

## Newsletter - January 2016

### Products

#### Herb Nutmilk Cheese

Punk Rawk Labs a Minnesota based company, uses a process similar to traditional dairy fermentation to make soft cheeses from nut milks. The nut milk cheeses are made using organic ingredients free of dairy, gluten and soy. The cultured cashew base contains four ingredients: cashews, water, probiotic and salt. It is a tasty alternative to dairy cheese and it spreads like cream cheese. One ounce has 145 calories and 5 grams of protein, 50% more calories than cream cheese but 3 times the protein. It is expensive ~\$12.00 for 4.25 ounces but for those of us who are sensitive to dairy and soy it is a great product. The Original Flavor is low in salicylates. They are all lower in amines than regular dairy hard cheeses but I don't know by how much so if you are sensitive to amines please be careful.



**Flavors:** Cashew Original (cultured cashew milk), Cashew Herb (cultured cashew milk, sage, rosemary, thyme), Cashew Smoked (cultured cashew milk, smoked sea salt and black pepper), Nacho (cultured cashew milk, carrot juice and spicy peppers)

Visit their website for more information and retail outlets: <http://punkrawlabs.net>

## **Recipe of the Month**

To go with the Nutmilk Cheese

Low Salicylate/Amine/Benzoate

### **Garlic Garbanzo Crackers**

#### **Ingredients:**

- 1 ½ cups garbanzo bean flour
- ½ cup rice flour plus 2 tablespoons for kneading
- ½ teaspoon baking powder
- ¼ cup sunflower oil
- ½ cup water or rice milk
- 2 tablespoons water
- 1 clove garlic, minced
- Coarse salt as desired
- Sesame Seeds as desired

#### **Directions:**

1. Preheat oven to 350°F.
  2. Mix dry ingredients in a medium bowl. In a small bowl mix wet ingredients and garlic. Add wet ingredients to the dry ingredients and mix; the dough will be very stiff. Knead for five minutes on a lightly floured (with the 2 tablespoons of rice flour) surface.
  3. Roll out very thin to 1/8" thickness. Either cut into squares or rounds (any cookie cutter will work). Sprinkle with coarse salt and sesame seeds if desired (press in firmly)
  4. Bake at 350°F for approximately 10 minutes.
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## **Thoughts**

### **US News & World Report 2016 Best Diets Ranking: DASH Diet Best Overall Eating Plan**

For the sixth year in a row, health experts have named the heart-healthy DASH diet the best overall eating plan. The DASH (Dietary Approaches to Stop Hypertension) diet was designed to lower blood pressure and cholesterol levels by limiting fats, red meat and sugar in favor of healthy grains, poultry, low-fat dairy and nuts.

Every year, *U.S. News & World Report* asks experts to rank various diets. The panel of experts – including nutritionists and doctors specializing in diabetes, heart health and weight loss – scored each diet for short-term and long-term weight loss. They also considered how easy each diet was to follow, as well as safety and nutritional value.

The panel evaluated 38 of the most popular trendy diets this year. The experts found the MIND diet tied for second place for best overall diet with the cholesterol-lowering TLC diet. The MIND diet includes some features of the DASH diet and Mediterranean diet, such as high consumption of fruits, vegetables and fish, but focuses on foods that promote brain health. The MIND diet ranked first in the “Easiest Diet to Follow” category in a three-way tie with Weight Watchers and the Fertility diet, which asserts that certain dietary changes can boost fertility.

The Fertility diet, which calls for the elimination of trans fats, also ranked as the best diet for diabetes. The Biggest loser diet and the DASH diet came in second and third, respectively, in the diabetes category.

The DASH diet scored highest when it came to healthy eating, followed by the TLC diet. The Therapeutic Lifestyle Changes Diet (TLC), created by the National Institutes of Health’s National Cholesterol Education Program, cuts back on saturated fats and increases fiber, helps people manage high cholesterol. The Weight Watchers diet ranked highest out of all weight-loss diets but tied with the Mayo Clinic diet as the “Best Commercial Diet”

When it comes to speedy weight loss, the HMR program and Biggest Loser diet shared the top ranking, followed by the Atkins diet in second place and Weight Watchers in third.

On the opposite end of the list, the Whole 30 diet – a 30-day program that bans processed foods, legumes, grains, alcohol and added sugar – ranked as the worst overall diet on the list, the report said.

The Raw food diet and low-carb Atkins diet also scored poorly overall and ranked in categories like “Best Diets for Healthy Eating.” The Raw Food diet was also considered the most difficult diet to follow, though it was one of the top ranked weight-loss diets.

**SOURCE:** *U.S. News & World Report*, news release, Jan. 5, 2016

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