

Unique Superfoods: 3 Delicious Recipes With Unusual Ingredients



BREAKFAST: Morning Mocha Mushroom Milkshake

It's rich. It's creamy. It's energizing with a touch of caffeine. It's the perfect, indulgent start for your day, and best of all this breakfast smoothie offers up a full serving of lion's mane.

Lion's mane is one of the most unique superfoods. It's a special type of fungus that not only tastes amazing in this mocha milkshake, but also brings spectacular potential health benefits. For example, researchers have found that the active compounds in lion's mane can improve [cognitive function](#), reduce the risks of some forms of [cancer](#), and more.

You can buy fresh lion's mane in specialty health food stores, but dried mushroom powder is far easier to use and store.

2 tbsp chocolate-flavored protein powder
1 tbsp raw cacao powder
1 tsp ground cinnamon
1 tbsp nut butter
2 tsp lion's mane mushroom powder
8 oz cold brewed coffee, chilled
3 oz milk or coconut creamer

Pour all the ingredients into a blender and blend until creamy. Enjoy!

LUNCH: Ginger Peanut Power Bowl

This dish is so satisfying on so many levels. From the crisp veggies to the rich, spicy sauce, you'll love the myriad of flavors, textures and aromas from this Asian cuisine-infused lunch. Plus, it takes just minutes to prepare with almost no cooking, chopping or prep required.

The sauce is infused with fresh ginger. Ginger root is one of the most truly unique superfoods on grocery shelves. It's more than just a spice: The gingerol in ginger root, a potent antioxidant, has been shown to reduce your risk of dementia, heart disease and many other chronic health conditions. Oh, and did we mention it's vegan and gluten free?

NOODLES

4 oz. brown rice soba noodles

PEANUT DRESSING

1 tbsp toasted sesame oil
1 tbsp peanut butter or your favorite nut butter
1 tbsp brown maple syrup
1 tbsp tamari sauce
1 tbsp lime juice
1/2 tsp chili garlic sauce (available in most Asian grocery stores)
1-inch piece of fresh ginger root, grated

VEGGIES

1/4 block of uncooked extra-firm tofu, cut into cubes
1 medium-sized carrot, julienned
1/4 cup diced green onion
Handful of fresh basil leaves

Cook the noodles according to the instructions on their box, as every brand is a bit different. After cooking, drain and set aside.

Make the dressing by combining all the dressing ingredients and whisking vigorously. If it's too thick for your liking, add a splash or two of hot water.

Place a handful or two of rice noodles in a bowl. Top with the veggies and tofu, then drizzle with the peanut dressing. Enjoy!

DINNER: Seared Scallops with Sea Vegetable Dinner

When we talk about eating your vegetables, we aren't just talking about traditional veggies grown on farms on land. Sea vegetables are nutritious, unique superfoods that are incredibly rich in antioxidants, vitamins and minerals like vitamin K and iodine. And researchers propose the antioxidants in these unique superfoods can help protect against cancer and other diseases.

This recipe looks like something you'd find in a high-end restaurant. Not only does it star nori (a type of seaweed), but the scallops are also one of the best sources of taurine. Many

people don't get enough taurine, an organic compound that's been linked with improved physical fitness and performance.

2 sheets roasted nori seaweed, crumbled
1 tsp roasted sesame seeds
16 large sea scallops from certified sustainable, ethical sources
1 tsp ground coriander
Pinch of salt and pepper
5 tbsp organic butter or a plant-based vegan alternative
4 1/2 tsp fresh lemon juice
1 bunch of asparagus with the woody ends trimmed off

Season the scallops with the salt, pepper and coriander, then sear for a few minutes on each side in a big pan. Set aside.

In the same hot frying pan or skillet, add the butter and melt it, then stir in the nori and lemon juice.

Meanwhile, steam the asparagus for three to four minutes or until tender.

To serve, plate a few asparagus stalks on a dish. Add three or four seared scallops on top, then drizzle with the seaweed butter and garnish with the roasted sesame seeds. Enjoy!

More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. [Thymic proteins](#) are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins fall as you get older. [BioPro-Plus 500](#) offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining the above meals with healthy supplements.



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