



Pineapple Clementine Ambrosia

Let's bring in some sunshine during these dull winter days. I have added two of my favorite fruits Clementine and Pineapple for their bright yellow and orange colour to brighten my days.

Step 1: grind $\frac{1}{2}$ cup of fresh flax seed finely
Then put in 2 dessert bowls and put aside

Step 2: make a Pineapple Smoothie for two
Put the following in your blender and blend until creamy:

- $\frac{1}{2}$ cup diced pineapple
- $\frac{1}{2}$ banana sliced
- 1-3 thin slices of ginger root
- $\frac{1}{2}$ cup water

Add this smoothie mixture to your flax seed

Step 3: add the following to your bowl

- 1-2 tbsp Essential Protein (Tropical flavour)
- 1-2 tbsp unsweetened coconut

Stir well then add to each bowl:

- 1 clementine peeled and sliced into bite sized pieced
- $\frac{1}{2}$ cup diced pineapple

Serve once it is made or store in the fridge until ready to eat.



Clementine: are good for vitamin C. They are a tangor, a hybrid between a willowleaf mandarin orange and a sweet orange, so named in 1902. The exterior is a deep orange colour with a smooth, glossy appearance. A Clementine can be separated into 7 to 14 segments.

Pineapples get their name from its resemblance to the pine cone. Pineapples are 90% water and rich in potassium, manganese, calcium, sodium and Vitamin C. It also aids in digestion and contains bromelain which breaks down protein and helps to reduce swelling due to arthritis or sports injury



Here are two more great Sunshine Recipes!

Pineapple Kiwi Smoothie:

Put the following in your blender:

- 1 ripe frozen banana thinly sliced
- 1 cup fresh or frozen pineapple
- 1-2 kiwi fruit peeled and sliced
- 2-3 slices of ginger root
- 1-2 cups water
- 4-8 ice-cubes

Blend on high until a smooth and creamy texture.

Pour into a thermos and shake it just before serving to mix it well.

Or make into popsicles for a cool treat.



Easy Fruit Sundae

After a big meal it is sometimes nice to have a simple but beautiful dessert that everyone will have room for.

To make this easy dessert all you need is some fresh fruit, about ¼ cup per person. Today we have:

- Pineapple (cubed)
- Strawberries (sliced)
- Bananas (sliced)

You could also have blueberries, raspberries, papaya, mangos (but if you want to use melons then it is best to have an all melon mixture of watermelon, cantaloupe, and honeydew for the variety of colours and taste).

To assemble layer the fruit in a large bowl or individual bowls – here we have used a glass bowl so you can see the layers. We have drizzled a syrup topping over the fruit just before serving or you can serve it without a topping.



Acai Carob Syrup: Makes 2 cups

Blend the following ingredients in your mini blender until creamy:

- ½ cup maple syrup
- 2-4 tbsp carob powder
- 2 tbsp acai syrup
- ¼ tsp cinnamon

Drizzle over the fruit bowl and serve.

This syrup can be stored in a glass container in the fridge for 1-2 days.