



3 Essential Fall Superfoods + Recipes

Message from Milly

Early fall greetings dear ones,

It's no secret that fall is one of my absolute favorite seasons. I love the colors, the cooler weather, and most especially...the seasonal foods.

And since we haven't dedicated a newsletter to the pleasures of food in a while I thought now would be the perfect time.

When we think about "superfoods" most of us picture things like exotic berries, designer kale (!), or expensive supplement powders.

However, there are dozens of other humble foods that are deserving of the title...and many of them happen to be seasonal this time of year.

It's these unsung heroes we'll be celebrating today complete with easy, healthy, and delicious recipes.

Fall blessings to all!

-Milly



Fall Superfood #1: Apples

The humble apple is arguably one of the most essential fruits to enjoy on a regular basis (there is wisdom in the old saying "an apple a day keeps the doctor away.").

Apples are an amazing source of antioxidants, fiber, prebiotics, and water; plus vitamins and minerals like potassium, vitamin C, and vitamin K.

They've also been shown effective in helping prevent a variety of diseases, including:

- Type 2 diabetes[1]
- Weight-gain[2]
- Heart disease[3]

- High cholesterol[3]
- Asthma[4]
- Cancer[5]
- ...and this is a short-list!

Apples are also excellent for your liver; and Traditional Chinese Medicine touts the benefits of baked apples for strengthening lung qi (energy).

It doesn't matter what variety you choose, just be sure to eat them with the skins on (the skins contain most of their nutrients), avoid the genetically-modified "Arctic Apple", and buy organic since apples are one of the most highly-sprayed crops[6].

Organic apples aren't that much more expensive (especially if you buy them in bags) and well worth it!

Recipe: [Breakfast Baked Apples](#)

These make a warming and wholesome breakfast that everyone will love and contain no refined sugar.

To save time, stuff the apples the night before then pop them in the oven or toaster oven first thing.

They can also be made in an InstantPot by following directions for baked apples (usually 3 minutes on high pressure).

References:

- 1: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2871121/>
- 2: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2664987/>
- 3: <https://pubmed.ncbi.nlm.nih.gov/26016654/>
- 4: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3183591/>
- 5: <https://pubmed.ncbi.nlm.nih.gov/18855307/>
- 6: <https://www.ewg.org/foodnews/dirty-dozen.php>

Fall Superfood #2: Kabocha Squash

Kabocha squash, also known as "Japanese Pumpkin" is a simply delicious vegetable that tastes like a combo of sweet potato and butternut with chestnutty overtones.

It's rich in immune-boosting vitamins A and C, antioxidants, fiber, and also contains b-vitamins, iron, magnesium, and copper.

Due to its vitamin A and antioxidant content, kabocha squash is often recommended for those with skin conditions or anyone who wants to slow the signs of aging.

Many people shy away from it because of its tough-looking

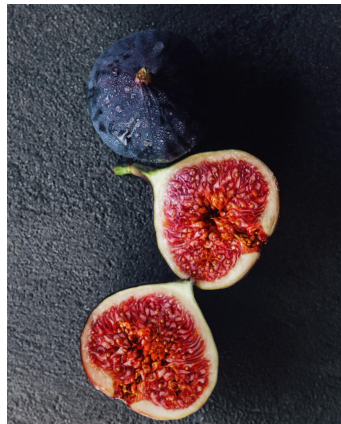


skin, but that's easily remedied with the right cooking techniques.

You can substitute kabocha squash for butternut or pumpkin in any recipe, but one of my favorites is this warming fall curry which gives the added benefit of anti-inflammatory and immune-boosting spices and nutrient-dense lentils:

Recipe: [Kabocha Squash Lentil Curry](#)

- Cook's Notes: if you can't find Massaman Curry paste, substitute any other type of curry paste.
- To make this a faster weeknight meal, roast the squash the night before or on the weekend and you'll be ready to go! You can also use red lentils which cook faster than brown.



As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.

Fall Superfood #3: Figs

Figs are right up there with apples as one of the most healing and under-appreciated fruits of all time.

But unlike apples, fresh figs are only available for a few short weeks a year...so enjoy as many as you can now.

Figs contain some truly magical properties.

They're rich in minerals like manganese and calcium, contain an excellent source of fiber, and have unique resin compounds that are being studied for their cancer-suppressive benefits[1].

Figs are also highly alkalizing and excellent for promoting a healthy microbiome due to their cleansing action on detox pathways.

Fresh figs are best enjoyed as-is. However, since dried figs can be enjoyed all year-round I've included this delicious recipe for Lamb and Fig Stew:

Recipe: [Moroccan Lamb and Fig Stew](#)

- Cook's notes: This can be made in a slow cooker. Just follow all the instructions for searing, etc. then throw everything in the slow cooker on low.
- For a gluten-free version, sub GF flour or just mash up some of the squash at the end to thicken.

Reference:

1: <https://pubmed.ncbi.nlm.nih.gov/11473446/>