WATERMELON PIZZA

Ingredients

- 1 slice watermelon (per person)
- Greek Yogurt plain/natural or choose non-dairy option (2 Tbsp)
- Berries (about 5-7)
- Mint Leaves (3-4)
- Pistachio (5-7)
- Honey (drizzle if desired – 1 tsp)

Preparation

Slice watermelon (like a pizza). Add the “topping” – first yogurt, then berries, pistachio, mint leaves and drizzle honey
RAINFOREST RECIPES

SUPER ANTI-INFLAMMATORY SALAD

Ingredients

- Greens (Spinach, Kale, Chard, Arugula, Lettuce) – 1 raw cup
- Omega-3 Fish (Salmon – Tuna – Mackerel) – 3-5 ounces (fresh cooked or can)
- Berries (Strawberries – Blueberries – Raspberries) – ½ raw cup sliced or whole
  (if small berries)
- Vegetables (Carrots – Cauliflower – Radishes – Beets) – 1-2 cups
- Pumpkin Seeds – Roasted – 2-3 ounces
- Olive Oil - ¼ cup
- Balsamic Vinegar ¼ cup balsamic vinegar
- Raspberries - ½ cup raspberries.

Preparation

Place all ingredients, already chopped or sliced in a bowl

Prepare Raspberry Dressing: With oil, vinegar and spices in your pantry, you are minutes away from a simple homemade vinaigrette dressing. Whisk together ¼ cup olive oil or canola oil, ¼ cup balsamic vinegar and ½ cup raspberries.
**EGG MUFFINS OR FRITTATA** (6 muffins)

**Preparation**

For 6 muffins, scramble 6 eggs with about one-quarter to half cup milk (dairy or non-dairy based).

Chop up a quarter cup shallots or onions, a quarter cup spinach or Swiss chard, one-quarter cup zucchini, and one-quarter cup mushrooms. Add to the scrambled eggs. Add your favorite spices, such as salt or sodium-free condiment, oregano, pepper, paprika or a ready-made Italian seasoning.

Divide evenly into 6 muffin pan cups and bake at 350 F for 20 to 25 minutes, until the egg is fully cooked.

Two muffins provide 12 grams of protein. Top with one-quarter avocado for healthy monounsaturated fats and a side of one cup fresh fruit, or 1-2 slices of a high-fiber, 100 percent whole-wheat toast.