

Newsletter - September 2015

Products

To refresh yourself during the final weeks of summer Trader Joes now has Maple Water. Made from maple tree sap before it is condensed down to maple syrup, Maple Water is not too sweet and fairly low in calories- 25 calories per cup.

Ingredients: Maple Water. This product is available in Trader Joe's stores.

[Maple Water](#)



Recipe of the Month

Can be made to be low Amine/Salicylate/Benzoate

This is a very easy fruit compote. A compote is a fruit dish originating in a sugar syrup. The syrup may be seasoned. In this version you can use juice and alternative sweeteners instead of sugar. Use a variety of fruits such as apples, peaches, pears, plums or others depending on your sensitivities. Serve on pancakes, waffles or cereal or as a dessert topping or all by itself. Enjoy!

Fruit Compote

Ingredients:

- 3 cups fresh or frozen fruit, no need to peel
- 3 tablespoons water or pear juice or Maple Water or another juice as desired

Optional ingredients depending on sensitivities:

- ¼ teaspoon vanilla
 - ½ teaspoon lime or lemon juice
 - ½ teaspoon lime or lemon peel
 - ¼ teaspoon ground cinnamon
 - ¼ teaspoon fresh or ground ginger
 - 1 teaspoon sugar, agave or maple syrup to taste
 - 1 teaspoon Chia seeds (add after removing from heat)
1. Place fruit and water or juice in a saucepan and bring to a boil on medium-high heat.
 2. Once bubbling, reduce heat to low and use a wooden spoon to mash the fruit if desired.
 3. Continue cooking over low heat until the fruit has achieved the texture you want, occasionally mashing fruit if desired.
 4. Remove from heat and serve warm or at room temperature. The compote can be stored in the fridge for up to 5 days or frozen.

Thoughts

Probiotics are amazing, they improve digestion and help the immune system. They soon may also be shown to kill pathogens such as the ones that cause food poisoning. Studies are being done in the lab and they look promising! Yet another reason to take your probiotics. Douglas Labs carries several probiotics-one for kids, one for women and a powdered probiotic. Contact me to discuss the best one for you.
