

5 HEALTH FACTS + 3 RECIPES = 1 QUICK READ FOR YOUR COFFEE BREAK



**2018** research conducted on older adults found portable high-efficiency particulate air (HEPA) purifiers reduced their exposure to pollutants and even lowered their blood pressure, suggesting a HEPA filter may be an effective way to purify the air in your home from harmful exposures. Another study found these HEPA air purifiers could decrease inflammation in patients with stable coronary heart disease. Air pollution is the fifth-leading risk factor for death worldwide from fine particulate matter, ground-level ozone, and nitrogen.



**23,000,000** tonnes of plastic waste leak into the world's water systems every year, according to the United Nations Environment Programme. When choosing reusable over single-use cups, we avoid contributing to this waste; however, reusable cups have a larger initial carbon footprint and require water to wash after each use. It's important to extend the lifetime of your products for as long as possible—more uses means more sustainable—and be mindful of washing habits to reap the sustainability rewards of reusables.

**10** grams of protein are in 3 Tbsp of hemp seeds—plus omega-3 and -6 fatty acids, magnesium, and iron. Wondering how to get your fix? Hemp hearts come in a variety of forms—from alt-milks and protein powders to snack bars, crackers, granola, nondairy yogurts, and frozen snacks. They're celebrated for helping lower cholesterol, reduce blood pressure, support heart health, and decrease inflammation. Thanks to their protein and healthy fats, they also help you feel full longer.



**33%** of women and 20% of men will suffer from an osteoporotic fracture during their lifetime, so keeping your bones healthy now is imperative. Osteoporosis is a disease that makes bones thin, weak, and brittle. Eat balanced meals including adequate protein (for both muscle and bone tissue), fibre-rich whole foods, healthy fats, and carbohydrates. Up your calcium with leafy greens (also great for brain health), dairy products, and dairy alternatives.

**3** exercises to support healthy aging include shoulder blade squeezes (squeeze shoulder blades together and downward; hold for 3 seconds; repeat 10 times), single-leg balance holds (holding on to a sturdy surface, lift one foot and balance for 10-15 seconds; switch and repeat 5 times on each foot), and pelvic floor contractions (squeeze the muscles in your pelvic floor area as if stopping the flow of urine; hold 3 to 5 seconds; repeat 10 times).

WHOLE  
FOODS  
FOR  
AGELESS  
BEAUTY

SMOKY LENTIL *and* HERB  
GALETTE *with* ZESTY  
SIDE SALAD

4  
MAKES  
SERVINGS

1 cup (250 mL) whole grain or einkorn flour  
1/2 cup (125 mL) almond flour  
1/4 tsp (1 mL) sea salt  
6 Tbsp (90 mL) cold butter, cubed  
3 to 4 Tbsp (45 to 60 mL) cold water  
1 Tbsp (15 mL) extra-virgin olive oil  
1 small onion, finely chopped  
2 cloves garlic, peeled and minced  
1 tsp (5 mL) smoked paprika  
1 tsp (5 mL) dried thyme  
1/2 tsp (2 mL) sea salt  
Freshly ground black pepper, to taste  
1 cup (250 mL) cooked green or black lentils  
2 oz (57 g) goat cheese, crumbled  
1 to 2 tsp (5 to 10 mL) raw honey  
4 cups (1 L) mixed greens  
1 small cucumber, thinly sliced  
1 Tbsp (15 mL) freshly squeezed lemon juice  
1 Tbsp (15 mL) extra-virgin olive oil  
1 tsp (5 mL) sumac  
Salt and pepper, to taste

Preheat oven to 400 F (200 C) and line baking sheet with parchment paper.

In large bowl, whisk together whole grain flour, almond flour, and salt. With pastry cutter, cut in cold butter until it forms pea-sized crumbs. Add cold water, 1 Tbsp (15 mL) at a time, mixing until dough comes together. Shape into disk; place in glass bowl, cover, and refrigerate for 30 minutes.



In skillet, heat 1 Tbsp (15 mL) olive oil over medium heat. Sauté onions until soft, about 5 minutes. Add garlic, paprika, thyme, salt, and pepper, and cook for 1 more minute. Stir in lentils and cook until warmed through, then remove from heat.

Remove dough from fridge, roll out on floured surface into rough 12 inch (30 cm) circle. Transfer to parchment-lined baking sheet. Spread lentil mixture in centre, leaving a 2 inch (5 cm) border. Fold edges over filling. Top with crumbled goat cheese and drizzle with honey. Bake in preheated oven for 25 to 30 minutes, until crust is golden and filling is warm. Allow to cool, then slice.

In bowl, toss mixed greens with cucumber, lemon juice, olive oil, sumac, salt, and pepper. Serve alongside galette, once cooled and sliced.

COOK ALONG WITH THIS  
CURATED SPOTIFY PLAYLIST



HERBY MUSTARD ROASTED CHICKEN SANDWICH *with* HOMEMADE RANCH CHIPS

4  
MAKES  
SERVINGS

- 2 Tbsp (30 mL) Dijon mustard
- 2 Tbsp (30 mL) extra-virgin olive oil, divided
- 1 tsp (5 mL) dried thyme
- 1/2 tsp (2 mL) sea salt
- 1/2 tsp (2 mL) black pepper
- 3 or 4 boneless, skinless chicken breasts
- 2 large russet potatoes
- 1 Tbsp (15 mL) dried parsley
- 1 tsp (5 mL) dried dill
- 1/2 tsp (2 mL) garlic powder
- 1/2 tsp (2 mL) sea salt
- 4 sourdough ciabatta buns (or similar)
- 2 Tbsp (30 mL) Greek yogurt
- 2 Tbsp (30 mL) roasted garlic avocado mayo
- 2 cups (500 mL) spring mix lettuce
- 1 large tomato, sliced
- 1 tsp (5 mL) white wine vinegar

Preheat oven to 400 F (200 C). Line baking sheet with parchment paper.

In small bowl, mix mustard, 1 Tbsp (15 mL) olive oil, thyme, salt, and pepper. Place chicken breasts in single layer on parchment-lined baking sheet. Brush chicken breasts with oil to coat; roast in preheated oven for 20 to 25 minutes, until cooked through. Let rest and then slice.

Prepare medium-sized bowl with ice water. Using mandolin or sharp knife, carefully cut potatoes into thin chip-like slices. Add slices to ice water to rinse off starch, then pat slices dry. Toss potato slices with remaining 1 Tbsp (15 mL) olive oil, parsley, dill, garlic powder, and salt. Arrange potato slices on parchment-lined baking sheet as evenly spread out as possible and bake for 15 to 20 minutes, flipping halfway through.



Slice (and toast, if desired) sourdough ciabatta buns. Spread Greek yogurt on each side, followed by mayo. Build each sandwich with some mixed lettuce, sliced chicken, and tomato slices. Lastly, drizzle white wine vinegar overtop and slice sandwich in half. Serve with ranch chips on the side.

COOK ALONG WITH THIS  
CURATED SPOTIFY PLAYLIST



4  
MAKES  
SERVINGS

## CHOCOLATE SEA SALT HAZELNUT POTS *de CREME*

1 cup (250 mL) full-fat coconut milk  
1/2 cup (125 mL) unsweetened almond milk  
3 Tbsp (45 mL) coconut sugar  
3 large organic egg yolks  
1/2 cup (125 mL) dark chocolate chips or  
chopped dark chocolate  
1/4 tsp (1 mL) sea salt, plus extra for garnish  
1 tsp (5 mL) vanilla bean paste  
1/2 cup (125 mL) hazelnuts, toasted and chopped,  
for garnish

Preheat oven to 325 F (160 C). Have on hand 4 small ramekins and a 9 x 9 inch (23 x 23 cm) baking dish that can hold the ramekins.

In medium saucepan, combine coconut milk, almond milk, and coconut sugar. Heat gently over medium heat until mixture is just steaming (do not boil), then remove from heat.

In another bowl, whisk egg yolks until smooth. Slowly pour hot milk mixture into egg yolks, whisking constantly to avoid curdling eggs. Return mixture to saucepan and place over low heat, stirring constantly until it thickens slightly, about 2 to 3 minutes. Add chocolate and sea salt to mixture, stirring until completely smooth and combined. Remove from heat and stir in vanilla paste.

Pour custard mixture into ramekins. Strain mixture beforehand, if desired. Place ramekins in baking dish and fill dish with hot water to reach halfway up sides of ramekins. Cover baking dish loosely with parchment paper and bake for 25 to 30 minutes, or until custards are just set but still a little jiggly in centre.

Remove ramekins from water bath and let cool to room temperature, then chill in refrigerator for at least 2 hours. Garnish with toasted hazelnuts and a sprinkle of sea salt before serving.



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CURATED SPOTIFY PLAYLIST

