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Blueberry cake. No baking at all!!!!

Bottom portion of the cake:

$\frac{3}{4}$ cup hazelnut

$\frac{3}{4}$ cup walnuts

$\frac{1}{2}$ cup dates

Soak all nuts overnight. Soak dates about 2 hours before preparation of the cake. Strain all ingredients and mix them in the blender. Remove the mixture from the blender and spread in the 9" cake form. Spread the mixture with hand. You should have somewhat $\frac{1}{2}$ of inch thick base for the cake

Top portion of the cake:

1 $\frac{1}{4}$ cup cashew nuts (soak nuts overnight)

$\frac{1}{1/4}$ cup frozen wild blueberries

A shot of rum

3 tb spoon nutritional yeast flakes

1 cup dates soak about two hours before making the cake

$\frac{3}{4}$ cup coconut cream, or almond cream

Strain the cashew nuts and dates. Mix everything in the blender. Remove the mixture and put on the top of the base you have just prepared. Place the cake in the freezer for about hour or two. It should settle enough so it can be easily sliced. Decorate with fresh blueberries, chocolate chips, coconut flakes. Mix some fresh strawberry and raspberry and pour the sauce over the cake. Garnish with fresh mint. Possibilities are endless.

Recipe above was a little bit changed: Curtesy of the following youtube channel:[\(166\) Jagodowa Rozkosz - Ciasto weganskie jagodowe z żurawina bez pieczenia w 10 minut ! #rawfood #rawcake - YouTube](#)

HAPPY 4TH OF JULY!

This year celebration is especially festive after a year in lock down we are all glad being healthy and alive. I am very excited to see family members and celebrate with good food and fireworks. Have a wonderful Holiday.

GOD BLESS AMERICA!!!



Herbs of the Month: mint, thyme, chive, rosemary, dill, tarragon

Mint - is very refreshing. It is staple in the kitchen. Summer party menu would not be complete without mojito and refreshing mint tea. Mint can be used with tabbouleh salad and cuscus. Not to mention lamb chops.

Chive - a bit forgotten delicate, mild onion. It is a very tasty addition to your sandwiches, salads, omelets, cheeses, sauces and spreads.

Rosemary - is native to Mediterranean region. It is very aromatic. Mix rosemary, garlic, and olive oil and marinate the chicken, lamb, put atop of roasted potato. Add rosemary to roasted tomato, tomato sauces, zucchini and summer squash

Dill - is related to caraway and anise. It adds refreshing aroma for tomato, vegetable, beet and chicken soups. Sprinkle freshly cook potato. Make delicious summer dressing: mix with garlic, lemon juice, little bit of olive oil salt and pepper.

Tarragon - it smells and taste similar to anise. Adds a lot of flavors to poultry dishes, soups, stews, eggs and seafood.

Thyme - works with all above herbs and basil. It adds depth to the flavor. Taste wonderful with seafood, chicken and salads.

Blueberry Cake



<https://herbsinmykitchenbook.com/recipes/>

Rosemary marinates



Mix rosemary, garlic, and olive oil (you can substitute with any oil you like), salt, pepper. You can add thyme, oregano, little bit of lemon juice.

<https://herbsinmykitchenbook.com/recipes/>

*"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,
is knowing when to use it." —*

Daniel Gilbert

RESOLUTION'S SOLUTION:

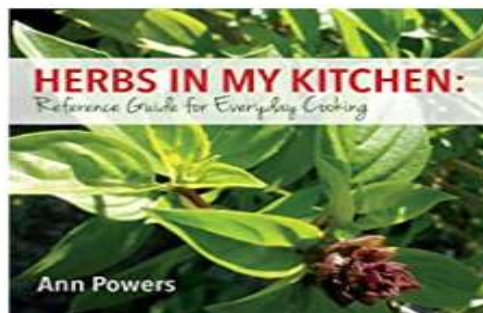
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[Herbs in My Kitchen](#)" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

[How and when to use herbs and spices?](#) You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO side effects.**

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

