

Food Therapy

NEWSTALK

610
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Sweet Pea Shooters

1 1/2 cups fresh or frozen spring peas
2 sprigs of fresh mint
1 cup nut cream or whipping cream
1 shallot, minced
1 tsp extra virgin olive oil
6 mint leaves, shredded
sea salt and white pepper

Add the peas and mint to a pot of salted water. Cover and bring to a boil. Simmer for a minute or until cooked, then strain and refresh under cold water. Discard the mint. Put half the peas in a saucepan and cover with cream. Bring to a boil, reduce by one third and blend until very smooth and frothy. Blend in small batches to avoid exploding liquid.

Saute the shallot with extra virgin olive oil in a small skillet for a minute or until wilted. Add to the remaining peas along with shredded mint leaves. Season well and stir to combine. Divide among 6 shoot glasses and spoon the frothy pea puree otop. Garish with mint leaves and fresh peas.



Recipe courtesy of food writer, Lynn Ogryzlo

Episode: Diabetes Reversal with Dr. Jason Fung

*Email Lynn with questions or comments at
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Because What You Eat Matters!