



Can't view this email properly? [View this email as a webpage](#)



Issue 49 - February 19, 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

Today we have an exciting announcement. Our film, PlantPure Nation, is now available for free on YouTube [HERE](#). In addition, it has moved off Netflix and onto [Amazon Prime](#), with availability in 13 countries.

When we released PlantPure Nation, we managed to get into theaters in over 100 cities across the U.S. The film did well, but we are hoping the availability of our film on YouTube and Amazon Prime will help us to reach far more people, especially overseas.

To gain this additional exposure, however, we need your help. We are hoping you can share these links with people you know who might like the story we tell in our movie, and who could benefit from knowing more about the benefits of a plant-based diet. And if you have a moment, please visit our [film's page on IMDB](#) and click on the "Rate This" button to the right of the movie title near the top. Our current rating is 7.6 out of 10 stars. (Interestingly, we are one of the highest rated health documentaries on the Amazon platform.)

Our film is important to building support for our new national strategy. As you know, we recently launched our "Healing America Campaign." This initiative is focused on the U.S. for the near term, but our intent is to build and demonstrate a community model that will have application in cities and towns not only the U.S. but around the world.

If you have not already done so, please check out our website at [HealingAmericaTogether.com](#), where you can sign up to receive future updates and short

videos, and help support our Indiegogo crowdfunding campaign. You also might check out our most recent video from our event in Atlanta, [which you can see here](#).

We are headed to Houston next, then to San Diego and St. Louis. After two final stops in NY and PA, we are going to get down to business with the launch of our community model in Durham NC. We hope you can sign up and follow along, and perhaps eventually join with others to bring this model to your own community.

Thank you for your continuing support.

Until next time,

Nelson Campbell

If you are not a newsletter subscriber, we invite you to join us. [Subscribe here](#)

Featured PlantPure Recipe

Baked Thai Spring Rolls



From Kim Campbell

These crispy guilt-free baked spring rolls are loaded with delicious Thai style veggies and rice noodles. Dip them into a sweet and spicy peanut sauce for the perfect party appetizer!

Yields: 4-6 servings

Ingredients:

2 ounces bean thread rice noodles

12-14 rice paper spring roll wrappers

Sauce:

1 tablespoon minced ginger or ginger paste

¼ cup water

3 tablespoons low-sodium tamari or soy sauce

2 tablespoons pure maple syrup

1 tablespoon rice vinegar

1 tablespoon lime juice

1 teaspoon Sriracha

1 teaspoon garlic powder

2 teaspoons cornstarch

Veggies:

4 cups cabbage, thinly sliced

2 small carrots, julienned

4 green onions, thinly sliced

2 cups soy curls, hydrated (or 6 oz shitake mushrooms, sliced)

Peanut Dipping Sauce:

¼ cup peanut butter

3 tablespoons low sodium soy or tamari sauce

1 ½ teaspoons Sriracha

1 tablespoon lime juice

2 teaspoons maple syrup

½ teaspoon garlic powder

Directions:

1. Preheat oven to 425°degrees F.
2. Cook the rice noodles according to package instructions. Using kitchen shears, cut the noodles so they are 1-2 inches in length. Set aside.
3. Place the sauce ingredients into a small bowl and whisk until combined. Set aside.
4. Place the vegetables and soy curls into a large fry pan and sauté in a small amount of

water over medium-high heat. Cook until vegetables are tender, about 6-8 minutes.

5. Add the sauce and noodles and continue cooking until thickened, about 1-2 minutes.

6. Place the spring roll wrapper into a medium sized bowl of warm water for 10 seconds allowing the wrapper to become pliable.

7. Place the rice wrapper on a clean surface and add about 2-3 tablespoons of the vegetable/noodle mixture to the lower half of the wrapper. Turn the left and right sides in towards the middle and begin rolling as if you are making a burrito. Be careful not to overfill. Practice makes perfect!

8. Arrange the spring rolls seam-side down on a parchment lined baking sheet and bake for 20-25 minutes until lightly browned. For crispier spring rolls, turn after half way through.

9. Whisk together the peanut dipping sauce ingredients. Serve baked spring rolls with peanut dipping sauce.

You can usually find spring roll wrappers in the Asian section of most grocery stores. Try altering the filling by adding your favorite stir-fry veggies or baked tofu.

Visit PlantPureRecipes.com for more PlantPure Recipes, or to submit your own!

Resources

[PlantPure Recipes](#)

[Blog](#)

[Newsletter Archive](#)

[PlantPure Challenge](#)

[Corporate Wellness](#)

[PlantPure Affiliate](#)

[Program](#)

Shop

[Food](#)

[Jumpstart](#)

[Kits](#)

[Mobile App](#)

[Books](#)

[Kitchenware](#)

[Apparel](#)

[DVDs](#)

Visit Us

[Website](#)

Contact Us

[Support](#)

(704) 271-9906

info@plantpurenation.com

Copyright © PlantPure. All rights reserved.

[Unsubscribe Preferences](#)

This email was sent by PlantPure at 101 East Clay St., Mebane, NC, 27302, United States.

[Unsubscribe or update your email preferences](#)

