



Oats & Honey

CRUNCHY
GRANOLA BARS



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A Fool's Paradise

Hailing from England, a fool is a custard-based dessert mixed with cooked fruit. Here, we substitute coconut cream and crème fraîche for the custard and stir in lightly sweetened cherries. Layered with fresh nectarines, this is one of the easiest and prettiest desserts you can make.

Coconut Cherry Summer Fool

SERVES 6. **HANDS-ON TIME:** 15 MINUTES. **TOTAL TIME:** 1 HOUR (PLUS OVERNIGHT CHILLING TIME).

INGREDIENTS:

- 1 cup frozen pitted sour cherries, thawed
- 6 tbsp coconut sugar, divided
- 2 tsp pure vanilla extract, divided
(**TRY:** Simply Organic Pure Vanilla Extract)
- 1 13.5-oz BPA-free can coconut cream*, refrigerated for 24 hours
- ½ cup crème fraîche

- 2 large nectarines or peaches, pitted and chopped into bite-size pieces
- ¼ cup unsweetened coconut flakes, optional

***NOTE:** Coconut cream is 70% solids, so 1 can will yield enough solidified cream. If using coconut milk, you'll need 2 cans for desired volume. To ensure cream separates from the liquid, opt for pure coconut milk made without fillers such as guar gum or carrageenan.

INSTRUCTIONS:

ONE: Chill a large mixing bowl and beaters (for a handheld electric mixer) in fridge for 15 minutes.

TWO: In a small saucepan, combine cherries and any juices with 3 tbsp sugar and set on medium heat. Cook, stirring occasionally, until sugar has dissolved and cherries are slightly softened, 5 minutes. Remove from heat and add 1 tsp vanilla. Transfer cherry mixture to a blender and purée. Chill mixture until cooled, 15 minutes.

THREE: Remove coconut cream from refrigerator and turn can upside down. Remove bottom lid and drain any liquid (reserve liquid for another use such as smoothies). Scrape hardened cream out into chilled bowl (this will measure about ¾ cup). Using an electric handheld mixer, beat on medium-high until doubled in volume, 4 to 5 minutes. Add remaining 3 tbsp sugar and 1 tsp vanilla and beat for 1 more minute. Fold in crème fraîche. Drizzle with cherry purée and swirl with a spoon to combine. Cover with plastic wrap and return mixture to fridge for at least 30 minutes. (**MAKE AHEAD:** You can make the coconut cherry cream up to 2 hours ahead.)

FOUR: To serve, divide half the chopped nectarines among each of 6 glasses. Divide half of coconut cherry mixture among glasses over top of nectarines. Repeat layers, dividing evenly. Garnish with coconut flakes (if using).

NUTRIENTS PER SERVING

(1 GLASS): **CALORIES:** 250, **TOTAL FAT:** 17 g, **SAT. FAT:** 13 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 24 g, **FIBER:** 1 g, **SUGARS:** 22 g, **PROTEIN:** 2 g, **SODIUM:** 18 mg, **CHOLESTEROL:** 22 mg

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RECIPE BY MARIANNE WREN, PHOTOGRAPHY BY PAULA WILSON, PROP STYLING BY THE PROPS, FOOD STYLING BY MARILYN DUNPHY



Snacking on Sunshine

Snacks and bevies that will make lingering outdoors with friends and family a lot more delicious.

BY LAURA SCHOB



1. DELIGHTFULLY CRUNCHY

You won't find vegetable oil listed on the ingredient list of Kettle Brand Avocado Oil Himalayan Salt Chips. Instead, avocado oil and Himalayan sea salt stand in to provide some nutritional heft to these addictive potato chips. \$4 per 6.5 oz bag, kettlebrand.com

2. KANSAS CITY-STYLE SAUCE

Red Duck Organic Smoked Applewood Molasses BBQ Sauce contains all-organic ingredients including tomato paste, blackstrap molasses, apple cider vinegar, smoked applewood salt, orange peel and thyme. It pairs well with both red meat and chicken, and with vegetarian options like tofu. \$8, redduckfoods.com

3. SUMMER SIPPER

Snoqualmie 2013 ECO Riesling Columbia Valley features organically grown grapes for a dry wine that's refreshingly crisp and fruity. Aromatic pear notes are followed by a hint of lime and spice for a clean and pure sipper. \$12, snoqualmie.com

4. SUPER CRUNCH CRACKERS

Roasted sunflower and pumpkin seeds, whole-grain brown rice and quinoa, flaxseeds, dulse seaweed and cayenne give plenty of flavor and protein, complex carbs and essential fats to Mary's Gone Crackers Super Seed Seaweed and Black Sesame. Serve with guacamole or enjoy on their own for a crowd-pleasing snack. \$5, marysgonecrackers.com

5. SEEING RED

Made from pure dried hibiscus flowers, Wild Hibiscus Flower Co. Heart-Tee Hibiscus Tea's full-bodied and tart berry flavor makes it a great substitute for red wine or sangria, and it's also a source of antioxidant anthocyanin pigments. \$6, wildhibiscus.com

6. FRUITY PROBIOTICS

With 20 kefir cultures, organic juices and organic stevia, Obi Probiotic Soda Valencia Orange and Grapefruit brings a burst of vitamin C, antioxidants, bioflavonoids and probiotics to this zesty and fruity drink. \$2 to 3, obisoda.com for where to buy

CE STAFF PICK

CLEANEST NEW FOODS

chew on this #38



Patience, don't race: It takes time for your brain to register that you're full, so slow down and enjoy your meal for at least 20 minutes. *Helpful hint: Try putting down your fork between bites.*

Pulses with Benefits

Researchers from St. Michael's Hospital in Toronto, Canada, have found that eating $\frac{3}{4}$ cup of pulses daily, such as beans, chickpeas and lentils, helped study participants shed about three-quarters of a pound over six weeks.

"Eating pulses may help with appetite control—100 calories' worth of pulses will make you feel about one-third more full than 100 calories from another food," says lead researcher Russell de Souza, ScD. He says that pulses help with satiety by being high in protein and fiber, both nutrients that help your gut release hormones that tell your brain when you're full. "They also have a low-glycemic index, which means they provide a more steady supply of blood sugar, helping you avoid the crash that can leave you hungry for higher-calorie foods," says Dr. de Souza.

Over the long term, this effect may help people keep weight off. Diets rich in low-glycemic whole grains and protein also improve heart-disease risk factors such as cholesterol and blood pressure.

The best way to increase your pulse intake, says Dr. de Souza, is by swapping pulses for other sources of protein such as meat. To get your fill of pulses, incorporate dishes like Black Bean & Cheddar Taco Salad with Pico de Gallo (see recipe at cleaneating.com) into your daily meal rotation.

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