Issue 45 - September 28, 2017

Good for you. Good for the Earth.

Hippocrates put it best over 2000 years ago, when he said, "Let thy medicine be thy food." PlantPure is here to help the World do just that.
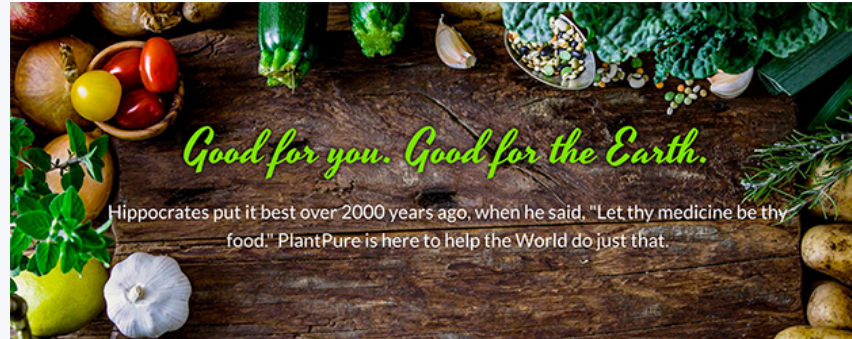
A PlantPure Update

We have received quite a bit of feedback from people taking the 10-day PlantPure Challenge saying they love our meals and want to continue eating them even after the Challenge, so we are happy to announce the launch of our PlantPure Discount Club.

This program provides access to our entrees at an average price (assuming purchase of our standard 20-pack), of $6.79 meal, delivered to your doorstep, with this discount available on the purchase of up to 40 entrees per month (a benefit you can pass along to a loved one as well). The annual fee for this subscription is $99. If you do the math, you will find that you can quickly recoup your upfront investment.

In addition to discounted food, membership includes exclusive access to over 80 short videos edited from eight hours of interviews with my father, Dr. T. Colin Campbell, by the famed director of

Forks Over Knives, Lee Fulkerson. Also included are two recipe cards from our PlantPure chef, Kim Campbell, every week, and online access to the PlantPure Nation film.

If you are interested and act quickly, you may be among the first 300 members who, in addition to the above, will receive a picture of my father and Lee, signed by my father. We should have the autographed picture mailed within the next 60 days. My dad is currently traveling in Italy, so we will need to wait until he gets back. He is 83, and my mom is not far behind, and I have no idea how they travel the world like they do. Maybe it's the plants!

Until next time,

Nelson Campbell

FOR MORE INFORMATION ON THE PLANTPURE DISCOUNT CLUB, **CLICK HERE**

Featured PlantPure Recipe

Apple Pumpkin Bread

The delicious combination of apples and pumpkin makes this recipe perfect for autumn. There are so many apples loaded into this quick bread creating an extra moist texture. It's perfect for breakfast, snack, or dessert!

Yields: 1 loaf

Prep Time: 15 minutes   Bake Time: 60 minutes

Ingredients:

2 cups white whole wheat flour
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon sea salt
3 teaspoons pumpkin pie spice (or 2 teaspoons ground cinnamon, ¼ teaspoon ground nutmeg, ¼ teaspoon ground ginger, ¼ teaspoon ground allspice, ¼ teaspoon   ground cloves)
2 cups finely chopped apples, cored and peeled (about 2 medium)
½ cup walnuts
½ cup raisins
1 cup nondairy milk
1 cup pumpkin puree
1/2 cup coconut sugar
2 teaspoons vanilla

Directions:

1. Preheat oven to 350°F. Line a loaf pan with parchment paper.
2. In a large mixing bowl, combine the flour, baking soda, baking powder, salt, spices, apples, walnuts, and raisins. Mix until the ingredients are thoroughly combined.
3. In a separate bowl, whisk together the milk, pumpkin, sugar, and vanilla.
4. Pour the wet ingredients into the dry ingredients and mix just until combined. Do not over mix. The batter should appear wet and lumpy at this point.
5. Pour the batter into the parchment lined loaf pan and bake for 50-60 minutes or until a toothpick inserted in the center comes out clean. Remove the loaf from the pan and allow it to cool before slicing.

Kim's Hint: I recommend you using a good baking apple such as McIntosh, Cortland, Rome or Granny Smith. These also make great muffins while reducing the overall cook time to 20-25 minutes.

A Report From The Non-Profit Organization, PlantPure Communities

PPC is having a party in NYC with Dr. T. Colin Campbell, and you're invited! Plus,

read incredible success stories from the CNS Plant-Based Nutrition Certificate scholarship recipients. And don't forget to get involved with the exciting new Restaurant Campaign opportunity for Pods! Find out more on PPC's website.

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