



NOURISHSTRONG

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Food! It's been the talk of our Virtual Happy Hours as well as the topic of some of our educational videos and facebook posts. No one could be coerced into making a cooking video, so we are doing the next best thing. Connecting you with some of our favorite recipes.

Vegan Gluten-Free Carrot Cake

Coach Jenn and her mom made this 1-bowl cake for Easter. She reports it was "DELICIOUS".

The recipe came from the Minimalist Baker's site. Here is a link.

Vegan Gluten Free Carrot Cake

Carrots provide a variety of nutrients and antioxidants. They also are a good source of immune boosting Vitamin C.

Fun Fact about Carrots: Chewing a raw carrot acts as a natural tooth brush.

Carrots are also high in plaque fighting Keratin and Vitamin A.

Creamy Chocolate Avocado Ice Cream

This is one of Kurt's favorite. It's quick and easy to make. A good starter project if you are not quite ready to tackle the carrot cake.

Kurt uses this recipe from Jessica in the Kitchen.

Chocolate Avocado Ice Cream

Avocados actually have more potassium than bananas.

Their healthy fat content is believed to help you absorb the nutrients from plant foods.

Fun Fact about Avocados: The other name for avocado is the Alligator Pear.



Socca - Chickpea Flat Bread

Am I the only one with a bag of chickpea flour that I'm not sure what to do with?

Coach Liz told us about this super easy, delicious flat bread in our first Happy Hour. You can definitely get creative adding spices to suit your taste.

One Ingredient-Chickpea Flat Bread

The iron, phosphate, calcium, magnesium, manganese, zinc and vitamin K content present in chickpeas all contribute to building and maintaining bone structure and strength. Chickpeas are also a great source of protein and fiber.



Roasted chickpeas are a caffeine-free coffee substitute. During the first World War, the legume was grown specifically for this purpose.

Coastal Kale Salad

Unexpectedly delightful!

At least that is what Elise has to say about this bone building and flavorful dish.

If you are feeling lazy, you can purchase it from the deli at New Seasons. For a more cost effective option, make it yourself from this knock-off recipe which does taste exactly the same.

Kale is one of the most nutrient dense foods on the planet. It stands up well to boiling if you need to do so to reduce the oxalate content.

Not-So-Fun Fact about Kale: Kale is notorious for some of the highest pesticide levels compared to all other produce on the market in the US. This is why it is imperative to purchase Organic Kale.

Coastal Kale Salad Recipe

