

FOOD

Recipe to Boost Metabolism

Japanese Pan Fried Salmon

Fried Salmon Preparation

Marinate for up to 4, allow 1 fillet of salmon per person

Marrinade Ingredients

- 1 teaspoons Fresh Ginger
- 2 teaspoons Sherry
- 1 teaspoon Soy Sauce
- 3 teaspoons Horseradish Sauce

Directions

1. Mix all the ingredients for the marrinade in a bowl. Cover the outside of each fillet with a thin coating of the marrinade and then place inside a small plastic sandwich bag. Pour any remaining marrinade in to the bag with the salmon, seal the bag and leave the fish for 30 minutes to take on the flavor.
2. Spray a frying pan with a little extra virgin olive oil and cook the salmon on a medium heat, 5 minutes on each side
3. Serve with brown rice and spinach topped with a few chopped almonds.



Tropical Fruit Salad with Poppy Seed Dressing

Dressing Ingredients

- 1/2 cup fat free plain yogurt
- 2 tbsp apricot preserves or orange marmalade
- 1/4 tsp poppy seed

Salad Ingredients

- 1 small fresh pineapple cut into wedges
- 1 mango or papaya sliced 1/2 cup
- 1 medium banana sliced
- 2 kiwi fruit sliced
- 1/2 cup seedless grapes
- 2 tbsp coconut toast (optional)

Directions

1. In small bowl mixed dressing ingredients
2. Place fruit on platter or in bowl and drizzle dressing over salad
3. Sprinkle with toasted coconut



Spices for your Health

Cayenne Pepper

Cayenne pepper is a warming herb which stimulates the system, improving circulation and helping to reduce cholesterol. It also improves the digestive system. Cayenne pepper is a good source of vitamin C and A, the complete B complex, calcium and potassium. For those with arthritis, cayenne pepper is an anti-inflammatory herb which can help ease pain.

Cayenne pepper also breaks up sinus congestion. At the first sign of a cold, sprinkle some into warm lemonade. According to Traditional Chinese Medicine, Cayenne pepper is good for respiratory illnesses

Cayenne pepper can be used in chili, stews and soups, Mexican food recipes, sprinkled on beef or chicken dishes or used in omelets. It should be purchased in small quantities as it loses strength over time.

Cinnamon

Cinnamon has a long history as a fragrant spice and as a medicine. In Traditional Chinese Medicine, cinnamon is known for its warming qualities which increases circulation. This enhances cognitive thinking and increases metabolism. Cinnamon contains antioxidants to boost the immune system and is an anti-blood clotting and anti-inflammatory food which helps arthritis pain and helps prevent heart disease, especially high cholesterol. Cinnamon also contains manganese, fiber, Vitamin C and calcium.

Cinnamon is very easy to use in the diet. Sprinkle it on toast, add to yogurt or smoothie.

Green Tea

Studies have shown that green tea boosts metabolism and fat oxidation in the body. At first it was thought that the caffeine in green tea accounted for the increase in metabolism. However, researchers discovered that the same amount of caffeine, taken alone, didn't have the same affect on metabolism as green tea.

Green tea helps to build your immune system with its antioxidants. It lowers cholesterol and blood pressure, reduces the risk of getting various types of cancer and Alzheimer's.

Green tea is also very inexpensive and easy to incorporate into the diet. If you don't like the taste of a warm cup of green tea, blend it into a smoothie with fruit.

Use both cinnamon and green tea in this green tea smoothie

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