

5 Healing Recipes to Naturally Balance Your Blood Sugar

Bonus Companion to 'Returning to Eden' by Faatih Lewis

Thank you for taking steps toward healing through God's original design. In addition to the powerful foods and principles in 'Returning to Eden,' these bonus recipes can help you stabilize your blood sugar and feel more energized. Try them as part of your daily routine, and see how God's natural gifts can restore balance and health.

1. Apple-Lime Refresher

Ingredients:

- 1 green apple, sliced
- Juice of 1 fresh lime
- 5 fresh mint leaves
- 8 oz filtered water

Instructions:

Blend all ingredients until smooth. Chill for 15 minutes before serving.

Benefits:

Green apple and lime deliver fiber and vitamin C, which may help reduce glucose spikes.

2. Cucumber-Carrot Cleanse

Ingredients:

- 1 small cucumber, peeled and sliced
- 5 baby carrots
- Juice of half a lemon
- Pinch of sea salt

Instructions:

Blend with a splash of cold water until smooth. Enjoy as a refreshing mid-morning snack.

Benefits:

Hydrating, fiber-rich vegetables to help gently balance blood sugar.

3. Herbal Floral Infusion

Ingredients:

- 1 teaspoon dried hibiscus petals (or other safe edible flowers)
- 1 cinnamon stick
- 8 oz hot water

Instructions:

Steep petals and cinnamon stick in hot water for 5-7 minutes. Strain and sip warm or iced.

Benefits:

Antioxidants and gentle cinnamon support healthy blood sugar.

4. Spiced Broccoli & Cauliflower Medley

Ingredients:

- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 teaspoon olive oil
- 1/4 teaspoon turmeric
- Pinch of black pepper

Instructions:

Toss veggies with oil and spices, roast at 375°F for 20 minutes.

Benefits:

Fiber-rich cruciferous veggies plus turmeric help stabilize sugar and support digestion.

5. Citrus Detox Water

Ingredients:

- 4 slices fresh lime
- 4 slices cucumber
- 3-4 fresh mint leaves
- 16 oz filtered water

Instructions:

Add all to water and refrigerate overnight. Drink chilled throughout the day.

Benefits:

Refreshing hydration curbs cravings and helps maintain balanced blood sugar.

Explore more divine nutrition through 'Returning to Eden'. Visit returntoedenbook.com for more resources and to order your copy today.