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# *Healthy* Food Recipes For Skin

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## **10 Foods Believed To Help Slow Aging and Improve Skin Tone:**

1. **Berries:** Berries, such as strawberries, blueberries, and raspberries, are rich in antioxidants that help protect the skin from damage caused by free radicals.
2. **Tomatoes:** Tomatoes are high in lycopene, a powerful antioxidant that helps protect the skin from sun damage and improves skin texture.
3. **Salmon:** Salmon is high in omega-3 fatty acids, which help reduce inflammation and improve skin texture and elasticity.
4. **Nuts and Seeds:** Nuts and seeds, such as almonds, walnuts, and sunflower seeds, are rich in healthy fats, vitamin E, and other nutrients that help maintain healthy skin.
5. **Leafy Greens:** Leafy greens, such as spinach and kale, are high in vitamins A and C, which help improve skin tone and prevent damage caused by sun exposure.
6. **Sweet Potatoes:** Sweet potatoes are high in beta-carotene, which the body converts to vitamin A, a nutrient that helps promote healthy skin.
7. **Dark Chocolate:** Dark chocolate is rich in flavonoids, which help protect the skin from damage caused by UV radiation and improve skin hydration.
8. **Green Tea:** Green tea is high in antioxidants that help protect the skin from damage caused by free radicals and reduce inflammation.
9. **Citrus Fruits:** Citrus fruits, such as oranges and lemons, are high in vitamin C, which helps promote collagen production and improve skin texture.
10. **Avocado:** Avocados are high in healthy fats and vitamin E, which help improve skin elasticity and hydration.

**BONUS: Red Wine:** Red wine is high in resveratrol, an antioxidant that may help protect against cellular damage and inflammation. However, it should be consumed in moderation.

- **MEN:** 7-per week
- **WOMEN:** 5-per week

# Skin Care Summer Salad

## Serving size

About 2-3

## Prep Time / Cook Time

5 minutes / 5 minutes

## Ingredients

- 3 Cups Dandelion Greens
- 2 Tablespoons Olive Oil
- 1 Large Clove Garlic
- 1/8 Teaspoon Crushed Red Chili Flake
- 1/8 Cup Golden Raisins
- 1/4 Cup Walnuts
- 1/4 Cup Water
- 2 Tablespoons Sherry Vinegar
- 1/2 Lemon (Juiced)
- Sea Salt
- Fresh Cracked Black Pepper

## Directions

Chop dandelion greens into two inch pieces.

- Add Salmon to this salad: Salmon has the added benefit of high omega-3 fatty acids, which help reduce inflammation and improve skin texture and elasticity.
- Berries: The added benefit of berries - such as strawberries, blueberries, and raspberries, are rich in antioxidants that help protect the skin from damage caused by free radicals.

Meanwhile, in a medium sauté pan on medium heat add olive oil, sliced garlic, red chili flake and golden raisins until garlic begins to brown then add dandelion greens, salt, pepper and toss a bit, add water and allow to cook for a minute. This will blanch/cook away some of the bitterness in the greens. Now add the vinegar and lemon juice and cook until most of the liquid is reduced and greens are cooked down.