

BOK CHOY

Chinese cabbage varietal, mild and fresh

An excellent source of vitamin K, vitamin C, vitamin A, and manganese, and a good source of zinc as well as a full spectrum of over 70 antioxidants, Bok Choy provides essential nutrients to fight inflammation in the body, minimize the impact of free radicals, and fortify overall physical integrity.

Serving suggestion:

Gently saute garlic and ginger in coconut oil.

For a spicier dish, add a pinch of red pepper flakes.

Add Bok Choy stalks until tender, then add leaves. Cook to desired tenderness. Season with salt and pepper to taste, sprinkle with sesame seeds if desired.

Nutrition Tip:

Always use heat stable cooking oils in hot preparations to prevent oxidation and formation of free radicals.

Best choices

Coconut oil, palm oil, olive oil (low heat only), butter, ghee, and animal fats.

Avoid in hot preparations

Sesame seed, walnut, flax seed, macadamia nut oil

Avoid at all times

Vegetable, corn, canola, peanut, soybean, sunflower, safflower, cottonseed oil

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**BIO-INDIVIDUAL NUTRITIONAL
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