**EMS New Year, New You Wellness Expo**

**Cooking up Good Health with the Newman’s**

Place frozen Fruit into a vita mix blender or bullet

Add half of an avocado

Add 5 pitted dates

Add frozen banana

Add 1 cup of Almond Milk

Blend until smooth, pour into bowl and top with walnuts

**Demonstration #1**

1 bag Frozen Berries

1 avocado

1 pkg of pitted dates

1 frozen banana

1 pack of walnuts

1 cup of Almond Milk

**Demonstration #2**

Pour Can of tomatoes into a medium heat skillet, add garlic and chopped onion

Pour in can of Garbanzo Beans

Add seasoning

Add spinach

Stir together and cover

When spinach has wilted and beans soften add ¼ cup of Coconut milk

1 bag of Fresh Spinach

1 bag of dry chick peas(garbanzo)

1 large can of garbanzo

1 Large Onion

1 jar of minced garlic

1 large can stewed tomatoes

1 tables spoon of curry

1 teaspoon of Cumin

1 teaspoon of salt

1 can coconut milk

**Demonstration # 3**

2 Bunch of Watercress Lettuce or Package

Rinse and pat dry all vegetables

Drain Garbanzo beans pour unto a cookie sheet. Sprinkle with smoked paprika and place in oven on 400 for 10-15 min.

Assemble all veggies in a bowl

Whisk together dressing ingredients.

Top Salad with toasted garbanzo beans

Drizzle dressing. Serve immediately

1 pkg of cherry tomatoes

1 large cucumber

1pkg of walnuts

1 pkg of broccoli florets

1 can of garbanzo beans

1/3 cup oil

1 tablespoon of grated ginger

3 grated garlic cloves

2 tablespoons apple cider vinegar

1 table Sesame oil

2 table spoon agave

1 tea spoon salt

1 tea spoon smoked paprika

Squeeze of lime juice