

# Summer-Splash! Nutritious Super Foods Starter for These Dog Days!

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Welcome to the World of Splash!

Looking for an eye-opener?

Jump start your metabolism & your taste buds with some super foods!

Suggested Single Serving:



- Chilled Hard Boiled Egg, served on a crisp bed of Baby Spinach
- 6 to 8 Slices of chilled Jalapeno Peppers

- 6 to 8 Cherry Tomatoes

Important! Alternate bites of egg, jalapeno, cherry tomatoes and spinach, savoring each distinctive flavor!

These super foods pack a powerful vitamin punch, which you shouldn't miss!

Follow with:

- Sprinkle Bee Pollen over a half Banana

Along with, a 1/2 cup of plain yogurt!

Libations:

Iced coffee, peppermint or ginger Tea!

Polish-off with 4 ounces of Cranberry Juice!

Then? Brush your Teeth!

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Splash-Suggestion: Boil a full dozen eggs, in the evening, let cool & slip the cooled hard boiled eggs, into a Zip-Lock Bag; Refrigerate!

You'll be ready for days!

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Plus! Stay properly hydrated 'til snack time!

Medical Caution:

As always, beware of food allergies, and eat in moderation, enjoying a super foods start!

Seize the Day!

Holly Fairfield!

Sources: Bee Pollen is Super Food, Joseph Marcola

What are the Health Benefits of Jalapeno Peppers, by Paula Marinic

"Egg Nutrition, the Seed of Life!"

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