



WATERCREST

SENIOR LIVING

Fall Flavors

What comes to mind when you think of fall flavors? For many, it's "Pumpkin Spice!" This favorite blend of pumpkin, cinnamon, nutmeg, clove and ginger can be found in lattes, desserts, butternut squash soup, and even salads.

Many dieticians agree pumpkin spice has important health benefits. Cinnamon can potentially lower or stabilize blood sugar. Ginger has anti-inflammatory and digestion-boosting compounds. Nutmeg is said to have calming effects and cloves can help with topical pain relief.

But ahhh . . . let's not forget that people often associate the flavors of pumpkin and pumpkin pie with the nostalgia associated with family holiday celebrations. It's a "feel good" flavor!

Pumpkin isn't the only flavor reminiscent of the fall season, though.

The quintessential fruit of the season is the apple – the delicious start to pies, sauces, and chutneys. Coincidentally, apples are often blended with spices similar to pumpkin – cinnamon, nutmeg and cloves. Apples are fat-free, sodium-free and cholesterol-free and an excellent source of fiber. Did you know there are said to be over 7500 varieties world-wide? Or that it takes about 36 apples to make ONE gallon of apple cider? Apples float because 25% of their volume is air!

Who can forget caramel? Can you taste the warm, gooey drizzle that adorns ice cream or apples, or flavors puddings, bonbons and other desserts? This indulgent confectionery product made by heating a range of sugars originates from the French caramel, borrowed from the Spanish caramelo. Salted caramel was created by French pastry chef Henry Le Roux in 1977 – a form of salted butter caramel with crushed nuts.

Sage is deserving of recognition when it comes to fall flavors. A part of the mint family of herbs, sage has an earthy aroma that is a great addition to comforting fall dishes made with pork, butternut squash soup and butter sauce. It's pungent raw flavor mellows when cooked.

A Thanksgiving favorite – cranberries! The sweet, tart flavor of these little red fruits is unmistakable. Cranberries have been used in home remedies for years from plaque fighting to skin moisturizing to urinary tract support. They're packed with vitamins, minerals, and beneficial plant compounds and can be incorporated into blended drinks, salads, cakes and pies, sauces and stuffing.

Are you a fan of Nutella? This famous spread has grown in popularity with its smooth texture and delectable flavor that is flavored with . . . hazelnuts! Hazelnuts, also called filberts, are rich in antioxidants, a rich source of fiber, and some reports indicate they may ease inflammation, improve insulin sensitivity, support heart health, and lower cholesterol.

So, welcome the fall season . . . and the delicious flavors it brings to our table!

Please consult your doctor before making any changes to your diet.