

HEALTHFUL RECIPES FROM LINDA CITRON

JUNE 2014: CHIA SEEDS

Homemade Trail Mix

Ingredients:

3 cups puffed whole-grain cereal (e.g., puffed wheat or Kashi)

1/2 cup chopped nuts or seeds (or a combination)

1/2 cup chopped dried fruit such as cranberries or blueberries (NO added sugar)

3 Tbsp chia seeds or ground flax seeds

1/3 cup creamy nut or seed butter (e.g. cashew, almond, sunflower – NO added sugar)

1/2 cup local honey or pure maple syrup

Directions:

Preheat oven to 350°F. Line a 9x9-inch square metal baking pan foil; spray with nonstick cooking spray. In a large bowl mix the cereal, nuts, dried fruit and chia seeds or flax seeds; set aside. Place the nut butter and honey in small heavy saucepan. Bring to boil over medium-high heat, whisking constantly for about one minute until bubbly and smooth. Pour hot mixture over cereal mixture in bowl, stir to blend (mix well to coat all of the cereal). Transfer mixture to prepared pan. Using a large square of wax paper or foil, firmly press mixture down into pan to firmly compact. Bake until just golden around edges, about 10 minutes. Cool completely. Remove bars using foil liner and cut into 16 bars or squares. Wrap in tin foil or plastic wrap and store in zip bags for travel. Makes 16 servings.



Dirt Balls

From Dr. Mark Hyman's, The Blood Sugar Solution Cookbook

Ingredients

1 cup raw cashews
1 cup rolled oats
1/4 cup chia seeds
2 tsp ground cinnamon
1 cup dates
1/4 cup cacao powder
1 Tbsp coconut oil, melted
3 Tbsp water
1/4 cup coconut flakes

Directions

Combine the cashews and oats in the work bowl of a food processor and pulse until they are as fine as breadcrumbs. Add all remaining ingredients, except coconut, and process until it forms a large ball.

Roll out 12 equal balls and pour the coconut flakes out onto a large plate. Roll each ball in the coconut until completely covered.

Refrigerate for at least 30 minutes. Store leftover Dirt Balls in the refrigerator for up to 5 days.



Banana Nut Loaf

Ingredients

- 5 large over-ripe bananas
- 1 cup almonds
- 2 cups pecans
- 1 cup of buckwheat or brown rice flour
- 1/2 cup of maple syrup
- 3 Tbsp chia seeds
- 2 Tbsp cinnamon

Directions

Start by pre-heating the oven to 300 degrees . Then blend the almonds and pecans in a food processor so that they form a flour-like consistency; this should take about 30 seconds. Once the mixture is smooth, add it to a mixing bowl with the buckwheat flour, maple syrup, chia seeds, and cinnamon, mixing them all together.

Next, mash the bananas together until smooth before stirring them into the flour/nut mixture; at this point the mixture should be nice and sticky. Grease a loaf tin with coconut oil and then pour in the mix and allow it to bake for about an hour.

Slice and store in snack-size freezer bags for the perfect travel treat! They will defrost naturally in your carry-on or backpack! Makes one loaf.