

## CRANTON WELLNESS CENTRE – Dr. Alan Cranton

### Pineapple Turkey Stir Fry

1 fresh pineapple, chopped finely	extra virgin olive oil
1 onion, chopped finely	ginger (either fresh or in a jar)
Ground turkey	curry powder
Peppers, red, yellow & green	salt
garlic (either fresh or in a jar)	ground pepper
celery, peas, or any other veggies	

Remove peel from pineapple and chop into small pieces. Set aside. Heat pan and add oil. Fry onion, ginger, and garlic. Add ground turkey and fry until cooked. Add veggies and sauté with other ingredients. Add pineapple last. Season with curry powder, ground pepper, and salt to taste. Serve with rice or noodles.

### Smoothie

½ container silken tofu	½ cup mango juice, or as needed
1 can pineapple chunks	Assorted fresh fruit, as desired
1 cup plain yogurt, unsweetened	

Add tofu, pineapple chunks, and yogurt to blender. Add mango juice until you reach desired consistency. Any fresh fruit may be substituted for pineapple. This is a perfect breakfast on-the-go.