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Going Against the Grain

The Paleo diet is more than just a way of eating, it's a lifestyle. It's about eating nourishing and healthful foods, it's about making informed decisions about where our food comes from and being an overall responsible consumer. It is also about trying to lead a healthy lifestyle by making sure to exercise, take time for social activities, getting good sleep and managing stress.

The Paleo diet focuses on nutrient dense foods that nourish our bodies and minds. It excludes all grains and legumes and most dairy. By focusing on the foods our ancestors ate before the industrial revolution we are providing ourselves with minimally processed and extremely healthful foods. Foods to focus on include: lean meats and fish, fresh vegetables and

fruits and healthy fats from nuts, seeds, coconut, avocados, olive oil and grass fed meat. Many people ask me about carbohydrates and worry about getting enough of them when on the Paleo diet, but there are plenty of healthy carbohydrates in root vegetables such as sweet potato, carrots, squash, yams, cassava (yucca), turnips and beets and squashes such as butternut, acorn

and pumpkin. Bananas and other colorful fruit (especially berries!) are an excellent source of healthy carbohydrates as well!

The Paleo diet excludes all processed and packaged foods that contain trans fats, sugar, refined seed and nut oils, and overly processed grains, as this is believed in many cases to be the root of degenerative diseases





Paleo Banana Pancakes

*Serves 3

3 medium to large sized bananas
(Green bananas fine; ripe bananas will impart a more sweet flavor)

7 eggs

4 tablespoons coconut flour

2 tablespoons almond meal/flour

2 tablespoons flax meal

½ tsp. salt

1. Mix all ingredients in blender. Wait 3-4 minutes after blending to allow coconut flour to absorb moisture and thicken batter.

2. Heat large non-stick skillet on medium heat. Cook pancakes 3-4 at a time depending on how large you like them. Cook for approximately 1 ½ to 2 minute per side, and flip with a spatula when you see little bubbles form.

3. Cook for the same amount of time on other side. These pancakes are a bit more delicate than the standard grain-filled pancakes, so take care in flipping them.

**Hint: you can add a small amount of butter (grass-fed 'Kerrygold' the best) or coconut oil to the pan to keep from sticking.*

**Optional add-ins: Crushed walnuts or pecans, blueberries or any other healthy additions you can think of! Enjoy.*

Nutritional breakdown per serving:

Calories: 362
Protein: 19 grams
Carbs: 35 grams
Fat: 16 grams
Fiber: 8.5 grams

such as obesity, cancer, diabetes, heart disease, Parkinson's, Alzheimer's, depression and infertility. It is important to be aware of where your food comes from and don't be afraid to ask questions! Take ownership in your decisions and don't take the food you are buying from the grocery store for granted. Be a conscious consumer and try to focus on purchasing local and organic produce, meat and eggs (and don't forget to eat the yolks!) whenever possible. Making informed choices to support local farmers and sustainable food practices, will help to positively support our food system for generations to come, as well as helping you to become healthier!

Pre-packaged convenience foods, and highly processed refined grains and flours are slowly wreaking havoc on our health in general as a population. Set your family up for a successful morning and give them the nutrition their brain and bodies crave. These pancakes are loaded with healthy protein, fat and carbohydrates to provide not just your children, but your whole family with balanced and sustained energy throughout the entire morning.

These pancakes are fairly simple to prepare in a powerful blender. I pour the batter straight from the blender to the pan to cook.

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