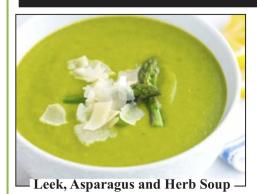
# PAIN FREE RECIPES

These three recipes not only have ingredients that contain anti-inflammatory properties that could help manage the symptoms of arthritis, they're also filled with healthy protein and fibre,



#### Ingredients

- 1 Tbsp olive oil extra-virgin
- 2 medium leaks trimmed, washed and finely chopped
- 2 cloves garlic minced
- 1/2 lb new potatoes scrubbed and diced
- 2 cups chicken or vegetable broth reduced-sodium
- 1 lb fresh asparagus trimmed and cut into 1/2-inch pieces
- 2/3 cup snow peas or sugar snap peas stemmed and cut into 1/2-inch dice
- 3 Tbsp fresh chives chopped, divided
- 2 Tbsp fresh flat-leaf parsley chopped
- 1 Tbsp fresh dill chopped
- 2 tsp fresh chervil chopped, plus sprigs for garnish
- $\bullet$  2 cups 1% milk
- 1 Tbsp lemon juice
- 1/4 tsp salt or to taste
- · freshly ground pepper to taste
- 1/3 cup low-fat plain yogurt for garnish

### Instructions

- 1. Heat oil in a large saucepan over medium-low heat. Add leeks and cook, stirring often, until softened but not browned, about 5 minutes. Next, add garlic and cook, stirring, for 1 minute.
- 2. Add potatoes and broth; bring to a simmer over medium-high heat. Cover and reduce heat to medium-low. Simmer, stirring occasionally, until the potatoes are tender, 10-15 minutes.
- 3. Increase heat to medium-high and stir in asparagus and peas; simmer, covered, stirring 2 or 3 times, until just tender, 3-4 minutes. Remove from heat; stir in 1 tablespoon chives, parsley, dill and chopped chervil (or parsley). Transfer the soup to a blender and blend until smooth. (Use caution when pureeing hot liquids.)
- 4. Return the soup to the pan. Add milk and bring to just below a simmer, stirring, over medium heat. Stir in lemon juice, salt, and pepper. Ladle into soup bowls. Lastly, garnish each serving with a dollop of yogurt, a sprinkling of the remaining chopped chives and a sprig of chervil (or parsley).

## **Edamame and Avocado Spread**

## Ingredients:

- 1/4 cup cooked edamame beans
- 1 tbsp extra virgin olive oil
- 1 tbsp tahini paste
- Juice of 1 lime
- 1 tsp minced garlic
- 2 tbsp chopped cilantro
- ½ avocado
- 1 green onion, chopped
- · Salt and pepper to taste

#### Instruxctions:

- Cook edamame beans as per package instructions. If using whole edamame pods, cook for 5 minutes in salted boiling water then remove beans from pods once cooled.
- 2. In a food processor, mix edamame, avocado, tahini, olive oil, lime juice,
- cilantro, green onions, salt and pepper until smooth.
- 3. Divide spread between two slices of whole-grain toast. Serves 2.

#### Tips:

- If you're unable to find edamame in your area, you can use peas as a replacement
- Try pan-frying the edamame beans with seasoning, instead of biling them.
- Place a sunny-side up egg cooked in olive oil on top of the toast for a balanced breakfast or light lunch.



Edamame beans and avocados have valuable anti-inflammatory properties that could help manage the symptoms of arthritis.



Instead of dates, you can use blueberries or raisins for sweetness.

## **Banana Date Protein Muffins**

#### Ingredients:

- 2 ½ cups old-fashioned oats
- 1 cup 1 per cent plain Greek yogurt
- 2 egg
- 1/2 cup sugar
- 2 ripe bananas
- 2 tsp baking powder
- 1 tsp vanilla
- ½ tsp baking soda
- 1 tsp cinnamon
- 3 tbsp chia seeds
- 6 Medjool dates (pitted and halved)

#### Instructions::

- 1. Preheat oven to 400°F (200°C) and lightly grease a 12-cup muffin tin with oil.
- 2. In a food processor or blender, add rolled oats and process into oat flour.
- 3. Add the rest of the ingredients, except chia seeds and dates, and process until evenly mixed to form a batter. Fold in chia seeds.
- 4. Divide batter evenly into tin. Place half dates on top of muffins and bake for 18 to 20 minutes.

Tip: Instead of dates, you can use blueberries or raisins for sweetness.

Nutritional Information (per serving): Calories: 188; total fat 3g; saturated fat 1g; monounsaturated fat 0g; carbohydrates 37g; protein 5g; fibre 4g; sodium 148 mg.

Find more arthritis-friendly recipes at arthritis.ca.

## PRICES SUBJECT TO CHANGE

Old-Fashioned Oats	1kg <b>\$4.19</b>
Ground Cinnamon	100gr <b>\$3.69</b>
Organic Chia Seeds	455gr <b>\$7.39</b>
Pitted Dates	455gr <b>\$3.29</b>
Raw Tahini	230gr <b>\$4.99</b>
Green Organic Shelled Edamam	ie500gr <b>\$6.99</b>
Pacific Organic Broth	946ml <b>\$6.99</b>

1L <b>\$15.99</b>
227gr <b>\$4.99</b>
750 gr <b>\$8.39</b>
125ml <b>\$2.29</b>
28 gr <b>\$2.49</b>
ea \$3.49
28gr <b>\$2.49</b>



Your Original Natural Food Store

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