



### **Living Healthy with Summer Cool Eating**

Every summer I think about ways to beat this Georgia heat and to avoid using the oven as much as possible. I tried to cook my meals for the day or week either very early in the morning or very late at night while it is somewhat cool. But still I have another problem with cooking food that will not make me feel sluggish and tired all day long. I have finally come up with the answer to summer cool eating foods and beverages. Here are my **top three easy favorites!**

#### **Smoothies**

I love to drink a healthy smoothie on a hot summer day as substitution for a meal. Fruit smoothies provide you with essential vitamins and minerals. Fruits smoothies can be an easy way to nourish your body with essential nutrients. The best way to know the exact ingredients in your smoothie is to make them yourself. All you need is a blender, fruit and a base, such as water, milk or yogurt.

Try the *Strawberry Almond Butter Smoothie* recipe below:

#### **Ingredients:**

**Serves: 2.0**

**Preparation Time: 20 minute(s)**

**Cooking Time: 0 minute(s)**

1 cup, halves Strawberries, raw

1 cup Almond Milk

2 tbsp Almond Butter, plain, without salt added

**Directions:**

Put ice cubes into a blender and blend until crushed. Add berries, almond milk and almond butter and blend until smooth. Pour into glasses and serve.

\*You can substitute 1 cup frozen (not thawed) whole strawberries for the fresh berries. Leave out the ice if you use frozen berries

**Salads**

You cannot go wrong with having and making a salad. They are quick and very easy to make. Vegetables in salads are good sources of insoluble fiber, which keeps your digestive tract healthy. If you add nuts, seeds or beans to the salad, you'll get a boost of soluble fiber that helps lower cholesterol and keeps blood sugar balanced. Men should get 38 grams and women need 25 grams of fiber in their daily diet.

Try my favorite *Kale Salad recipe* below from **Whole Foods**:

**Ingredients:**

**Serves: 4.0**

**Preparation Time: 20 minute(s)**

**Cooking Time: 0 minute(s)**

1 cup, chopped Kale, raw

2 Tbsp(s) Olive Oil

1 Tbsp Lemon juice, raw

1/2 tsp Kosher Salt, average brands

**Directions:**

In a large bowl, whisk together oil, lemon juice and salt. Add kale, toss to combine and serve.

**Raw Cooking**

Not much heat is required during raw cooking and is about eating mostly or all unprocessed and uncooked foods so you get all the nutrients without the dangerous additives. The goal of eating more raw foods is to obtain plenty of nutrients in an easy-to-digest manner, one that our bodies are naturally suited for. Check out my two favorite raw dishes - *Raw Vegetable "Pasta" with Tomatoes & Herbs and Macadamia Nut Hummus*

## **Raw Vegetable "Pasta" with Tomatoes & Herbs**

### **Ingredients:**

**Serves: 6.0**

**Preparation Time: 20 minute(s)**

**Cooking Time: 0 minute(s)**

2 medium Squash, zucchini, baby, raw

2 medium Squash, summer, all varieties, raw

3 Tbsp(s) Olive Oil

8 oz Cherry Tomatoes, Fresh

1/2 Shallots, raw

1 clove Garlic, raw

2 tbsp, chopped Basil, fresh

1 tsp, ground Oregano

### **Directions:**

In a large bowl, gently toss together all ingredients and also add Sea salt and pepper, to taste. Transfer to a platter and serve immediately.

\* You can want to add your own boiled pasta into this vegetable mix dish.

## **Macadamia Nut Hummus**

### **Ingredients:**

**Serves: 8.0**

**Preparation Time: 5 minute(s)**

**Cooking Time: 0 minute(s)**

1 cup, whole or halves Macadamia Nuts, raw

3 cloves Garlic, raw

3 Tbsp Lemon juice, raw

2 tbsp Tahini

59 ml Water

**Directions:**

Add all ingredients which also includes to the pinch black pepper, sea salt and freshly ground pepper, to taste into the bowl of your food processor or high powered blender and blend on high until smooth.

**Special Notes:**

Begin with 2 cloves of garlic and 2 tablespoons of water and work your way up, if needed.