

Reap Legacy, Inc. Represents:

perspectives 

MONTHLY LIFESTYLE BUZZ, TRENDS, TIPS, AND INSIGHT



SMART TIP:

Love your coffee or tea? Good news! Research supports that individuals who drink beverages such as these and others rich in certain antioxidants called polyphenols have a reduced incidence of developing type 2 diabetes. Adding exercise and other antioxidant-rich foods can amplify these benefits as well as promoting cardiovascular health.

WHO SAID IT?

*"Life isn't about finding yourself.
Life is about creating yourself."*

[\[GET THE ANSWER\]](#)

TEST YOUR KNOWLEDGE:

Q: How many record closing highs did the Dow Jones Industrial Average have during 2017?

- A) 34
- B) 64
- C) 71
- D) 76

[\[GET THE ANSWER\]](#)

February, 2018

The Ideal Meat Substitute?

The west is discovering jackfruit and loving it.

[\[CLICK TO READ\]](#)

Dollars, Sense, and Plans for Progress

Good money moves a household can make early in the year.

[\[CLICK TO READ\]](#)

A Trip on a Bag and a Backpack

What are the keys to packing light when you travel?

[\[CLICK TO READ\]](#)

Recipe of the Month

Gluten-Free Waffles with Fresh Whipped Cream

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The Ideal Meat Substitute?

The west is discovering jackfruit and loving it.

Jackfruit – a potassium-rich, Vitamin C-laden fruit native to South India – is appearing in more and more dishes as a meat alternative. Young green jackfruit, which has not yet ripened to sweetness, has a texture very much like pulled pork or chicken. This year may see a “jackfruit wave” as Starbucks, Trader Joe’s, Whole Foods, and other retailers are either using it in packaged foods or offering it on shelves.

The young, green jackfruit, packed in water or brine, can be used in countless dishes that ordinarily call for red or white meat: wraps, pot pies, burritos, tacos, sandwiches, dumplings – you name it. The “jack of all fruits” is versatile enough and substantial enough that most meat eaters will never know that “pulled pork barbecue sandwich” has no pork in it at all. While jackfruit is not the only faux meat around (seitan and tempeh are also popular among vegans), it is the only one that allows you to swap in a fruit for an animal protein. If you are watching your weight, you will be pleased to know a cup of jackfruit has only 150 calories.^{1,2}



Dollars, Sense, and Plans for Progress

Good money moves a household can make early in the year.

The first quarter of the year is a great time for savers and investors to make large and small money moves that could result in a financial difference. What financial moves might you consider?

Think about increasing your monthly workplace retirement plan contributions or maxing out your IRA(s) early in the year if you have not done so. Tackle the task of reviewing your beneficiaries on your investment accounts, retirement accounts, and life insurance policy – are they up to date? Your portfolio may be more heavily weighted in equities than you prefer, thanks to recent market gains, so a review and rebalancing might be in order. If you are wealthy and in your seventies (or will turn 70 early this year), plan for your Required Minimum Distributions – see what the year-end amounts will be and how the distributions will affect your taxes. (Also, consider a charitable IRA gift this year to fulfill the RMD requirement from a traditional IRA.) If you need extra cash, you might be able to find it by switching your auto insurance to another carrier or by raising your deductible on your current policy. This is as good a time as any to check that no one has misused your credit cards; visit annualcreditreport.com to request a free copy of your credit report from each of the nation’s three major credit bureaus.³



A Trip on a Bag and a Backpack

What are the keys to packing light when you travel?

You can certainly save money by taking only one bag on your next flight, complemented by a backpack. The big question: can you really pack what you need into such limited space? A carry-on plus a backpack can work, even for an extended business trip. Besides technology and personal items, much can potentially fit inside that combination.

Women can take four tops (and perhaps, a light sweater), three pairs of pants (or two pairs and one skirt), two pairs of shoes, a cardigan or jacket, a belt, a scarf, appropriate underwear for the trip, and three pairs of socks. Men can consider three pairs of pants or shorts, six shirts (up to four can be T-shirts, the other collared shirts), two pairs of shoes, a belt, a jacket or blazer, appropriate underwear, and four pairs of socks. Bulky clothes can be worn on the plane, which saves you from packing them. Many travelers find that what they need for a month is really not much more than what they think they need for a week.⁴



Recipe of the Month

Gluten-Free Waffles with Fresh Whipped Cream

Waffles

- 1 ½ Cups All-Purpose Gluten-Free Flour
- 1 ¼ Cups Milk
- 2 Eggs
- 4 tsp. Pure Cane Sugar (Granulated)
- 2 Tbsp. Vegetable Oil
- 1 ½ tsp. Baking Powder

1 tsp. Pure Vanilla Extract
½ tsp. Sea Salt

Fresh Whipped Cream

1 Cup Heavy Whipping Cream
2 Tbsp. Sugar, Honey, or Maple Syrup
½ tsp. Vanilla

Before you get started, place the bowl and whisk with which you'll whip your cream, in your freezer for 15-20 minutes. (Optional) When ready, pour all whipped cream ingredients into your bowl and whisk briskly until medium to stiff peaks form (approximately 1 to 1 ½ minutes). Careful – you don't want to overbeat. When done, set aside.

Pre-heat your waffle iron on a medium to high heat setting. Next, separate eggs and beat yolks, vanilla, and oil together in a large bowl.

Whisk flour, sugar, baking powder, and sea salt together in a separate bowl; then, add to the large bowl and whisk. (Note: It is not necessary to whisk away all lumps, but whisk until the only remaining lumps are very small.) Gently fold in egg whites.

Pour or scoop batter onto your pre-heated iron, and ensure batter is distributed evenly. Cook for 4-6 minutes (or until your automated iron alerts you).

Shown here – serving suggestion (serve with fresh berries, honey, and/or pure maple syrup).



«representativename» may be reached at
«representativephone» or «representativeemail»
«representativewebsite»

WHO SAID IT?
George Bernard Shaw

TEST YOUR KNOWLEDGE ANSWER:

A: C, 71.⁵



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Citations.

- 1 - myajc.com/lifestyles/food-cooking/jackfruit-fibrous-meat-alternative/ADIOth1WGn7vzjjid2a65I/ [8/2/17]
- 2 - livekindly.co/starbucks-debut-new-vegan-bbq-pulled-jackfruit-wrap/ [1/4/18]
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- 4 - solotravelerworld.com/packing-list/ [10/26/17]
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