

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Yogurt Banana Split

From The Nourishing Home Facebook Page

Serves 2

1 cup whole milk organic yogurt
1-2 Tbsp pure maple syrup to taste
1/8 tsp pure vanilla extract
1 banana, halved (or cut-up)
1/4 cup fresh strawberries, diced
1/4 cup fresh pineapple, diced
2 tsp dark chocolate chips (or carob chips)
2 tsp chopped crispy nuts*

In a mixing bowl, add yogurt, vanilla and maple syrup to taste; gently stir to combine. Cut a banana in half length-wise. Place one banana half each into two small bowls. Spoon 1/2 cup of yogurt into each bowl on top of banana. Top with diced strawberries, pineapple, chocolate chips and nuts.

* Nuts are an extremely nutritious food, but they do contain enzyme inhibitors that can irritate the mouth and cause digestive problems if consumed in large quantities. Nuts are easier to digest, and their nutrients more readily available, if they are first soaked in salt water overnight (the salt activates enzymes that neutralize enzyme inhibitors), and then dried in a warm oven.

Crispy Pecans or Walnuts

4 cups pecan or walnut halves
2 tsp sea salt
filtered water

Mix pecans with salt and filtered water and leave in a warm place for at least 7 hours or overnight. Drain in a colander. Spread pecans on a stainless steel baking pan and place in a warm oven (no more than 150 degrees) for 12 to 24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container.