



BELGRAVE HOLISTIC HEALTH

Weekly Newsletter

Hey Sue!

Can you believe we're in July already?

On the morning of the 4th of July, my husband is usually busy puzzling all the beach chairs, sand toys, and coolers into the car. I'm busy playing with the kids in the backyard to get all their energy out before the long car ride... and to keep them away from the inevitable expletives coming from my frustrated husband.

We're headed to the annual 4th of July Beach Bash with my extended family.

I love this day with my family. We get to spend the entire day relaxing and catching up on each other's lives. Not once do we hear, "I'm bored!" from the kids as they bury each other in the sand, swim in the surf, and throw a frisbee to my sister's dog.



But, we're usually so rushed and busy making sure we don't forget my daughter's favorite shovel, the beach umbrella, and enough towels for everyone, that **our food tends to be a last-minute, chuck-in-whatever's-in-the-fridge kind of thing.**

Now, I'm more than happy with veggies, hummus, fruit, and peanut butter sandwiches for lunch. But **when we're already the butt end of a lot of "rabbit food" jokes from my oh-so-hilarious family members... this kind of food does not exactly entice them to make their own lifestyle changes.**

So with our beach day canceled this year, I decided to take the time to trial a few new recipes that would be a bit more appealing to the “mayo-dripping potato salad with a side of hot dog” crowd.

I’ve found a few winners so far that I will definitely be bringing with me for next year’s beach day. They’re all *easy, healthy, delicious... and you can make them ahead of time.*

Looking for a change in your 4th of July eating traditions?

Check out these tried and tasty recipes:

Creamy Tahini Potato Salad

Ingredients: *(mix together in a large bowl)*

- 4lbs red potatoes - *boiled until tender, cut in half, and sliced into ¼ inch half-moons*
- 9 stalks celery- *chopped*
- ½ cup fresh parsley
- ½ cup green onion
- Creamy Tahini Sauce (*see below*)

For the Creamy Tahini Sauce, blend together:

- ½ cup Tahini
- ½ cup water
- ¼ cup lemon juice
- 1 Tbsp salt
- 4 cloves garlic
- ½ cup fresh parsley
- ½ cup green onion



Did you know that just 1 Tablespoon of tahini has 7% of your recommended daily iron intake? For more [plant-based, iron-rich foods](#), check out this [blog post](#).

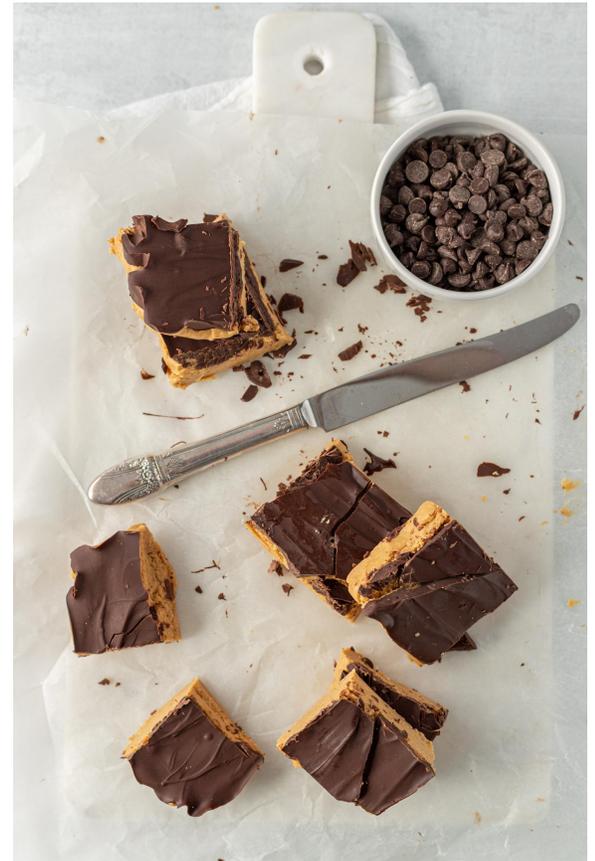
Fudgy Flourless Almond Butter Bars

Ingredients: *(blend together)*

- 1 can chickpeas *(rinsed and drained)*
- ½ cup Almond Butter *(or other nut or seed butter)*
- ½ cup pitted dates
- 2 tsp vanilla
- ¼ tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt

Optional Add-Ins *(to mix in by hand):*

- Chocolate chips
- Chopped nuts
- A chocolate drizzle on top



Bake at 350 in a 8x8 inch pan for 25 minutes... *and pray your kids don't eat them all before you get there!*

Did you know that Vitamin B6 is a hormone modulator? Meaning, it helps to balance hormones in your body like estrogen and progesterone. Chickpeas are a fantastic source of Vitamin B6, with just 1 cup providing 65-85% of the recommended amount.

For more ideas on what to eat to get [healthy hormone levels](#), check out this [blog post](#).

What are you eating this 4th of July?

Let us know in our [Facebook Group](#)! Share your favorite recipes, get inspired by others, and keep spreading the health!

Wishing you a happy and healthy holiday!

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