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Issue 50 - March 7, 2018



*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

I am writing this newsletter on the heels of another exciting Healing America tour stop, this time in Houston, TX. Every time we go to one of these events, we come back with wind in our sails.

We met some wonderful people there, including many who are involved in the growing Pod network ([PlantPureCommunities.org](http://PlantPureCommunities.org)). I am often stuck behind my desk and don't see what is happening beyond our walls, so I was overwhelmed to see all the activity in Houston and the surrounding areas.

Not only did I see lots of Pod-related activity, but I learned about an organization doing wonderful work in Houston and other cities bringing fresh produce and nutrition education into schools located in food desert communities. I had a chance to meet with the entrepreneurial founder of this organization, and will be having further discussion with her about how we might partner together in the future.

This follows another school-related development last week, just prior to our Houston event. The Solid Rock Community School in Tarpon Springs, FL, a public charter school, will soon be making available our PlantPure meals to their students.

I am more convinced than ever that our model of community action will succeed. As I have explained in the past, we will demonstrate this model in one city, then scale it as fast as possible across the nation, and even internationally. A key part of this strategy is to anchor it on a vision that goes beyond food and health to get people excited about a

broader range of interrelated issues. This is the message we are delivering through our Healing America tour events, and is a message we hope will enable us to build a movement that is broader, deeper, and more transformative.

We are looking forward to our next stop this weekend in San Diego, and if you are within driving distance, hope to see you there!

Until next time,

***Nelson Campbell***

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We are excited to announce that our film is now available for free on [YouTube](#). Please share the link! In addition, our film is now playing not only on Amazon Prime, but also on [FMTV](#). After you sign up, the film can be found [here](#).

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## **An Update From The Non-Profit Organization PlantPure Communities**



Dig in this spring with PlantPure Communities and the Square Foot Gardening Foundation! Join in a live Webinar on Tuesday, March 13 from 7:00-8:00 p.m. ET, open to Group Leaders, Pod Members, and the public, for the release of the new Gardening Toolkit! Learn how to create a Square Foot Garden, start meaningful gardening initiatives in your community, support local farmers, and get an update on PPC, including the Restaurant Campaign Winter Wave Challenge. [Click here for details!](http://www.bit.ly/ppc_mar13)

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## Featured PlantPure Recipe

### Chick-un Nuggets



These are another fun way to use chickpeas that are convenient and fun for lunchboxes, snacks, and appetizers. Each doughy ball of chickpeas is shaped and then smothered in breadcrumbs. Kids and adults will love these with their favorite dipping sauce.

Yields: 12 nuggets (serves 4)

Prep time: 20 minutes    Cook Time: 15-20 minutes

**Ingredients:**

½ cup oat flour

1 can (15 oz) chickpeas drained (saving the juice), and rinsed

2 carrots, roughly chopped

½ teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon smoked paprika

¼ teaspoon sea salt or to taste

2 teaspoons lemon juice

3 tablespoons aquafaba (juice from the chickpeas)

**Breading:**

¾ cup panko bread crumbs

2 tablespoons nutritional yeast flakes

¼ cup nondairy milk

½ cup BBQ sauce for dipping

**Directions:**

1. Preheat oven to 400°F.
2. Place the flour, chickpeas, carrots, spices, and salt into a food processor and process until achieving a dry dough like consistency. Place the mixture into a large mixing bowl.
3. Add the aquafaba and lemon juice to the chickpea mixture and stir working all of the ingredients together thoroughly, forming a firm ball with consistency like that of thick cookie dough.
4. Portion the dough into 12 even pieces working them into any shape you prefer. Set

aside.

5. Place the bread crumbs and nutritional yeast flakes into a bowl and mix well. Next to the breadcrumb mixture, pour the milk into a small bowl.

6. Line a baking sheet with parchment paper.

7. Dip each chickpea nugget into the milk and then coat thoroughly with the breadcrumb mixture. Place the nuggets onto the baking sheet and bake for 15-20 minutes or until golden. Serve with Bone Sucking BBQ sauce, Ketchup, or Frank's Red Hot Sauce.

**Kim's Hints:** If you prefer a firmer and meatier consistency, I would recommend adding 2-3 tablespoons of vital wheat gluten to the dough and increase the aquafaba by 2-3 tablespoons.

Visit [PlantPureRecipes.com](http://PlantPureRecipes.com) for more PlantPure Recipes, or to submit your own!

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