

Restoring Immunity: Gemmo Memo Black Poplar

Listen in and discover what Black Poplar extract can offer you and your family now. Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of Black Poplar Gemmotherapy Extract.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

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Sri Lankan Coconut Greens and Dal

I love nothing better than a good dal and so when I come across an exceptional one I really take notice. Meera Sodha never fails to deliver recipes that are spot-on the spice and easy to prepare. This one is truly a winner. And what you find below is an adapted version I've come to make my own.

Ingredients

- 1 pound red lentils
- 3 green cardamom pods
- 3 tablespoons coconut oil
- 1 cinnamon stick
- 3 whole cloves
- 1 large or 2 medium white or yellow onion thinly sliced
- $\frac{3}{4}$ inch piece of ginger, peeled and grated (about 1 tablespoon)
- 1-inch piece of turmeric, finely grated or 1 teaspoon of ground turmeric
- 1-2 green finger chiles or Serrano chiles, stemmed and finely sliced (adjust according to your taste for heat)
- 1 bunch of kale or collard (remove stems and chiffonade) or 2 bunches of fresh spinach (washed well, drained, and trimmed)

- $\frac{1}{2}$ teaspoon mustard seeds
- 4 tablespoons unsweetened shredded coconut
- 2 teaspoons kosher salt
- 1 lime, juiced
- $\frac{1}{2}$ can of coconut milk
- For serving
 - Plant-based yogurt, for serving
 - Prepared rice of choice, cooking with a few cloves and cinnamon stick if desired

Directions

Wash and strain lentils in cold water until the water runs clear. Place in a medium bowl, cover with water, and set aside. Bash the cardamom pods with the side of a knife so they crack open.

In a large heavy cooking pot or dutch over warm 2 tablespoons of the coconut oil. When hot, add the cardamom pods, cinnamon stick, and cloves. Heat for a minute adding onions. Saute over medium heat until soft and lightly browned. Add the ginger, green chiles, and turmeric. Stir-fry the spice and onion mixture for another 1 to 2 minutes. Remove a third to a shallow lidded fry pan and set aside.

Drain lentils and add to the pot with lentils, covering well with water. Turn the heat to high and bring to a boil. Low and simmer for 20 to 25 minutes, until the lentils are soft and creamy, stirring as needed.

Then turn your attention to the greens. Warming remaining coconut oil in the frying pan over medium heat adding the mustard seeds. When the seeds begin to pop add shredded coconut allowing to toast lightly. Then add greens of choice, $\frac{1}{2}$ teaspoon of the salt and a splash of water, putting lid on quickly to steam. When soft and tender, add the lime juice and stir.

Check lentils and when they have become soft and creamy, add the coconut milk and taste, adjusting salt as needed. Remove from the heat, and pick out and discard the cardamom pods and the cinnamon stick. To serve, ladle into bowls and divide kale over the top. Serve with a side of yogurt and rice.

Enjoy!

Restoring Immunity; Gemmo Pets

Homeopath and pet expert Susie Killian pairs up with Lauren to share the very latest information on Gemmo extracts for your furry friends. Learn to harmonize your pet's nervous system, support healthy elimination, and address chronic symptoms naturally with Gemmo plant bud extracts. Your pets will thank you. In this episode learn the basic guidelines for dosing your pets and the first two extracts you might consider to harmonize your pet's Central Nervous System.

You'll love this episode in which our scheduled topic is dropped because Susie adopted a new rescue. Enjoy learning how Susie used Walnut to settle *Mr. Bojangles'* nervous system and Blackthorn to clear suspected toxins.

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Tahini Treats

If you haven't stumbled across this simple and "healthier" Rice Krispie treat now is your chance. I absolutely love the yummy blend of honey and tahini. Inspired by this version in Bon Appetite.

Makes 16

Ingredients

- $3\frac{1}{4}$ cups (130 g) crispy brown or white rice cereal (not puffed rice)
- 2Tbsp. virgin coconut oil (divided)
- $\frac{3}{4}$ cup (185 g) tahini
- $\frac{1}{4}$ cup plus 1 Tbsp. (90 g) honey
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{3}{4}$ tsp. flaked salt (divided)
- 30g dark dairy-free chocolate

Preparation

1. Line an 8" or 9" square pan with parchment paper, leaving an overhang on two sides. Measure cereal into a large bowl.
2. Melt 1 TBL oil in a small saucepan over medium-low heat. Add tahini, honey, and half of the salt and whisk until warmed through, smooth, and slightly thinner, 45–60 seconds. (Be careful not to overcook as it will become grainy and thick) Remove from heat, quickly whisk in vanilla.
3. Pour tahini mixture over cereal mixture and stir to coat. Transfer to prepared pan and press down very firmly. I use a small cutting board on top of the

- mixture allowing me to evenly distribute the pressure.
4. Melt chocolate and 1 TBL coconut oil over a pan of hot water. When fluid spoon or pour over the top of the rice mixture. Sprinkle with remaining salt.
 5. Chill bars until firm, 30–40 minutes.
 6. Lift out bars using parchment overhang and cut into 16 squares.

Restoring Immunity: Gemmo Stories Ashley Dalme

When we allow ourselves the time to listen to human stories we learn a bit more about ourselves. And when we learn more about ourselves we grow. I love the way I learn and grow through each unique and intimate conversation about health and healing. I think you will discover the hero's journey, from fear to resilience, from challenge to triumph in each Gemmo Story episode.

Today I welcome Ashley Dalme, wife, mother of two school-aged children, elementary school art teacher, and Gemmo fan. Listen in to discover what fears Ashley has overcome and how she continues to grow as a healing force in her family.

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