

Secret Life of Teeth: Teeth Whitening; Is It OK?

In this episode of the Secret Life of Teeth, holistic dentist Ana Sanduta tells us about teeth whitening and how it affects your body and the layers of your teeth.

Learn more about gemmotherapy and how it can help you at my website laurenhubele.com

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Red Lentil Bolognese

Adapted from Vegan Richa's Lentil Bolognese

Ingredients

- 1 package of gluten free spaghetti
- 1 cup of red lentils
- Olive oil
- 2 pkgs or 1lb of mushrooms chopped
- 1 onion, peeled and finely
- 1-2 shallots or cloves of garlic, peeled and finely chopped
- 2 grated carrots
- 1 t dried oregano or use 1/2 tbsp fresh
- 2 t dried basil or use 2 tbsp fresh
- 1 t of dried thyme or a sprig of fresh
- ½ t of red pepper flakes (adjust to taste)
- 3 T nutritional yeast optional
- 16 ounces of crushed tomatoes
- 2 heaping T tomato paste
- 1 T of maple syrup
- 1 cup of prepared veggie broth on reserve
- Salt and pepper to taste
- fresh basil or thyme for garnish

Instructions

1. Wash the lentils, cover with water and simmer over medium heat for 10-15 minutes. Keep a close watch and add a bit of water and stir as needed. Cook until softened and the water has been mostly absorbed. Set

aside.

2. Heat oil in a deep heavy skillet over medium heat, add onion, shallots or garlic and a sprinkle of salt. Once onion has softened add a handful or two of the chopped mushrooms. Saute in batches, removing cooked ones to a bowl as you work your way through all of the mushrooms.
3. Return all mushrooms to the skillet, add the carrots, herbs, spices and mix in. Cook for 2 mins.
4. Add the tomato paste and crushed tomatoes, maple syrup, salt, pepper. Simmer for 15 minutes.
5. Fold in the cooked lentils and mix well. Cook for 1-2 minutes. Adjust thickness with veggie broth or tomato paste. Allow it to sit while pasta is prepared.
6. Prepare spaghetti, drain
7. Serve bolognese over cooked spaghetti, garnishing with fresh basil and vegan parmesan.
8. Enjoy!