

Happy Begins Here

# Health

## SLIM FOR LIFE

➤ Little Tricks, Lasting Results

**Naturally Gorgeous**  
Green Beauty Buys That Really Work

**6 WEIRD SYMPTOMS YOU SHOULD NEVER IGNORE**



# 21

WAYS TO BOOST YOUR BURN

CUTE SWIMSUITS FOR EVERY BODY

TRACY ANDERSON'S

## SUMMER SHAPE-UP

FLAT BELLY  
TIGHT BUTT  
LEAN LEGS

BEST SLEEP EVER  
4 New Secrets



# GREAT food

## Cheese it

Nutritional yeast, available at natural-food stores, adds a Parmesan-like finish to this satisfying breakfast or brunch dish.

## A Spa Morning Meal

Power up your day! Start with an energizing breakfast straight from The Ranch at Live Oak in Malibu.

BLISTERED TOMATO AND SPINACH SCRAMBLE

(recipe on page 136)

PHOTOGRAPHY BY SARA REMINGTON

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 6.

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## \* BUCKWHEAT-FLAX PANCAKES WITH WALNUTS

**Prep:** 10 minutes

**Cook:** 4 minutes per batch

**Yield:** About 24 4-inch pancakes

- $\frac{2}{3}$  cup rolled oats
- 2 Tbsp. flaxseed, toasted
- $\frac{3}{4}$  cup buckwheat flour
- $1\frac{1}{4}$  cups unsweetened almond milk
- 1 large egg, plus 1 large egg white
- 2 tsp. baking powder
- Scant 1 tsp. sea salt
- 2 Tbsp. pure maple syrup
- 1 Tbsp. walnut oil, plus more for brushing
- $\frac{1}{4}$  cup finely chopped walnuts
- 1 pint strawberries, hulled and sliced, for serving

**1** In a blender, pulse oats and flaxseed until ground into a coarsely textured flour. Add buckwheat flour, almond milk, egg, egg white, baking powder and salt and blend until well mixed. Blend in maple syrup and walnut oil.

**2** Brush a griddle or well-seasoned cast-iron skillet with walnut oil and heat over medium-high heat. Spoon about 2 Tbsp. batter onto griddle, creating a 4-inch pancake. Repeat with more batter, evenly spacing pancakes so they don't crowd griddle. Sprinkle top of pancakes with chopped

walnuts, about  $\frac{1}{2}$  tsp. per pancake. Cook pancakes until a few holes appear on surface and bottoms are browned, about 3 minutes.

**3** Using a spatula, carefully flip pancakes over and cook until opposite sides are golden brown, about 1 minute. Transfer pancakes to serving plates and repeat with remaining batter. Serve with additional maple syrup, if desired, and strawberries.

**PER SERVING (2 pancakes):**  
102 Calories, 5g Fat (1g Sat.), 16mg Chol., 2g Fiber, 3g Pro., 12g Carb., 305mg Sod., 1mg Iron, 79mg Calcium

### Double goodness

Buckwheat is gluten-free and rich in minerals, fiber and protein; flaxseed adds omega-3s.





## ✦ THE RANCH GRANOLA

**Prep:** 15 minutes

**Cook:** 1 hour 20 minutes

**Yield:** About 20 cups

**Unrefined virgin coconut oil, for brushing**

- 6 cups walnut halves
- 4 cups steel-cut oats
- 2 cups pecan halves
- 2 cups almonds, chopped
- 1 1/4 cups sunflower seeds
- 2 cups unsweetened shredded coconut
- 1 Tbsp. cinnamon
- 2 tsp. freshly grated nutmeg
- 8 large egg whites
- 1 3/4 cups pure maple syrup
- 1 cup dried blueberries
- 1 cup dried apricots, chopped
- 1 cup pitted dried dates, chopped

**1** Preheat oven to 250°F. Brush a rimmed baking sheet with oil.

**2** In a large bowl, using your hands, mix walnuts, oats, pecans, almonds, sunflower seeds, coconut, cinnamon and nutmeg.

**3** In a medium bowl, gently beat egg whites and maple syrup with a fork, taking care to keep foam to a minimum. Pour egg white mixture over dry ingredients and mix thoroughly with your hands to evenly coat.

**4** Transfer mixture to baking sheet, spreading it out so that it's slightly thicker toward sides. (This will prevent granola at edges from sticking

during baking.) Bake granola mixture for about 25 minutes, then rotate baking sheet and bake for 25 minutes longer. Remove baking sheet from oven, carefully mix granola with a spatula and continue to bake until golden brown, 25 to 30 minutes.

**5** Let cool on a wire rack, then transfer to a large bowl. Add dried blueberries, apricots and dates and mix thoroughly to combine. The granola can be stored in an airtight container for up to 2 weeks.

**PER SERVING (1/2 cup):** 365 Calories, 23g Fat (5g Sat.), 0mg Chol., 6g Fiber, 8g Pro., 34g Carb., 16mg Sod., 2mg Iron, 61mg Calcium

### Customize it

Switch out the nuts and dried fruit. Try raw cashews instead of walnuts, or golden raisins in place of dried apricots.



## ✶ BERRY BREAKFAST SMOOTHIE

Prep: 10 minutes  
Serves: 2

- 1 cup fresh or frozen berries (strawberries, blueberries, raspberries, blackberries or a combination)
- ½ cup chopped fresh kale leaves (remove stalks before chopping)
- ¼ cup chopped broccoli
- ½ banana
- ½ cup diced fresh pineapple
- ½ avocado, pitted and peeled
- 1 cup fresh orange juice

Combine berries, kale, broccoli, banana, pineapple and avocado in a blender. Pulse to blend, slowly adding orange juice ¼ cup at a time, until you've reached desired consistency. Serve immediately. (Nutrients in this smoothie diminish over time.)

**PER SERVING:** 225 Calories, 8g Fat (1g Sat.), 0mg Chol., 8g Fiber, 4g Pro., 39g Carb., 16mg Sod., 1mg Iron, 64mg Calcium

### Berry good

Any combo of berries brings health perks, but blueberries and blackberries are especially beneficial, boasting up to 200 compounds with antioxidant qualities.

(pictured on page 131)

## ✶ BLISTERED TOMATO AND SPINACH SCRAMBLE

Prep: 10 minutes  
Cook: 12 minutes  
Serves: 4

- 4 tsp. extra-virgin olive oil
- 1 pint grape tomatoes
- 1 clove garlic, minced
- 6 cups lightly packed spinach leaves
- ½ cup chopped scallions
- 1 Tbsp. chopped fresh thyme
- Pinch of crushed red pepper flakes
- Salt and freshly ground black pepper

6 large eggs, beaten  
Nutritional yeast, optional

- 1 In a large, heavy skillet, heat 2 tsp. oil over medium-high heat. Add tomatoes and garlic; cook, shifting pan occasionally, until tomatoes are lightly browned and blistered on all sides, about 4 minutes. Transfer to a bowl.
- 2 Heat remaining 2 tsp. oil in skillet. Add spinach, scallions, thyme and red pepper flakes; sauté until spinach is tender, about 5 minutes. Spread

spinach evenly over skillet. Scatter tomatoes over spinach and sprinkle with salt and pepper. Pour eggs into skillet and turn off heat.

- 3 Immediately stir egg mixture with a heatproof spatula until eggs are gently scrambled, about 1 minute. Sprinkle with nutritional yeast, if desired, and serve hot.

**PER SERVING:** 182 Calories, 12g Fat (3g Sat.), 279mg Chol., 3g Fiber, 11g Pro., 9g Carb., 316mg Sod., 3mg Iron, 89mg Calcium



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