

HEALTH FIRST QUICK GUIDE TO

SOME HEALTHY SUMMER FUN!

NEW TO THE WORLD
OF NATURAL HEALTH?
TRYING TO LIVE A
HEALTHIER LIFE?



HEALTH
FIRST

Then the Health First Network series of quick guides is for you! In this issue we are sharing some healthy summer recipes using superfoods made or grown close to home!

HEALTHY AND MADE IN CANADA

GENERALLY, WHEN WE THINK OF SUPERFOODS, WE LOOK TO EXOTIC INGREDIENTS FROM FARAWAY PLACES IN HOPES OF SUPPORTING OUR HEALTH. BUT CANADA IS NO STRANGER TO SUPERFOODS, SO CONSIDER LOOKING CLOSE TO HOME FOR THOSE INGREDIENTS THAT WILL INFUSE A LITTLE HEALTHY FUN INTO YOUR SUMMER ENTERTAINING!

Summer gatherings are looking different again this year. Now more than ever, it's so important to support our own health and the health of our Canadian communities as one. You'll find a bunch of Canadian-sourced little gems in this guide to help you stay healthy while celebrating summer!



PROBIOTICS: A GUT HEALTH ESSENTIAL

Probiotics are purveyors of good gut health, which is central to your body's overall health and well-being. When indulging in summer fun this year, a probiotic can help to support both your digestive and immune health. You can get these "good" bacteria from supplements or fermented foods.



RECIPE: COCONUT YOGURT

INGREDIENTS:

Health First ProBio Supreme - 2 capsules
1 L full fat coconut milk

DIRECTIONS:

- 1 Empty the capsules of ProBio Supreme into 2 clean glass jars.
- 2 Pour coconut milk into each jar, filling each jar equally.
- 3 Place the lids securely on your jars and shake them up!
- 4 Remove the lids, place your jars in your Instant Pot and select the Yogurt button.
- 5 When the program completes, carefully remove your jars and let them cool, then refrigerate.
- 6 Coconut yogurt can be served plain or topped with fruit, chia seeds, or granola. Enjoy!



Recipe and image courtesy of
Astrid Fox, @healmeinthekitchen



SUNFLOWER BUTTER: HEALTHY FATS FOR EVERYONE

Made from ground sunflower seeds, sunflower butter is a great alternative to peanut butter. With significantly more iron, manganese and vitamin E and less saturated fat than peanut butter, this is also an option for those with nut allergies. Plus, sunflowers require a lot less water to grow in comparison to almonds and their shells don't go to waste in production.

RECIPE: SUNFLOWER BROCCOLI SOUP

INGREDIENTS:

- 3 cups broccoli florets
- 3 cloves garlic
- 1 cup water (to steam broccoli and garlic)
- 1 cube vegetable bouillon
- 1-2 Tbsp lemon juice
- 5-6 Tbsp [Nuts to You Sunflower Seed Butter](#)
- Salt and pepper to taste

DIRECTIONS:

1. Steam broccoli and garlic cloves until tender, reserving cooking water.
2. Pour hot cooking water into a measuring cup and add bouillon cube. Whisk until dissolved.
3. Combine all ingredients in a blender and purée.
4. If consistency is too thick, add more water as necessary.
5. Add salt and pepper to taste.
6. Carefully reheat and serve.



WHEATGRASS: LOCALLY SOURCED GREENS

Wheatgrass is harvested as a young plant, providing a nutrient dense source of chlorophyll. Unlike other green superfoods, it grows sustainably in all environments, including Canada! Green foods are alkalizing, meaning they help to reduce acidity in the body. They can sometimes be difficult to digest, so look for fermented versions that tend to be easier on the stomach.



RECIPE: RAW AVOCADO CAKE

INGREDIENTS — BASE:

- 1 cup rolled oats
- 1/4 cup pecans
- 1 Tbsp cacao powder
- 1 Tbsp almond meal
- 2 pitted dates
- 1 tsp vanilla extract
- 2 Tbsp coconut milk
- 1 scoop [Prairie Naturals fermented & organic wheat grass powder](#)

INGREDIENTS — FILLING:

- 1 Tbsp agave nectar
- 1/4 cup coconut milk
- 1 ripe avocado
- 1 tsp vanilla extract
- 1/2 tsp peppermint
- 2 tsp lemon or lime juice
- 1 Tbsp coconut oil
- 3 scoops [Prairie Naturals fermented & organic wheat grass powder](#)

DIRECTIONS:

1. In a food processor, combine all the ingredients for the base. Mix together until blended evenly.
2. Press mixture evenly into the bottom of the cake pan.
3. Freeze 2-3 hours.
4. In a food processor, combine all ingredients for the filling. Mix together until blended and smooth.
5. Pour filling mixture into the cake pan, evenly layering over the base.
6. Freeze 2-3 hours.
7. Serve and enjoy!





FLAX OIL: SUSTAINABLE OMEGAS

Essential fatty acids (EFAs) are good fats that we cannot make on our own and must be obtained through diet. Thankfully, flax grows readily in Canada and provides both omega-3s and 6s to support skin, heart and brain health. Flax oil should never be used in cooking, so it's best added to salads and smoothies or yogurt.

RECIPE: STRAWBERRY FLAX NICE CREAM

INGREDIENTS:

- 1 1/2 cups frozen strawberries
- 1 cup frozen banana
- 1/2 cup soaked hemp seeds
- 1/4 cup **Flora Flax Oil**
- 1/4 tsp vanilla bean or 1 tsp vanilla extract
- Liquid if needed (about 2-4 Tbsp)

DIRECTIONS:

1. Add all ingredients to a high-speed blender, pausing to scrape down the sides as needed.
2. Add liquid 1 Tbsp at a time if needed.
3. Blend until smooth.

Recipe courtesy of Lindsay Young,
@eatyoungnutrition



BIOBASED CLEANERS: ENTERTAINING ESSENTIAL

Social interactions and healthy relationships contribute to overall well-being. One way we can safely interact within COVID-19 boundaries is to ensure we keep a clean and safe environment.

Be sure to use cleaners without harsh chemicals, solvents or added fragrance. This ensures you get rid of the germs while protecting family, friends and the environment.



#LIVEHEALTHFIRST  

PRODUCT INGREDIENTS

**HEALTH
FIRST**

Made with Canadian grown, dry roasted sunflower seeds with no added sugar, salt or hydrogenated oils.

Canadian grown, organic, non-GMO, "seed to bottle" fresh pressed and unrefined virgin flax oil.

Non-toxic plant and mineral based cleaner made from biodegradable and sustainable ingredients and packaging.

50 billion probiotics per capsule for the entire intestinal tract. Gluten, dairy and soy free.

Canadian grown, certified organic, fermented and gluten free.



FIND THESE PRODUCTS AT YOUR LOCAL HEALTH FIRST MEMBER STORE!
PLEASE VISIT HEALTHFIRST.CA TO LOCATE THE STORE NEAREST YOU.