



## Mediterranean Flatbread Pizzas

### Ingredients

- 1 package flatbread pitas
- 1 tub of hummus
- 1 bottle of roasted red peppers
- 1 bottle of artichoke hearts
- 1 carton cherry tomatoes
- 2 to 3 small zucchinis
- 1 container of crumbled goat cheese or feta

### Instructions

- Cut the zucchini into bite size pieces and sauté it in a fry pan with a tiny bit of oil, just until it begins to look cooked (you don't want it to get too soft). Then chop up the roasted red peppers and artichoke hearts into small pieces.
- Take a flatbread pita and generously smother it with a layer of hummus (like you would pizza sauce). Top the hummus with the red peppers, artichoke hearts, zucchini, tomatoes, and then sprinkle all over with goat cheese.
- Place the pizzas on a cookie sheet and place under the broiler until the tops of the pizzas begin to get toasted. This only take a few minutes so watch it closely!

Drinking fruit juice can be part of a healthy diet. But when a person is consuming only fruit and vegetable juice as part of a “juice cleanse”, which often includes forgoing food for 3 to 5 days or longer and drinking only a blend of fruit and/or vegetable juices and water, that’s an extreme approach and they are missing out on a lot of important nutrients. Often these juice cleanses require expensive prepackaged bottles of pulverized produce blends or they can be made at home in a juicer or blender. These cleanses are often glamourized in magazines with different celebrities endorsing them, but are they really that healthful?

Marketers promote juice cleanses as a way to spring-clean a person’s insides, ridding them of toxic overload, regaining balance after a period of unhealthful eating, or jump-starting wholesome habits, but these cleanses may do more harm to your body than good. Your body has a liver, kidneys, and spleen for this very reason- to remove toxins. So we don't need to give it any help. There isn't any evidence that fasting, colon cleansing, or consuming only juice for any period of time makes your organs do this job any better. During the first few days of a juice cleanse, a person initially burns their glycogen stores for energy, which pulls a lot of water out of the body, therefore this can show as a weight loss on the scale. Once a person comes off a juice cleanse, and eats food, they could gain all this weight right back, therefore making cleanses an ineffective long-term solution to weight loss. These cleanses can also lead to side effects such as a lack of energy, headaches or shakiness due to low blood sugar. Also, over time, a cleanse may lead to constipation from lack of fiber, as well as irritability.

Cleansing may produce short-term weight loss results, but it definitely does not produce long-term health benefits. There are much healthier alternatives to losing weight and ensuring that the body is working at its best.

The following recipe includes a variety of colorful and tasty veggies!