



## **SNEEZE-LESS SPRING**

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Spring is the perfect time to reset and cleanse - especially if your allergies are driving you crazy or you're feeling fatigued! We can see this happening in nature. Wild animals are taking advantage of the nutrient dense and alkalizing plants beginning to sprout. We should be doing the same. Our bodies actually desire lighter food and less of it naturally, so don't miss this window of opportunity.

Try incorporating more bitter and alkalizing foods. Think sprouts, bitter greens, and salads. Keep that liver happy by cutting down on the sugar and caffeine. Here are a couple of my favorite, low-sugar spring breakfasts for you to try.

### **MEGA MUSCLES SMOOTHIE:**

Ingredients:

1-2 cups of almond or coconut milk. I like to take full fat canned coconut milk (no preservatives, please), and mix with water.

1-2 tbsps of hemp powder (hemp protein powder is full of Omega 3 and 6, amino acids, vitamins, and is anti-inflammatory)

1 tsp - 1 tbsp of raw organic coconut oil

1/2 banana, 1/2 cup of cranberries OR 1/2 cup blueberries

1 tsp cinnamon

1 Tbl almond butter

I add other superfoods, such as goji berries, spinach, kale, spirulina, raw cacao nibs, and chia seeds, as well ☺

Cut the fruit into pieces, put all ingredients into blender and mix.

### **GRANOLA:**

1 cup gluten free, old fashioned rolled oats

3/4 cup shelled, raw unsalted sunflower seeds

3/4 cup pepitas (raw pumpkin seeds)

2 cups coconut flakes

2 cups coconut shreds

1 1/2 cups slivered or coarsely chopped almonds

2 Tbl cinnamon

2 Tbl allspice (optional)

1/4 cup pure maple syrup, preferably Grade B

cranberries (cooked down into paste)

1/2 cup coconut oil

1. Preheat oven to 350 degrees

2. Place the oats, sunflower seeds, cranberries, coconut shreds and flakes, and allspice and cinnamon in a large bowl and stir to combine. Add the maple syrup and oil and stir until all the dry ingredients are moistened.

3. Spread the granola on a roughly 12 by 17-inch rimmed baking sheet lined with parchment paper. Bake the granola until it begins to brown, about 25 minutes, and then stir it with a flat spatula. Let the granola continue to bake until it is light golden brown, dry, and fragrant, 15 to 20 minutes longer. Stir the granola at least once more as it bakes and watch it carefully during the final minutes because it can burn quickly.

4. Place the baking sheet on a cooling rack, add the remaining ingredients, and stir to combine. Let the granola cool completely. Transfer the granola to an airtight container. It can be stored at room temperature for up to 1 month or frozen for up to 6 months. You can serve the granola straight from the freezer. It thaws almost instantly.

**Schedule an appointment with Sarah Phillip to work on your personal nutritional plan by calling the Ommani Center at 262.695.5311.**