

This recipe is relatively rich in the nutrients needed by your bones.

Original Fresh Fruit Muesli

This is an excellent meal with which to start the day. You will get carotenes (for vitamin A) from the fruits, B vitamins from the oats, yoghurt and sunflower seeds, vitamin C from the fruits and vitamin E from the seeds. You will get minerals from the yoghurt, oats and seeds and fibre from the fruit, oats and seeds. Finally, you will get essential fatty acids from the seeds and protein from the yoghurt, oats and seeds. Best of all, perhaps, you will get short-term energy from the sugars in the fruits, long-term energy from the starches in the oats and even longer-term energy from the fats in the seeds. As a result this original muesli will see you safely through a busy morning and satisfy you until lunchtime. If by any chance it doesn't, then simply eat more of it, but do not change the proportions.

Serves: 2

Preparation time: 10 minutes

- 2 tablespoons raw oats
- 2 tablespoons full-fat milk
- 1/2 cup strawberries
- 1/2 cup raspberries
- 1 apple, chopped
- 1 banana, chopped
- 200 ml full-fat natural yoghurt
- 1 tablespoon raw almonds, chopped
- 1 tablespoon sunflower seeds

1

Place the oats in a bowl and moisten with the milk. You can allow this to soak if you wish or prepare it immediately before serving. Add the fresh fruits. Pour over the natural yoghurt. Sprinkle the chopped nuts and seeds on top.



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Smoothies

Smoothies, consisting simply of fruits, provide vitamin C, bioflavonoids and oligomeric proanthocyanidins (OPCs), all good antioxidants. (OPCs are also referred to as pycnogenols.) Simply combine your chosen fruits in a blender and blend until smooth. Add ice cubes if you like a cool drink and decorate with mint leaves. Add milk or yoghurt if you like creamy drinks, but remember to make it full-fat milk or yoghurt so you can efficiently absorb the calcium that it contains.

If you want something to get your teeth into, add nuts or seeds. For example, put some almonds into the blender, then the fruit, and blend until smooth. This will add some minerals and essential fatty acids. It will also, of course, increase the caloric content significantly.

Smoothies are particularly useful if you are in a hurry in the morning. However, you should remember that they are foods, rather than drinks, and you should sip them slowly, allowing them to mix with plenty of saliva before swallowing.

Also, you should chew them well if you have added nuts or seeds.



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Stir-Fried Chicken with Crunchy Vegetables


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Website: www.pinpharm.co.za

I am not assuming that, in the interests of preventing osteoporosis, you will become a vegetarian, nor is there any need to do so. However, the main emphasis in this recipe section has been on vegetables, soy dishes and dairy products. I am including here just a small sample of fish and meat dishes in which high-calcium dairy products or mineral-rich vegetables play a part. These ideas should stimulate you to create dishes in which vegetables are the main component but are used in such a way that they complement the meat or fish you choose to serve.

Serves: 4

Preparation time: 15 minutes

Cooking time: 6-10 minutes

1 teaspoon vegetable oil
500 g chicken breasts, skinned, boned and cut into thin strips across the grain
125 g white cabbage, finely shredded
125 g bean sprouts
1 large green pepper, cored, deseeded and cut lengthways into thin strips
2 medium carrots, cut lengthways into thin strips
2 garlic cloves, crushed
freshly ground black pepper

Sauce:

2 teaspoons cornstarch
4 tablespoons water
3 tablespoons soy sauce



These vegetables provide minerals, vitamins and fibre thus benefiting your bones and your digestion. As an alternative, you could try other vegetables, such as green beans or broccoli.

1

To prepare the sauce, mix the cornstarch with water to form a thin paste. Stir in the soy sauce. Set aside.

2

Heat a wok until hot. Add the oil and heat over a moderate heat. Add the chicken strips, increase the heat and stir-fry for 3-4 minutes until lightly coloured on all sides. Remove from the heat and use a slotted spoon to move the chicken to a plate.

3

Return the wok to a moderate heat until hot. Add all the vegetables and garlic and stir-fry for 2-3 minutes or until the green pepper is just beginning to soften.

4

Stir the sauce and pour it into the wok. Increase the heat to high and toss the ingredients until the sauce thickens and coats the vegetables. Add the chicken with its juices and toss for 1-2 minutes or until all the ingredients are combined. Add pepper to taste and serve at once.

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Sweet Potato, Leek and Coriander Soup


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Earlier we discussed the benefits of sweet potato over potatoes. Because this recipe replaces potatoes with sweet potatoes, it is an excellent choice for people with arthritis or other joint problems that might be aggravated by vegetables from the nightshade family. Sweet potatoes also contain more carotenes than the more common potatoes. The yoghurt adds calcium and protein and helps your digestive system, and leeks are a good source of calcium and magnesium.

Serves: 4

Preparation time: 10 minutes

Cooking time: 25 minutes

1 tablespoon olive oil
1 teaspoon black mustard seeds
1 onion, finely chopped
1 garlic clove, crushed
500 g sweet potatoes, diced
1 litre mineral-rich stock (some of this can be replaced by milk if preferred, in which case it should be added at the end)
3 small leeks, trimmed, cleaned and finely sliced
sprigs of fresh coriander,
salt and pepper to taste
natural yoghurt, to garnish

1

Warm the olive oil in a heavy-based saucepan. Add the mustard seeds, onion, garlic and sweet potatoes. Cook for 5 minutes. Add the stock, bring to a boil and simmer gently for about 10 minutes or until the sweet potato is tender.

2

Add the leeks. Chop and add the coriander. Simmer for another 5 minutes. Season to taste. Serve with a swirl of natural yoghurt in the centre. If you prefer, blend the soup before serving.

MEAT STOCK

Bones make an excellent basis for a soup stock and can be cooked for as long as you like. In addition to the flavours they provide, they are a source of calcium and other minerals. These are leached out more readily if some acid is added to the stock liquid, hence the use of vinegar or wine.

1.5 kg bones
3 tablespoons vinegar or oxidized (old) wine

Place the bones in a large saucepan and cover with water. Add the vinegar or wine. Simmer for 3 hours. Instead of animal or chicken bones, you can use fishbones or the shells of crustaceans, such as prawns, crabs and lobsters if you have them. You could also add the cleaned and crushed shells of organically produced eggs.



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Carrot, White Radish and Red Pepper Salad


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Carrots are a source of carotene and are high in fibre. Peppers, particularly the red ones, are an excellent source of vitamin C and contain, beneficially, nearly twice as much magnesium as calcium. Sesame seeds contain calcium and several of the B group of vitamins.

Serves: 4

Preparation time: 5-10 minutes

Cooking time: 2-3 minutes

3 carrots

1 small white radish

1 large firm red pepper

1 tablespoon toasted sesame seeds

1 teaspoon sesame oil

1 tablespoon rice wine vinegar

1/4 teaspoon coriander powder

To garnish:

4 green onions, finely shredded
coriander leaves

Lemon and yoghurt dressing

150 g natural yoghurt

1 tablespoon lemon juice

2 tablespoons chopped mixed fresh herbs

salt and pepper

Combine all the ingredients and mix well. Refrigerate until ready to serve. The acidity of the lemon juice, beneficial organisms in the yoghurt and fibre in whatever salad you choose to pour this dressing over will all benefit your digestion.

Variations

Use mint instead of mixed herbs for cucumber or potato salads, basil for tomato salads, dill or fennel leaves on carrot salads and parsley for green salads.

1

Cut the carrots, white radish and red pepper into julienne strips. Alternatively, you can peel them lengthways with a potato peeler. Lightly combine the vegetables and sesame seeds. Divide the mixture into four and arrange on four individual serving plates.

2

Warm the sesame oil, rice wine vinegar and coriander powder to blend the flavours. Allow to cool, and pour the dressing over and around the salad. Garnish with green onions and fresh coriander leaves.



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