

Newsletter - March 2017

Products

Forager Dairy Free Cashew Yogurt

I have been enjoying the Forager Dairy Free Cashew Yogurt and the Daiya Dairy Free Greek Yogurt. I really like the Forager Blueberry and the Daiya Peach (the Cherry is good too). I would not recommend the Daiya Blueberry.

The Forager also comes in a plain yogurt that can be used as a substitute for sour cream. Available at Amazon and a few grocery stores.



Nutritional Facts: Calories 150, Fiber 1 gram, Protein 5 grams

Ingredients: Cashew Milk (filtered water, ground cashews), cane sugar, blueberries, corn starch, cassava root, rice starch, natural flavors, locust bean gum, natural flavor, lactic acid (plant based), red cabbage extract (for color), live active vegan cultures (*L.plantarum* Im, *L.acidophilus*, *b.bifidum*, *L.bulgaricus*, *s.thermophilus*, *L.delbruekii* le).

Daiya Peach Greek Yogurt

Nutritional Facts: Calories 150, Fiber 3 grams, Protein 8 grams

Ingredients: Filtered water, peach fruit preparation (peaches, evaporated cane sugar, water, tapioca starch, pectin, turmeric and annatto (color), lemon juice concentrate), coconut cream, pea protein isolate, cane sugar, creamed coconut, chicory root extract, potato starch, vegan natural flavors, lactic acid (vegan), titanium dioxide, tricalcium phosphate, lemon juice concentrate, locust bean gum, pectin, guar gum, sea salt, L. plantarum, L. casei.



Recipe of the Month

Low in Amines and Benzoates, unsure about the salicylates content (Chia is a member of the mint family. Mint is very high in salicylates and there have been some reports of gastrointestinal symptoms due to chia seeds, many of my clients say they are fine with chia seeds in moderation.)

Chia Seed Pudding

Preparation:

1. Combine $\frac{1}{4}$ cup chia seeds and 1 cup cashew milk, add sweetener if desired.
 2. Refrigerate for 2-3 hours, stirring occasionally.
 3. Can be stored in the fridge for up to 5 days. Serves 2.
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Thoughts

Yogurt is great for breakfast but if you are sensitive to dairy the non-dairy choices available (rice and coconut) have been very low in protein. The new Forager and Daiya yogurts are high in protein, the Daiya even has more protein than an egg!

You can increase the fiber of the yogurts by adding chia seeds or adding $\frac{1}{2}$ of the chia seed pudding. You can mix them or layer them like a sundae.

With one of the yogurts and the chia seeds you would have a breakfast that would be ~ 300 calories, 10-12 grams of protein and 12-14 grams of fiber!

Since women need 25 grams of fiber a day and men need 38, this breakfast gets you on your way- all you need is a cup of lentils or beans and a few vegetables and you have > 35 grams!

Two tablespoons Chia Seeds= 139 calories, 11 grams fiber, 4 grams protein They also are a good sources of calcium, magnesium and omega-3 fats.
