

EAT WELL, AGE WELL. ARTHRITIS

Rethink Breakfast: Under 10-minute Recipe

BREAKFAST PLAYS A KEY ROLE IN IMMUNE SYSTEM SUPPORT, BLOOD SUGAR STABILIZATION AND ENERGIZES YOUR BODY FOR THE DAY.

PINEAPPLE CONTAINS BROMELAIN, A TYPE OF ENZYME THAT HELPS THE BODY FIGHT INFLAMMATION. TURMERIC AND GINGER ARE ANTI-INFLAMMATORY AS WELL. THE CHIA SEEDS CONTAIN IMPORTANT OMEGA 3 FATTY ACIDS THAT ARE ESSENTIAL FATS THE BODY CANNOT PRODUCE ON ITS OWN AND MUST GET FROM FOOD.

NOW START OFF THE DAY WITH THIS POWERHOUSE SMOOTHIE!



Photo by Lindsay VanKampen

Pineapple-Kale Smoothie

Ingredients:

- 1 cup brewed and cooled green tea
- 2 cups spinach or kale (fresh)
- 1 cup frozen or canned pineapple chunks (drained)
- ½ medium banana
- 2 tsp honey
- ½ tsp fresh ginger
- ¼ tsp ground turmeric
- 2 mint leaves (for garnish)
- 2 Tbsp. chia seeds
- Ice cubes (optional)

Directions:

1. Combine all the ingredients, except chia seeds, in high speed blender.
2. Add chia seeds at the end of the blending process so they don't stick.
3. If you like your smoothie thicker, add ice cubes and blend until desired consistency is met.



Photo courtesy of Pixabay

Adapted from: <http://www.culinarynutrition.com/3-awesome-anti-inflammatory-breakfast-recipes/>

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Try to *Beet* this...

According to the University of Londrina- Brazil, beets are a unique source of phytonutrients called betalains. Betanin and vulgaxanthin are the two best-studied betalains from beets, and both have been shown to provide antioxidant, anti-inflammatory, and detoxification support.

Carrots are rich in vitamin A and beta-carotene, both which relieve inflammation.



Photo by Lindsay VanKampen

Beet Detox Salad

Ingredients:

- 1 large beet, coarsely grated
- 1 large carrot, coarsely grated
- 1 large apple diced
- 2 Tbsp. flax seeds
- 2 Tbsp. almonds, chopped
- 2 Tbsp. fresh lemon juice
- 4 cups mixed greens

Optional:

- 2 garlic cloves, minced
- ¼ tsp sea salt (optional)

Directions:

1. Toss all ingredients, except for the mixed greens, together in a large bowl.
2. Mix in remaining ingredients. You can mix this together up to 2 days in advance and keep refrigerated.
3. Garnish with apples or almonds when serving if you wish.



Photo courtesy of Pixabay

Recipe adapted from:

<http://www.prevention.com/food/healthy-recipes/meals-that-soothe-inflammation/slide/4>

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BERRY GOOD FOR YOUR HEALTH

BERRIES ARE HEALTHFUL AND DELICIOUS. THEY CONTAIN ANTIOXIDANTS, WHICH ARE SUBSTANCES THAT PREVENT OR DELAY SOME TYPES OF CELL DAMAGE, AND CAN REDUCE INFLAMMATION.

BLACKBERRIES, BLUEBERRIES, RASPBERRIES, STRAWBERRIES AND TART CHERRIES ARE A FEW EXAMPLES OF BERRIES THAT CONTAIN A CLASS OF ANTIOXIDANTS KNOWN AS FLAVONOIDS.

THIS FROZEN YOGURT IS SURE TO BE HEALTHFUL AND DELICIOUS!



Photo by Lindsay VanKampen

Berry Frozen Yogurt

Ingredients:

- 2 cups frozen berries
- ½ cup plain yogurt (low-fat, Greek, or full fat)
- 2 Tbsp honey
- 1 tsp lemon or vanilla extract

Directions:

1. Add all ingredients to a food processor or blender.
2. Blend for 2 minutes or until the mixture is creamy.
3. Serve soft or transfer to an air-tight freezable container and freeze for at least 3 hours or overnight. Store it in the freezer for up to 2 weeks.



Photo courtesy of Pixabay

Recipe adapted from:

<http://gimmedelicious.com/2016/05/10/healthy-5-minute-berry-frozen-yogurt/>

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Make it a Cherry Day!

A STUDY BY RESEARCHERS FROM MICHIGAN STATE UNIVERSITY FOUND THAT TART CHERRIES ARE A GOOD SOURCE OF ANTHOCYANINS, WHICH MAY HAVE A STRONGER ANTI-INFLAMMATORY EFFECT THAN ASPRIN.

ANTHOCYANINS ARE FOUND IN RED AND PURPLE FRUITS, INCLUDING RASPBERRIES AND BLUEBERRIES, BUT CHERRIES CONTAIN A HIGHER LEVEL. ANTHOCYANINS ARE PLANT PIGMENTS THAT HAVE POWERFUL ANTI-OXIDANT AND ANTI-INFLAMITORY PROPERTIES.

CHERRIES ARE DELICIOUS AND PROTECTIVE SO GO ENJOY SOME!



Photo by Lindsay VanKampen

Grilled Chicken with Cherry Sauce

Ingredients:

- 1 cup chopped pitted sweet or tart cherries (your preference)
- 1/4 cup dry red wine or water
- 1 clove garlic, minced
- 1/8 tsp. cumin, salt, black pepper, and crushed red pepper
- 1 Tbsp. Cherry preserves
- 4- 4 ounce skinless, boneless chicken breasts (thawed)

Directions:

1. Prepare the grill. Then lightly spray the grill rack with cooking spray.
2. The chicken should be a uniform height so it cooks evenly. Try putting it in a resealable plastic bag, then use a rolling pin or meat pounder, to get the breast around 3/4-inch.
3. Lightly crush the cherries in a small saucepan.
4. Add the wine or water and the next 6 ingredients.
5. Bring the mixture to a boil; reduce heat and simmer, stirring occasionally, ~10 minutes.
6. Grill or broil the chicken for 4-6 minutes on each side or until fully cooked and juices are clear. (165 degrees F)
7. Serve chicken topped with cherry sauce.

Adapted from:

<http://www.health.com/health/recipe/0,,10000001622406,00.html>

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students 5-1-17 by Daisy Perez