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{ Weekly Challenge Theme: Favorite Ways to Cool Down }

HealthyYum Newsletter Vol. 6 (How do you keep it cool in the summer?)

Welcome to the **HealthyYum Community**: Beautiful Pictures, Healthy Food, Deliciously Yummy.

HealthyYum Weekly Challenge. Last week's challenge theme chosen by **DK** (of **ChefinYou.com**) was **Whole Grains**. There were many fantastic looking entries including and the photo DK selected as her favorite is **Teff Porridge** posted by **Eat This**.



Congratulations - a pair of **Reusable Shopping Bags** is our present to you, so look out for an email with the details. The winning recipe uses *Teff grains*. Have you heard of it? Teff is gluten free, high in calcium, iron, magnesium, zinc, and thiamin, and it's a good source of fiber. A few more facts can be found at RecipeTips.com.

This week's *Healthy Food Challenge* is a tribute to the hot days of summer. **Show us your favorite food or drinks to cool down with.** Whether it's a green smoothie, like the **Green Bliss** from **amanda** or a cold soup like a **Avocado Cucumber Gazpacho** made by **yogiclabear**.



Food & Healthy TidBits. The tiny **Chia seed** is no longer relegated to '70's nostalgia. Chia packs a **nutritional punch** with 18% of the daily value of calcium, more Omega 3 than salmon or flaxseed, along 4 grams of protein and 11 grams of fiber per 28 grams. It is gluten-free, lactose-free, and low glycemic.

The winner of our weekly challenge will receive 3 boxes of Chia Goodness Cereal. This delicious raw cereal combines chia with hulled hemp seeds, buckwheat, Celtic Sea Salt, fruit and nuts. Just add liquid (hot or cold water or milk), and within minutes, **Chia Goodness** thickens and is ready to eat. It can also be mixed with yogurt, fruit, used as a topping or added to recipes. Check out the review on GoDairyFree.org.

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