

Nutrition Notes from Angela

As the weather turns colder and the days are shorter, nourish your body with warming foods and plenty of fresh, seasonal fruits and veggies.

Turn to foods that are hearty and filling without added fat and sugar, which can lead to fatigue, lethargy, and weight gain. Smart choices include soups, grain based dishes, and of course, dishes with veggies. These ensure getting the variety of vitamins and fiber your body needs to function efficiently. Fresh fruits are also essential for detoxifying and refreshing.

Try this soothing tea whenever your body needs warming or if you're under the weather:

Ginger Tea

1-inch piece of peeled ginger

2 cups filtered water

1-2 tbsp. Honey or other natural sweetener

Juice of 2 oranges

Bring water, ginger and honey to a simmer in pan on stove. Cover and let simmer on low for 5 minutes. Remove from stove and add orange juice. This can be placed in a thermos to sip on all day or any remaining can be refrigerated and reheated as needed.

Nutrition Tid Bits:

- Try eating 4-6 oz. of natural yogurt each day to help with digestion and provide the body with friendly bacteria.
- To increase immunity or maintain a healthy immune system, try a green drink. Juice kale, celery, green apple, carrot and lemon in proportions adjusted to your taste (experiment with the amount you use).
- Since we don't get a lot of sunshine in Washington, most of us are deficient in Vitamin D. Taking a supplement and getting up to 800-1000 mg a day is a good idea.

Something New

The whole grain **Quinoa** (keen wa) is called the “mother grain” because of its high protein and calcium content. It is also a good source of iron, phosphorous, and B and E vitamins. Prepare Quinoa as directed and add roasted veggies (onions, butternut squash, red peppers, cauliflower) drizzle with olive oil, lemon juice and a sprinkling of parsley. Enjoy with soup and a salad.

With the holidays fast approaching try this simple, healthy and beautiful salad. I was inspired to create this salad while shopping at the natural food store on Lopez Island, WA this month. I used the fennel that was grown locally.

Fennel Orange Salad

1 large Fennel Bulb, top trimmed off and bulb thinly sliced
1-can mandarin oranges drained; juice reserved
Olive oil
Dried cranberries or cherries (optional)
Salt & pepper

- 1. Trim and slice fennel bulb into thin slices (saving any of the leafy fronds that look like dill and chopping finely). Place in bowl with any of the chopped fronds.**
- 2. Drain juice from oranges and set juice aside. Place oranges in bowl with fennel.**
- 3. Drizzle with olive oil (about 2 tbsp.) and reserved orange juice (about 2-3 tbsp.).**
- 4. Sprinkle cranberries or cherries in bowl, if using.**
- 5. Sprinkle with salt and pepper and toss ingredients gently to mix.**
- 6. Taste and adjust seasoning as necessary. Adding more juice or olive oil if needed.**

Please feel free to send us your favorite recipes so we may include those in the future ☺

Namaste,
Angela