

Restoring Immunity: Gemmo Stories

Stories offer us an opportunity to tap into someone else's journey that may not be unlike ours. By listening we learn a bit more about ourselves and when we learn more about ourselves we grow. I experience growth through each unique and intimate conversation about health and healing. You never know what lesson each hero's journey holds, from fear to resilience and challenge to triumph.

Today I welcome Shanna Boatler, wife, mother of one teen-aged daughter, Certified Nutritional Coach and serious Gemmo fan. Listen in to discover where Shanna's journey led her.

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Aubergine Stacks

I love these yummy stacks and although they require a few steps the results are so worth it. The presentation is just beautiful.

2 servings as a main dish

Stacks Ingredients

- 2 medium aubergine sliced into $\frac{1}{2}$ inch slices, salted lightly, and laid on paper towel to drain
- Olive Oil
- Sea Salt
- Vegan herb pesto, store-bought or prepared
- Vegan ricotta, store-bought or prepared

Sauce Ingredients

- 4 large tomatoes and 1 TBL of tomato paste or 1 can of chopped tomatoes
- 2 teaspoons of maple syrup
- 1 bunch of fresh basil, a sprig or two reserved for topping
- Red pepper flakes
- Sea salt
- Fresh Ground Pepper

Directions

1. Preheat oven to 400 degrees
2. Heat heavy skillet over medium heat, add just enough oil to coat bottom, saute eggplant slices 3-4 mins aside to lightly brown. Slices should still hold shape but be slightly softened. Set aside until all are complete.
3. As the eggplant cooks begin preparing sauce.
4. In a heavy medium saucepan add a splash of olive oil, red pepper flakes, and tomatoes. Cook and stir until tomatoes collapse and begin to form a sauce.
5. Add tomato paste, maple syrup, and salt and pepper to taste. The sauce should be a bit runny not thickened.
6. In a casserole dish place the first layer of precooked aubergine slices. Top each with a spoonful of vegan pesto. Cover with the next slice and top that slice with a spoonful of vegan ricotta.

7. Add final slice and cover all stacks with tomato sauce
8. Bake 35-40 minutes, top each stack with fresh basil sprig.
9. Serve alongside pasta, polenta, quinoa, or rice.

Enjoy!

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.

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Lauren Hubele

Maegan Lemp

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