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*Cheers!
Anne and Jon*

Hello enfusers,

We are in the 4th month of featuring "*healthy foodie trends for 2018*".

The trend we are excited about this month is the **healthy gut**.

The health of your gastrointestinal system is extremely important to your overall well-being.

Beneficial bacteria in your digestive system have the capability of affecting the following for your body:

- hormone regulation,
- digestion,
- vitamin production,
- immune response,
- ability to eliminate toxins, and
- your overall mental health.

In learning about gut health we knew about the term probiotic, but we also came across the term **PRE**-biotic and learned about a whole new realm of food benefits. Pre-biotics are foods high in fiber that are not fully digested and thus help feed the healthy bacteria in your gut.

These foods include: onion, garlic, chicory, dandelion green, asparagus, yam, banana, tomato and more. We love these foods anyway so we are excited to learn about the extra benefits.

We encourage our readers to learn more about pre/pro-biotics and to incorporate gut healthy foods into their dietary regime. We are sharing a few recipes to kick start the process.

Happy enfusing!

From: The enfuso family and Anne & Jon Yee



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HEALTHY GUT!



Healthy Biotics Soup

Three healthy biotics in one soup ... celery, rosemary and yogurt!

Celery with its very high fiber is a good pre-biotic - even beneficial when souped! There is evidence that the oils of certain herbs (including rosemary) are also feeding that gut healthy bacteria. And yogurt with its active "good bacteria" adds to a healthy gut environment.

1. Wash all of a large stock of celery including the leaves and cut in large chunks. Reserve a few ends for garnish.
2. Place celery in a soup pot and just barely cover with 1/2 water and 1/2 vegetable broth.
2. Bring to a boil, reduce to simmer, and cook slowly until celery is fork tender. (Add water if liquid runs very low.)
3. Place 1/2 of the cooked celery and broth in a blender with 1/2 cup of Greek style yogurt and two tablespoons of [enFuso rosemary olive oil](#). Blend until smooth.
4. Repeat step 3 with second 1/2 of cooked celery
5. Serve warm with a dollop of yogurt, fresh cracked pepper, and leafy celery for garnish.

A satisfying lunch when served with hearty whole grain bread or a good starter for a healthy dinner.



Pre-biotic Salad

Chock full of gut feeding goodies!

Bitter greens are on the top of the list for great pre-biotics. We used dandelion greens which can be found in abundance at most farmers markets. We also used radicchio which is a cultivated variety of chicory leaf, a good source of pre-biotic fiber. Finally, basil oil is one of the herbs noted for potential gut-feeding benefits.

The problem with bitter greens is ... they are BITTER. So adding rich nuts, dried fruits and tossing in a warm raspberry basil dressing to slightly wilt the leaves will take care of that.

1. Wash and pat dry fresh dandelion greens and torn radicchio leaves and place in a salad bowl.
2. Cook raw sunflower seeds, raw pine nuts, and dried cranberries in a bit of extra virgin olive oil until nuts are toasty brown and toss in with the greens.
3. Whisk equal parts [enfuso basil olive oil](#) & [enfuso raspberry pear balsamic vinegar](#) until creamy. Warm in the micro-wave.
5. Serve warm with a very light dusting of shredded Parmesan or Romano cheese.

This surprisingly perfect blend of bitter and sweet with satisfy your pallet and your healthy gut!