

Monthly Newsletter

Inspire Create Wellness

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July 2024



So Thankful for SUMMER!

I hope you all are enjoying the busyness of summer! Time sure seems to fly when the sun is out and the days are long. As I sit to write my 2nd newsletter it seems like I literally just wrote the 1st!

What a month it has been! My garden is already producing and I have a few leaf cutter bees hatching that will help pollinate my plants. If you have never heard of them, be sure to check them out. They're pretty amazing bees!

The heat doesn't stop me from cooking and baking this time of year. I simply use my Instant Pot and Breville Toaster Oven outside to help keep the heat out of the kitchen.

This past month I posted a few new recipes on Pinto, Black, and Garbanzo Beans. Beans are full of protein and fiber, inexpensive, and so versatile.

Maybe the most shocking new recipe is the Protein Packed Chocolate Chip Cookies which are made from Garbanzo Beans! I didn't believe it until I tried it.

Last but not least, I wanted to update everyone on my love of kefir and how I am still allergy free this year!!!

Thank you for being part of this journey. I hope you enjoy this month's newsletter!

~Mari J

In this newsletter:

Beans Made Easy

Benefits of Eating Beans

Protein Packed Chocolate Chip Cookies

New Recipes

Wellness Tip - Prebiotics & Probiotics

Gardening is Good for You



Beans Made Easy

All you need are Dried Beans and an Instant Pot to make homemade delicious recipes that are sodium free, seasoned the way you like, and full of nutritious health benefits! Beans in under an hour... no soaking required!

Benefits of Beans:

- Full of Fiber & Protein
- Keep you full longer
- Inexpensive & Versatile
- Can be eaten hot or cold

Beans are a great example of going Back to the Basics in Nutrition. They are beneficial and easy to incorporate in any diet.

Pinto Beans - for burritos, rice bowls, wraps, taco salad, in soups, or smash them to make your own refried beans, 7 layer bean dip, and more!

Black Beans - also are great in burritos, mixed with quinoa, pair well with sweet potatoes, and can be mashed into refried beans for homemade taquitos and more!

Garbanzo Beans - mashed for hummus, left whole as a salad topping, baked for a crunchy snack, and even for making cookies! Protein Packed Chocolate Chip Cookies to be exact (recipe just posted online)!!!



PROTEIN PACKED CHOCOLATE CHIP COOKIES MADE WITH... GARBANZO BEANS!

These delicious cookies are **gluten-free, egg free**, and contain no butter or refined sugar. They are, however, packed full of protein and fiber from garbanzo beans and peanut butter, and antioxidants from the dark chocolate chips. Add some walnuts for brain health and you have the perfect post-workout or afternoon snack!

Ingredient List:

Garbanzo Beans, Peanut Butter, Oat Flour, Maple Syrup, Coconut Sugar, Vanilla Extract, Sea Salt, Baking Powder, Walnuts, Shredded Coconut Flakes, and Dark Chocolate Chips

Recipe just posted online!

New Recipes



Mango Salsa

This Sweet Heat Mango Salsa is nutrient dense and delicious as a **summer appetizer**. Its quick and easy to make. Best of all, since you are making it, you can adjust the heat and the sweet to your liking!



Black Bean Burger

Meatless Monday Meal: These amazing Black Bean Burgers are great on a bun, served over brown rice, or even in a burrito! Recipe makes 6 burgers and left overs can be frozen for a **quick weeknight meal!**



July Wellness Tip

Eat both **Prebiotics** (feed the healthy bacteria in your gut) and **Probiotics** (live beneficial bacteria) to maintain a healthy gut.

- **What are Prebiotics?** Dandelion Root, Onions, Garlic, Oats, Jicama, Bananas, Berries, and Asparagus just to name a few.
- **What are Probiotics?** Pickles, Sauerkraut, Miso, Yogurt, Tempeh, Cottage Cheese, & my favorite... Kefir! It's July and **I'm still allergy free** thanks to drinking kefir daily!!!



Pinto Beans

Perfectly Spiced Pinto Beans are full of fiber and protein and can be used to create so many delicious meals. Plus, they are packed with added **health benefits** like helping to regulate blood sugar levels, reducing triglyceride & cholesterol levels, and even help you feel full!



Garbanzo Beans

Ready for making hummus, plant-based burgers, and even Chocolate Chip Cookies in under an hour when cooked in the Instant Pot! This post also includes a link to a family farm in Montana that uses **Regenerative Farming** to grow beans. Support our farmers!



Wellness Inspired - Gardening is Good for Your Health

My garden has been in the same location for 10 years now but this year I tried something different. I started a few seeds in one gallon jugs outside when the temps were still way below freezing. Something that I never thought would work in Northern Idaho...

With no expectations for these seeds ever turning into plants, I was shocked to see small seedlings appear with nightly temps still in the low 20's.

Somehow they survived cold nights, snow, and even hail. I was even more shocked when these seedlings turned into small plants and actually flourished when I transferred them into the soil in early May!!!

I literally did nothing to these seeds except leave them outside. No grow light, warming mat, or hardening off in the Spring. By the end of May, I had **Cilantro and Radishes** when normally I would just be planting these (see photo above)!

Next year I will be doing a lot more of this kind of germinating! It was so easy and successful. The plastic jugs act like **mini greenhouses**. Start saving your 1 gallon jugs now. This is the perfect way to recycle them!

Here are a Few Tips:

Cut the gallon jug in half just below the handle. Fill the bottom with soil and plant the seeds. Tape the top back on (no lid) and leave outside. Remove the top once the seedlings resemble small plants. Transfer into your garden boxes and enjoy your harvest.

Cold Tolerant Seeds:

Nasturtium - Marigolds
Cilantro - Radish - Bok Choy
Arugula - Lettuce - Beets



There are so many benefits to having a garden! **Gardening is good for your health** and helps to get you outside. If you don't have lots of space, try container gardening. As always, I am here if you have any questions!

Thank you for reading! -Mari J