going to heal the microbiome within you?"



Gingery Braised Chicken Thighs

(SEE RECIPE, P. 48)

Tricolor Salad

with Oranges, Olives & Kefir Herb Vinaigrette

SERVES 4. HANDS-ON TIME: 35 MINUTES. TOTAL TIME: 35 MINUTES.

Kefir, a drinkable fermented dairy product, is rich in probiotics – even more so than its better-known cousin, yogurt. Plus, its tangy, tart flavor makes it a fantastic counterpoint in recipes like this herby dressing. Shallots and chives lend flavor while acting as prebiotics, or “food” for the healthy bacteria in your gut. This recipe makes extra dressing, so you can dress your salad as lightly or as lavishly as you like.

The leftovers will keep in the fridge for up to a week. Use it on mixed greens, tuna or chicken salads, or stir in more kefir or yogurt to make a dip.

VINAIGRETTE

- ¼ cup** extra-virgin olive oil
- 1 small** shallot, minced
- 1 cup** full-fat kefir, divided
(TRY: Lifeway Organic Whole Milk Kefir)
- ¾ cup** fresh flat-leaf parsley leaves
- 3 tbsp** chopped fresh chives
- 1 tbsp** chopped fresh tarragon
- 1 tbsp** sherry vinegar
- 1 tsp** grated orange zest
- 1 tsp** Dijon mustard
- ½ tsp** raw honey
- ½ tsp** each sea salt and ground black pepper

SALAD

- 2 large** oranges
- ½ small** fennel bulb, trimmed, halved, cored and thinly sliced
- ½ small** head radicchio, cored, halved and chopped
- 1 large** or 2 small heads Belgian endive, trimmed and cut crosswise into ½-inch-thick slices
- 2 cups** packed baby kale
- ¼ cup** oil-cured Moroccan olives (or Kalamata olives), pitted and chopped

1. Make vinaigrette: In a small saucepan, combine oil and shallot. Place over low heat and cook just until shallot begins to sizzle. Continue cooking for 30 seconds. Remove from heat and pour into a blender or small food processor. Add ½ cup kefir, parsley, chives, tarragon, vinegar, orange zest, mustard and honey. Purée until smooth. Transfer to a medium bowl and whisk in remaining kefir. Season with salt and pepper. Cover and refrigerate until ready to use.

2. Make salad: Cut top and bottom off oranges. Cutting from top to bottom, slice peel and white pith off oranges. Slice oranges crosswise into rounds. To a large serving bowl, add oranges, fennel, radicchio, endive, kale and olives; gently toss to combine.

3. Add ¼ cup of the vinaigrette to bowl and gently toss to coat. Add more vinaigrette, 1 tbsp at a time, if desired and toss to coat. Season to taste with additional salt and pepper, if desired. (Cover and refrigerate any leftover vinaigrette for another use.)

PER SERVING (¼ of salad and 1 tbsp vinaigrette): Calories: 116, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 16 g, Fiber: 4 g, Sugars: 10 g, Protein: 3 g, Sodium: 204 mg, Cholesterol: 2 mg



Bitter foods trigger your gut microbiota to tell your brain to release ghrelin, often referred to as the “hunger hormone,” which may be why Europeans drink bitters before meals. In addition to stimulating appetite, ghrelin also aids digestion by stimulating bile flow, gastric acid and other digestive secretions.





Gingery Braised Chicken Thighs

SERVES 4.

HANDS-ON TIME: 45 MINUTES.

TOTAL TIME: 1 HOUR, 15 MINUTES.

Ginger, garlic and chicken bone broth are all-stars for gut health. Ginger promotes healthy digestion and helps your body absorb nutrients properly. Garlic is a prebiotic while the collagen in the bone broth has been shown to strengthen intestinal walls and fight leaky gut syndrome. But the best part? They help create a savory, well-seasoned braising sauce that keeps these chicken thighs nice and juicy.

- 2 tbsp** avocado oil
- 8 small** (or 4 large) bone-in, skin-on chicken thighs (about 3 lb)
- 1¼ tsp** sea salt, divided + additional to taste
- ½ tsp** ground black pepper + additional to taste
- 3** shallots, chopped
- 2 large** carrots, chopped
- 1 3½-inch** piece fresh ginger, peeled and chopped
- 1 1-inch** piece fresh turmeric, peeled and finely chopped

- 3 cloves** garlic, chopped
- 2 tsp** yellow mustard seeds
- 2 cups** chicken bone broth (preferably organic or homemade)
- 4** 1- to 2-inch-long strips orange zest + ¼ cup fresh orange juice, divided
- 1** bay leaf

1. In a Dutch oven, heat oil on medium-high. Pat chicken dry; season all over with 1 tsp salt and ½ tsp pepper. Add chicken to pan, skin side down, and cook until skin is browned and crisp, 6 to 8 minutes. Turn and cook until bottom is browned, 6 to 8 minutes. Transfer to a plate, cover and set aside. Drain off all but 1 tbsp fat in pan.

2. Reduce heat to medium. Add shallots and carrots and season with ¼ tsp salt and additional pepper. Cook, stirring occasionally, until tender, about 6 minutes. Add ginger, turmeric and garlic; cook, stirring, until fragrant, about 1 minute. Stir in mustard seeds and cook, stirring, for 1 minute.

3. Pour broth and orange juice into pan, stirring up any browned bits on bottom. Add orange zest and bay leaf and bring to a boil. Reduce heat to medium-low. Return chicken to pan, skin side up, along with any accumulated juices on plate. Partially cover and simmer until chicken is no longer pink inside and flavors have developed, about 30 minutes. Season with additional salt. Discard orange zest and bay leaf before serving.

PER SERVING (¼ of recipe): Calories: 547, Total Fat: 34 g, Sat. Fat: 9 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 6.5 g, Carbs: 11 g, Fiber: 3 g, Sugars: 5 g, Protein: 51 g, Sodium: 837 mg, Cholesterol: 273 mg

Roasted Broccoli Steaks with Miso Butter

SERVES 4.

HANDS-ON TIME: 10 MINUTES.

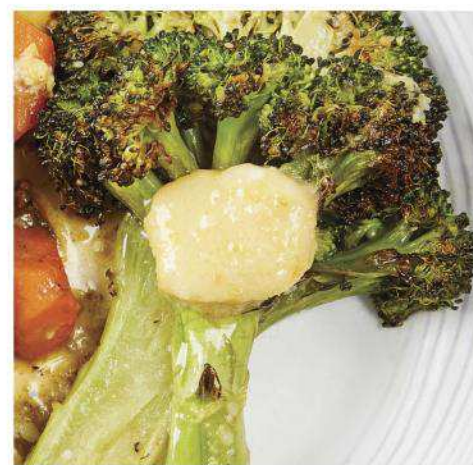
TOTAL TIME: 35 MINUTES.

Not only does miso provide an earthy, umami flavor, but it's also a fermented food that contains beneficial probiotic bacteria. Here, it's used as a base for a seasoning butter, which melts beautifully over the tender broccoli "steaks." Bonus: Recent research has suggested that consumption of this green cruciferous veg may be connected to improvements to the gut's lining – so this dish is doubly beneficial.

- ¼ cup** organic or grass-fed unsalted butter, at room temperature
- 4 tsp** white miso
- 1 tsp** grated lemon zest
- 3–4 large** heads (about 4 lb total) broccoli, bottoms of stems trimmed
- 3 tbsp** avocado oil
- ½ tsp** sea salt
- ¼ tsp** ground black pepper

1. Place a large rimmed baking sheet in oven and preheat to 450°F.

2. In a small bowl, mash together butter, miso and lemon zest until



well combined. Use immediately or form into a log, cover tightly with plastic wrap and refrigerate for up to 1 week or freeze for up to 3 months. (Yields 5 tbsp butter.)

3. Using a sharp chef's knife, cut ½-inch-thick "steaks" lengthwise down center of each head of broccoli. (Broccoli heads vary in size, so the yield of steaks will vary slightly; when chopping, some florets will fall off; reserve them and remaining broccoli for another use.) Brush steaks all over with oil and season with salt and pepper.

4. Remove baking sheet from oven and add broccoli steaks. Return to oven and roast, turning once halfway through, until lightly browned on the outside and tender throughout (but not mushy), about 20 to 25 minutes.

5. Divide steaks among plates. Place a dollop of miso butter (or a slice, if you've chilled it) on each steak. Wrap and reserve any remaining miso butter in the refrigerator or freezer for another use.

PER SERVING (¼ of recipe): Calories: 253, Total Fat: 21 g, Sat. Fat: 7 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 2 g, Carbs: 14 g, Fiber: 5 g, Sugars: 4 g, Protein: 7 g, Sodium: 489 mg, Cholesterol: 24 mg



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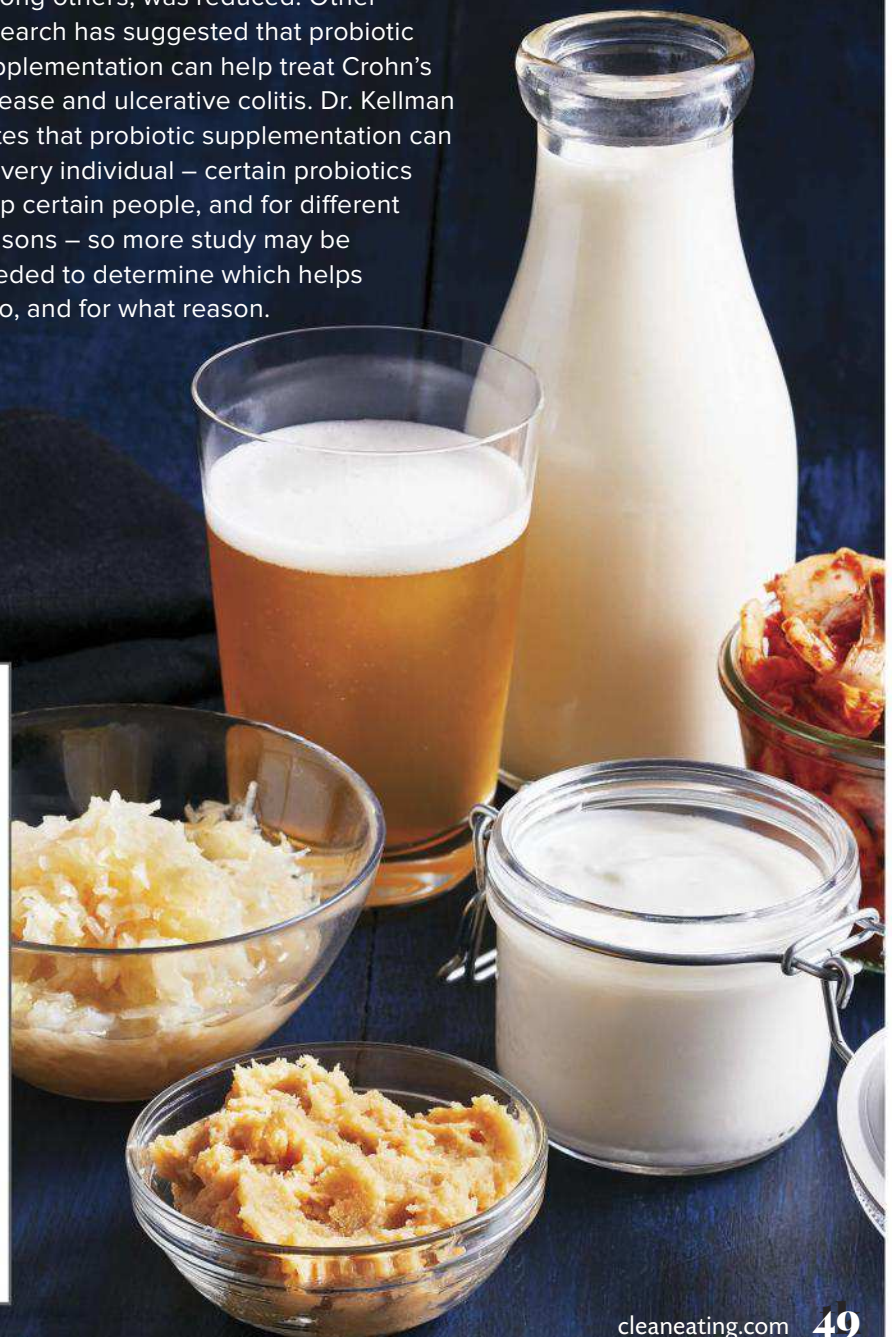
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WHAT ABOUT PROBIOTICS?

Our experts agree that probiotic supplementation can benefit your overall gut health in conjunction with eating a variety of probiotic-rich fermented foods including kimchi, sauerkraut and kefir. There are certain populations, though, that can particularly benefit from supplementation. In a 2009 study published in *The Journal of Allergy and Clinical Immunology*, researchers gave mothers and their infants, who were deemed to be at high risk for allergies, either a probiotic mixture or a placebo until the baby was six months old. When the researchers checked in with the subjects four and a half years later, those who were born via cesarean were the only group who benefited from the probiotic protocol – their risk factor for food, insect sting and some drug allergies, among others, was reduced. Other research has suggested that probiotic supplementation can help treat Crohn's disease and ulcerative colitis. Dr. Kellman notes that probiotic supplementation can be very individual – certain probiotics help certain people, and for different reasons – so more study may be needed to determine which helps who, and for what reason.



A Healthy Gut Starts with the Gut Lining

Just as the name suggests, leaky gut (also known as intestinal permeability) occurs when the intestinal wall, which usually allows a certain amount of certain substances to pass through, begins to let out more than it should.

“Unwanted guests [that are released into the bloodstream] can include proteins like gluten, bad bacteria and undigested food particles,” says Dr. Axe. Additional waste can also escape from your intestinal wall and into your bloodstream, causing an immune reaction. Furthermore, Dr. Axe says this common malady is the root cause of many ailments affecting the Western population today, among them allergies, autoimmune disorders like Celiac disease, chronic inflammatory conditions like arthritis, chronic gastrointestinal problems like IBS, metabolic diseases like diabetes, and even some types of cancer (specifically esophageal and colorectal).

So how does this degradation start? Alcohol use and certain medications, even over-the-counter ones like aspirin, may play a role. Stress, Dr. Axe notes, is also a culprit. And though there is still debate in medical communities as to the dangers associated with leaky gut – or whether it’s even a real condition – recent research has found a link between the syndrome and cancers in the liver, lungs and lymph nodes.

To ensure your gut lining is in tip-top shape, include plenty of probiotic-rich fermented foods in your diet such as sauerkraut and kefir as well as prebiotic foods like onions, garlic, asparagus and Jerusalem artichokes, which act as food for the probiotics, – and make sure to follow our other recommendations in the “Get Your Flora to Flourish” section (p. 44).



Kimchi & Vegetable-Fried Black Rice

SERVES 4. HANDS-ON TIME: 50 MINUTES. TOTAL TIME: 1 HOUR, 20 MINUTES.

Kimchi is another probiotic-packed superstar, full of good-for-your-gut bacteria. As well, the cabbage in the kimchi, the green onions, mushrooms, ginger, garlic and snow peas all promote a healthy environment in which good bacteria can flourish in the digestive tract – so it's a win-win. This recipe features black rice – a good source of fiber and antioxidants – and more veggies than the fried rice you'll find in a takeout container. Cooking can dampen the benefits of probiotics, so a bit of uncooked kimchi is added as a boost just before serving.

- ¼ cup** avocado oil, divided
- 3 cups** thinly sliced shiitake mushroom caps
- ¾ tsp** sea salt, divided
- 6** green onions, white and light green parts only, sliced diagonally
- 8 oz** snow peas, trimmed and halved diagonally
- ¼ tsp** ground black pepper
- 1 2-inch** piece fresh ginger, peeled and minced
- 4 cloves** garlic, thinly sliced
- ¾ cup** drained kimchi, chopped, divided
- 2 cups** cooked black rice (see tips, below), warm
- 2 tbsp** reduced-sodium tamari or coconut aminos
- ½ tsp** raw honey
- 2 tbsp** toasted sesame oil

1. In a large skillet or wok, heat 2 tbsp avocado oil on medium-high. Add mushrooms; season with ¼ tsp salt. Cook, stirring occasionally, until beginning to turn golden, about 8 minutes. Add remaining 2 tbsp avocado oil, green onions and snow peas; season with remaining ¾ tsp each salt and ¼ tsp pepper. Cook, stirring, for 2 minutes. Add ginger, garlic and ½ cup kimchi; cook, stirring often, until ginger and garlic are softened and fragrant, about 2 minutes.

2. Stir in rice, ¼ cup water, tamari and honey and cook, stirring, until well combined and heated through, about 1 minute. Season with remaining ¼ tsp pepper. Drizzle with sesame oil. Divide among bowls. Top with reserved ¼ cup kimchi.

PER SERVING (¼ of recipe): Calories: 352, Total Fat: 22 g, Sat. Fat: 3 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 5 g, Carbs: 33 g, Fiber: 4 g, Sugars: 5 g, Protein: 7 g, Sodium: 654 mg, Cholesterol: 0 mg

TIP: Black rice is also known as “forbidden rice” – a name you’ll see on some packages. We suggest adding a 2-inch piece of dried kombu (seaweed) to the cooking water to help with digestion.



Ninety-five percent of your body's serotonin, a neurotransmitter that plays a key role in your brain-gut communication, is housed in your gut.

Not only does serotonin play a role in mood regulation, but it also helps in the regulation of bowel movements, which explains why you may experience gastrointestinal distress when you are stressed.



Herbed Salmon Cakes with Green Salad

SERVES 4. HANDS-ON TIME: 35 MINUTES. TOTAL TIME: 1 HOUR 5 MINUTES.

Good news: The healthful omega-3 fatty acids in wild salmon are correlated with a more diverse microbiome, the collection of bacteria, yeast and other microorganisms living in your gut, according to recent research. Here, wild salmon is made into tasty little grain-free patties that sit atop fiber-rich greens tossed in raw apple cider vinegar, another digestion-boosting ingredient.

SALAD

- 3 tbsp** raw apple cider vinegar (**TRY:** Eden Organic Apple Cider Vinegar)
- 1 tsp** Dijon mustard
- ½ tsp** raw honey
- ⅓ cup** extra virgin olive oil
- 1 tbsp** finely minced shallot
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper,
- 4 cups** mixed salad greens
- 1** carrot, shredded
- ½** English cucumber, halved lengthwise and sliced

SALMON CAKES

- 2 6-oz** cans skinless, boneless wild-caught salmon, drained
- ½ small** sweet onion (such as Vidalia), minced
- 2 stalks** celery, minced
- 3 tbsp** coconut flour
- 3 tbsp** finely chopped fresh flat-leaf parsley
- 2 tbsp** chopped fresh dill
- 2 tsp** grated lemon zest + 1 tbsp fresh lemon juice
- 1 tsp** paprika
- ½ tsp** each sea salt and ground black pepper
- 2 large** eggs, beaten
- 3 tbsp** whole-milk yogurt
- olive or coconut oil cooking spray

1. Make vinaigrette: In a small bowl, whisk together vinegar, mustard and honey. Whisking constantly, drizzle in oil until thickened and well combined. Whisk in shallot. Season with salt and pepper. Cover and refrigerate. (Dressing can be made up to 3 days ahead.)

2. Make salmon cakes: Flake salmon into a medium bowl. Stir in onion and celery until well combined. Stir in flour, parsley, dill, lemon zest, lemon juice, paprika, salt and pepper. Fold in eggs and yogurt. Using a dry ⅓-cup measure, divide mixture into 8 portions and shape into ½-inch-thick patties. Place on a plate, cover and refrigerate until firm, about 1 hour. (Patties can be refrigerated overnight before cooking.)

3. Place a large rimmed baking sheet in oven and preheat to 400°F. Remove baking sheet from oven and mist with cooking spray. Arrange patties on hot pan and mist with more cooking spray. Bake until bottoms are golden, 10 to 15 minutes. Turn gently to prevent crumbling and bake until golden on both sides and hot in center, about 15 minutes more.

4. Meanwhile, in a large bowl, toss together greens, carrot and cucumber. Just before serving, toss salad with 3 tbsp vinaigrette, adding more if desired.

5. Divide salad among plates. Top each with 2 patties, and drizzle each patty with 1 tsp of the remaining vinaigrette. (Reserve any remaining vinaigrette in the refrigerator for another use.)

PER SERVING (2 salmon cakes, ¼ of salad, about 4 tsp of the dressing): Calories: 333, Total Fat: 21 g, Sat. Fat: 5 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 3 g, Carbs: 12 g, Fiber: 4.5 g, Sugars: 5 g, Protein: 23 g, Sodium: 695 mg, Cholesterol: 120 mg



According to Emeran Mayer, MD, PhD, if you were to spread your gut out flat, it would have the same surface area as a basketball court.

How “Foodfluencers” Celebrate Mother's Day

Curtis Stone
shares his
omelette recipe
in honor of
his beloved
mom, Lozza, for
Mother's Day.
(SEE RECIPE, P. 54)



We checked in with some of your favorite chefs, nutritionists and food personalities (including Aussie chef Curtis Stone!) to hear about their best food memories, cherished family traditions and what they're cooking up for Mom's Day.

RECIPE PHOTOGRAPHY BY CRAYOLA ENGLAND

PHOTO COURTESY OF CURTIS STONE, FOOD STYLING BY JOHN KIRKPATRICK, PROP STYLING BY THE PROP STUDIO



Curtis Stone

This Aussie chef needs no introduction. Best known for his hit show, *Take Home Chef*, Curtis has worked in high-end professional kitchens in Melbourne, London and Los Angeles – but despite his extensive professional experience, he still credits his mum and granny for teaching him everything he knows about cooking. His philosophy is similar to *Clean Eating's*: Keep it simple and cook with naturally produced ingredients just as Mother Nature intended. This easy omelette recipe does just that with smoked salmon and goat cheese – and we promise, it won't disappoint. (Curtis told us that he made this recipe for Mother's Day for his wife, Lindsay, and it put him in her good books for days!) We used a hot smoked salmon, but a lox would work here just as well. The brilliant beet relish adds a tart, earthy flavor that we just love – you'll want to make extra to have on hand for topping salads, smearing on sandwiches or dolloping onto lettuce wraps.

SMOKED SALMON OMELETTE with Goat Cheese & Beet Relish

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 25 MINUTES.

- 1 red beet, peeled
- 1½ **tblsp** balsamic vinegar
- 1 **tblsp** olive oil
- 1 **tblsp** + 2 **tsp** finely chopped fresh chives, divided
- 1 **tblsp** finely chopped fresh dill, divided
- ½ **tsp** organic evaporated cane juice (aka organic cane sugar)
- kosher salt and ground black pepper, to taste
- 8 **large** eggs
- ¼ **cup** whole milk
- 2 **tblsp** organic unsalted butter, divided
- 6 **oz** smoked salmon
- 4 **oz** fresh goat cheese

1. Make beet relish: Using a box grater, coarsely grate beet into a medium bowl. Stir in vinegar, oil, 2 **tsp** each chives and dill and cane juice. Season to taste with salt and pepper. Set aside.

2. Make omelettes: In a large bowl, whisk eggs and milk together to blend. Season with salt.

3. Heat a medium nonstick skillet over medium-low. Add ½ **tblsp** butter and swirl to coat. Pour in one-quarter of egg mixture, swirling the pan to coat the bottom evenly, and cook, lifting edges with a silicone spatula and allowing the uncooked eggs to run onto the pan, for about 2 minutes, or until most of the egg is set but omelette is still runny on top. Arrange one-quarter of salmon over the omelette, top with dollops of one-quarter of cheese and scatter about 1½ **tblsp** beet relish over top. Fold omelette and transfer to a plate. If desired, keep omelette warm in a 200°F oven while you cook remaining omelettes. Repeat to make 3 more omelettes.

4. Sprinkle omelettes with remaining 1 **tblsp** chives and 1 **tsp** dill and serve with the remaining beet relish.

MAKE-AHEAD: The beet relish can be made up to 3 days ahead, covered and refrigerated.

PER SERVING (1 omelette): Calories: 381, Total Fat: 27 g, Sat. Fat: 12 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 3 g, Carbs: 6.5 g, Fiber: 1 g, Sugars: 5 g, Protein: 27 g, Sodium: 714 mg, Cholesterol: 412 mg



BIOACTIVE BEETS:

Beets contain betalains, antioxidant and anti-inflammatory molecules that may have the potential to fight cardiovascular disease. These highly bioactive pigments come in two forms: betacyanins, which give red beets their signature hue, and betaxanthins, found in golden beets.

Clean Eating: What gives this recipe special meaning for you?

Curtis Stone: There are just so many elements in this Smoked Salmon Omelette recipe that appeal to my mum, Lozza. She is a big fan of fish and seafood and lives close to the water back in Australia. Also, Lozza has her own chickens, so eggs seem like a given for a Mother's Day breakie in bed or brunch. And while beetroot isn't seen much in the States, we use it in Oz often. That piece-of-home accompaniment is just scrumptious.

CE: Has the recipe been adapted or made healthier than the original?

CS: Not particularly. I make every attempt to cook healthy, and Lozza is a stickler for clean eating. She makes her own yogurt and abhors processed food even more than I do.

CE: What's the best cooking tip your mother passed on to you?

CS: Always use the best ingredients you can get your hands on.

CE: If you weren't cooking, where would you and your mom be eating out?

CS: When she is in California, we love visiting Malibu Cafe. We make it a family affair – my wife, Lindsay, and the kids as well as my brother, Luke, who owns and operates my restaurant, Gwen – with me and his family.

CE: Do you share a favorite food show that you watch together?

CS: The finale of *Top Chef Junior* just aired. Those young contestants were just brilliant and so talented. I think it reminded Lozza of my antics in the kitchen early on.



For Curtis Stone, food is a family affair. Our fave Aussie chef dishes about his mom's affinity for eating clean and the best food advice she's passed on to him.



Joy McCarthy

You might recognize Joy as the face of Joyous Health, a healthy-living blog with a positive, upbeat approach to nutrition. As the best-selling author of both *Joyous Health* (Penguin Random House, 2014) and *Joyous Detox* (Penguin Random House, 2016), Joy has been featured in hundreds of print and online publications. If you've seen her blog, then you know Joy is all about family – we love reading about her mother, “Ma” McCarthy, and her daughter, Vienna. Here, Joy shares her healthified take on her mom's mac and cheese, using gluten-free pasta and a cashew sauce instead of the cheese sauce for a twist on a comfort food classic.

Clean Eating: Why is this recipe meaningful to you?

Joy McCarthy: My mom made a homemade version of mac and cheese that my brother and I loved. She always cooked from scratch with quality ingredients. It was fun to adapt her recipe into this dairy-free, plant-based version.

CE: How has it been modified from the original?

JM: My mom's version was delicious, but it had chunks of ham and lots of cheese. Cheese doesn't always agree with me and I'm not a fan of ham, so this is the joyous version! Sometimes I swap the macaroni for a head of cauliflower, which is equally delicious!

CE: What was your mother's (or grandmother's) best advice in the kitchen?

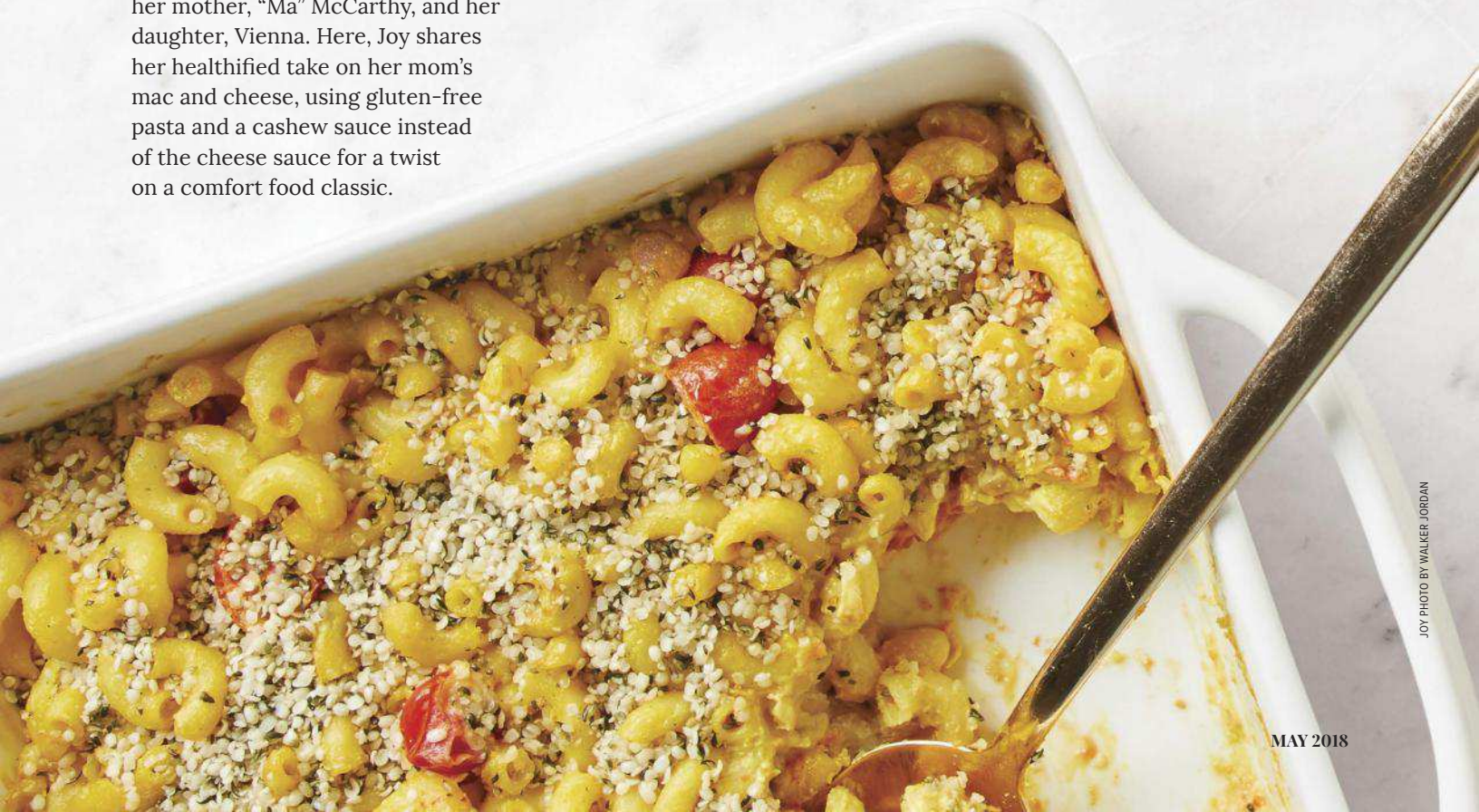
JM: My mom was incredibly dedicated to putting a homemade meal on the dinner table despite working long hours in a stressful job she didn't love. Even though she didn't give me straight up advice about how to cook, she taught me many life lessons just by watching her. She always cooked with whole foods and pretty much everything we ate was made from scratch. It was important to her that we always ate together as a family. I am so glad she taught me this because we always sit down to a meal in my home now and I don't know if that would have been as important to me if I didn't have it growing up.

CE: What does a typical Mother's Day look like for you?

JM: I don't think I've missed a Mother's Day celebration since I was born! It's really important for me to spend time with my parents and see them often, so Mother's Day is just another great excuse to show my mom some love! My hubs and I usually make a big brunch or we take my parents out for dinner. I've only officially been a mother for 2 years now, so I feel like it's more important to celebrate my mom who's been doing it for 40 years!

CE: If you weren't cooking, where would you and your mom be eating out?

JM: My mom loves Vesuvio, an Italian family restaurant that's been in Toronto since the 1950s. She always gets the same thing – Chicken Marsala. It's her fave. For a special-occasion brunch, we go to Cluny in the Distillery District.



BAKED MAC & "CHEESE" with Creamy Cashew Sauce

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 35 MINUTES.*

*PLUS SOAKING TIME.

- 1 cup** raw unsalted cashews
- ½ cup** grated carrot
- ¼ cup** nutritional yeast
- 2 tbsp** Dijon mustard (grainy or smooth)
- 1 tsp** apple cider vinegar
- 1 clove** garlic, minced
- sea salt and ground black pepper, to taste
- 2 cups** gluten-free macaroni noodles (brown rice or quinoa pasta)
- ½ red onion, finely chopped
- 1½ cups** halved cherry or grape tomatoes
- ¼ cup** shelled hemp seeds

1. Soak cashews in enough water to cover for 4 hours. Drain.

2. Preheat oven to 350°F.

3. Prepare cheese sauce: In a blender or food processor, combine cashews, carrot and 1 cup boiling water. Blend until smooth. Add nutritional yeast, mustard, vinegar, garlic, salt and pepper. Purée until smooth. Set aside.

4. Bring a large pot of water to a boil. Add macaroni and cook al dente according to package instructions. Drain and return hot pasta pot along with onion, tomatoes and cheese sauce and combine well. Spread mixture evenly in an 8-inch square

baking dish. Bake for 15 minutes or until top is golden brown. Sprinkle with seeds.

PER SERVING (¼ of recipe): Calories: 492, Total Fat: 19 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 6 g, Carbs: 67 g, Fiber: 8.5 g, Sugars: 5.5 g, Protein: 19 g, Sodium: 255 mg, Cholesterol: 0 mg

We were excited to sit down with Joy, a Mother's Day aficionada, to find out what she does with her family every year on this special day.





Megan Gilmore

If you haven't come across Megan Gilmore's popular blog, detoxinista.com, then we suggest heading over there right now for some serious food inspo. A former yo-yo dieter turned nutritionist and author of *No Excuses Detox* (Ten Speed Press, 2017) and *Everyday Detox* (Ten Speed Press, 2015), Megan's philosophy is all about optimizing digestion, balanced eating and really, tasty food. We asked Megan for a recipe that reminds her most of her mom, and she pointed us to this kale Caesar salad reminiscent of a restaurant they used to frequent in Georgia. Megan's savory take on the day shows us that a Mother's Day spread doesn't have to be all about cookies, crepes and muffins. Here, she uses creamy tahini and zesty lemon as the base for this hearty salad. Oh, and did we mention she uses crispy roasted chickpeas instead of croutons? Genius!

VEGAN KALE CAESAR SALAD *with Garlic Roasted Chickpeas*

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 1 HOUR.

ROASTED CHICKPEAS

- 1½ cups** cooked chickpeas (or 1 15-oz can, drained)
- 1 tbsp** olive oil
- 1 clove** garlic, minced
- ¼ tsp** sea salt

SALAD

- ¼ cup** raw tahini
- 3 tbsp** fresh lemon juice
- 2 cloves** garlic, minced
- ½ tsp** dijon mustard
- ¼ tsp** sea salt
- ground black pepper, to taste
- 1 large** bunch kale

1. Prepare Roasted Chickpeas: Preheat oven to 400°F. Toss chickpeas with oil, garlic and salt in a large bowl then transfer to a rimmed baking sheet. Arrange in a single layer and bake until crisp, about 45 minutes, tossing halfway. Let cool for 10 minutes.

2. Meanwhile, prepare dressing: Stir together tahini, lemon juice, ¼ cup water, garlic, mustard, salt and pepper. Stir until smooth and adjust any seasonings as you like.

3. Assemble salad: Remove tough stems from kale leaves and use your hands or a sharp knife to rip kale into small pieces. Toss leaves with dressing and let marinate in the fridge until chickpeas are done.

4. Sprinkle chickpeas generously over salad. Leftovers can be stored separately in an airtight container in the fridge for up to 4 days. (The chickpeas do soften with time, but you can toast them in the oven again to re-crisp.)

PER SERVING (¼ of salad): Calories: 266, Total Fat: 14 g, Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 5 g, Carbs: 29 g, Fiber: 8.5 g, Sugars: 5 g, Protein: 12 g, Sodium: 296 mg, Cholesterol: 0 mg

Megan shares with us her fondest food memory of her family and which celebrity chef both she and her mom are big fans of – you might be surprised by her pick!

Clean Eating: Where did the recipe come from?

Megan Gilmore: This salad was inspired by a Caesar salad served in a small café in Georgia, where they also have the best peach iced tea. I didn't eat many vegetables when I was younger, but for some reason I couldn't get enough of this salad, so my mom would take me there whenever she could!

CE: How did you change it to make it detoxinista-friendly?

MG: I swapped the traditional romaine for kale, which is high in iron, and made the dressing out of tahini, a plant-based source of calcium. Together, this salad is loaded with fiber, vitamins and minerals, and you won't miss out on any flavor from the original. Using chickpeas as the croutons adds extra plant-based protein, while also keeping the dish gluten-free.

CE: What's the best thing your mom taught you in life?

MG: My mom taught me patience, which has served me well in many situations. Even though I might not get something right on the first try (or even the eighth!), she taught me to stay calm and to keep trying, which I believe has helped me be a better mom, friend and entrepreneur.

CE: What's your favorite food memory?

MG: Decorating Christmas cookies with my family. My mom wouldn't let us eat the raw cookie dough, but she never stopped me from taste-testing as much icing as I wanted!

CE: Do you and your mom share a favorite chef that you both follow?

MG: We both love Ina Garten. Though her recipes are not always light and healthy, they are always packed with amazing flavor, so I use that as inspiration when I'm working on my own lightened-up recipes.





Robyn Youkilis

knows what it takes to keep your gut in tip-top shape. As a wellness expert and author of the best-selling book *Go with Your Gut* (Kyle Books, 2016) and *Thin from Within* (Kyle Books, 2018), Robyn has appeared on various shows including *The View* and *The Today Show*. So we weren't surprised by the gut-supportive ingredients in this healthier version of her mom's Passover cake with vegetables, almond flour and a small amount of raw honey for subtle sweetness. But your family will never know just how good for you this cake is because it's moist, delicious and perfect for your Mother's Day gathering.

Clean Eating: Tell us about the original recipe.

Robyn Youkilis: Honey cake is a Passover tradition, and our family recipe has been handed down from my grandma to my mom and now to me. The secret ingredient is the special honey that comes from Canada that's very dark in color and rich in flavor.

CE: How have you adapted the recipe to make it healthier?

RY: The funny story is that I didn't set out to "healthify" this recipe – it was a happy accident. I was attempting to make a sweet variation of a Paleo egg cup for my book, *Thin from Within*. When I tested them, I was blown away by how similar these tasted to my mom's honey cake. This recipe is healthier than the classic honey cake since it's packed with veggies. I also swapped white flour for a nutrient-dense almond flour.

CE: Do you have a Mother's Day tradition in your family?

RY: We don't really have a tradition, but anything that makes my mom (and now me!) feel appreciated. It can be something simple like brunch or a day at the museum together. It's more about spending time together than any specific activity.

CE: Do you and your mother (or grandmother) have a favorite food show that you watch together?

RY: *My Grandmother's Ravioli* with Mo Rocca is a favorite of all of ours!

CE: What's the best kitchen tip your mother taught you?

RY: Don't worry about the mess! My mom let me dig into the bowls, sit on the countertop and get dirty – all the fun stuff that makes kids want to be in the kitchen! I've practiced this same approach with my daughter, Navy, and she now loves to help me cook.

(ALMOST) MOM'S HONEY CAKE

SERVES **8 TO 10**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **45 MINUTES**.

1 cup	grated zucchini	1. Preheat oven to 350°F. Grease an 8-inch cake pan with cooking spray.
1 cup	grated carrots	2. In a large bowl, combine zucchini and carrots. Add eggs, oil, honey and vanilla and mix well.
3 large	eggs	3. In a medium bowl, mix together almond flour, coconut flour, cinnamon, baking soda, baking powder and salt. Slowly add flour mixture to veggie mixture and mix until combined.
2 tbsp	coconut oil, melted	4. Transfer batter to cake pan and bake for 25 to 30 minutes, until golden brown. Cool and then store in the fridge, loosely covered, for up to 5 days.
1/3 cup	raw honey	
1 tsp	pure vanilla extract	
1 1/2 cups	almond flour	
1/3 cup	coconut flour	
1 tsp	ground cinnamon	
1 tsp	each baking soda and baking powder	
Pinch	sea salt	

PER SERVING (1 slice): Calories: 251, Total Fat: 16.5 g, Sat. Fat: 5 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 3 g, Carbs: 21 g, Fiber: 5 g, Sugars: 13.5 g, Protein: 8 g, Sodium: 284 mg, Cholesterol: 70 mg



Robyn didn't set out to remake her mom's classic honey cake. On page 60 she shares how she stumbled upon the recipe by happy accident.

F₄ E₁ E₁ D₂

Y₄ O₁ U₁ R₁

B₃ R₁ A₁ I₁ N₁

Keep your gray matter healthy and humming. These 5 recipes, featuring 5 powerfully neuroprotective ingredients, are a delicious way to get the nutrients your brain needs.

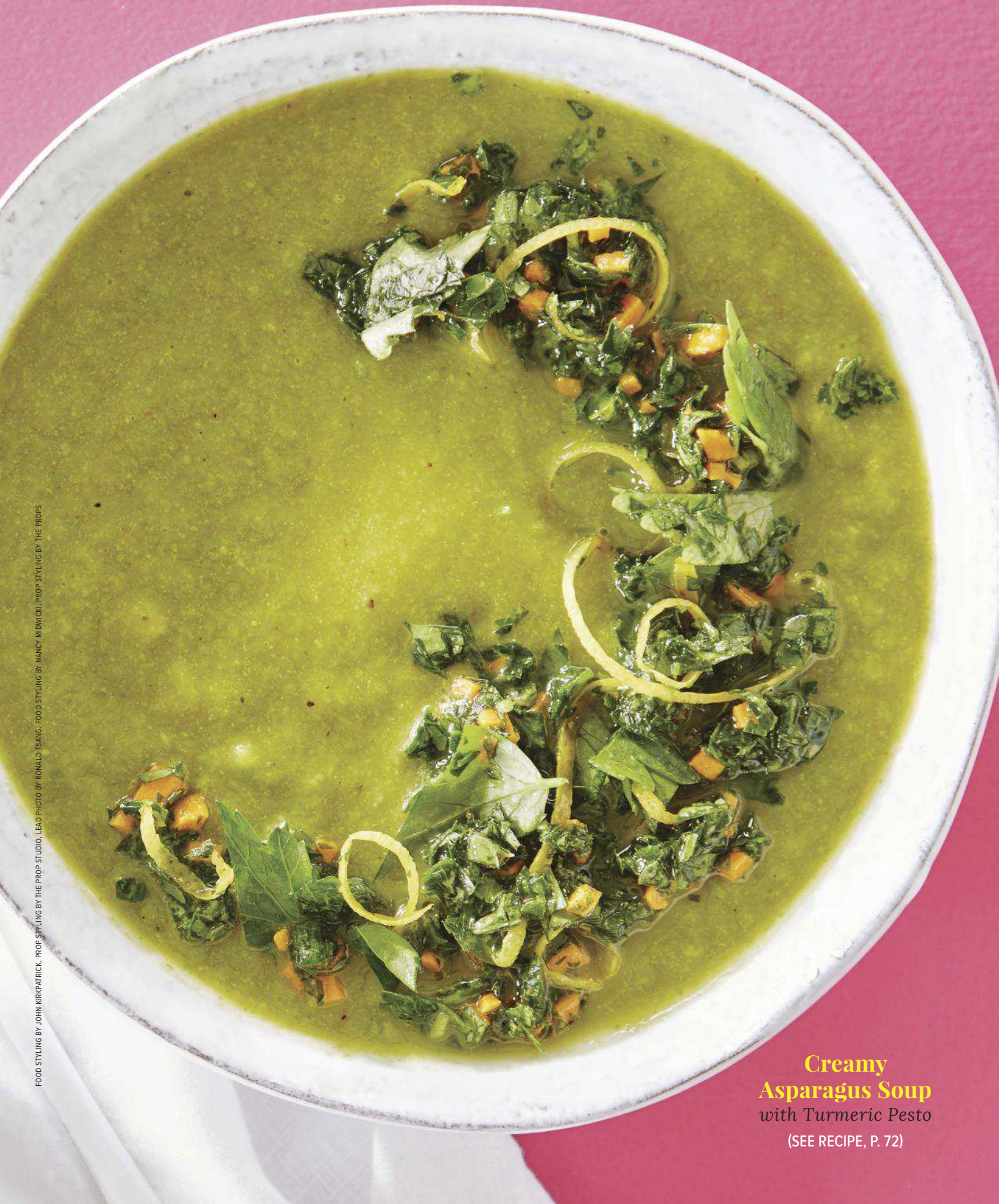
BY LISA TURNER, PHOTOGRAPHY BY CRAYOLA ENGLAND

As brain disorders and mental illnesses reach an all-time high, gray matter – a type of neural tissue in the central nervous system that contains regions dedicated to memory, decision making and muscle control – matters more than ever. The numbers are staggering: Ten percent of people 65 years of age and older have Alzheimer's disease, 75% of Alzheimer's sufferers are women, 13% of adult men have attention deficit hyperactivity disorder (ADHD), and one in six Americans experienced a mental illness such as depression or anxiety. It's no wonder nootropics – so-called "smart drugs" designed to enhance memory, sharpen acuity and improve learning – are one of the fastest-growing categories in the supplement world.

Why is your brain in so much trouble? Studies point to environmental toxins, lifestyle and diet as the key

factors. Pesticides, food additives and air pollution have been linked with Alzheimer's. Other research has shown that a sedentary lifestyle increases the risk for depression, anxiety and neurodegenerative diseases. And a growing body of evidence seems to indicate that the modern Western diet – high in processed and refined foods – can lead to cognitive decline and dementia.

The good news is that you can improve brain function, prevent mood disorders and reduce the risk of neurodegenerative disease with a few lifestyle changes and a healthy diet that lowers inflammation, increases brain nutrients and focuses on antioxidants, omega-3 fats and probiotics. We're featuring five top neuroprotective foods and showing you how easy it can be to eat for a healthier brain. Halt the brain drain now with these foods and simple steps.



FOOD STYLING BY JOHN KIRKPATRICK, PROP STYLING BY THE PROP STUDIO, LEAD PHOTO BY RONALD TSANG, FOOD STYLING BY NANCY MIDWICKI, PROP STYLING BY THE PROPS

**Creamy
Asparagus Soup**
with Turmeric Pesto

(SEE RECIPE, P. 72)



Cocoa is an antioxidant powerhouse, and that's good news for your brain. It's high in flavonoids, mostly in the form of catechins and epicatechins, antioxidants that have been shown to preserve cognitive abilities during aging and reduce the risk for developing Alzheimer's disease. Cocoa flavonoids can also enhance mood and improve mental fatigue and performance. Incorporate it into your diet regularly, but choose high-quality options: Look for dark chocolate bars with at least 70% cocoa content and ideally no fillers, artificial flavors or additives (such as soy lecithin). If using cacao powder, raw cacao powder has the highest concentration of flavonoids, but if you can't find it, unsweetened cocoa powder is a fine substitute. Avoid Dutch-processed or alkalized varieties; the process makes the powder smoother tasting, but it also damages some of the antioxidants.

This simplified version of classic Puebla mole – a smooth, savory Mexican cocoa-based sauce – gets a boost from mild dried ancho chile peppers, which are known as poblano when fresh. Serve on tortillas with all the fixings or over brown rice.

Mole Poblano with Chicken

SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

- 3 large** dried ancho chiles
- 3 tbsp** unsalted pumpkin seeds
- 1 tbsp** sesame seeds
- 4 tsp** olive oil, divided
- ½ cup** chopped yellow onion
- 2 cloves** garlic, roughly chopped
- 1 tsp** coconut sugar
- ½ tsp** each dried oregano and ground cumin
- ¼ tsp** ground cinnamon
- 1** Roma tomato, chopped
- 1¼ cups** low-sodium chicken broth
- 2 oz** unsweetened chocolate, finely chopped
- 3 tbsp** almond butter
- ¾ tsp** sea salt, divided
- 4 5-oz** boneless, skinless chicken breasts
- ¼ tsp** ground black pepper
- corn tortillas or brown rice, for serving, optional

TOPPINGS (OPTIONAL):

avocado, cilantro, yellow bell pepper, radishes, full-fat yogurt or sour cream, lime wedges

1. In a small bowl, soak chiles in hot water until softened, about 30 minutes. Drain, discarding soaking liquid. Remove and discard stem and seeds. Set aside.

2. Meanwhile, in a large heavy-bottomed saucepan, toast pumpkin and sesame seeds on medium-low, shaking pan almost constantly, until just turning golden, 1 to 2 minutes. Remove from saucepan and set aside. Add 2 tsp oil to pan and heat on medium-high. Add onion and garlic and sauté, stirring often, for 2 to 3 minutes.

3. To saucepan, add coconut sugar, oregano, cumin and cinnamon and cook for 2 minutes, until fragrant. Add tomatoes and cook for 3 minutes more, until just softened.

4. Add broth, chocolate and almond butter to pan. Heat until chocolate is melted. Transfer to a blender or food processor along with pumpkin seeds, sesame seeds and chiles; purée until smooth. Return to saucepan and simmer on low for 10 minutes, until sauce is thick and creamy. Season with ½ tsp salt.

5. Meanwhile, lightly grease the grate of a grill and heat on medium-high. Lightly brush chicken with remaining 2 tsp oil and season with remaining ¼ tsp salt and pepper. Add chicken to grill and cook until internal temperature registers 165°F on an instant-read thermometer, 4 to 5 minutes per side. Transfer to a cutting board and slice.

6. To serve, divide chicken among tortillas or over rice. Pour sauce over chicken, and garnish with toppings of your choice.

TIP: For even easier prep, skip the grilling and simmer the chicken in the sauce. Or make this dish even more weeknight-friendly by using a store-bought rotisserie chicken: Separate it into pieces, arrange on plates and serve as directed.

PER SERVING (¼ of recipe): Calories: 573, Total Fat: 29 g, Sat. Fat: 8 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 6 g, Carbs: 45.5 g, Fiber: 10 g, Sugars: 3.5 g, Protein: 41 g, Sodium: 463 mg, Cholesterol: 78 mg



Sardines may not be the first food that comes to mind when you think of brain health, but these fatty fish are brimming with docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), forms of omega-3 fats also found in salmon and mackerel. Flax seeds, chia seeds, walnuts and other nuts and seeds contain omega-3 fats in the form of alpha-linolenic acid (ALA), which the body must then convert to DHA and EPA. Because the conversion rate is extremely low – usually less than 5% – it's important to get omega-3 fats in the form of DHA and EPA, either through foods such as fatty fish (at least two times per week is ideal) or supplements. Many studies have linked these healthful fats with dementia and Alzheimer's disease prevention, and improved cognition and mood. Other studies have found evidence that fish consumption slows cognitive decline in later life, in part by reducing inflammation and oxidative stress, a major factor in age-related dementia.

This healthy riff on the traditional Italian pasta con le sarde (pasta with sardines) gives you those brain-boosting omega-3s atop zucchini noodles instead of carbohydrate-rich spaghetti. In one study published in the *Journal of Alzheimer's Disease*, people who ate a higher percentage of their calories from carbs had an increased risk of cognitive impairment or dementia. If you still prefer a classic flavor, swap whole-wheat pasta for half of the zucchini noodles. Grana Padano is a hard Italian cheese with buttery, nutty notes, but you can substitute Parmigiano-Reggiano, Pecorino Romano or any hard, sharp cheese.



Sardine & Zucchini “Pasta”

with Grana Padano

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

- 2 tbsp** olive oil
- 1 large** shallot, thinly sliced crosswise
- 4 cloves** garlic, minced
- 1½ cups** halved cherry or grape tomatoes
- 3 4-oz** BPA-free cans or pouches boneless, skinless sardines in water, drained well
- 2** zucchini, spiralized (**TIP:** You can also purchase pre-cut zucchini noodles.)
- 1 tsp** finely grated lemon zest
- ¾ cup** sliced fresh basil
- 4 oz** Grana Padano or Parmesan cheese, grated or shaved
- 1 tsp** red pepper flakes

1. In a large skillet on medium, heat oil. Add shallot and garlic and cook, stirring, just until tender, about 2 minutes. Stir in tomatoes and cook, stirring often, just until softened, about 3 minutes. Stir in sardines and cook for 1 minute.

2. Add zucchini and cook, stirring gently to avoid breaking up sardines, just until zucchini is softened, about 2 minutes. Gently stir in lemon zest.

3. Sprinkle with basil, cheese and pepper flakes before serving.

PER SERVING (¼ of recipe): Calories: 370, Total Fat: 24 g, Sat. Fat: 8 g, Monounsaturated Fat: 10.5 g, Polyunsaturated Fat: 3 g, Carbs: 9 g, Fiber: 2 g, Sugars: 4 g, Protein: 29 g, Sodium: 814 mg, Cholesterol: 71 mg

6 Smart Ways to Protect Your Brain Now



1. BALANCE BLOOD SUGAR.

Because the brain relies almost entirely on glucose for fuel, it's especially sensitive to blood sugar fluctuations. Studies show that both hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) are associated with a higher risk of cognitive dysfunction. Chronically low blood sugar causes structural and functional changes to the brain, and elevated blood sugar can impact cognition and memory, even at levels below the definition for diabetes or pre-diabetes. Even in people without diabetes, high blood sugar is linked with increased risk of dementia. To keep blood sugar balanced, skip refined carbs and sugary snacks, and make sure meals include fiber, protein and healthy fats.



2. FIND FOOD ALLERGIES.

Undiagnosed food allergies (such as dairy and gluten) are linked with brain inflammation and impaired cognitive function. In particular, gluten sensitivities have been linked with an increased risk of depression, anxiety, attention deficit hyperactivity disorder (ADHD) and dementia. If you're sensitive to gluten, stick to gluten-free grains like quinoa and brown rice.



3. KICK THE SODA.

Diet sodas containing the artificial sweetener aspartame can upset your brain. Aspartame elevates cortisol and increases production of free radicals, increasing the brain's vulnerability to oxidative stress and impacting behavior and mood. In one study, people who consumed high-aspartame diets were more irritable and depressed and performed worse on spatial orientation tests. Choose stevia-sweetened sodas, or, better yet, try sparkling water.



4. FOCUS ON HEALTHY FATS.

Monounsaturated fats, found in nuts, seeds and olives, improve cognitive function and can decrease the risk of Alzheimer's disease. On the other hand, a high intake of saturated fat has been shown to double the risk of Alzheimer's. Interestingly, coconut may be an exception; in one study, medium-chain triglycerides (MCTs), the kind of fat found in coconut oil, significantly improved memory in patients with memory impairment. Avoid trans fats from foods such as stick margarine and fried foods – even moderate intake can increase risk by two to three times.



5. DRINK LESS.

Excessive alcohol consumption (more than 36 grams of pure alcohol per day, which is equivalent to 2½ bottles of beer, 2½ glasses of wine or 2½ shots of liquor) can accelerate cognitive decline in men. For women, drinking more than 19 grams per day (a little over a bottle of beer, a glass of wine or a shot of liquor) impacts executive function. Drinking moderate amounts of red wine, however, may protect against dementia, and resveratrol, an antioxidant in red wine, has been shown to reduce the risk of neurodegenerative diseases.



6. GET MORE SLEEP.

Studies show insomnia disrupts attention, memory and long-term cognitive function – even after you've caught up on your sleep. Avoid caffeine after 2 pm, or switch to decaf. If you still struggle, try a soothing herbal tea; chamomile has been shown to promote sound sleep. Or meditate: It's been linked with a more restful slumber.



Yogurt is rich in two main types of beneficial bacteria, *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, both of which help support a healthy balance between good and bad microbes in the gut. And the gut, as we now know, is of key importance to the health of the brain. About 90% of the body's serotonin – a neurotransmitter that regulates mood and behavior – is made in the digestive tract. Low serotonin levels are associated with depression and mood disorders, including ADHD, anxiety disorders and schizophrenia. Probiotics support the healthy bacteria that help produce serotonin and help prevent low-grade inflammation. One study published in *Frontiers in Aging Neuroscience* found that probiotic consumption over the course of 12 weeks positively affected cognitive function in people with Alzheimer's disease.

This simple trio of yogurt dips is wonderful for a party. Serve them with thinly sliced fennel, chilled steamed asparagus, endive leaves, purple heirloom carrots and radishes. You can also use them as sauces to top chicken, fish or grilled tofu, or thin them with lemon juice to make creamy salad dressings.

Yogurt Dip, 3 Ways

CURRY CASHEW DIP

SERVES 6.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 40 MINUTES.

- ½ cup** raw unsalted cashews
+ additional chopped cashews for garnish
- 2 tsp** curry powder
- 1 cup** full-fat plain Greek yogurt
(**TRY:** Stonyfield Organic Whole Milk Greek Plain)
- ½ tsp** lime zest
+ 1 tbsp fresh lime juice
- sea salt, to taste

To a small skillet on medium-low, add cashews and toast for 3 minutes. Add curry powder and toast for 2 minutes more. Transfer mixture to a small food processor with yogurt, lime zest and juice; process until smooth. Season with salt. Transfer to a bowl, cover and refrigerate for 30 minutes. Garnish with chopped cashews.

PER SERVING (1/6 of recipe): Calories: 96, Total Fat: 6 g, Sat. Fat: 2 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 5 g, Fiber: 1 g, Sugars: 2 g, Protein: 6 g, Sodium: 56 mg, Cholesterol: 6 mg

SPINACH HERB DIP

SERVES 6.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 10 MINUTES.

- 1 cup** full-fat plain Greek yogurt
- 3** green onions, chopped
- ¼ cup** fresh mint
+ additional for garnish
- ¼ cup** fresh parsley
+ additional for garnish
- ¼ cup** loosely packed baby spinach
- ¼ cup** soft goat cheese
- ½ tsp** lemon zest
+ 2 tsp fresh lemon juice
- 1 large** clove garlic,
roughly chopped
- sea salt, to taste

To a small food processor, add yogurt, onions, mint, parsley, spinach, cheese, lemon zest and juice and garlic; process until smooth. Season with salt. Transfer to a bowl, cover and refrigerate for 30 minutes. Garnish with additional mint and parsley.

PER SERVING (1/6 of recipe): Calories: 61, Total Fat: 3 g, Sat. Fat: 2 g, Carbs: 3 g, Fiber: 1 g, Sugars: 2 g, Protein: 5 g, Sodium: 82 mg, Cholesterol: 8 mg

RED PEPPER & FETA DIP

SERVES 6.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 10 MINUTES.

- 1 cup** full-fat Greek yogurt
- ½ cup** roasted red peppers,
drained and chopped
+ additional for garnish
- 2 tbsp** chopped fresh basil
- 1 large** clove garlic,
roughly chopped
- ½ tsp** sambal oelek or
other hot sauce
- ¼ cup** crumbled full-fat
feta cheese
- sea salt and ground
black pepper, to taste

To a small food processor, add yogurt, red peppers, basil, garlic and sambal; process until smooth. Stir in feta and season with salt and pepper. Cover and refrigerate for 30 minutes. Garnish with additional red pepper.

PER SERVING (1/6 of recipe): Calories: 66, Total Fat: 3.5 g, Sat. Fat: 2 g, Carbs: 4 g, Fiber: 1 g, Sugars: 2 g, Protein: 5 g, Sodium: 162 mg, Cholesterol: 11 mg



Crayola England

SENIOR
PHOTOGRAPHER,
DES MOINES, IA

In this issue, Crayola England photographed the recipes in “Feed Your Brain” and “Happy Gut, Healthy Everything” (p. 42). England’s work has also appeared in *Cuisine at Home* and a variety of woodworking magazines. Outside of the studio, England enjoys camping, woodworking, card games, traveling and spending time with her grandkids.



ANTIOXIDANT-RICH PEPPERS:

Not only do roasted red peppers jazz up this dip, but they also bring nutrients like vitamins A and C to the mix. Both vitamins are free radical-scavenging antioxidants that work together to slow down aging, ward off disease, maintain healthy skin and support immune function.





Spinach is high in lutein, an antioxidant that protects the brain from free radical damage and inflammation. Keep in mind that brain cells are especially vulnerable to damage from free radicals, highly reactive molecules that can harm cells, damaging their DNA or cellular membranes and causing them to function poorly or die. People with mild cognitive impairment have reduced lutein status, and boosting it with foods like spinach has been shown to enhance learning and memory. In a recent study published in *Frontiers in Aging Neuroscience*, a combination of lutein and zeaxanthin (another antioxidant found in spinach) significantly improved cognitive function in older adults. Studies have also shown that blood concentrations of lutein in Alzheimer's disease patients were significantly lower than in control subjects.

This savory Greek-style pastry is a great way to incorporate more spinach in your diet. We use a whole-grain phyllo dough brushed with olive oil and feta cheese to add a creamy, salty kick. If you're sensitive to gluten, see the tip at the bottom of the recipe to easily adapt it. For a prettier presentation, we simply take the phyllo and crumble it over the top of the pie before baking it.

Skinny Spanakopita

SERVES **6**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **55 MINUTES**.

- 1 lb** frozen spinach, thawed
- 1 large** leek, white and light green parts only, thinly sliced
- 1½ cups** crumbled full-fat feta cheese
- 2 large** eggs, beaten
- 1 tbsp** finely chopped fresh dill
- ½ tsp** each sea salt and ground black pepper
- 7 sheets** frozen whole-wheat phyllo dough, thawed
- 2 tbsp** olive oil, for brushing

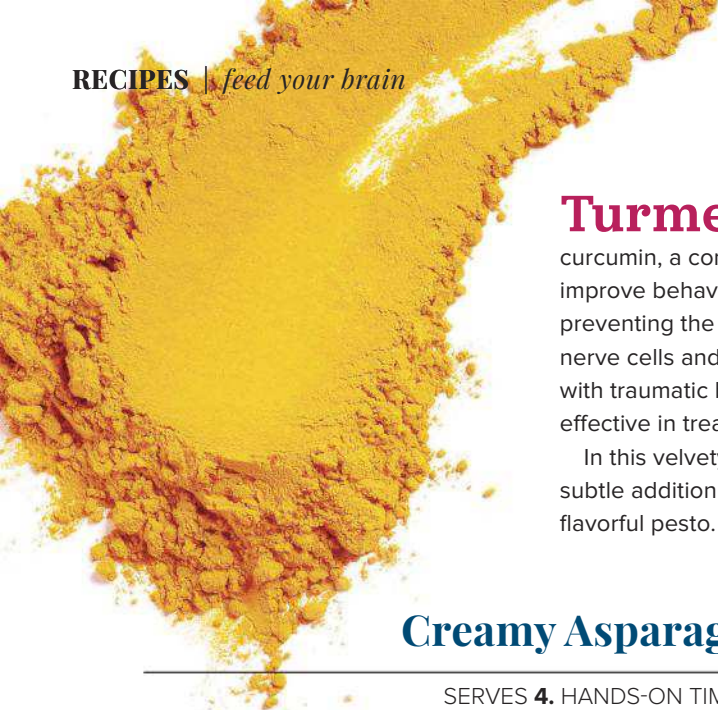
- 1.** Preheat oven to 375°F.
- 2.** Using your hands, press out as much water as possible from spinach by squeezing in large piece of linen or a lint-free kitchen towel. In a large bowl, mix together spinach, leek, feta, eggs, dill, salt and pepper.
- 3.** Line a 9-inch pie plate with 1 sheet of phyllo dough, pressing dough into bottom edges of dish. Brush with oil. Place another sheet of phyllo dough into pan off-center, allowing dough to extend past edge of pan by about 2 inches. Brush with oil. Rotate dish slightly; place another sheet of dough to cover another section of dish, allowing it to extend past edge of pan by about 2 inches. Brush with oil. Repeat with 3 more sheets of phyllo dough. Press dough gently down into pan.

- 4.** Spoon in spinach mixture. Fold overhanging dough up over spinach mixture. Tear remaining phyllo sheet in half and arrange halves over top of pie, crimping and folding to cover. (**NOTE:** In our version, we left the center open to leave the filling visible, but you can choose to cover the whole top if you prefer.) Brush with oil.
- 5.** Bake until golden brown, about 30 minutes. Remove from oven and let stand for 5 minutes before cutting into wedges.

PER SERVING (⅙ of recipe): Calories: 286, Total Fat: 15 g, Sat. Fat: 7 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 26 g, Fiber: 4 g, Sugars: 3 g, Protein: 13 g, Sodium: 705 mg, Cholesterol: 95 mg

MAKE IT GLUTEN-FREE: To make this recipe gluten-free, swap a frozen gluten-free pie crust for the phyllo dough. Thaw crust, fill with spinach mixture, and bake for 20 to 25 minutes, until filling is set and crust is golden. If you want a top crust, try this simple alternative to a lattice topping: Thaw a second crust and roll out into a thin layer. Using a pizza wheel, cut the dough into thin triangles. Transfer triangles to top of filled pie, placing the point of each triangle in the center, and bake for 20 to 25 minutes, until golden.





Turmeric is an inflammation fighter. The bright yellow spice contains curcumin, a compound with anti-inflammatory properties that has been shown to improve behavior and cognition in people with Alzheimer's disease. It works by preventing the formation of plaques, clusters of sticky proteins that build up between nerve cells and impair brain function. Curcumin may also lessen impairment in patients with traumatic brain injury and stimulate new brain cell production. It may also be effective in treating depression.

In this velvety asparagus soup, we use two types of turmeric: ground turmeric as a subtle addition to the soup itself and the fresh root that's coarsely ground into a herby, flavorful pesto.

Creamy Asparagus Soup *with Turmeric Pesto*

SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **30 MINUTES**.


- 1 tbsp** organic unsalted butter or olive oil
- 1 small** leek, white part only, thinly sliced crosswise
- 2–3 cups** low-sodium vegetable broth, divided
- 2 cups** cauliflower florets
- 1 tsp** ground turmeric
- ½ tsp** ground black pepper
- 1½ lb** asparagus, trimmed and roughly chopped
- ½ tsp** sea salt

1. In a large heavy-bottomed saucepan, melt butter on low. Add leek and cook, stirring often to prevent butter from browning, until softened, 3 to 4 minutes.

2. Add 2 cups broth, cauliflower, ground turmeric and ½ tsp pepper. Cover and simmer until cauliflower is soft, 10 to 12 minutes.

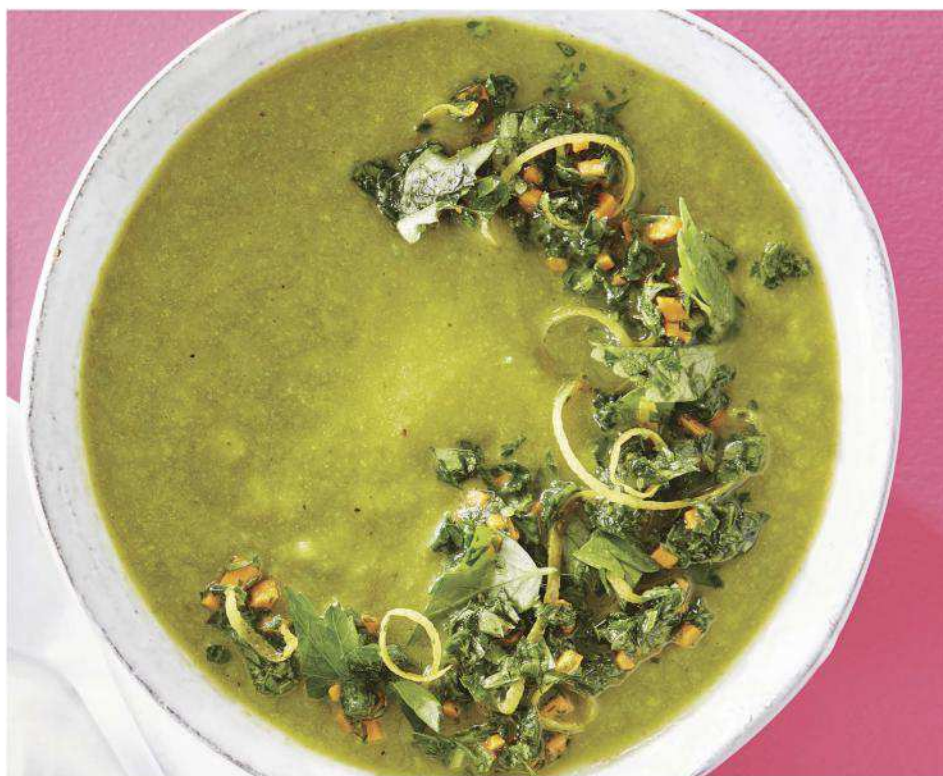
3. Meanwhile, to a small food processor, add all pesto ingredients. Process for 30 seconds until blended but coarse. Transfer to a small bowl.

4. Add asparagus to soup and cook just until tender and bright green, 4 to 5 minutes. Transfer soup, in batches if necessary, to a blender and purée until very smooth, adding as much of the remaining broth as necessary to thin to desired texture. Season with ½ tsp salt. Divide among bowls and garnish each with Turmeric Pesto.

PER SERVING (¼ of recipe): Calories: 149, Total Fat: 10.5 g, Sat. Fat: 3 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 12 g, Fiber: 4 g, Sugars: 4 g, Protein: 4 g, Sodium: 484 mg, Cholesterol: 8 mg 

TURMERIC PESTO

- ½ cup** chopped fresh flat-leaf parsley
- 1 3-inch** piece turmeric root, peeled and grated
- 2 tbsp** extra-virgin olive oil
- ½ tsp** lemon zest + 1 tsp fresh lemon juice
- 1 clove** garlic, roughly chopped
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper





The Gut-Health Fix

• BOOST MOOD • SUPERCHARGE IMMUNITY • FEED A SHARP MIND • REDUCE INFLAMMATION • PREVENT DISEASE •

Learn to cook and eat to nourish a thriving microbiome in our exciting new online course **The Gut-Health Fix** with health and wellness expert, author of *Real Food Heals* and award-winning NYC chef and restaurateur Seamus Mullen.



LEARN MORE: CLEANEATING.COM/GUTHEALTHFIX

FIX YOUR GUT

7-DAY MEAL PLAN

This meal plan ditches gluten and refined sugars and embraces fermented foods, prebiotics and collagen - just what the dietitian ordered for a full week of gut-healthy eating.

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PHOTOGRAPHY BY BEATA LUBAS



LEAD PHOTO BY RONALD TSANG, FOOD STYLING BY NANCY MIKOWICKI, PROP STYLING BY THE PROPS

COVER
RECIPE

Imagine your gut is like a garden: Every garden has a mix of flowers and weeds, but its overall health depends on the balance of the two. Like a garden, your gut contains elements that help it thrive (good bacteria) and elements you'd like to have less of (bad bacteria).

These bugs – the bacteria, fungi and other microbes that reside in your gut – are collectively known as the microbiome, and they serve numerous important functions. They impact your immune system, control inflammation, affect digestion, create neurotransmitters that influence mood and help make certain vitamins. Research has shown that a healthy microbiome is linked to protection from diseases including type 2 diabetes, obesity, metabolic syndrome and many autoimmune conditions.

When the ratio of good bacteria to bad bacteria is off, called dysbiosis, disruptions to certain gut bacteria communities occur. Some of the causes of this imbalance include antibiotic usage, chronic stress and gastrointestinal infections. According to a 2015 study published in the *International Journal of Molecular Sciences*, dysbiosis can lead to chronic diseases such as inflammatory bowel disease (IBD), obesity and cancer. Just like maintaining a healthy garden, to maintain a balanced microbiome and ward off disease, you have to give it the right kind of nourishment. A gut-healthy diet includes fiber-rich foods (vegetables, fruits, whole grains, nuts, seeds, legumes), plenty of polyphenols (coffee, tea, red wine, dark chocolate) and lots of water. The weeds (bad bacteria) love processed grains and sugar, so a gut-healthy diet will help keep them in check. This one-week meal plan is tailored specifically to provide your gut with the nourishment it needs to thrive – and none of what it doesn't.

Herbed Chicken Meatball Marinara with Zoodles & Pesto

SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 55 MINUTES.

MEATBALLS

- 4 oz** cremini mushrooms, halved
- ¼ cup** roughly chopped sweet onion (such as Vidalia)
- 2 cloves** garlic, roughly chopped
- 1½ tsp** avocado oil
- 1 lb** ground chicken
- 1 large** egg
- 2 tbsp** unsalted Italian seasoning
- 1 tbsp** ground flaxseed
- 1 tbsp** nutritional yeast
- ½ tsp** each sea salt and ground black pepper
- 3 cups** marinara sauce

PESTO

- 1 cup** fresh basil
- ¼ cup** raw unsalted walnuts
- 1 tbsp** nutritional yeast
- 1 tbsp** lemon zest + 1 tbsp fresh lemon juice
- 1 clove** garlic
- ¼ tsp** ground black pepper
- 1 tbsp** avocado oil

ZOODLES

- 2 tbsp** avocado oil
- 4** zucchini, spiralized
- sea salt and ground black pepper, to taste

1. Prepare meatballs: Heat oven to 350°F. To a food processor, add mushrooms, onions and garlic and pulse until minced. In a small nonstick skillet on medium-high,

heat oil. Add mushroom mixture and sauté for 4 minutes. Transfer to a large mixing bowl and set aside to cool for 10 minutes. Wipe out processor.

2. Line a large rimmed baking sheet with parchment. To bowl with mushroom mixture, add chicken, egg, Italian seasoning, flaxseed, nutritional yeast, salt and pepper. Use your hands to thoroughly combine. Scoop out meatballs (about 2 tbsp per meatball) onto prepared sheet. Cover with marinara sauce. Bake for 20 minutes, until cooked through.

3. Meanwhile, prepare pesto: Place all pesto ingredients, except oil, into food processor. Pulse to finely chop. With motor running, add oil and process 30 seconds more.

4. Prepare zoodles: In a large nonstick skillet on medium-high, heat half of oil. Add half of zucchini and season with salt and pepper; sauté 3 to 4 minutes. Transfer to a bowl and repeat with remaining oil and zucchini. Toss pesto with zoodles then top with meatballs.

NOTE: If following our meal plan, save meatballs, zoodles and pesto separately; combine before serving (heat, if desired).

PER SERVING (4 meatballs, ¼ of zucchini, 1 tbsp pesto): Calories: 470, Fat: 30 g, Sat. Fat: 5 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 8 g, Carbs: 24 g, Fiber: 6.5 g, Sugar: 13 g, Protein: 30 g, Sodium: 406 mg, Cholesterol: 144 mg

BLUEBERRY ALMOND
BREAKFAST COOKIES

(SEE RECIPE, P. 80)



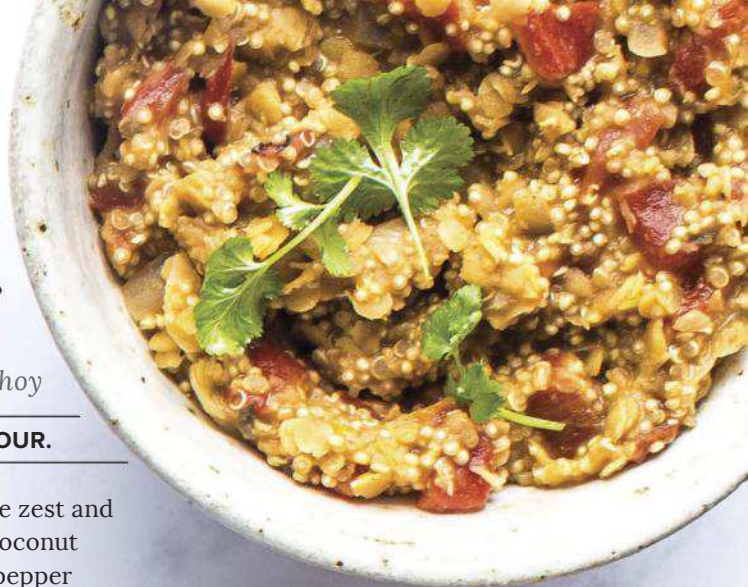


MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: <i>Pancakes with Almond Butter & Jam:</i> 4 Green Banana Pancakes (p. 78; save leftovers) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p>SNACK: 1 cup brewed green tea</p> <p>¼ cup almonds; ½ cup cherries</p> <p>LUNCH: <i>Mediterranean Salad:</i> Marinate ½ cup chopped cucumber and ¼ cup chopped carrot with ¼ cup rice vinegar for 30 minutes. Combine with ⅓ cup chickpeas and ½ Roma tomato, chopped, ¼ cup chopped roasted red pepper and 2 tbsp chopped onion. Whisk together 1 tbsp each lemon juice and EVOO, 1 tbsp each chopped parsley and cilantro, ⅛ tsp pepper and pinch salt; toss with salad.</p> <p>SNACK: <i>Kefir Berry Smoothie:</i> Blend 1 cup frozen mixed berries, ½ cup each kefir and almond milk, 1 scoop (1 tsp) collagen and 1 tbsp chia seeds until smooth</p> <p>DINNER: <i>Flank Steak Tacos:</i> Marinate 8 oz flank steak with 2 tbsp each lemon juice and EVOO, ½ tsp each cumin and chile powder, 2 cloves garlic, minced, and ¼ tsp each smoked paprika, salt and pepper in fridge for 1 hour. Broil on high for 8 to 12 minutes, turning once. Let rest 15 minutes; slice against grain. Steam 1 each carrot and red bell pepper, thinly sliced. Eat ½ of steak and veggies (save leftovers) in 2 lettuce leaves with 2 tbsp salsa and 2 tbsp guacamole.</p>	<p>BREAKFAST: Scramble 2 eggs in 1½ tsp avocado oil with pinch each salt and pepper. Serve with 4 oz roasted sweet potato and ½ avocado, sliced.</p> <p>SNACK: <i>Pancakes with Almond Butter & Jam:</i> 4 Green Banana Pancakes (leftovers, p. 78) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p>LUNCH: Flank Steak Tacos with steamed veggies (leftovers) in 2 butter lettuce leaves with 2 tbsp salsa and 2 tbsp guacamole</p> <p>SNACK: <i>Tropical Green Smoothie:</i> Blend 1 cup each coconut milk and baby spinach, ¼ cup each frozen mango and chopped pineapple, 2 tbsp green banana flour, 1 scoop (1 tsp) collagen, 1 tbsp each lime juice and shredded coconut until smooth</p> <p>DINNER: 1 serving Miso-Glazed Cod with Spicy Orange Baby Bok Choy (p. 77, save leftovers)</p>	<p>BREAKFAST: 2 Blueberry Almond Breakfast Cookies (p. 80, save leftovers)</p> <p>SNACK: 1 cup brewed green tea</p> <p>½ cup chopped pineapple sautéed in 1½ tsp coconut oil; top with 1 tsp shredded coconut</p> <p>LUNCH: 1 serving Miso-Glazed Cod with Spicy Orange Baby Bok Choy (leftovers, p. 77)</p> <p>SNACK: ½ cup sliced jicama; 1 carrot; 1 stalk celery; 2 tbsp guacamole</p> <p>DINNER: 1 serving Herbed Chicken Meatball Marinara with Zoodles & Pesto (p. 75; save leftovers)</p>
<p>NUTRIENTS: Calories: 1,291, Fat: 73 g, Sat. Fat: 18 g, Carbs: 112 g, Fiber: 29 g, Sugar: 48 g, Protein: 58 g, Sodium: 1,037 mg, Cholesterol: 175 mg</p>	<p>NUTRIENTS: Calories: 1,453, Fat: 77 g, Sat. Fat: 26 g, Carbs: 128 g, Fiber: 21 g, Sugar: 56 g, Protein: 76 g, Sodium: 1,942 mg, Cholesterol: 637 mg</p>	<p>NUTRIENTS: Calories: 1,138, Fat: 66 g, Sat. Fat: 17 g, Carbs: 92 g, Fiber: 21 g, Sugar: 46 g, Protein: 61 g, Sodium: 2,248 mg, Cholesterol: 241 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: <i>Green & Lean Smoothie:</i> Blend 1 cup each almond milk and baby kale, 1 peeled kiwi, 1 scoop (1 tsp) collagen powder, ½ frozen banana and ice until smooth</p> <p>SNACK: <i>Pancakes with Almond Butter & Jam:</i> 4 Green Banana Pancakes (leftovers, p. 78) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p>LUNCH: 1 serving Herbed Chicken Meatball Marinara with Zoodles & Pesto (leftovers, p. 75)</p> <p>SNACK: 1 serving Chocolate Chia Pudding (p. 79; save leftovers)</p> <p>DINNER: <i>Roasted Salmon & Kale Chips:</i> Season 2 4-oz salmon fillets with pinch each salt and pepper. Roast at 350°F for 8 to 10 minutes. Remove thick stems from 1 bunch kale and tear into pieces. Rub with 1 tbsp avocado oil and place on another baking sheet. Sprinkle with 1 tbsp nutritional yeast; bake 10 minutes. (Eat ½; save leftovers.)</p> <p><i>Pickled Cucumbers:</i> Thinly slice 2 Persian cucumbers and place in a bowl; cover with ½ cup rice vinegar and let sit for 30 minutes; drain. Serve over salmon. (Eat ½; save leftovers.)</p>	<p>BREAKFAST: <i>Pancakes with Almond Butter & Jam:</i> 4 Green Banana Pancakes (leftovers, p. 78) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p>SNACK: 1 cup brewed green tea</p> <p>¼ cup almonds; ½ cup cherries</p> <p>LUNCH: Roasted Salmon & Kale Chips with Pickled Cucumbers (leftovers)</p> <p>SNACK: <i>Tropical Smoothie:</i> Blend 1 cup each coconut milk and baby spinach, ¼ cup each frozen mango and chopped pineapple, 2 tbsp green banana flour, 1 scoop (1 tsp) collagen, and 1 tbsp each lime juice and shredded coconut until smooth</p> <p>DINNER: 1 serving Moroccan Lentils & Quinoa (p. 78; save leftovers)</p>	<p>BREAKFAST: Scramble 2 eggs in 1½ tsp avocado oil with pinch each salt and pepper. Serve with 4 oz roasted sweet potato and ½ avocado, sliced.</p> <p>SNACK: 2 Blueberry Almond Breakfast Cookies (leftovers, p. 80)</p> <p>LUNCH: <i>Mediterranean Salad:</i> Marinate ½ cup chopped cucumber and ¼ cup chopped carrot with ¼ cup rice vinegar for 30 minutes. Combine with ⅓ cup chickpeas and ½ Roma tomato, chopped, ¼ cup chopped roasted red pepper and 2 tbsp chopped onion. Whisk together 1 tbsp each lemon juice and EVOO, 1 tbsp each chopped parsley and cilantro, ⅛ tsp pepper and pinch salt; toss with salad.</p> <p>SNACK: ½ cup sliced jicama; 1 carrot; 1 stalk celery; 2 tbsp guacamole</p> <p>DINNER: 1 serving Herbed Chicken Meatball Marinara with Zoodles & Pesto (leftovers, p. 75)</p>	<p>BREAKFAST: 2 Blueberry Almond Breakfast Cookies (leftovers, p. 80)</p> <p>SNACK: 1 cup brewed green tea</p> <p>½ cup chopped pineapple sautéed in 1½ tsp coconut oil; top with 1 tsp shredded coconut</p> <p>LUNCH: 1 serving Herbed Chicken Meatball Marinara with Zoodles & Pesto (leftovers, p. 75)</p> <p>SNACK: 1 serving Chocolate Chia Pudding (leftovers, p. 79)</p> <p>DINNER: 1 serving Moroccan Lentils & Quinoa (leftovers, p. 78)</p>
<p>NUTRIENTS: Calories: 1,394, Fat: 71 g, Sat. Fat: 16 g, Carbs: 113 g, Fiber: 20 g, Sugar: 51 g, Protein: 87 g, Sodium: 1,368 mg, Cholesterol: 307 mg</p>	<p>NUTRIENTS: Calories: 1,140, Fat: 55 g, Sat. Fat: 17 g, Carbs: 116 g, Fiber: 23 g, Sugar: 36 g, Protein: 57 g, Sodium: 815 mg, Cholesterol: 170 mg</p>	<p>NUTRIENTS: Calories: 1,507, Fat: 95 g, Sat. Fat: 15 g, Carbs: 120 g, Fiber: 34 g, Sugar: 37 g, Protein: 60 g, Sodium: 1,610 mg, Cholesterol: 631 mg</p>	<p>NUTRIENTS: Calories: 1,290, Fat: 68 g, Sat. Fat: 18 g, Carbs: 116 g, Fiber: 26 g, Sugar: 50 g, Protein: 62 g, Sodium: 1,548 mg, Cholesterol: 209 mg</p>

EVOO=EXTRA-VIRGIN OLIVE OIL

**MOROCCAN
LENTILS & QUINOA**
(SEE RECIPE, P. 78)



Miso-Glazed Cod with Spicy Orange Baby Bok Choy

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR.

- 3 tbsp** coconut aminos, divided
- 1 tbsp** white miso paste
- 1 tbsp** rice vinegar
- 1 tsp** raw honey
- 1 tsp** toasted sesame oil, divided
- 8 oz** boneless, skinless cod, cut into 2 portions
- 3** baby bok choy, halved
- 2 tsp** orange zest + 2 tbsp fresh orange juice
- 1 tsp** arrowroot flour
- ½ tsp** red pepper flakes, or to taste
- 2 tsp** black sesame seeds, for garnish

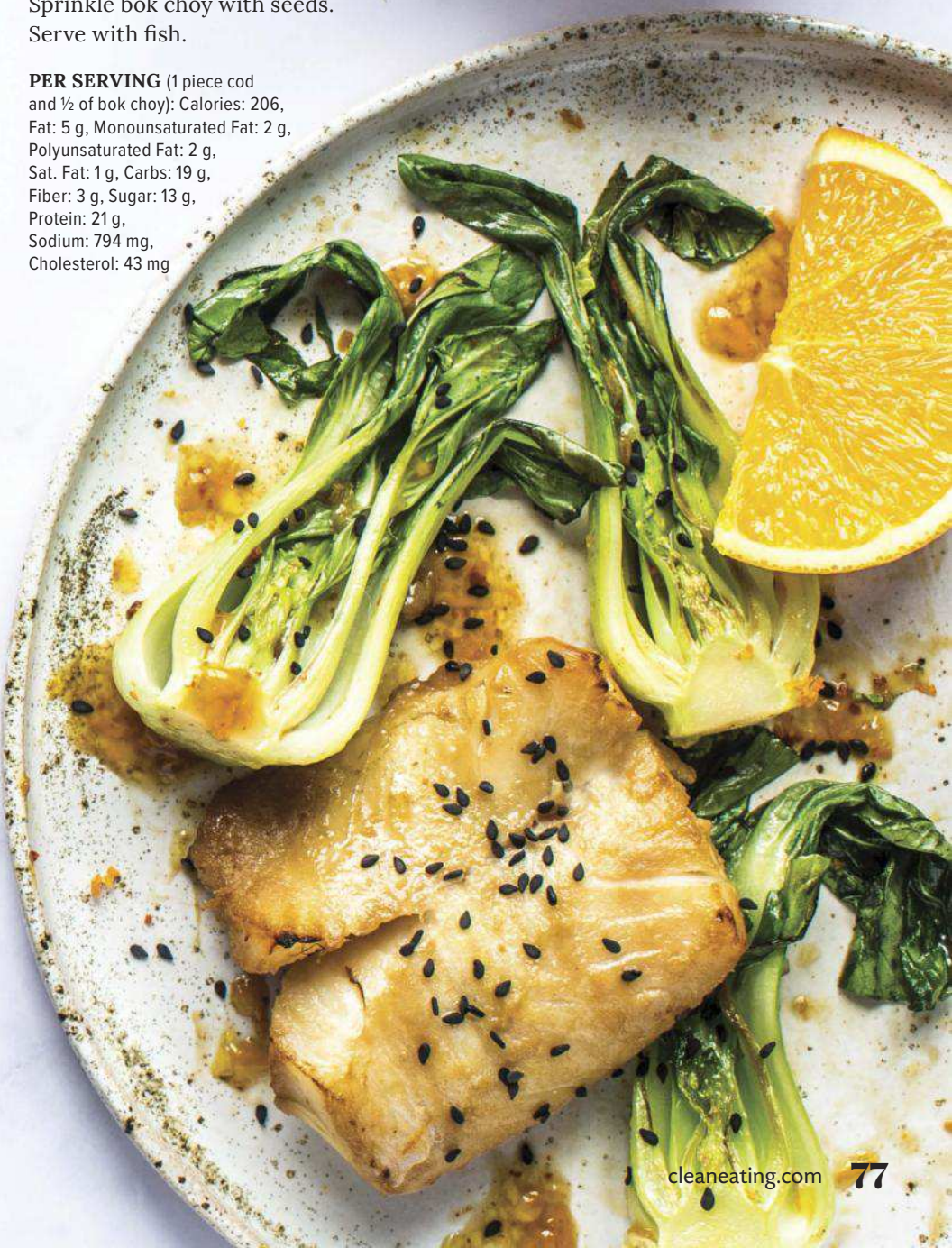
4. Whisk together orange zest and juice, remaining 1 tbsp coconut aminos, arrowroot and pepper flakes. Add to skillet with bok choy and stir to coat; cook for 30 seconds, until sauce thickens. Sprinkle bok choy with seeds. Serve with fish.

PER SERVING (1 piece cod and ½ of bok choy): Calories: 206, Fat: 5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 2 g, Sat. Fat: 1 g, Carbs: 19 g, Fiber: 3 g, Sugar: 13 g, Protein: 21 g, Sodium: 794 mg, Cholesterol: 43 mg

1. In a medium bowl, whisk 2 tbsp coconut aminos, miso, vinegar, honey and ½ tsp oil until smooth. Add fish to bowl and spoon marinade on top to coat both sides. Cover and refrigerate for 30 minutes.

2. Heat oven to broil on high. Place a rack over a sheet pan and place fish on rack. Broil for 4 minutes. Turn oven to 350°F and bake for an additional 8 minutes, until fish flakes easily with a fork.

3. Meanwhile, in a large nonstick skillet on medium-high, heat remaining ½ tsp oil. Add bok choy, cover and cook 3 to 4 minutes.





GREEN BANANA PANCAKES

SERVES 4.

- 1 cup** green banana flour
- ½ cup** plain unsweetened almond milk
- 2 large** eggs
- 1** banana
- 1 tbsp** ground flaxseed
- 1 tsp** raw apple cider vinegar
- 1 tsp** pure vanilla extract
- ½ tsp** ground cinnamon
- Pinch** sea salt
- 2 tbsp** coconut oil

To a blender, add all ingredients except oil; blend until smooth. In a large nonstick skillet on medium-high, heat 1½ tsp oil. Add batter, 4 pancakes at a time, using 2 tbsp batter per pancake; cook for 6 minutes, flipping halfway. Transfer to a plate. Repeat with remaining oil and batter, making 16 pancakes total. (Divide pancakes into 4 servings of 4 pancakes each.)

MOROCCAN LENTILS & QUINOA

SERVES 2.

- 1 cup** low-sodium chicken broth
- ½ cup** chopped sweet onion (such as Vidalia)
- ½ cup** roasted red pepper, diced
- ¼ cup** quinoa, rinsed
- ¼ cup** red lentils, rinsed
- 2 tsp** lemon zest
- 1 clove** garlic, minced
- ½ tsp** each smoked paprika and ground cumin
- ¼ tsp** sea salt
- ½ cup** chopped fresh cilantro

To a medium saucepan on medium-high, add all ingredients except cilantro. Bring to a boil and then reduce heat to low, cover and simmer for about 15 minutes, until tender. Pour into bowls and top with chopped cilantro.

↪ *In the meal plan, we use these pancakes in mini almond butter and jam sandwiches. Add a couple of banana slices if you like an extra bit of sweetness.*

8 STEPS TO A HEALTHIER MICROBIOME

1 | EAT A PLANT-BASED DIET WITH LOTS OF FIBER.

The fiber in plant foods passes through the digestive system until it reaches the colon. Bacteria in the colon then break down the plant polysaccharides through fermentation into short-chain fatty acids, the largest amount as butyrate. Butyrate is the preferred energy source for cells in the colon and can help prevent colon cancer.

2 | EAT FERMENTED FOODS EVERY DAY.

Fermented foods, such as kimchi, sauerkraut, kefir, kombucha, tempeh and miso all contain beneficial bacteria that can help fight against and crowd out the bad bacteria in your gut, resulting in a healthy balance of bacteria in the intestines. Aim for one to two servings of a fermented food daily.

3 | CONSUME PREBIOTIC-RICH FOODS.

Prebiotics, the preferred fuel source for your gut's good bacteria, are the indigestible fibers found in plant-based foods. Excellent sources of prebiotics include onions, garlic, artichokes, Jerusalem artichokes, jicama, green bananas, green banana flour, oatmeal, cooked and cooled rice and cooked and cooled potatoes.

4 | CHOOSE POLYPHENOL-RICH FOODS.

Polyphenols are micronutrients found in red wine, green tea, blueberries, pomegranates, cherries and dark chocolate that act as antioxidants. They decrease inflammation and stimulate the growth of beneficial bacteria while inhibiting the growth of pathogenic bacteria.

5 | TAKE A PROBIOTIC.

Most probiotics contain various *Lactobacillus* and *Bifidobacterium* species. Another class of probiotics are soil-based organisms (SBOs), which have the ability to better survive the trip through the digestive system and reach the intestines intact, in order to "seed" the digestive tract with bacteria that will support a healthy microbiome. Opt for a probiotic with a large number of different strains.

6 | INCORPORATE COLLAGEN.

Your hair, skin, nails and connective tissues are made of collagen. Collagen also acts as a protective covering for body organs like the kidneys. Unfortunately, aging, genetics, environmental pollutants and nutritional deficiencies deplete collagen. Adding it to your diet can help soothe and protect the gut lining and build new tissue.

7 | LIMIT INTAKE OF SUGAR.

Sugar and artificial sweeteners feed the bad bacteria and can cause gastrointestinal distress in the forms of gas, bloating and diarrhea.

8 | BE MINDFUL OF ANTIBIOTICS.

Antibiotics kill both the bad bacteria that make you sick and the good bacteria that keep you healthy. If you must take antibiotics for a bacterial infection, consider taking *Saccharomyces boulardii*, an antibiotic-resistant yeast that acts like a probiotic, as well as a multi-strain probiotic or a soil-based probiotic in between antibiotic doses. This will help repopulate good bacteria.



CHOCOLATE CHIA PUDDING

SERVES 2.

- 1 cup** plain whole-milk kefir
- ¼ cup** ground chia seeds
- ¼ cup** raw cacao powder
- 2 tbsp** (2 scoops) collagen powder
- 1 tbsp** raw honey
- 1 tsp** pure vanilla extract
- 1 tsp** ground cinnamon
- Pinch** sea salt
- 2 tsp** cacao nibs, for garnish
- sliced banana, optional

To a blender, add kefir, chia, cacao powder, collagen, honey, vanilla, cinnamon and salt; blend until smooth. Transfer to 2 small Mason jars and place in the refrigerator for at least 4 hours to thicken. Garnish with cacao nibs before serving. (**TIP:** For an extra-pretty presentation, line the jar with banana slices before adding the pudding.)

SHOPPING LIST

BLUEBERRY ALMOND BREAKFAST COOKIES

MAKES 6 COOKIES.

- 1 banana, mashed
- 1 large** egg
- 2 tbsp** ground flaxseed
- ½ cup** almond flour
- 1 tsp** pure vanilla extract
- ¼ tsp** ground cinnamon
- Pinch** sea salt
- ¼ cup** blueberries
- 2 tbsp** slivered almonds

Preheat oven to 350°F. Whisk together banana, egg, flaxseed, almond flour, vanilla, cinnamon and salt. Fold in blueberries. Spoon onto a parchment-lined baking sheet using a 2 tbsp measure per cookie, making 6 cookies. Sprinkle with almonds. Bake for 13 to 15 minutes, until puffed up and resembling a muffin top.



PROTEINS & DAIRY

- 1 dozen pasture-raised large eggs
- ½ qt plain unsweetened almond milk
- ½ qt unsweetened coconut milk
- ½ qt plain whole-milk kefir
- 1 lb organic ground chicken
- 8 oz flank steak
- 2 4-oz wild-caught salmon fillets
- 8 oz wild-caught boneless, skinless cod

VEGGIES & FRUITS

- 1 head butter lettuce
- 6 oz baby spinach
- 3 lemons
- 1 lime
- 2 avocados
- 1 bunch fresh cilantro
- 1 bunch fresh basil
- 1 bunch fresh parsley
- 2 sweet potatoes
- 10 oz carrots
- 1 head garlic
- 4 oz cremini mushrooms
- 3 bananas (freeze 1)
- 1 bunch celery
- 4 oz cherries (with pits)
- 1 English cucumber
- 2 Persian cucumbers
- 1 orange
- 1 kiwi
- 3 heads baby bok choy
- 4 zucchini
- 1½ oz baby kale
- 1 medium bunch kale (Lacinato or dinosaur)
- 1 Roma tomato
- 1 red bell pepper
- 2 sweet onions
- 1 pineapple
- 1 pint blueberries
- 1 jicama

NUTS, SEEDS & OILS

- 1 bottle extra-virgin olive oil
- 1 jar virgin coconut oil
- 1 bottle avocado oil
- 1 bottle toasted sesame oil
- 1 jar raw almond butter

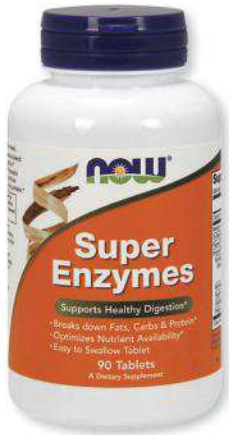
- 1 bag almond flour
- 2½ oz raw almonds
- 1 oz slivered almonds
- 1 oz raw walnuts
- 1 bag chia seeds (**TRY:** Navitas Organics Chia Seeds)
- 1 bag black sesame seeds
- 1 bag ground flaxseeds

EXTRAS

- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle smoked paprika
- 1 bottle unsalted Italian seasoning blend
- 1 bag arrowroot powder
- 1 bottle chile powder
- 1 bottle sea salt (**TIP:** Opt for pink Himalayan sea salt if desired.)
- 1 bottle ground black pepper
- 1 bottle pure vanilla extract
- 1 bottle red pepper flakes
- 1 bottle raw apple cider vinegar
- 1 bottle rice vinegar
- 1 24-oz jar all-natural marinara sauce
- 1 jar raw honey
- 1 container collagen powder (**TRY:** NeoCell Super Collagen Type 1 & 3)
- 1 box green tea bags or loose-leaf green tea
- 1 jar strawberry fruit spread
- 1 jar all-natural fresh salsa
- 1 container fresh guacamole
- 1 bag green banana flour
- 1 bag shredded unsweetened coconut
- 1 container nutritional yeast
- 1 jar white miso paste
- 8 oz low-sodium chicken broth
- 1 bottle coconut aminos
- 1 bag cacao nibs
- 1 bag raw cacao powder
- 1 box quinoa (**TRY:** Living Now Organic Quinoa)
- 2 oz red split lentils
- 1 15-oz BPA-free can unsalted chickpeas
- 1 12-oz jar roasted red peppers
- 1 bag frozen mango
- 1 bag frozen mixed berries 🍓

Freshmarket

A SELECTION OF PROMOTIONS & EVENTS FROM OUR PARTNERS



NOW® SUPER ENZYMES TABLETS

NOW® Super Enzymes Tablets help to support healthy digestion and optimize the breakdown of fats, carbohydrates and protein.*

nowfoods.com

SHARPEN MEMORY & FOCUS

Containing clean, clinically studied, whole food ingredients to support brain health for adults over 40, young adults & kids, Dr. Formulated Brain Health formulas are

Certified USDA Organic and Non-GMO Project Verified.

gardenoflife.com



BONE BROTH PROTEIN™ TURMERIC

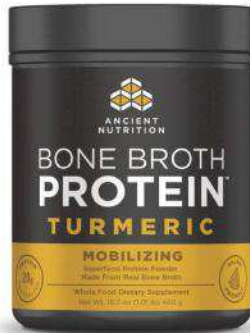
Easy-to-blend, smooth, Bone Broth Protein powder PLUS *curcumin* from turmeric:

- 20g of protein per serving • Low carb/sugar
- Gut- and Paleo-friendly, Non GMO
- Dairy, Soy, Grain, Nut and Gluten Free

Bone broth nutrients support:

- Digestive Health* • Joint Health*
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- Healthy Inflammation*
- Healthy Immune System Function*
- Cleansing & Detoxification*

ancientnutrition.com



NEOCELL COLLAGEN COOKIE BAR

NeoCell Collagen Cookie Bar blends the nutrition of a bar and the indulgence of a cookie into a mouth-watering, satisfying snack. Collagen Cookie Bars are packed with high quality fats, fiber, and over 9 grams of grass fed NeoCell Collagen - because nutritious can also be oh so delicious.

neocell.com



SPRY GUM

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xlear.com



RICKAROONS

Rickaroons: rik-uh-roons (tasty noun) - coconut energy bars that taste like dessert...made by vegan former triathlete Rick. Available on Amazon Prime!

rickaroons.com

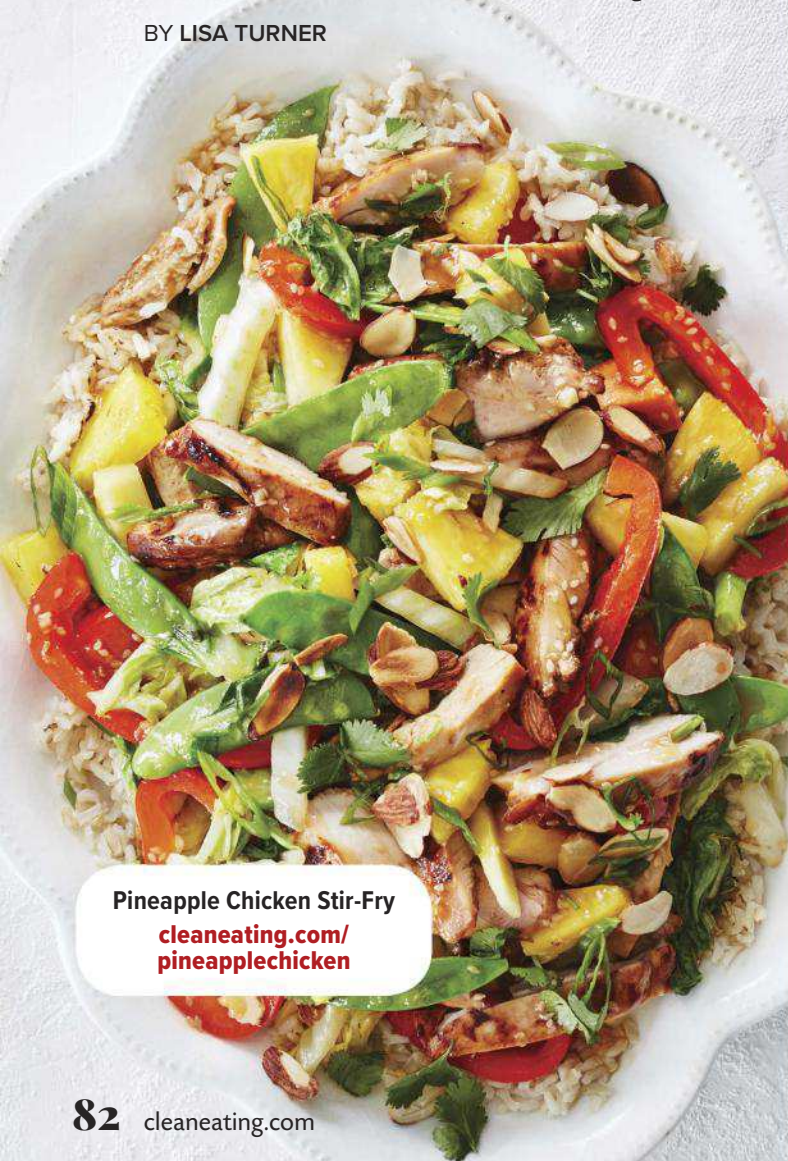


*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Outsmart Seasonal Allergies

It's hard to be enthusiastic about spring when you suffer from the itchy eyes, sneezing, congestion and runny nose associated with allergies like allergic rhinitis. As this allergy season approaches, arm yourself with foods that reduce inflammation, support immune function and ease allergies.

BY LISA TURNER



Pineapple Chicken Stir-Fry
[cleaneating.com/
 pineapplechicken](http://cleaneating.com/pineapplechicken)



Onions are rich in quercetin, a flavonoid antioxidant that acts as a natural antihistamine. Quercetin works by blocking the production and release of histamines, compounds involved in the body's allergic response, and inhibiting other allergic and inflammatory compounds. Other good sources of quercetin are apples, wine, green tea, grapefruit, parsley and berries. **TRY THIS:** Halve yellow onions, toss with olive oil, roast until golden and drizzle with balsamic vinegar; thinly slice red onions, cover with a sweet vinegar brine, and refrigerate overnight for quick pickles; sauté onions in butter, add beef or vegetable broth, sherry and thyme, cook until onions are soft, and top with cheese if desired.



Pineapple is the best source of bromelain, an enzyme that has anti-inflammatory effects and can reduce nasal swelling, making it easier to breathe. Studies also show it inhibits the development of allergic airway diseases and asthma. **TRY THIS:** Grill thick slices of pineapple until lightly browned and serve with coconut ice cream; combined chopped pineapple, diced red peppers, minced jalapeños, cilantro and lime juice for a tropical salsa; toss pineapple cubes with shredded cabbage, chopped mint, sliced red onions and a light mayo dressing for a fruity slaw.



Kefir, a fermented milk product, contains probiotics, which may help to treat seasonal allergies and enhance immune response. In one study published in *The World Journal of Gastroenterology*, people who took probiotics had less congestion and runny nose during allergy season and showed reduced inflammation in the nasal passages. Other good sources of probiotics include dairy-free coconut kefir, yogurt, tempeh, miso and sauerkraut. **TRY THIS:** Combine kefir, garlic, dill, chives and a splash of vinegar for a healthy ranch dressing; purée cooked sweet potatoes and onions with curry paste and kefir for an easy soup; stir raspberry preserves into vanilla kefir and freeze for ice cream.



Local honey may reduce allergies if taken at the very start of the allergy season. The idea is that eating honey inoculates the body against local pollen that causes seasonal allergies. One Finnish study found people with birch pollen allergies had 60% fewer overall symptoms and 70% fewer days with severe symptoms after eating honey with birch pollen. It may also be that honey soothes allergies via its anti-inflammatory effects. Use local honey, ideally raw and unfiltered, for the best healing power. **TRY THIS:** Purée kefir, coconut oil, honey and turmeric for a probiotic-enhanced golden milk; stir honey into creamy peanut butter, add oats and form into balls for a simple snack; whisk honey, mustard and olive oil together for a sweet-and-savory salad dressing.



Oranges are rich in vitamin C, which works as a natural antihistamine. Studies show vitamin C depletion is associated with increased histamine levels and that supplementing with vitamin C lowered histamine levels. Oranges are also rich in quercetin, and studies show that combining quercetin and vitamin C enhances their bioavailability and reduces inflammation. Other good sources of vitamin C include bell peppers, broccoli, strawberries, papaya and mangos. **TRY THIS:** Chop seeded oranges and peels in a food processor then simmer with honey until thick for an easy marmalade; arrange orange halves in a baking dish, drizzle with honey and cinnamon and bake until soft; juice oranges and kale for a power-packed breakfast drink.



Turmeric contains curcumin, a compound with anti-inflammatory properties that inhibits the release of histamine, inhibits allergic response and decreases oxidative stress. Curcumin has also been shown to increase nasal airflow and support the immune response in people with allergies. Combining turmeric with fat and black pepper increases the absorption and availability of its active ingredients. **TRY THIS:** Cook vegetables in coconut milk, turmeric root, curry paste and ground black pepper until tender; stir turmeric, ground black pepper, coconut oil and a pinch of saffron into cooked rice; add a generous amount of turmeric powder and ground black pepper to eggs scrambled with onions and smoked salmon.



Tuna is rich in omega-3 fatty acids, which have powerful anti-inflammatory effects and can block the production of chemicals that cause allergic reactions. In one study, people with higher levels of eicosapentaenoic acid (EPA), a type of omega-3 fatty acid found in fish, had a lower risk of allergies. Additionally, a higher dietary intake of alpha-linolenic acid (ALA), a type of omega-3 fatty acid found in walnuts, flax and chia, was associated with a decreased risk of allergic rhinitis. **TRY THIS:** Mix canned tuna, walnuts, olives, minced onions and spinach with kefir ranch dressing; toss cooked pasta with crumbled tuna, garlic, baby arugula and olive oil; top toast with avocado, red onion and thinly sliced seared tuna.

SUPPLEMENTS TO EASE ALLERGIES

BUTTERBUR, a flowering shrub traditionally used to treat cough, asthma, skin wounds and, in the Middle Ages, the plague and fever. Modern studies show it's as effective as over-the-counter antihistamines and can relieve a stuffy nose, watery eyes and other allergy symptoms. Because butterbur contains naturally occurring toxins called pyrrolizidine alkaloids (PAs), which are not safe for the liver, look for butterbur products certified as PA-free. If you're sensitive to ragweed, daisies and other plants in the same Asteraceae family as butterbur, ask your doctor before using to avoid any potential reactions.

ASTRAGALUS, an adaptogen traditionally used in Chinese medicine, can relieve allergies by supporting the immune system, modulating the body's response to allergens and reducing inflammation of the airways. Studies show astragalus can significantly decrease the intensity of seasonal allergy symptoms, especially in weed pollen allergy.

STINGING NETTLE, a flowering plant with tiny, needle-like hairs, has been used for thousands of years to treat allergies. When taken orally, the plant works in much the same way as over-the-counter antihistamines, by blocking the body's production of histamines, compounds involved in the body's allergic response. Research shows nettle extract can reduce sneezing and itching and watery eyes in people with hay fever. 



Fresh & Fun Kitchen Gear

Spring into lighter fare with these 10 culinary beauties that make healthy meal prep a breeze.

BY LAURA SCHOBER

GARDEN OF UTENSILS

The fanciful MacKenzie-Childs Floral Utensils set includes a whisk, spoon, spatula, slotted turner and utensil holder. The BPA-free tools feature heat-resistant silicone coatings (up to 400°F) while the handles feature whimsical floral decals made of heavy-gauge enameled steel. **\$195, williams-sonoma.com**



MIX MASTER

Designed with a wired beater for optimal air flow, the MUJI Hand Mixer creates foamy meringues, mixes up cake batters and whips up coconut cream. **\$55, muji.com/us**



PRETTY IN PINK

Featuring hand-painted brushstrokes that were applied while the pieces were spun, the Blush Spinwash Salad Plate comes in a set of four. It's a beautiful way to plate and serve the best of nature's bounty. **\$24, worldmarket.com**



A BETTER BREW

Using a unique spin technology that circulates the coffee grounds through cool water, Cuisinart Automatic Cold-Brew Coffeemaker ensures all the flavor is extracted, resulting in a cold brew that's smoother and sweeter tasting than hot java. **\$100, cuisinart.com**





editors' pick

SMART SMOOTHIE

Want to know what's in your matcha smoothie? Whether you're following a recipe from the NutriBullet Balance app (which connects to your smartphone or tablet via Bluetooth) or creating your own recipe, this blender's Smart Nutrition Sensor measures ingredients as you add them, so you can track carbs, fats, sugars and protein in every recipe. **\$180, nutribulletbalance.com**

SUCH A GEM

Add a glam touch to your bottles with the Quarry Geode Bottle Stopper, fitted with natural amethyst and a rubber-lined silver stopper. **\$12, cb2.com**



FASHIONABLE SPLURGE

The catwalk meets the kitchen with the latest SMEG and Dolce & Gabbana collaboration. One of our favorites in the Sicily Is My Love collection is this 7-cup electric tea kettle, featuring gorgeous silk screen and lithography motifs that are sure to elicit oohs and aahs. **\$600, smegusa.com**



ARTFULLY DESIGNED

Available in three sizes, the dishwasher-safe steel Swirl Baking Dish is finished with hand-dipped enamel, providing a striking backdrop for your recipes. **\$21 to \$27, store.moma.org**



ECO-FRIENDLY BOWLS

The Zak Designs Confetti Prep Bowl Set is BPA-free and made with 40% post-industrial recycled melamine. Use this mint and white version to brighten up recipe prep or for serving small bites. **\$12, zak.com**



KITCHEN JEWELS

This 12-piece T-fal Color Luxe Cookware set in ruby is PFOA-free and made with patented Thermo-Spot technology that signals when the pan is preheated (when the ring in the center turns a solid red). **\$100, t-falusa.com for where to buy**





Live Longer: 5 Proven Habits

In study after study, certain lifestyle behaviors rise to the top of the list of commonalities among the longest-living people. Read on to find out what they are and exactly what each means.

BY JONNY BOWDEN

Researchers collect massive amounts of data on a large number of participants over multiple years, sometimes for decades, notating what they eat, if they smoke, how and when they exercise, etc. These are known as epidemiological studies. Though they have their limitations, they're the foundation for many health recommendations. Scientists basically compare the individuals in the study who got sick and/or died during the course of the follow-up period with those who are still alive and healthy. The idea is to look for any striking difference – what did the folks who had good health outcomes do that the folks who died prematurely didn't?

This treasure trove of data, as you can imagine, has been a gold mine for discovering associations of all kinds (i.e., lack of vitamin D and rickets). And I'll cut to the chase. In study after study after study, five behaviors have consistently and reliably shown a clear and positive association with good health and long life: (1) Don't smoke, (2) exercise, (3) don't be overweight, (4) eat a healthy diet, and (5) consume alcohol in moderation or not at all.

“Exercise” is defined as about 30 minutes a day of activity that stimulates the heart rate while “overweight” is defined as having a

body mass index (BMI) of between 25 and 29.9. A “healthy” diet means different things to different researchers, but most researchers’ definitions include high amounts of omega-3s, low amounts of sugar, zero trans fats and hefty intakes of fiber, vegetables, fruits, beans and the other usual suspects. And “moderate drinking” means up to one drink a day for women and two drinks a day for men, while “not at all” means, well, not at all. (In other words, if you’re not currently drinking, don’t start to get the “benefits” of moderate alcohol intake – you’re already getting them.)

An observation: Amateur tennis players like me spend about 80% of their tennis energy worrying about details like racket size and string pattern and only about 20% of their time worrying about the things that actually make the greatest difference in their game – strokes, serves and footwork. We do the exact same thing with health.

We spend about 80% of our time worrying about details such as the proportion of protein to carbs to fat, whether to ban gluten, which form of coenzyme Q10 to take and whether saturated fat is good or bad, and we pay far less attention to the things that statistically have the greatest impact on our lives. Again, no one’s saying details aren’t important – they are. But as far as the effects they have on your overall health and mortality, they’re not even close to being as important as the five basic behaviors.

Which is why, whenever I speak, I urge people who are confused about health and nutrition advice to start by looking for bipartisanship in nutrition and health programs. (It’s hard to find these days, but it’s there.) There’s not a lot of stuff everyone in health and fitness

agrees on, but these five behaviors are about as close as we’re likely to get from a crowd that includes vegetarians, power lifters, raw foodists and the keto crowd.

So emphasize the basics. These five behaviors will give you more bang for your buck than any supplement, food, juice, weight-loss program, keto supplement,

biohacking diet, or anything else you can think of. That doesn’t mean those things aren’t important and can’t help you get the absolute best performance out of your body, mind and spirit. It just means they need to be built on a rock solid foundation and that’s what the five behaviors are. In terms of importance, they blow everything else out of the water. ☺



Take your healthy diet to new heights with probiotic-rich foods. For 3 irresistible recipes, visit cleaneating.com/kimchi



Jonny Bowden

NUTRITIONIST/AUTHOR/SPEAKER/EDUCATOR, WOODLAND HILLS, CA

“Is picking fights with the health establishment considered a hobby?” asks *Clean Eating’s* columnist Jonny Bowden, PhD, CNS, who can always be counted on to speak the truth when it comes to the most pressing health and nutrition issues of our time. The board-certified nutritionist is a frequent contributor and expert on national television, radio, books and magazines.



Move over, Lemon Bars

There's a new dessert in town – sweet-tart strawberry-rhubarb filling layered over a buttery whole-wheat crust.

STRAWBERRY RHUBARB BARS

MAKES **25 BARS**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **1 HOUR**.*

*PLUS COOLING TIME.

1 cup	sliced strawberries	¾ cup	organic unsalted butter, cut into small pieces and chilled
1 cup	fresh (or frozen, thawed) sliced rhubarb	½ cup	potato starch
2 tbsp	fresh lemon juice	4 large	eggs
1½ cups	+ 1 tbsp whole-wheat pastry flour, divided	1 tsp	pure vanilla extract (TRY: Simply Organic Pure Vanilla Extract)
1 cup	organic evaporated cane juice (aka organic cane sugar), divided	½ tsp	sea salt

1. Preheat oven to 350°F. Line a 9 x 13-inch baking pan with parchment paper, leaving a 2-inch overhang; mist with cooking spray.

2. In a small saucepan on medium-low, combine strawberries, rhubarb and lemon juice. Cook, stirring occasionally, until rhubarb is very soft and strawberries have released their juices, about 10 minutes. Set aside to cool.

3. In a food processor, pulse 1½ cups flour, ½ cup cane juice, butter and starch until a fine crumb is formed, 8 to 10 pulses. Spread mixture evenly over bottom of prepared pan, pressing with your hands to even out. Bake until golden brown, 18 to 20 minutes.

4. In food processor, purée fruit mixture with remaining 1 tbsp flour. In a large bowl, whisk eggs with remaining ½ cup cane juice until well combined but not yet frothy, 30 to 45 seconds. Whisk in fruit purée, vanilla and salt. Pour mixture over crust, spreading with a spatula if necessary.

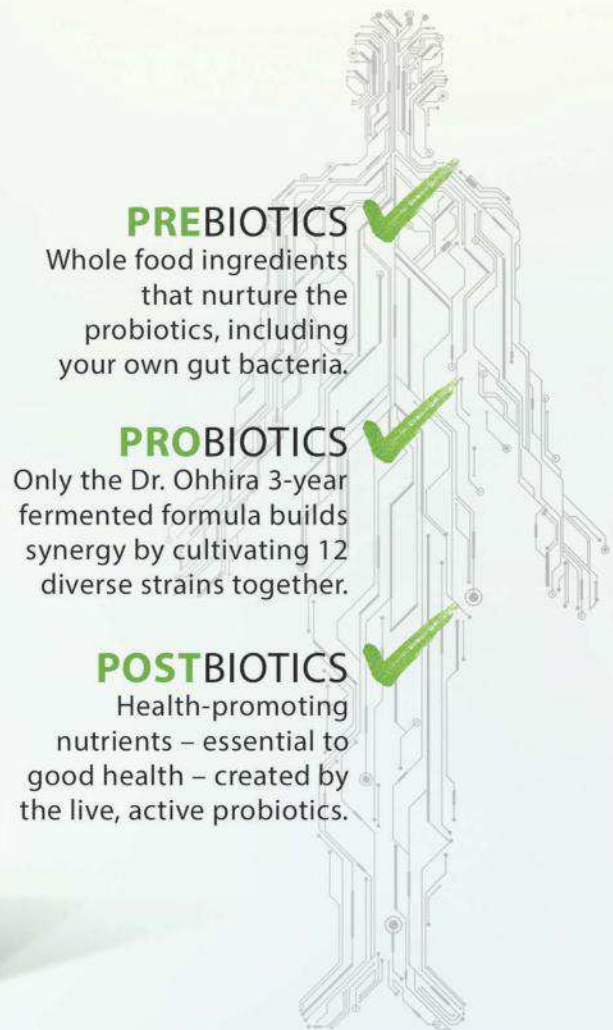
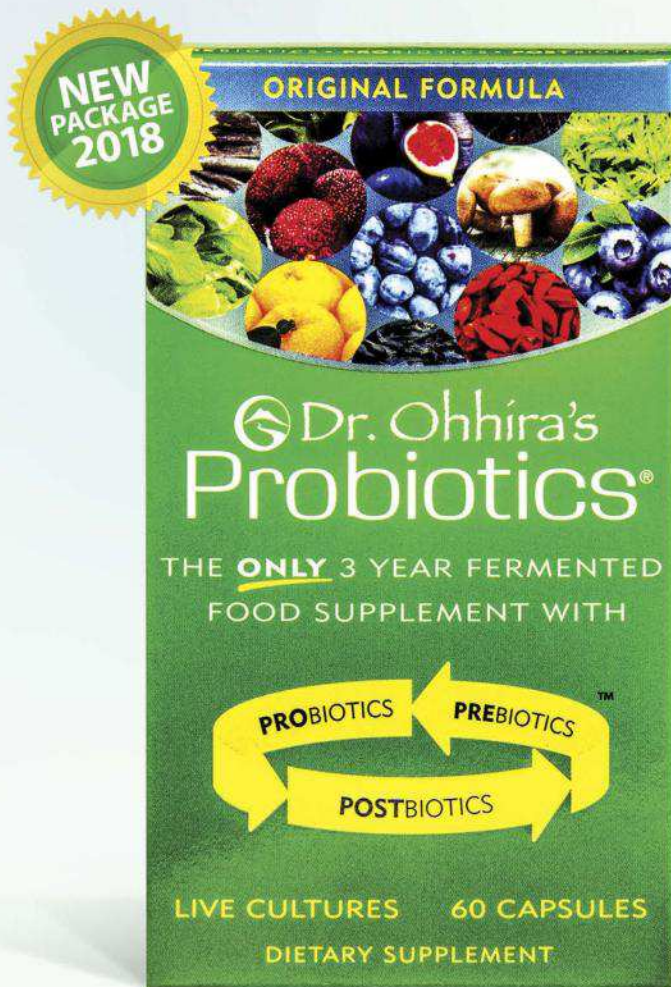
5. Bake until set, 12 to 15 minutes. Cool completely in pan, 30 to 40 minutes. Lift overhanging edges of parchment and transfer to a cutting board. Cut into 25 bars. Store in an airtight container up to 5 days, or freeze for longer storage.

PER SERVING (1 bar): Calories: 141, Total Fat: 7 g, Sat. Fat: 4 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 0.5 g, Carbs: 19 g, Fiber: 0.5 g, Sugars: 8 g, Protein: 2 g, Sodium: 51 mg, Cholesterol: 44 mg 🥚

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