



Living With-Out Meeting March 9<sup>th</sup> at Fish Bones 7:00pm

**Hello Everyone,**

Our first L.W.O meeting of 2010 is going to be all about **Breakfast Foods.**

**We will be sampling some Chia goodness from RUTH'S Hemp Foods.**

Some of you may ask what is Chia?

The chia seed is quite possibly the most nutritious seed ever. Chia contains more than five times the calcium of milk. It is a great source of fiber, with lots of essential fatty acids, trace minerals and protein.

For centuries this tiny little seed was used as a staple food by the Indians of the South west and Mexico. Known as the running food, its use as a high energy endurance food has been recorded as far back as the ancient Aztecs. As a source of protein, the Chia, after ingestion, is digested and absorbed very easily. Another unique quality of the chia seed is its high oil content, and the richest vegetable source for the essential omega 3 fatty acid. It has approximately three to ten times the oil concentrations of most grains and one and a half to two times the protein concentrations of other grains.

**We will be sampling Cream of Buckwheat. Nothing better then a hot breakfast on a cold winter day.**

Despite its name, buckwheat is not wheat. It's gluten-free and it's safe for people with celiac. Buckwheat and wheat are from completely different botanical families. Buckwheat seeds are technically the fruit of a plant called Fagopyrum Esculentum. Buckwheat is high in protein and B vitamins and rich in phosphorus, potassium, iron, calcium, and lysine. A great source of dietary fiber, buckwheat helps lower cholesterol levels in the blood.

**We will be sampling Apple Cinnamon Coffee Bars and Tropical Coffee Bars from Mixes from the Heartland.**

Mixes from the Heartland has many wonderful products, soup mixes, dips, cakes, pies, breads, and many more. All of their products are ready to make mixes, they're fast and very easy to make.

**We will be sampling Perky's crunchy flax cereal, and sampling crunchy power bars made with the Perky cereal.**

I will have recipes available for the power bars, and for a crunchy pie crust made with the Perky's flax cereal.

**We will be sampling pancakes made from the Toro company.**

Toro is a product of Norway, and the Norwegian bakeries have long ago perfected delicious celiac baked goods. We also have Toro's Sponge cake mix. And I have some wonderful recipes to go with the mix.

**We will be sampling cinnamon rolls, from Chebe's bread mixes.**

We also have Chebe Focaccia Fratbread mix that makes a delicious pie crust.

**Please RSVP.** This helps us in our preparation. Thank you. **Save 15% on all sampled products meeting night only.**