**BEE HEALTHY JULY 2019**

**HEALTH NOTES FROM BELLA DONNA**

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**SUMMER LENTIL-BASIL SALAD**

This recipe is easy, delicious and healthy.

Cook and rinse 1 cup of any type lentils just until they are soft. Then rinse in cold water and allow to drain well.

I’ve found a great product that I am

adding to about everything that I

cook, stir fry, boil or bake. It’s called

BEYOND BROTH with a website by

the same name. Their products are

pure and healthy, and easy to blend

into busy schedules and being on

the run.

In a serving bowl, mix the following:

 ½ cup good quality olive oil

 4 T. balsamic vinegar

 (I happen to have a fig infused one right now)

 1 T. honey

 1 T. or more, dried or fresh basil, or both

 ½ cucumber, cut in small chucks, some skin on

 ¼ yellow, orange or red pepper, chopped small

 Some pickled sunchokes, artichokes or cheese

 Salt and fresh ground pepper

 Add lentils and mix lightly.

 Refrigerate an hour. ENJOY

  

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**Enjoy the enclosed basil packet.**

**I thought it might encourage**

 **the attached recipe. 😊**

**SUNCHOKES- Jerusalem Artichokes**

I have been growing these for over ten years as an ingredient in our Super Honey. I know there are many things you can do with it. I’ve only added to soups and stews, like a potato, to thicken the broth a bit. I just found some pickled sunchokes at a local farmer’s market and they are outta-this-world.

They provide numerous vitamics and minerals, thus the addition to the Super Honey. They are also noted as being a good prebiotic, and loaded with potassium and iron. And who doesn’t need all of that on a daily basis?

 **PAYMENT DUE UPON RECEIPT BELLA DONNA**

 **$30.00 POB 43**

 **LOOKOUT MOUNTAIN, TN 37350**

**THANK YOU EVERYONE FOR YOUR PROMPT PAYMENTS - MUCH APPRECIATED!!**

**Payment accepted: cash, check, PayPal, credit card, or direct deposit**