



CANCER NUTRITION 2022: CONFIDENCE AND CLARITY WITH THE BELLER METHOD™

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OAT CUPS

MAKES 12 SERVINGS

Okay everyone, time-oat! These delicious cups are a real cinch to make and packed with fiber and nutrients everyone will love. Chia and oats are both packed with soluble fiber, essential for a healthy gut and hormonal balance. Oats are also a great source of a special fiber called beta-glucans, not found in many foods and important in supporting cancer risk reduction. Time-in everyone and give these a try!

- 2 bananas, mashed
- 1 tablespoon pure maple syrup
- 1 teaspoon vanilla extract
- 2 cups rolled oats (sprouted preferred)
- 1 teaspoon Cinnapeel Spicer Nutrition Blend*
- ¼ cup chia seeds

(*Substitute Rachel Beller Nutrition Blend with organic Ceylon cinnamon or a sweet spice blend of choice)

Place the peeled bananas in a large mixing bowl and mash them using a fork or a potato masher. Add in the rest of the ingredients and stir well.

Spray a muffin pan and divide the mixture over 12 muffin cups. Using a spoon, form the mixture into cups, bringing it up the sides. Place the muffin pan in the fridge and refrigerate for 25 minutes. Bake at 350°F for 15 minutes. Remove from the oven and let it cool. When ready to enjoy, fill each oat cup with cashew yogurt or filling of choice. Enjoy!



Both men and women can be carriers of BRCA and other gene mutations. Know your family history.

Keep up with your annual appointments and screenings.

Carriers of the BRCA mutation are at increased risk for breast, ovarian, male breast, prostate, pancreatic, and melanoma cancers.

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SPICED DATE CARAMEL

SERVES 1

Imagine a caramel that is both delicious and nutritious. This easy sauce can be made in minutes and is a wonderful topping to any dessert, breakfast (swirled into your oatmeal), or snack without all the added refined sugar found with caramel recipes! The secret sweetness comes from dates, which offer fiber along with a number of vitamins and antioxidants. The Cinnapeel Spicer Nutrition Blend also offers its own trio of organic spices (Ceylon cinnamon, orange peel and ginger) that may help stabilize blood sugar while adding an anti-inflammatory punch. It's so simple, you won't regret it!

10 pitted dates, soaked in hot water 5 min and drained
¼ teaspoon sea salt
½ teaspoon [Cinnapeel Spicer](#) or [Morning Boost Nutrition Blend](#)
¾ cup plant milk
½ teaspoon vanilla extract (optional)

Place all the ingredients in a blender and blend until smooth (you can adjust the texture by adding additional milk).



GOLDEN MATCHA CHOCOLATTE

SERVES 1

Matcha is nothing new, but a Golden Matcha Chocolate is a new spin on matcha for cancer risk reduction. Matcha is a high-grade green tea ground into a powder and rich in anti-cancer phytochemicals. Just by adding cacao and turmeric, you boost the antioxidant and cancer-fighting properties with some amazing spice synergy. What better way to pick up your afternoon than with this warm yet powerful mug of sweetness and an extra side of health perks.

1 cup unsweetened plant milk
1 pitted date
½ teaspoon Matcha Powder
1 teaspoon [Rachel's Golden Breakfast Blend](#)*

(*Substitute with a Ceylon cinnamon, raw cacao, turmeric)

Place all the ingredients in a blender and blend until smooth (you can enjoy it chilled or warmed).

Here are some mix & match fun facts!

Matcha + cacao = Together may have increased cancer fighting properties, possibly because cacao helps the body absorb the major antioxidant EGCG found in matcha.

Turmeric + cacao = Cacao contains the antioxidant quercetin, which increases the absorption and bioavailability of turmeric's potent anti-inflammatory and anti-cancer compound called curcumin.

