

# Healthy Chocolate?

By Mark Becker

**W**hile you may have believed that cocoa and chocolate were “bad for you”, the truth is that THE RIGHT KIND OF CHOCOLATE provides many health benefits that make it not only “good for you”, but better for your body than most of the fruits and vegetables your mother made you eat when you were a child.

Eating a healthy dark chocolate provides a sweet, sensual, sin-free pleasure, as well as some significant health benefits. A heart-felt gift of healthy dark chocolate to a loved one offers a heart-warming, delightfully delicious treat, as well as a super heart-healthy food that promotes a longer and healthier life.

You may be surprised to learn that cocoa is actually a FRUIT — and even more surprised to learn that it is actually one of the healthiest fruits commonly eaten by man!

## ORAC Score

Cornell University food scientists discovered that cocoa powder has nearly twice the antioxidants of red wine, and up to three times the antioxidants found in green tea. In fact, raw cocoa has the highest antioxidant value of all the natural foods in the world!

The current standard for testing and measuring the antioxidant properties of various foods is called the ORAC Score. ORAC is an abbreviation for

“Oxygen Radical Absorption Capacity” — which is a measure of the amount of free radicals that can be neutralized by a certain mass of a food substance (usually cited as “per gram” or “per 100 grams” of the food substance).

The higher the ORAC score, the higher the concentration of antioxidants present in the food. (SOURCE: US DEPARTMENT OF AGRICULTURE / JOURNAL OF THE AMERICAN CHEMICAL SOCIETY.)

The ORAC score per 100 grams of unprocessed raw cacao is 28,000, compared to 18,500 for Acai Berries, 1,540 for Strawberries, and only 1,260 for raw

Spinach. The ORAC score for a typical manufactured Dark Chocolate is an impressive 13,120 — although one unique, organic, and non-roasted brand of

Dark Chocolate has a much higher ORAC score. But for Milk Chocolate the ORAC score is much lower at 6,740.

Cocoa also appears to have anti-aging and anti-inflammatory properties.

And cocoa is a good source of the minerals magnesium, sulphur, calcium, iron, zinc, copper, potassium, and manganese; plus some of the B Vitamins and the beans are super-rich in the type of bioflavonoid called flavanols which are strong antioxidants that help maintain healthy blood flow and blood pressure preventing fatty substances in the bloodstream from oxidizing and then clogging the arteries. Cocoa beans contain 10,000 milligrams (10 grams) of flavanol antioxidants per 100 grams - or an amazing 10% antioxidant concentration level!

Cocoa also contains the amino acid Tryptophan which makes the neurotransmitter known as serotonin, which promotes positive feelings and helps keep us from feeling depressed. Cocoa contains the neurotransmitters dopamine, and phenylethylamine (PEA), which promotes mental alertness and the ability to concentrate.

If the pharmaceutical industry managed to produce a patented product that offered all the health benefits of cocoa, they would likely proclaim it a “miracle drug”! But since cocoa is widely available, is relatively inexpensive, and does not require you to pay for a doctor’s prescription nor pay fees to a dispensing pharmacy, you are not likely to hear many members of the medical establishment recommending chocolate for its many health benefits.

You may also be surprised to learn that dark chocolate can help you lose weight! Because it has appetite-suppressant properties, cocoa is often added to weight loss products to help control hunger.

While you may have been told that chocolate is “fattening”, the truth is that the fats found in cocoa butter are actually healthy fats! Cacao contains oleic acid, a heart-healthy monounsaturated fat which is also found in olive oil and is believed to raise the level of the “good cholesterol” known as HDL cholesterol (the acronym HDL stands for “High Density Lipid”).

## How Chocolate Is Made

Chocolate really does grow on trees! Cocoa beans come from the fruit of the cacao tree which grows in tropical rainforests in South America, Africa, and Malaysia. The official scientific name of the cacao tree is *Theobroma Cacao*. “*Theobroma*” is Latin for “food of the gods”. Cacao is pronounced “ka-COW”. Strictly speaking, cocoa

or cacao is a nut, the seed of a fruit, but is most commonly called cocoa beans, ABC News reported in 2005 that the average American consumes 11.5 pounds of chocolate each year. That would likely be chocolate bars and various types of chocolate candy, which are mostly sugar and fat. Chocolate consumption represents one percent of the American diet, yet most Americans have never tasted “real” chocolate - natural cocoa or the cacao bean in its raw form.

A much healthier organic cocoa powder made from raw cacao beans has not been fermented, roasted, or processed with high heat. provides a much higher level (over 3 times higher) of antioxidant flavanols (i.e. has a much higher ORAC score = 95,500 per 100 grams) than other cocoa powders made from cacao beans which have been fermented and roasted like Hershey’s

This antioxidant-rich cocoa powder can be used to make a healthy hot chocolate and other hot or cold chocolate drinks, mixed with agave nectar to make healthy chocolate syrup, or used with organic virgin coconut oil to bake healthy brownies and cookies and cakes. Click here to learn about raw organic cocoa powder.

Most of the scientific research studies which proclaim the many health benefits of chocolate were based on the study of raw cocoa which was not subjected to high heat or chemicals, or on dark chocolate which has no milk or dairy products added. They were NOT reporting health benefits being found in milk chocolate bars, chocolate candies, chocolate syrup, or white chocolate.

So while it is true that raw and unprocessed organic cocoa and “dark chocolate” made from raw and unprocessed organic cocoa really are a “healthy chocolate”, this is NOT true for just any kind of chocolate. The term “healthy chocolate” certainly does NOT apply to chocolate candies made from cocoa beans which have been subjected to high heat by roasting, treated with alkalis or other chemicals, and adulterated with various additives like hydrogenated oils, animal fats like lard, corn syrup, refined sugar, dairy products, and chemical preservatives.

A study reported in the Journal of Hypertension in August, 2005 found that test subjects with high blood pressure who were given 3.5 ounces of dark chocolate daily for 15 days received these measurable health benefits:

- 1 - A drop in LDL cholesterol (the “bad” cholesterol);

- 2 - A drop in blood pressure, both systolic and diastolic, which compared to the results of healthy changes in diet usually recommended for patients with hypertension;
- 3 - An increased sensitivity to insulin (which indicates a protective effect against diabetes).

## Milk Chocolate

Milk chocolate contains the same ingredients of cocoa mass, cocoa butter and sugar as dark chocolate, but to these three are added milk solids and milk fats. Milk chocolate will typically contain about 20% milk fat - which does not make milk chocolate a “healthy” chocolate choice. Modern milk chocolate bars and candies are usually made from cocoa powder (powdered cocoa mass with some cocoa butter extracted) mixed with some kind of refined sugar, some butter or lard or hydrogenated vegetable oils, some milk products, and various other ingredients.

## White Chocolate

White chocolate is similar to milk chocolate, but without the cocoa base. Without any real cocoa bean content, “white chocolate” is not really a chocolate at all.

## Healthy Organic Chocolate

While you may have heard that chocolate is “bad for you”, it is not the natural raw cocoa that is unhealthy, but the other ingredients in the kinds of manufactured chocolate made from refined sugar combined with various kinds of cheap animal fats like lard, or cheap and unhealthy hydrogenated vegetable oils.

When healthy and high-quality natural ingredients are used, it is possible to make a truly “healthy chocolate” from organically-grown, unprocessed, unroasted, raw cocoa/cacao beans that has no pesticide residue and little loss of the natural nutrients.

In general, the healthiest kinds of chocolate (in order) are:

- 1 - Raw, organic, unprocessed cacao beans (called “nibs”) or cocoa mass
- 2 - Organic and unroasted cocoa powders not treated with alkalis
- 3 - Organic dark chocolate with the highest percentage of

# Yes! A Health Food for Heart & Mind

cocoa liquor or cocoa powder and the lowest percentage of refined sugar (bitter or semi-sweet dark chocolate)

Organically-grown cacao beans will not contain pesticide residues. Non-organic cacao may have some pesticide residues, but other than that, the same order as above will apply to non-organic cacao, cocoa powder, and dark chocolate.

Also note that the CAFFEINE in the cacao fruit is found mainly in

the shell or membrane which encloses the cacao beans. Most suppliers of cheaper cocoa powder grind up this outer membrane along with the beans, which helps to increase the yield and lower their cost of producing cocoa mass. But when the membrane is removed before shipping the raw cacao beans or grinding them into cocoa powder, the chocolate made from those more expensive beans will be of higher quality and essentially free of caffeine.

**Below are two companies which we found have the healthiest, tastiest chocolate made with the highest integrity. Eating their chocolate guarantees you the gift of chocolate knowing that you are tasting the newest super food.**

## SACRED RAW CACAO BRITTLES The Latest Craze of the Gods

**H**ave you ever tasted a divinely decadent healthy chocolate mixed with outrageously good nuts and berries? Transition Nutrition recently won "Best Tasting Chocolate" for their brand Divine Organics Sacred Cacao Brittles, awarded by Natural News, one of the most trusted health news reporting agencies online.

We asked David Kaplan founder of Transition Nutrition what does it take to produce some of the most Divine Chocolate in the world? His answer: First of all you need to start with the finest shade-grown cacao, hand-selected beans, which then need to be carefully fermented and cleaned for the crafting of raw chocolate. Traditionally beans are roasted, likely killing off any bacteria or mold though at the same time compromising a high amount of healthy nutritional benefits. We, on the other hand strive to produce the best natural tasting and healthiest chocolate, therefore utmost care and concern is put into the treatment of the cacao beans to preserve the natural antioxidants, phytonutrients, and flavor.

Then you have the next major ingredient in the chocolate which is sugar. In our brittles we use only the finest maple sugar which brings out more taste and the aroma from the maple forest. Maple crystals melt very smoothly with chocolate and most people love it, some people can even feel the lower glycemic experience. Also, Maple comes from sustainable sources and is an eco-friendly sweetener.

Our final ingredients include only the best premium select organic fruits, nuts and berries. They are added along with pure raw-unheated vanilla and a pinch of Royal Himalayan Pink Crystal Salt.

Most importantly our chocolate is made the old fashion way by slow five-day-stone-grinding for obtaining the right micron particle size which gives the chocolate its luxuriant satin texture and extra smooth feeling in the mouth. By always having the temperature remain below 115 degrees, the chocolate retains its natural healthy antioxidants, minerals and phytonutrients.

The most healthy minded chocolate connoisseurs agree that enjoying a bite of our brittle leaves an euphoric experience and a happy guiltless smiling face. No wonder raw-foodists commented at the Raw Spiritfest last year in Sedona — "These brittles are not only the best raw chocolate we ever tasted, but the best chocolate period"

(Divine Organics Sacred Cacao Brittles have also been enjoyed by chocolate connoisseurs such as Roxanne Klein, Woody Harrelson, Elaina Love, Blessings, Mathew and Terces Engelhart, John Gray ). Where to purchase? [www.transitionnutrition.com](http://www.transitionnutrition.com)

## XOÇAI

### A Product Apart From the Rest

**W**hen talking about chocolate and its health benefits, it is essential to know one thing-not all chocolate is created equal. What sets Xoçai™ apart from commercially manufactured chocolate, is the utilization of premium-grade, healthy chocolate in all of the Xoçai™ products. Xoçai™, pronounced sho-sigh, is a dark Belgian chocolate created from Ivory Coast Caca beans, which are grown without chemicals or pesticides on privately owned family farms which do not utilize child labor, a common practice throughout the world. The superior antioxidant and health giving properties of the Cacao are present as a result of the harsh growing conditions in the Ivory Coast. Steven Warren, M.D., Xoçai™ Medical advisor, says, "Our chocolate retains optimal levels of natural antioxidants, cocoa butter and other vital nutrients." Cocoa is an outstanding healthy Chocolate that tastes delicious!"

So what is about the Xoçai™ products that sets them apart? Dr. Warren points to several factors that make Xoçai™ the outstanding healthy chocolate in the world today which are the proprietary processing method, natural low glycemic sweeteners, natural cocoa butter and the highest ORAC score.

Most commercial chocolate is 'dutch' or alkalized, to remove the bitter taste that degrades the majority of its antioxidant content according to Dr. Warren. The Proprietary Processing Method for Xoçai™ products however, utilizes a patented cold-processing system that preserves the cacao's precious antioxidant agents.

Dr. Warren points out that Xoçai™ products do not contain any artificial ingredients, waxes, fillers, or added caffeine often used in commercial chocolates.

Combining the antioxidant-rich acai berry and cacao. Xoçai™ products are a treasure-trove of antioxidants and other essential nutrients.

What adds to the great news is MXI Corporation's choice of methods for the distribution of Xoçai™ Healthy chocolate. The product is marketed through a network of independent distributors. Now, you can have health and wealth with Xoçai™ by having your own lucrative, healthy chocolate business. For more information and to enjoy Xoçai™ healthy chocolate please visit [www.yourhealthychocolatesuccess.com](http://www.yourhealthychocolatesuccess.com), or call 973-218-0184

# ORGANIC

## To Spend OR Not To Spend



# F

By David Katz, MD

For the health-conscious consumer, those “organic” labels adorning many supermarket offerings are both temptation, and taunt. Temptation, because they suggest a wholesome benefit any of us with children, or even just our own arteries and cells to worry about, would clearly want. And taunt, because that promise often comes at an inflated price, with little basis for judging bang for our buck.

The February, 2006 issue of *Consumer Reports* spills the pesticide-free beans on organic shopping.

This exceptionally useful report clarifies, for starters, what “organic” means. When a food claims to be “100% organic,” it means there are no synthetic ingredients. It also implies kinder, gentler production methods conforming to pertinent federal and state laws, such as letting feed animals graze in actual pastures, and tending to soil in a way that preserves it.

But from there begins a series of label variations that seem better suited to helping the food industry make mischief, than informing the consumer. A label that says “organic” is noteworthy for not being 100% organic; in fact, by law, 95% of the ingredients in such a product must be organic, but the rest can be synthetic.

And in products labeled “made with organic ingredients,” up to 30% of the content need not be. The report also makes clear, disappointing though it may be, that “free range” means next to nothing when used to describe animals, and “natural” neither means organic, nor much of anything else! The USDA has a definition of “natural” for meat and poultry- no synthetic ingredients added- but there is no consistent definition for any other class of product.

Even more practical than translations of food label jargon is explicit advice about when buying organic is worth extra time, effort, and expense- and when it probably is not.

The fruits and vegetables for which organic matters most are: apples, bell peppers, celery, cherries, imported grapes, nectarines, peaches, pears, potatoes, raspberries, spinach, and strawberries. Based on an analysis of USDA tests of pesticide residue in over 100,000 food samples, an independent lab known as the Environmental Working Group, identified these items as the “dirty dozen.” These products are most likely to carry a significant pesticide load, even after washing. So for each of these 12 items, the difference between the organic and standard version is likely to be truly meaningful.

For a number of other items, among them bananas, onions, and broccoli, the report suggests buying organic only if price is no object. In such cases, the amount of pesticide residue in the standard version of the food is low enough that the organic alternative offers a negligible benefit.

The report makes a compelling case for buying organic versions of meat, poultry, eggs, and dairy. With these items, the issue is not pesticides (although traces may turn up), but hormones, steroids and antibiotics. There is some evidence that growth hormone used in feed animals may still exert some effect in people eating those animals, with such potential side toxicities as increased cancer risk, and early onset of puberty. And antibiotics used to raise animals may contribute more to antibiotic-resistant germs than the use of such drugs to treat people in hospitals.

Another consideration in favor of organic meats and dairy

is that the label rules out the use of animal by-products in feed that are routinely used otherwise. The reason so-called “mad cow disease” became a threat to both cows and people is that ground-up animal parts were fed to what should have been herbivorous animals. Disturbing as it may be, standard agricultural practices allow for turning cows into sometime carnivores. Organic cows are spared this fate.

A final case where organic is well worth extra costs is baby food. Babies’ small bodies concentrate even trace amounts of pesticide. Organic baby food will reduce their exposure to the irreducible minimum.

But that minimum is, regrettably, not zero. We need to understand that having taken considerable liberties with our planet, a certain amount of irreparable harm has been done. Chemical residues in soil, ground water, and rain can find their way into even the most scrupulously tended organic products. Buying organic when it matters most can reduce this exposure meaningfully, but not eliminate it entirely.

The report makes the case that buying organic can at times be rather pointless, at least as far as health is concerned. There is no standard definition for what organic means when applied to seafood, in part because there is no way to separate farm-raised aquatic animals from chemicals free to circulate in water. And organic means little on cosmetic product labels, where it may relate to a single ingredient, even though much of the product is a blend of synthetic chemicals.

Still, there are reasons to consider buying organic whenever possible. Organic practices offer more than potential immediate

health benefits to people- they also foster the health of the planet, and compassionate treatment of other species. For those who can afford organic all the time, it is reasonably thought of as an investment in personal and planetary health. And the more of us who buy organic, the more accessible and affordable it will become. The report provides useful tips on lowering the cost of organic foods in the interim, such as comparison shopping, frequenting farmers’ markets, and mail order.

Another noteworthy omission from the report is that much of the US population has virtually no access to organic products. For this group, it still makes sense to eat plenty of fruits and vegetables. To date, studies showing health benefits from diets rich in plant foods have not been limited to organic products. The beneficial effects of fruits and vegetables likely trump whatever harms are induced by pesticide residues. Organic is clearly better, but when it’s not an option, don’t make perfect the enemy of good.

*David L. Katz, MD, MPH, FACPM, FACP is a Medical Contributor for ABC News and provided nationally exclusive reporting on the organic food guidance for Good Morning America: <http://abc-news.go.com/GMA/Health/story?id=1483432>. He is the author of The Flavor Point Diet (Rodale) [www.flavorpointdiet.com](http://www.flavorpointdiet.com) He is also guest speaker at Manhattan’s Institute for Integrative Nutrition.*

**In products  
labeled  
“made with  
organic  
ingredients,”  
up to 30%  
of the content  
need not be.**

# HEALING

## with the

# ELEMENTS

By Alicia

I was inspired to write this article during a Vision Retreat that I ran in Up State NY. While on this retreat the elements made themselves known to me, required me to pay attention and to listen. This is the result of that process.

There are no coincidences in the world. It wasn't a coincidence that instead of me being able to walk in the woods, I was forced to be still in the rain. It wasn't a coincidence that there was a cold spell and the electricity went out, forcing me to create a fire. It wasn't a coincidence, that on the night that I had planned to observe the night sky and the full moon, the weather made a drastic change and became warm and the sky became crystal clear and then resorted back to clouds and cold the very next morning. It wasn't a coincidence that after having all my animal cards upright that I picked "Wolf the Teacher & Writer" in an upside down position, sending me the clear message that I must write, communicate and teach.

Thus, it wasn't a coincidence that I stopped to make sense of it all, to try to unravel the messages that were being sent to me and consequently became inspired to send this communication about the elements. The elements of Water, Earth, Fire and Sky. The

## water

Almost our whole body is comprised of water and it covers almost 2/3's of our world. It is needed to live, survive, clean and nourish. In fact metaphysically, Water is the great purifier, used in several spiritual and religious traditions as a process of cleansing the body spiritually.

Not only is water used to purify a person for spiritual ceremonies, the shedding of water is imperative to our health. We need to shed tears from time to time, to clear ourselves of old hurts, pains, disappointments, giving us the abil-



ity to move into a space of healing. Just think how you feel after a good cry. The body is more relaxed, calm, focused and less agitated. In fact, water is connected to our deep emotions, thus clearing, stabilizing and having them underneath the power of our more spiritual self is a goal towards happiness. Let the power of Water assist you on this journey.

The next time you are feeling down, why not just stop and be still in the rain. Let its waters run down your face, over your body and feel the inner cleansing. Imagine your cares and concerns moving out of your body, flowing to the earth and being absorbed. Or how about an early morning walk in the park, when the dew is still on the trees. Shake some of that water on you and understand that you are

receiving a blessing from the heavens. Feel how water can bring joy into your life and help you to see a situation in a better light.

## the earth

Moving from Water to Earth is a natural progression, as so many animals born of the water, (just as we are created in our mother womb surrounded by water), move into the earth to encounter life's experiences.

The Earth is abundance, prosperity, stability, but also change in sudden, drastic ways creating unexpected and sometime extreme modification in the environment for healing. The Earth is the great curer and because we can only experience physical illness on the earth's plane, she also holds the key to our healing, not just in formulas and medication, but in wisdom.

The next time you are feeling unwell, go to her. Sit on her surface and watch, her beauty and patience. Connect to her children (the animals) that speak for her. Her children are her messengers. Hear them, get to know their attributes, skills and allow their messages to lead you to deep healing, healing of the heart, healing of the emotions and healing of the soul.



## fire

As we move from the Earth toward Fire, we come into contact with one of earth's powerful transformative elements. It is the element that allows us to die, so that we can become reborn in a healthier, stronger and more powerful way.

Just as the earth contains fire deep within her, bringing it forth to create tremendous change (i.e. volcano eruptions), we too have a deep fire within ourselves that we can access and use to make deep and ever lasting changes about self (i.e. the Kundalini rising is one example of this power).

However, Fire isn't just within the earth's core, we also have fire from an external source; the Sun. And just as we have access to our internal power source, we also have access to an external power; People. We can connect to powerful people who have the gifts, energies and insights to help us make deep transformative changes in the self.



So the next time you feel a great surge within you to die or to change, this is really your inner self, saying that deep transformation is necessary. Find someone who can help you access your deep self, the fire within you and use their power to make these changes.

## the sky

What inspires us? When we look up we find endless worlds just as there are endless possibilities. It is the Heavens that give us inspiration. It tells us we can be more than what we have ever thought we could be. It gives us hope, giving us the drive to continue on earth's plane, to endure our lessons, enabling us to full fill our dreams.

Just as we can only see the immense solar system at night, entering into the darkness of ourselves allows us to see who really are. So enter the Sky's darkness, so you can discover who you are, what you can



become and all the endless potential that exists. The Universe is a wonderful ally, bringing us wisdom, empowerments and gifts.

The next time you get a chance, gaze at the Night Sky's brilliance and ask your wishes. Be still and receive her guidance. Connect to the Universe and be enlighten, empowered and inspired. Yes inspired, for she inspires us to think outside the box, not allowing anything or anyone to restrict who we are and who we can become. Not allowing any thought or idea to imprison us. The Sky is freedom!

So there you have it in a nutshell, the elements; Water, Earth, Fire & Sky. Use them, respect them, empower them within your life, but most of all don't forget them.

*Alicia is a Spiritualist, Developmentalist and Educator. She is Reiki Master and has a Masters in Education from Bank Street College and a Masters in Developmental Psychology from Columbia University. She has been initiated as a Native American Healer for private sessions and Chakra readings. To contact Alicia call 718-703-3086 or she can be reached at her website [www.AliciaSpiritualHealer.com](http://www.AliciaSpiritualHealer.com).*

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## NATURAL

## COOK

Lissa DeAngelis, M.S., C.C.P.

## Thai Flavors

Thai Green Curry  
Thai Cashew Salad

The tastes of Thai food come mainly from the wide range of flavorful ingredients. The blending of these components contributes to the harmonious tastes that are unique to each dish. Their cooking uses a lot of fresh herbs, spices and vegetables, and is easily suited to vegetarian dishes.

A proper Thai meal consists of a soup, a curry dish with various condiments, a dip with accompanying fish and vegetables. A spiced salad may replace a curry dish. Jasmine rice or some noodle dish is commonly part of the meal. The Thai people are mainly Buddhists and thus even in their meals an attempt for harmony of tastes and textures within individual dishes and the entire meal are strived for.

Some common flavors include fresh ginger, garlic, mint, onions, and shallots. Some less common elements are galanga, lemon-grass, chiles and Karfir (Kaffir) limes. Many of these herbs and spices have medicinal properties.

Here are a few simple dishes avoiding some of the harder to find and the long list of ingredients that are common to Thai recipes.

## Thai Green Curry

SERVES 4

All of the Thai flavors will be contained in the curry paste. This will save you time from gathering many ingredients and pounding them into a paste. Add some fresh fish, tofu or shrimp for additional protein.

2 tablespoons coconut or sesame oil  
2 tablespoons green curry paste or other favorite curry  
1 1/2 cups coconut milk, unsweetened  
1 green or red chili, cut into thin strips (deseed for less hot spice flavor)  
1 onion, sliced  
1 carrot, sliced thinly on the diagonal  
2 green zucchini, sliced  
1 cup fresh sugar snaps or green peas (removed from pod) or green beans (cut into 1-inch pieces)  
2 tablespoons tamari soy sauce  
1 to 2 shallots, finely minced.

1. In a medium saucepan or wok, heat the oil and add the curry paste. Cook for 1 minute. Add 1/4 cup coconut milk (if adding fish etc add at this stage) and the chili, onion, and carrot. Simmer covered for 5 minutes.

2. Add the remaining coconut milk and bring to a boil covered. Reduce heat and simmer until the onion and carrots are tender. Add the zucchini and cook another 1 to 2 minutes.

3. Add the sugar snaps, toss and cook until they turn bright green, about 2 to 3 minutes.

4. Serve with brown rice or along side Thai Noodles with Shitake. Garnish with shallots.

## Thai Cashew Salad

SERVES 4

Incredibly scrumptious! Very fast!! Easy to eat!!! A great salad recipe to accompany any meal, but especially other Thai food



favorites. To use this salad as a main meal add some shrimp. Enjoy!

1 tablespoon fresh lime or lemon juice  
1 tablespoon tamari or soy sauce  
1 1/2 Tablespoon fish sauce  
1 teaspoon rice vinegar  
2-3 cloves fresh garlic, pressed, minced  
1 fresh red chili, de-seeded and minced or 1 teaspoon chili sauce (or more)  
1/2 teaspoon honey or coconut sugar  
Pinch white pepper  
1 English cucumber or 2 Kirby cucumbers  
1 carrot, grated  
1 cup whole roasted unsalted cashews  
1 small red pepper, sliced thinly  
2 scallions, sliced  
1-2 cups fresh coriander  
1 cup fresh basil

1. In a small bowl make the dressing by mixing the tamari, lime juice, garlic, chili honey and pepper together.

2. Cut the cucumber in half lengthwise, and then cut into slices. Place in a serving bowl.

3. Add the grated carrot, cashews, red pepper, and scallions.

4. Pour the dressing over and toss well.

5. Place salad on a mixed bed of fresh coriander and fresh basil, and serve immediately. Enjoy!!



© LISSA DE ANGELIS, MS

Lissa DeAngelis, MS, CCP is co-author of Recipes for Changes – Gourmet Wholefood Cooking for Health and Vitality at Menopause.

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