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Avoid Holiday Excess with Tasty, All-Natural Recipes

By ARA Content

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by: **ARA Content**

(ARA) – The holidays have long been viewed, from a food perspective, as a time of excess. An extra helping of stuffing for Thanksgiving, a few cookies at the office party, an extra glass of champagne to ring in the New Year, and most people just give up on their good intentions to eat healthy foods. After all, healthy foods and celebrations seem like mixing oil and water, right?

Wrong. Americans are increasingly demanding healthy, organic foods. In fact, one industry source says organic food sales in the United States reached \$7.8 billion last year. This has translated into more products that are readily available to bridge the perceived gap between what's good and what's good for you.

Organic soups and broths provide a great base for recipes that are fancy enough for holiday entertaining, or quick and easy enough to allow you to eat healthfully and still dash out to do that last-minute shopping. Imagine Natural Organic Broths and Soups provide convenience, fresh taste and all the benefits you expect from natural foods: they are kosher and contain no dairy products, no preservatives, no MSG and no genetically-modified ingredients.

"The world is too busy a place, especially at holiday time, so we take the same care in making these soups as people would if they started from scratch in their own kitchens," says Robert Nissenbaum, president and company founder. "They're 100 percent natural, certified organic, heat and serve, and are made with fresh vegetables, organic herbs and spices, and the most simple, yet delicious recipes," he added.

Imagine Natural soups come in flavors including Creamy Tomato, Creamy Sweet Corn, Creamy Broccoli, Creamy Portobello Mushroom, Creamy Butternut Squash and Creamy Potato Leek. Vegetable, Free-Range Chicken and No-Chicken broths also are available. The soups and broths come in family-sized or single-serving sized containers.

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These quick and delicious recipes are wonderful for guests or for an evening when you want to eat healthy but are pressed for time.

CREAMY TOMATO PASTA SAUCE WITH BASIL 1 onion, chopped coarsely 3 to 4 cloves garlic, minced 3 to 4 tablespoons olive oil 1 pound tomatoes, diced or a 16-ounce can, drained 1/2 teaspoon red pepper flakes (optional) 2 teaspoons balsamic vinegar 3 cups Imagine Natural Creamy Tomato Soup 5 tablespoons fresh chopped basil 3 to 4 tablespoons parmesan cheese (optional) salt and pepper to taste

Saute onions and garlic with a little salt over medium heat to soften. Add tomatoes and cook over high heat to wilt the tomatoes. Add remaining ingredients and heat until bubbling. Taste and adjust seasoning. Serve over hot pasta and garnish with grated parmesan and fresh basil leaves.

Makes 3 1/2 to 4 cups of sauce, enough for 8 to 12 ounces of dry pasta.

HOLIDAY WILD RICE SOUP

This soup is naturally low in calories and fat so it's the perfect starter to a healthy, hearty meal, or a delicious stand-alone light lunch. The bright colored vegetables and nutty wild rice taste evoke a wonderful holiday feeling. 1 quart Imagine Natural Organic Free Range Chicken Broth 2 cups cooked wild rice 1 cup frozen corn 2 tablespoons chopped red bell pepper 2 tablespoons chopped yellow bell pepper 2 tablespoons chopped green bell pepper 1/2 cup sliced green onions 1 small carrot, thinly sliced 1 tablespoon chopped fresh parsley

Combine all ingredients in stock pot and simmer for 10 minutes. Serves 6

For more information on Imagine Natural Soups, Broths and other natural food products, or for additional recipes, visit www.imaginefoods.com.

Courtesy ARA Content,

; e-mail:

Have Diabetes, But Enjoy Quality Food? Try Diabetic Recipes!

By Mike Yeager

Having diabetes certainly limits some of the food you can eat, but with the right diabetic recipes you can still enjoy fine food. Sometimes, it is hard to know what foods are safe for you to eat. For your safety, you and your dietitian should work together to design a meal plan that's right for you and includes foods that you enjoy. A diabetes diet meal plan is a guide that tells you how much and what kinds of food you can choose to eat at meals and snack times. A good meal plan should fit in with your schedule and eating habits. Keep in mind that while many diabetic recipes are fairly simple and fast to make, some diabetic recipes may be more complex and take longer. The right meal plan will also help

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keep your weight where it should be. It is important to gather the right diabetic supplies when planning your diabetic recipes. Whether you need to lose weight, gain weight, or stay where you are, your diabetic recipes will be sure to help.

Some tips on finding tasty Diabetic Recipes.

Fortunately, there is almost certainly to be a diabetic recipe of your favorite food. For example, because of the high sugar content of most desserts, many diabetics felt that they would have to give them up. However, there are many diabetic recipes for desserts that will be safe for people with diabetes to eat. There are also many diabetic safe breads, salads, sandwiches, appetizers, and any other food category you can think of. If you have diabetes and don't want to give up your favorite foods, try a safe diabetic recipes instead such as a diabetic cake recipe, free diabetic recipe or diabetic cookie recipe.

Mike Yeager
Publisher

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