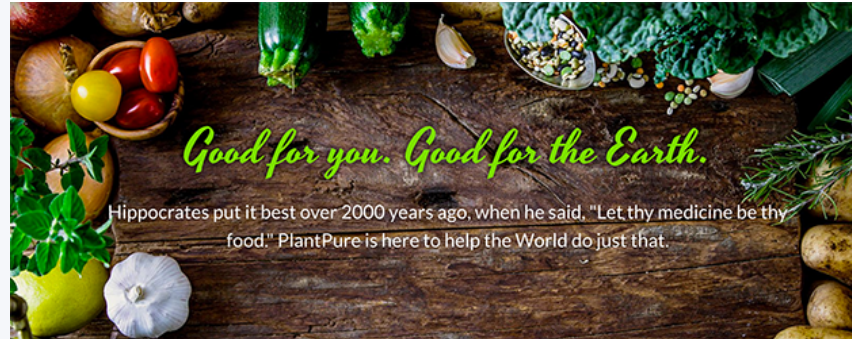




Issue 46 - November 10, 2017



A PlantPure Update

Good Morning,

It has been awhile since we sent our last newsletter. We have had our heads down, focused on getting some critical things done.

I have three brief announcements to share. First, we just launched four of our entrees in nearly 800 Publix markets across the Southeast. We encourage you to check them out and to let your friends know. This is a critical time for us and we appreciate any support you can provide. ([Press Release here](#))

We are also launching our first PlantPure Health & Weight Loss Program in Tampa Bay next week. Beginning with an exciting and informative 5-hour seminar, it's a 28-day Jumpstart program that introduces people to the "why" and "how" of a plant-based diet, supported by our entrees and additional education, including cooking and shopping skills. Soon we will begin

licensing this program to doctors, dietician and others. For more details you can visit

PlantPureHealthandWeightLoss.com, and visit the Facebook page [here](#).

We will publicize this program through our participation in an exciting opening event next week in St. Petersburg, FL. My father, Dr. Michael Greger, TV Producer JD Roth (The Biggest Loser and The Big Fat Truth), Boca Raton physician Laurie Marbas, and Kim and I will take part in LIVE WELL, the theme of the opening night of St. Petersburg's [Et Cultura](#) Festival next Wednesday, from 7 - 10 PM at the downtown music venue, Jannus Live.

Finally, I will share a little teaser information to whet your appetite for our upcoming communications. We are working on a major new initiative for 2018, scheduled for launch in January. This involves a national campaign, a 'moonshot' strategy for getting affordable plant-based meals into underserved communities, a film production, and other exciting elements. So stay tuned!

Until next time,

Nelson Campbell

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
60 minutes

Bake Time:

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.

Big News From The Non-Profit Organization PlantPure Communities:



PARTY WITH A PURPOSE
Anniversary Celebration

Celebrity Host John Salley
Nov 30, 2017 • NYC

Register
now
online!

4-TIME NBA CHAMPION
AND A CHAMPION FOR
ANIMAL RIGHTS

PLANTPURE COMMUNITIES

A photograph of John Salley, a 4-time NBA champion, wearing a plaid blazer and glasses, sitting and smiling.

Big News from PlantPure

Communities: John Salley, along with Dr. T. Colin Campbell and Nelson Campbell, will be at this very special event. Did you get your tickets yet? [You're invited!](#)

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