

## RECIPE FOR DELICIOUS & NUTRITIOUS VEGETABLE PUREE

You will need to use a good food processor to make this puree.

This will be a template for preparing any hard and nutritious vegetables--you can substitute your own.

For example you can use carrots, cauliflower & broccoli separately for one serving or together for another serving.

As with all good food the freshness and quality of the ingredients makes a better end result.

This recipe will comfortably and appropriately feed two people.

Ingredients: (Preferably organic whenever and wherever possible)

### Column 'A'

16 oz.	fresh cleaned asparagus (take off hard bottom ends)
1-2 sticks	celery
small to medium	onion (or leek)
small to medium	parsnip (optional)

### Column 'B'

1 cube of	freshly cut ginger
1/3 to 1/2	juice of lime or lemon
2 to 3 tablespoons	butter (to taste)
1/2 teaspoon	freshly ground fennel seeds *
1/3 teaspoon	freshly ground caraway seeds
1/2 teaspoon	sea salt crystals (e.g.-Celtic)
1/2 tablespoon	Organic Better Than Bouillon Base

Chicken for this recipe

(you can use mushroom or beef for another recipe depending on the vegetable pattern)

Put the ingredients from column 'A' in steamer for about 15 minutes. Vegetables should be fork tender when done.

(Do not over-cook as the purpose here is to keep the nutrition as whole as possible since this is puree you don't have to worry that much about hardness out of the steamer.)

Put the ingredients from column 'B' in the food processor.

When the steaming vegetables are done pour them into the food processor.

Turn on food processor and puree to your liking!

(Puree should be smooth with no lumps or hard tough fibers)

Let it cool slightly and serve!

This is an extremely versatile recipe.

This can be used to thicken and enrich stews, soups or broths.

Can be used for anyone any age whose digestion is impaired or challenged.

It can be used as a side dish first and foremost.

It can be used to spread over grilled vegetables or meats.

Invent your own use but use it often and freely!

\* Fennel is a digestive soother. It combines beautifully with many different foods and especially with vegetables. It helps gas pains and discomfort from overeating; poor food combining and the eating of heavy foods. Fennel diminishes cramping pain and discomfort in the stomach and colon. It is good for cooling the 'digestive fire' from intense or spicy foods. It helps kids with tummy aches from eating junk foods and from upset tummies from stress or anxiety. It is one of the safest and easiest digestive remedies, safe for kids and those with sensitive digestive systems.

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