



DESSERTS

Autumnal Fruit Salad

Reminiscent of apple pies and tarts, this combination of tart green apples, sweet figs, and warming spices are just some of the delightful flavors that will awaken the palate.

YIELD: Serves 4

INGREDIENTS

- 4 dried figs
- 1 1/2 cup unfiltered apple juice
- 2 large tart green apples, Granny Smith is recommended (cubed)
- 2 large Bosc or Bartlett pear (cubed)
- 1/4 cup currants or raisins
- 1/4 cup dried cranberries
- 1/2 lemon (juiced)
- 1/2 cup almonds (soaked overnight in filtered water)
- 1 tablespoon coconut oil (melted)
- 2 teaspoons honey
- 1/2 teaspoon *Sweet Spice of Life*™ (See next page.)
- 1/8 teaspoon sea salt



DIRECTIONS

1. Heat a large pan or wok and sauté shallots and ginger in oil for 2 minutes
2. Add green beans, stir to combine, and add 1/2 cup water.
3. Cover and steam until green beans are crisp but tender, for about 8 minutes.
4. Serve immediately.

NUTRITION GEM

Health Benefits of Figs, Pears & Raisins

Figs — Figs are a delicious, sweet fruit with high levels of antioxidants, fiber, and various minerals that support digestive health, help regulate blood sugar, and contribute to bone health. Figs aid in cancer prevention and help manage blood pressure.

Pears — Pears are cooling and hydrating, a good source of fiber, vitamins, and antioxidants. They can aid in digestion, promote heart health, and healing inflamed tissue.

Raisins — Raisins are a good source of fiber, antioxidants, and minerals like iron and potassium, which can support digestive health, boost energy, and improve heart health.



DESSERTS

Sweet Spice of Life™ Blend

This classic *Eating For Health™* spice adds wonderful aroma and zest to smoothies, fruit, yogurt, and desserts.

YIELD: 2/3 cup

INGREDIENTS

- 1 tablespoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon coriander
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cardamom
- 1/2 teaspoon cloves
- 1/2 teaspoon saffron (if available)
- 1 tablespoon bee pollen (if available)

DIRECTIONS

1. Mix all ingredients together and store in a sealed jar.
2. Spices should be kept in a cool, dark space for no more than 60 days.



NUTRITION GEM

Health Benefits of Allspice, Nutmeg & Bee Pollen

Allspice — Allspice has anti-inflammatory, anti-microbial, and pain-relieving properties that benefit digestion, blood sugar regulation, and menopause symptom relief.

Nutmeg — Nutmeg contains antioxidants and anti-inflammatory compounds that protect against cellular damage and chronic diseases and aid digestion, improve blood circulation, impact on brain health and sleep.

Bee Pollen — Bee pollen, a mixture of flower pollen, nectar, enzymes, honey, and bee secretions, is packed with nutrients and offers a variety of potential health benefit such as immune, heart, brain and liver support, and seasonal allergy relief.