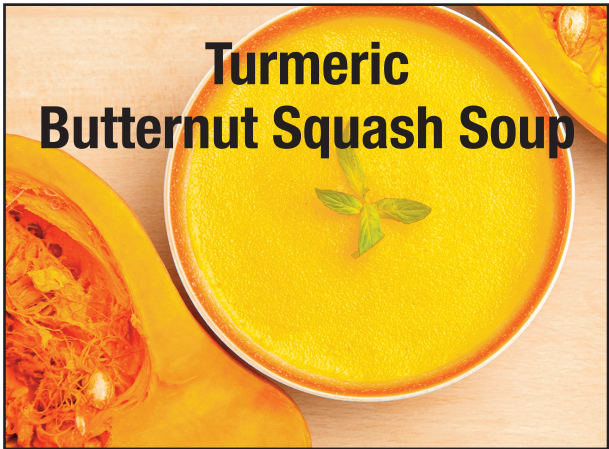


Anti-inflammatory Recipes

Eating a well-balanced diet is essential to managing health with or without a diagnosis like arthritis, related autoimmune disorders or any chronic health condition. One of the beneficial and proactive approaches to managing the day-to-day effects of the disease is to follow an anti-inflammatory diet, altering relevant ingredients in traditional recipes or creating entirely ones.



Turmeric Butternut Squash Soup

Soup season is here, and this turmeric-infused butternut squash soup is guaranteed to be in your weekly rotation.

(NC). Packed with vitamins A and C, and curcumin—known for its potential to reduce inflammation and joint pain—this is the perfect arthritis-friendly comfort meal to help boost immunity and nourish the soul.

Turmeric Butternut Squash Soup

Prep time: 20 minutes
Cook time: 40 mins
Servings: 6-8 (1½ to 2 cups each)

Ingredients:

- 2 tbsp (30 ml) olive oil
- 1 medium onion, chopped

Mushroom and Spinach Breakfast Quiche

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 cup sliced fresh mixed wild mushrooms (Chaga, shiitake)
- 1 cup thinly sliced onion
- 1 tablespoon minced garlic
- 2 teaspoons minced fresh thyme
- ⅔ cup package fresh spinach, coarsely chopped
- 8 large eggs
- ⅔ cup whole milk
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¾ cup shredded Gruyère cheese

Directions:

1. Preheat oven to 325 degrees.
2. Heat oil in large nonstick skillet over medium-high heat.
3. Add mushrooms in an even layer; cook stirring occasionally until browned evenly (approx. 8 minutes)
4. Add onion; cook, stirring occasionally, until they begin to soften (approx. 4 minutes).
5. Stir in garlic and thyme
6. Add spinach stirring constantly, until just wilted (approx. 2 minutes)
7. Remove from heat
8. Whisk eggs, milk, Dijon, salt and pepper in a large bowl
9. Stir in cheese and mushroom mixture.
10. Coat a standard 12-cup muffin tin with cooking spray.
11. Divide mixture among prepared muffin cups.
12. Bake, uncovered, until puffed and set, about 30 minutes.
13. Remove from the pan and serve immediately.

- 1 stalk celery, chopped
- 1 cup (150 g) cauliflower, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 4 cups (450 g) frozen butternut squash, peeled and cubed
- 3 ¾ cups (900 ml) reduced-salt chicken stock
- 1 ½ tsp (7.5 ml) turmeric
- ½ tsp (2.5 ml) garlic powder
- ½ tsp (2.5 ml) ground coriander
- Salt and pepper to taste
- Optional garnish: 1 heaping tbsp (15 ml) plain Greek yogurt per bowl

Instructions:

1. Heat olive oil in a large pot. Add onion, celery, cauliflower, carrot and potato. Sauté over medium heat until the vegetables are lightly browned, about 5-7 minutes.
- Stir in the chicken stock, frozen butternut squash, turmeric, garlic powder and coriander. Bring to a boil over medium-high heat.
- Lower the heat, cover and simmer until the vegetables are tender, about 40 minutes.
- Transfer the soup to a blender and purée until smooth. Pour it back into the pot.
- Taste and add salt and pepper if needed. Ladle into bowls and top with a spoonful of plain Greek yogurt for extra creaminess.

Tips:

- For extra flavour, toss in cinnamon, nutmeg, ginger or cumin.
- Add ¼ cup (60 ml) milk or a protein-rich milk alternative to make the soup creamier and richer in calcium and protein.
- Blend in 1 cup (240 g) cottage cheese or tofu, or add 1 cup (150 g) cooked chicken or turkey for additional protein.
- Top with toasted nuts or seeds, such as almonds, pumpkin seeds or pecans to increase healthy fats and to add a satisfying crunch.

PRICES SUBJECT TO CHANGE

Reduced-salt chicken stock (Campbell's chicken stock low sodium).....900ml **\$3.99**
Ground turmeric100g **\$1.99**
Garlic powder100g **\$1.69**
Ground coriander (Gathering Place coriander powder)50g **\$5.39**
Extra-virgin olive oil (La Olivia extra virgin olive oil)1 litre **\$14.99**
Dijon mustard (Maille dijon organic)200ml **\$6.79**

Coconut Mango Bites

Ingredients:

- 1 cup unsweetened shredded coconut
- 1/2 cup dried mango (unsulfured and unsweetened)
- 2 tablespoons coconut oil (melted)
- 1 tablespoon honey (optional, and only if tolerated)
- 1/2 teaspoon vanilla extract (alcohol-free, autoimmune (AIP) compliant)
- Pinch of sea salt
- Zest of 1 lime

Directions:

1. Soften the dried mango in warm water for 10–15 minutes until soft, then drain.
2. In a food processor, combine the shredded coconut, softened mango, coconut oil, honey (if using), vanilla, salt, and lime zest. Pulse until the mixture is sticky and well combined. It should hold together when pressed.
3. Scoop out about 1 tablespoon of the mixture and roll into small balls. You should get around 10–12 bites.
4. Place the bites on a parchment-lined tray and chill in the fridge for at least 30 minutes to firm up.
5. Enjoy cold or at room temp. Store in an airtight container in the fridge for up to 5 days.



These tropical treats are free of grains, dairy, nuts, and eggs, and are bursting with sunny flavors like mango, coconut, and lime.



8 am - 8 pm - 7 days a week
1595 Kingsway 604 872-3019