



Healthy4life.ca Newsletter - February 2017

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!



What's In Wild Blueberry Corn Salad

This delicious salad contains probiotic apple cider vinegar and prebiotics garlic, onions and, of course, wild blueberries. It also has corn (also in season), which contains resistant

starch, another prebiotic. I chose cashews for this salad. However, if you want more prebiotic punch, you could add almonds but they must be in their skin for the best results. For more probiotic action, you can add sauerkraut and add some yogurt to the dressing. It is that simple to build a probiotic/prebiotic combination and create a symbiotic meal.

Recipe of the Month Wild Blueberry Corn Salad

1/2 cup organic corn nibs (if using fresh corn cobs, remove the corn from the cob and steam the corn)

1/2 cup wild blueberries (fresh is best)

1 celery stick, chopped

2 tbsp lightly roasted cashews, chopped

1 tbsp thinly slice onion

1 -2 tbsp fresh parsley, chopped

4 cups mixed salad greens

Sea salt and pepper to taste

Dressing:

2 tbsp olive oil

1 – 1 1/2 tbsp apple cider vinegar

1/2 tsp raw honey

1 small clove garlic, chopped

Steam the corn until soft. Let cool. If using frozen corn, this may take a couple of minutes. If using fresh, it may take a bit longer to cook until soft. Place the corn, wild blueberries, celery, cashews, onion, and parsley in a bowl. Mix the dressing ingredients and pour onto the salad and mix. Season to taste. When ready to serve, mix in the greens and place on plates.

Upcoming Lupus Educational Events

Lupus Ontario Doc Talk Mississauga ON

Saturday March 11

(<http://www.lupusontario.org/events.aspx>)

March 11, 2017
DOCTALK
LIVING WELL WITH LUPUS
FREE EVENT

FREE EVENT FOR ALL AGES
FOR FAMILY AND FRIENDS TOO!
FREE LUNCH

9:30 AM TO 4:00 PM
LOCATION: LORRAINE ROOMS 1170 HWY 10 EAST MISSISSAUGA, ON

LUPUS ONTARIO
1-800-387-2262
Lupus Ontario is a not-for-profit organization. For more information, visit www.lupusontario.org

Lupus Ontario Speakers Saturday April 22 Toronto ON

DIABETES WEBINARS

Be healthy 4 life,

Cathy Ferren RHN

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