



REMEDY REPORT

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What's INSIDE

Spring is right around corner! This issue is full of information about what fruits and vegetables will be in season, ways to sneak that produce into yummy meals, and companies that make great items, while considering food allergies and sensitivities. We also included some fun spring time activities!

SPRING

Fruits & Veggies

APRICOTS
ASPARAGUS
BLUEBERRIES
BROCCOLI
CARROTS
CAULIFLOWER
CHERRIES
GRAPEFRUIT
GREENS
HONEYDEW MELON
KIWI
MEYER LEMONS
NEW POTATOES
SPINACH

SNACK ATTACK

food allergy conscious brands

**88 ACRES
BLAKE'S
BOBO'S OAT BITES
ENJOY LIFE
EVERY BODY EATS
MADE GOOD
NATURE'S BAKERY
PARTAKE
RULE BREAKER
THAT'S IT
UDI'S
YUM EARTH**



Great ways to sneak some spring produce into your meals!



Hidden Veggie Tomato Sauce

Ingredients

- 1 tbsp oil
- 1 medium onion, finely diced
- 2 garlic cloves, crushed
- 3 carrots, finely diced
- 2 celery sticks, finely diced
- 2 zucchini, finely diced
- 1 red pepper, chopped
- 48 oz passata (strained tomato puree)
- 500ml / 2 cups veg stock
- 1 tsp dried Italian herbs
- 1 tsp paprika
- optional: handful of fresh basil leaves

Directions

1. Heat the oil in a large saucepan. Add the onions and fry for 2-3 minutes. Add the garlic and fry for another minute before adding the carrots, celery, zucchini and red pepper.
2. Pour in the veg stock and passata and stir well. Add dried herbs and paprika and bring to the boil.
3. Simmer on a medium heat for about 20 minutes or until the vegetables are soft. If you want to add the fresh basil leaves do so when the vegetables are soft.
4. Remove from the heat and blitz either with a hand blender or in an upright blender until smooth.
5. Pour the sauce into jars, containers or freezer bags and allow to cool before refrigerating or freezing.

Spinach Pesto



Ingredients

- 500g baby spinach
- 2 garlic cloves
- 100g parmesan, grated
- 200ml light and mild olive oil
- juice of 1 lemon
- salt and pepper

Directions

- Add as much of the spinach as you can to a food processor, along with the garlic, parmesan and olive oil. Blitz until smooth.
- As the spinach reduces, add more until all the spinach has been added and blitzed.
- Finally add the lemon juice and season to taste with salt and pepper and blitz one last time.
- Mix with cooked pasta and serve immediately.

Palak Chapathi

Ingredients

- 1 1/2 Cup 1 to 1 gluten free flour
- 1/2 Cup Spinach packed
- Salt as required
- Sugar a pinch
- Water as required

Directions

1. Add spinach leaves (with a pinch of sugar) in boiling water for two minutes)
2. Strain it, let it cool completely, and grind it a smooth paste.
3. Take gluten free flour in a bowl along with salt and ground spinach paste.
4. Mix thoroughly, sprinkle water if necessary to make a smooth, non-sticky dough.
5. Let it rest for 30 minutes.
6. Divide it into small balls. Roll it thinly.
7. Heat skillet (cast iron if you have one), smear oil. Cook rolled roti on both sides till brown spots appear.
8. Serve warm with your choice of gravy.





Zucchini Pancakes with Lemon Glaze

Ingredients

- 1 3/4 cups 1 to 1 gluten free flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 1/2 teaspoon vanilla extract
- 1 small zucchini
- 1 cup milk
- 1 egg
- 3 tablespoons vegetable oil

For the lemon glaze:

- 2 teaspoons lemon juice
- 1/2 cup powdered sugar

Directions

1. Combine all the dry ingredients in a large bowl: flour, sugar, baking powder, baking soda, cinnamon, nutmeg, and ginger. Mix well.
2. Grate the zucchini using the small grater size of your grater directly into a medium bowl. This recipe uses all the juices from the zucchini.
3. Add the milk, egg, vanilla extract, and vegetable oil to the zucchini and whisk together until well combined.
4. Add the wet ingredients to the dry ingredients and whisk together until just combined—do not overmix. If adding chocolate chips, raisins, or chopped nuts, add them now.
5. Heat a large non-stick pan and add a small amount of oil or butter. Add a scant 1/2 cup of pancake batter to the hot oil and cook for 2-3 minutes over medium-low heat, or until small bubbles form at the top but the bottom does not burn. Use a silicone spatula to flip the pancake and cook for another 1-2 minutes on the other side, or until fully cooked.
6. Cook ~3-4 pancakes at a time, depending on the size of your pan, and repeat until all the batter is used.
7. To make the lemon glaze, stir together the glaze ingredients until you get a thick syrup. Drizzle over the warm pancakes and enjoy!

Easter Egg Fruit Pizzas

Ingredients

- 1 package sugar cookie dough mix or your favorite recipe
- 8 ounces Brick Cream Cheese- softened
- 6 Tbsp Butter- softened
- 2 cups confectioner's sugar
- 1 tsp vanilla extract
- pinch salt
- assorted berries and fruit (like blueberries, strawberries, raspberries, kiwis, mandarin oranges)



Directions

1. Prepare sugar cookie dough according to package or recipe directions.
2. Roll dough to about 1/4 inch thick and cut out egg shaped cookies.
3. Bake according to package or recipe directions.
4. Remove from the oven and allow to cool. Move to a cooling rack to cool completely.

FOR THE FROSTING:

1. Place the cream cheese and butter in a large bowl and mix with an electric mixer until light and fluffy.
2. Add vanilla, a pinch of salt, and then add in powdered sugar gradually, mixing after each addition until it is all incorporated.
3. Chop berries and fruit into small pieces.
4. Frost each cookie with a thick layer of frosting.
5. Decorate with chopped fruit and berries.
6. Serve immediately.

Disappearing Eggshell Experiment



Ingredients

- 16- ounce mason jar with lid and ring
- white vinegar
- fresh egg

Directions

1. Gently place the egg into the mason jar.
2. Fill with vinegar leaving 1/2" space at the top. It is important to leave room at the top of the jar or it might burst from the carbon dioxide gas produced by the reaction.
3. Loosely cover the jar with the lid and ring. Again, make sure it is not too tight so that the gas can escape the jar.
4. Let sit for about two days. Remove from jar and rinse off in water. Enjoy your shell-less egg!

Blueberry Dyed Eggs

Ingredients

- 2 cups blueberries, crushed
- 2 cups water
- 1 teaspoon distilled white vinegar



Directions

1. Place blueberries in a small pot with 2 cups water and bring to a boil. Cover, reduce heat to medium-low and simmer for 10 minutes. Strain through a fine mesh sieve, discarding any solids, and then stir in vinegar. Set aside to let cool until warm or room temperature.