Anti-Inflammatory Trail Mix

Adapted from Slimming Meals that Heal (by Julie Daniluk, RHN) and submitted by Amy of New Braunfels, Texas, participant in Rx for Better Breast Health

**Ingredients:**
- 2 tbsp. ground flaxseed
- 2 tbsp. water
- 1 cup cashews
- 1 cup hazelnuts
- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 2 tsps. Turmeric
- ½ tsps. Coriander
- 1 tbsp. ground ginger
- 1 tsp. cumin
- 1 tsp. cardamom
- 1 tsp. pink rock salt
- ½ cup dried cranberries (apple juice-sweetened)
- ½ cup dried cherries

**Preparation:**
1. Preheat oven to 200 degrees. Mix flaxseeds in water until you create a slurry. Set aside.
2. Mix nuts and seeds in a medium mixing bowl and stir in flax mixture.
3. Mix spices and salt in a small bowl and sprinkle evenly over mixture.
4. Place on a pan in oven and dehydrate for 1 hour until dry and crunchy.
5. Place into a large mixing bowl, add dried fruit, and store in mason jar until ready to enjoy.

Strawberry-Blueberry Smoothie Pops

Submitted by Barbara of San Antonio, Texas, participant in Rx for Better Breast Health

**Ingredients (for 4 Pops):**
- ½ cup (or 6 small) frozen (or fresh) strawberries
- ½ cup frozen (or fresh) blueberries
- 1 cup (tub) of plain Greek yogurt
- 2 tsp. sweetened creamer
- 1 scoop Vanilla Protein Powder
- 1 tsp. ground chia seeds
- 1 tbsp. Hemp hearts
- 1 tsp. ginger paste
- Dash or 2 of: Black pepper, Turmeric, Cinnamon, Green tea

**Preparation:**
1. Put all ingredients in a blender.
2. Make sure to stop and scrape sides.
3. Blend well.
4. Pour into Popsicle mold or ice tray.