

Summer Breeze, Feeling Fine

BY TRACY BUSH

Looking for tasty summertime treats? My fresh Garbanzo Bean Flatbread is perfect for a light snack or early evening meal. Serve it with salad – or sprinkle with Parmesan cheese to enhance the flavor.

For a refreshing treat, try my rendition of frozen watermelon – specially concocted for my melon-allergic son. Watermelon is a great summer treat, especially at barbecues. Cool and refreshing! But for some – like my son – it can be an allergic reaction waiting to happen. Determined to find an alternative that was safe, delicious and still healthy, my frozen watermelon treat was born.



Garbanzo Bean Flatbread

Ingredients

- 2 cups garbanzo beans (prepared)
- 2 eggs (or egg replacer)
- ¼ cup water
- 1 tablespoon oil (try flavored oils to enhance)
- ¼ teaspoon each of garlic powder, thyme, basil, rosemary, marjoram
- ½ teaspoon sea salt
- Sunflower oil baking spray

Cooking Instructions

- 1) Preheat the oven to 475 degrees.
- 2) Using a food processor, puree the garbanzo beans until they're very smooth. Add the remaining ingredients and combine well.
- 3) Prepare an 8-inch casserole dish by lightly spraying it with sunflower oil.
- 4) Place the prepared (empty) dish into the heated oven for 15 minutes. Remove from oven, add the batter and place back into oven for another 15 minutes.
- 5) Remove from oven and enjoy.

Makes 8 servings



Tracy Bush is founder and president of Nutrimom, Inc., a consulting business that provides guidance and support for anyone diagnosed with food allergies. She is the author of "The Stepping Stones to Food Allergies" and her web site and blog are available at www.allergyphoods.com.

Frozen Watermelon

Ingredients

- 8-10 green grapes
- Ice cubes
- Sugar (can use raw honey)
- 1 lemon
- 5-6 strawberries
- Blueberries, quartered

Cooking Instructions

- 1) Layer a 3-section plastic plate with waxed paper, making sure to indent the paper into the grooves of the plate.
- 2) In blender, combine grapes, 4-5 ice cubes and 3-4 teaspoons of sugar. Blend until slushy. Spoon the mixture on bottom part of each plate section (in a "U" formation that forms the "rind" of a watermelon). Place in freezer for 10-15 minutes, or long enough to maintain the "rind."
- 3) Rinse the blender. Add juice from one lemon, 4-5 ice cubes and 3-4 teaspoons of sugar. Blend until slushy. Remove plate from freezer, spoon the white of the "rind" above the green layer. Place in freezer for 10-15 minutes.
- 4) Take out the quartered blueberries and put them aside.
- 5) Rinse the blender again. Add strawberries, 4-5 ice cubes and 3-4 teaspoons of sugar. Blend until slushy. Spoon into the remainder of the open-plate area.
- 6) Gently place quartered blueberries into the red areas; be sure the cut side of blueberries are facing downward.
- 7) Place back into freezer until ready to serve. To make a smaller watermelon slice from the larger plate, simply remove the ice piece and gently slice it on a flat surface. Serve immediately.

Makes 3 large slices or 6 small slices

