

Cherry Apple Couscous

2 teaspoon	Grape seed Oil	<i>Vitamins A & E, polyunsaturated fat</i>
2 ea.	Diced Michigan Apples (Gala, Northern Spy, Courtland)	<i>Vitamin C, Fiber, Vitamin B6</i>
¼ cup	Dried Cherries	<i>Vitamins A, C, magnesium, iron, fiber, and folate</i>
¼ cup	Golden Raisins	<i>Phenol, Boron</i>
4 Tablespoon	Dried Blueberries or currants	<i>Vitamin C, Manganese, Fiber</i>
3 Tablespoon	Local Honey	
1 teaspoon	Ground cinnamon	<i>Manganese</i>
2 cup	unsweetened Apple Juice	<i>Vitamin C</i>
½ cup	Water	
1 teaspoon	coarsely grated Lemon zest	
3 tablespoon	Fresh Lemon Juice	<i>Vitamin C</i>
1 2/3 cup	raw Couscous	<i>Selenium, Niacin, Thiamin, Folate</i>

Method:

1. Heat sauce pan over low heat and add oil to coat the bottom of the pan.
2. Add apples, cherries, raisins, dried blueberries or currants, Agave, and cinnamon.
3. Cook, covered, for 10 minutes or until the apples have released some their juices, stirring occasionally.
4. Stir in the remaining ingredients except the couscous. Increase the heat to high. Cover and bring to a boil.
5. Stir in the couscous. Cover the pan. Remove from the heat. Let stand for 15 minutes. Fluff with a fork before serving.

Apples have been shown to significantly lower asthma risk. Flavonoids unique to apple, including phloridzin, are thought to play a potentially key role in the special ability of apples to support lung health. In addition to antioxidant activity, apples also have about 4 grams of dietary fiber in a medium-sized apple, including both insoluble fiber (like cellulose) and soluble fiber (like pectin). Both types of fiber can help lower LDL cholesterol levels with as little as two ounces of apple per day (less than ½ of a medium-sized apple).

Blueberries are packed with antioxidating phytonutrients called *anthocyanidins*. These anthocyanidins neutralize free radical damage to the collagen matrix of cells and tissues that can lead to cataracts, glaucoma, varicose veins, hemorrhoids, peptic ulcers, heart disease and cancer. They also improve the integrity of the veins and entire vascular system. They work by preventing free-radical damage and inhibiting enzymes from cleaving the collagen matrix.

Grape seed oil is high in Vitamin E and is believed to reduce bad cholesterol in the arteries. Vitamin E has antioxidant properties and is involved in immune function. Grape Seed Oil is high in polyunsaturated fat and is a good source of Vitamin A & E. Vitamins A & E have been applied topically to the skin for years, however, dietary sources of these vitamins may also enhance the appearance of the skin.

