

GLOW

THE DERMATOLOGIST'S GUIDE
TO A
WHOLE FOODS YOUNGER SKIN
DIET

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DEDICATION

We often don't realize the power of a kind word shared at the right time. I am blessed to have wonderful, uplifting, supportive friends and family, and to them I say thank you for the kind words and support over many years.

And to the many individuals out there who are so kind and helpful and giving of their time and resources, even to perfect strangers: thank you.

ABOUT THE AUTHOR

A nationally recognized expert in dermatology and allergic contact dermatitis, Dr. Rajani Katta has extensively researched how diet can affect the skin and the body's overall health. Her advice on skin care and diet has been published in many magazines and newspapers, including the Oprah Magazine, Prevention, Glamour, Good Housekeeping, Men's Health, and the Dr. Oz magazine. She has been interviewed as a dermatology expert on the ABC, CBS, Fox, and NBC networks, as well as NPR and multiple radio stations.

Committed to furthering the understanding of skin disease, Dr. Katta has authored over 70 scientific articles and chapters in prestigious publications, including the *Journal of the American Academy of Dermatology*. She has also been honored to serve on the Review Panels for the *Archives of Dermatology*, *Journal of the American Academy of Dermatology*, and *American Family Physician*. She is an accomplished speaker, and has lectured frequently at national meetings of the American Academy of Dermatology and the American Contact Dermatitis Society. She has also spoken at such institutions as the University of Chicago, Northwestern University, and the University of Southern California.

Dr. Katta served as Professor of Dermatology at the Baylor College of Medicine for over 17 years, during which time she oversaw the dermatology basic science education of over 2,500 medical students. She is an award-winning educator, and the author of 6 highly acclaimed books on medical student success. She continues to mentor and teach the next generation of physicians as a clinical faculty member at both the Baylor College of Medicine and the McGovern Medical School at the University of Texas Houston.

For her dedication to excellence in patient care, teaching, and research, she has been the recipient of multiple awards, including the Fulbright and Jaworski Faculty Excellence Award. She is a member of the Alpha Omega Alpha Honor Medical Society and Phi Beta Kappa, and has been named to the Texas Super Doctors® list.



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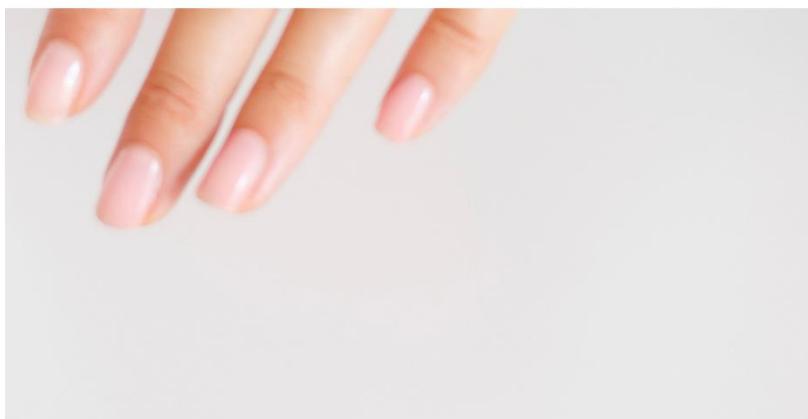
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SECTION 1

YOUTHFUL

SKIN



CHAPTER 1

INTRODUCTION

Over the 20 years that I've been caring for patients as a dermatologist, I've been asked a lot of questions about how to prevent aging skin. Here are a few that I've been asked by patients and friends (*names changed):

- Mrs. Riley is in her early 50s, and she's started to notice a softening of her jawline. She hasn't developed jowls yet (those loose folds of skin hanging off the jawline), but she's worried she's heading that way.
- Celeste is in her 20s, and her friends have all started getting serious about sunblock and anti-aging skin care regimens. One of her friends keeps telling her that she needs to start getting regular injections of Botox as part of an anti-aging skin regimen. She has her doubts about that, but she's wondering if there's anything else she should be doing to take care of her skin.
- Mr. Henderson is in his 70s, and he's here because of his grandchildren. His young grandson keeps asking about the dark purple spots on his forearms. He knows these are due to fragile skin which leads him to bruise easily, but he's worried this will get worse.
- Mrs. Boyd has always had a very smooth, youthful complexion, but now that she's in her late 30s she's noticing crow's feet: fine lines at the corners of her eyes. She's using a good anti-aging skin care regimen,

and she's very careful to use sunscreen and large sunglasses when outdoors. She's wondering what else she can do to slow down the formation of new wrinkles.

- Laura is in her mid-40s, and she's noticed many more dark spots and freckles on her face in the last 5 years. They're much more prominent now than ever before, and she's having a hard time covering them with concealer. She knows that a lot of this is her beach exposure catching up to her years later, and she's planning to have laser treatment to lighten the dark spots. She wants to know what else she can do to prevent more dark spots.

The skin concerns that Mr. Henderson, Mrs. Boyd, and Laura describe may all sound different, but they all share one important point.

They're all common signs of aging skin.

In medical circles we use certain terms to describe these concerns. Loss of elasticity. Fine lines and wrinkles. Solar lentigos (dark spots).

These are all skin changes that become increasingly common with age, and it might seem as though you're powerless to combat them. But the reality is that you can do much more than you realize.

What Would I Tell Each And Every One Of These Patients?

- I would tell them that you have the power to prevent further damage.
- I would tell them that you have the power to promote the skin's ability to regenerate.
- And I would tell them that this power, exercised in small ways every single day, can add up to big benefits.

Where does this power come from?

It comes from the choices that we make every day – including the foods that we eat.

The right foods play an important role in this process. Along with consistent sun protection and the right products or procedures, the promise of more youthful skin is more attainable than ever.

The Right Foods Provide Power: The Power to Prevent Skin Damage and The Power to Promote Skin Regeneration

Your skin is the largest organ of your body, and it is amazing. It protects you from extremes of temperature, from UV radiation, from infection, and more.

And it has a remarkable ability to regenerate. Think about the last time you had a paper cut. (That painful one. On the tip of your thumb. The one that made you wince every time you turned the page.)

Just two days later, and it was gone. Completely healed. On its own.

Healed so completely, in fact, that it was as though it had never been there at all.

That's what your skin can do: it has amazing abilities to repair and regenerate.

The right foods can support and supercharge those systems.

What Can The Right Foods Do For Your Skin? They Can:

QUENCH FREE RADICALS Your skin is under siege. Every minute of every day. Which is why your skin has so many built-in defense and repair mechanisms.

We know that ultraviolet (UV) radiation ages the skin. And the more that hits the skin, the more damage that results. You might see this as a sunburn. But even without a visible burn, that radiation produces free radicals and "burns" your skin on a cellular level, with damage to DNA, collagen fibers, elastic fibers, and more.

Antioxidants act to quench that damage. Some are naturally found in your skin, but they're constantly being used up. That's why the antioxidants in your food are so important: they provide a constant, renewable source of quenching antioxidants.

BLOCK SCISSOR ENZYMES UV radiation also damages the skin by increasing levels of "scissor" enzymes. These enzymes, including collagenase and elastase, start snapping away at the collagen fibers and elastic fibers that maintain youthful, resilient skin. The right foods prevent the activation of scissor enzymes.

ACTIVATE DNA REPAIR SYSTEMS When DNA damage does occur, your body springs into action to repair that damage. The right foods work to activate this system.

STRENGTHEN THE SKIN BARRIER The right foods can also help regenerate the skin barrier. Your skin barrier has two main functions: keep moisture in and keep irritants out (along with microbes, allergens, and toxins). As you age, that barrier doesn't work as well. The right foods, including the right fats, can help strengthen that skin barrier.

PROMOTE THE GROWTH OF GOOD MICROBES THAT STRENGTHEN THE SKIN BARRIER A healthy gut can also strengthen the skin barrier. Certain "good" microbes that live in your gastrointestinal tract can produce substances that actually strengthen the skin barrier. The right foods can promote the growth of these good microbes.

The Research That Can Help You Take Action

Over the next 200+ pages, you'll learn more. More about the forces that threaten your skin, and more about the research on how to combat those forces. You'll especially learn more about the foods that play such an important role in maintaining youthful skin.

While you'll learn about the research, this book is focused on action. You'll learn about the forces that work to damage your skin, and you'll learn about the foods that work to combat those forces. I call these skin saving foods, and in Section 4 you'll find recipes that make use of these powerful foods.

If you'd like to read more about the research, my website SkinAndDiet.com contains more information. You'll find links to the articles that I've written for a medical audience, published in peer reviewed medical journals. These articles cite the work of many amazing researchers in the field.

In the chapters to come, you'll learn how to translate this research into action to achieve youthful, glowing skin.



A HOLISTIC APPROACH

CHAPTER 2

A HOLISTIC APPROACH

I was on a hillside trail in Arizona, just starting a hike, when I saw a very striking woman coming down the path towards me. She was laughing and flushed and she looked exhilarated. She was absolutely luminous.

My guess was that she was in her 70s, and her face did have wrinkles. The thing is, she was just so full of life that the wrinkles barely registered; what really struck me was how youthful and radiant she looked.

With modern technology and skin care advances, there's a lot that can be done to address skin care concerns. But that inner glow of health and vitality: to achieve that requires more than makeup and skin care. That's why I talk about a holistic approach to youthful, healthy skin.

If your diet were a pill, the ads would call it:

***The Safe, Inexpensive, and Natural
Antioxidant and Anti-Inflammatory
Approach to Glowing, Youthful
Skin!***

In the following pages, you'll learn a lot more about the research behind that statement supporting the role of diet in healthy skin. Notice that word "role". It's important to realize that diet has to be used along with other treatments and approaches for the best effects. As in so much of medicine, it's not about one single factor. You really have to think about health, and healthy skin, in a holistic way.

A Holistic Approach to Youthful, Healthy Skin

The recommended approach to youthful skin:
Prevent, Promote, and Polish.

- ◆ **PREVENT** skin damage by protecting against UV radiation, pollution, advanced glycation end products, and other threats.
- ◆ **PROMOTE** skin health and skin regeneration by promoting high antioxidant levels, high anti-inflammatory activity, and good gut microbes.
- ◆ **POLISH** your skin's appearance by using the right skin care products, along with the right, carefully selected procedures when needed.

For Youthful, Healthy Skin

You need a holistic approach. It's not just about the right cream or the right procedure, although that may be part of it. A holistic approach means that you're looking at the whole picture. There are a number of factors that impact the health of your skin, and they're interconnected. To start with, you need to protect your skin on the outside from UV radiation and other threats. You also need to promote healthy skin by providing high levels of nutrients and promoting skin repair.

When it comes to promoting youthful, healthy skin, there are no quick fixes. There ARE quick fixes when it comes to repairing skin damage (technology is amazing). But promoting healthy skin requires taking small, consistent actions. To prevent sun damage, you have to protect yourself from UV radiation every single day. To promote youthful skin, you need to replete the nutrients in your skin every day.

Eating for youthful, healthy skin means focusing on your overall eating pattern. No one supplement, and no one food, is ever going to be as powerful as the combination of nutrients in a balanced, varied, nutrient-rich diet. That means a focus on a powerful, nutrient-rich, whole foods diet.

Eating for healthy skin means eating for health. The recommendations in the following chapters are the same as those recommended for the prevention of heart disease, hypertension, and Alzheimer's. That makes sense, because the health of our skin is so closely intertwined with our overall health. This fact is one of the main reasons I wanted to write this book. Eating more vegetables is one of the keys to fighting off some of the biggest threats to our nation's health, including diabetes, hypertension, and heart disease. The fact that vegetables and a whole foods diet promote glowing, younger skin gives you one more reason to eat more.

THE KEYS



CHAPTER 4

THE KEYS TO EATING FOR MORE YOUTHFUL, HEALTHY SKIN

The 3 keys to eating for youthful skin:

1. Eat Power: Eat foods that provide powerful nutrients.

2. Stop Sugar Spikes: Elevations in blood sugar levels (sugar spikes) lead your body to produce AGEs (advanced glycation end products). These "sticky" compounds cause collagen damage.

3. Stop Skin Sabotage. I call them skin saboteurs, and they're all around us: foods that damage collagen. From refined carbs, to fried foods, to browned meats, a number of foods have been shown to accelerate the skin aging process.

EAT POWER

Eat power means eat foods that provide powerful nutrients. Certain foods contain the powerful nutrients that promote youthful skin. If you're looking at your dinner plate, you want to make sure you've got these covered.

- **Foods and beverages that are naturally rich in antioxidants**, including fruits, vegetables, green tea, herbs and spices, and more. These foods are also rich sources of anti-inflammatory compounds and other powerful nutrients, which means they pack a double punch.
- **Power carbs**, such as whole grains, beans, and lentils. These foods provide carbohydrates along with a host of powerful nutrients, including fiber, vitamins, minerals, phytonutrients, and protein.
- **Power fats**, including mono-unsaturated fatty acids (MUFAs) and omega-3 polyunsaturated fatty acids. These have been shown to help strengthen the skin barrier, maintain skin elasticity, and provide anti-inflammatory benefits.
- **Herbs and spices** are considered a triple threat: they're a concentrated, powerful source of antioxidants, they're a powerful source of anti-inflammatory compounds, and they have anti-glycation properties.
- **Prebiotics and probiotics** promote the growth of "good" microbes in the gastrointestinal (GI) tract. This ensures good gut health, and it impacts skin health. That's because these good gut microbes secrete substances that help strengthen the skin barrier and make it more resistant to irritation.

STOP SUGAR SPIKES

We all love cupcakes. But if you're enjoying them a little too frequently you're risking long-term collagen damage.

That's because eating foods heavy in refined carbohydrates or added sugars can cause elevated levels of blood sugar. That excess sugar can combine with proteins in the body to create advanced glycation end products (known as AGEs). These "sticky" compounds wreak havoc on your skin and on your health.

AGEs cause damage to collagen, blood vessels, and other organs. In the skin, that collagen damage results in sugar sag: premature wrinkling and sagging of the skin.

To prevent the formation of collagen-damaging AGEs, you need the right strategies. It starts by avoiding foods heavy in added sugars and refined carbs. It also means focusing on 3 main strategies:

- **Eat power carbs:** Carb sources such as whole grains, beans, and lentils naturally contain fiber. They also provide vitamins, minerals, phytonutrients, and sometimes protein.
- **The Half-Produce Plate:** With half your plate covered in fruits and vegetables, you're ensuring hefty doses of fiber and micronutrients.
- **Balanced Meals:** Eating meals that contain healthy protein to balance out carbs helps keep blood sugar levels stable.

STOP SKIN SABOTAGE

You may love doughnuts, but those deep-fried, sugary, carb-loaded treats are doing your skin no favors. They don't just cause your body to produce collagen-damaging AGEs. They actually contain their own pre-formed AGEs.

Your body produces AGEs when your blood sugar levels start to spike. But that's not the only way AGEs find their way into your collagen. You can also eat them. Pre-formed AGEs are found in browned meats, fried foods, some grilled foods, and others. Processed foods that contain trans fats are also skin saboteurs.

PUTTING IT ALL TOGETHER

Eat power. Stop sugar spikes. Stop skin sabotage.

When it comes to eating for youthful skin, these are the three major goals. And the right foods and recipes can help you reach them.

In the next chapter, you'll be introduced to some of the common (and less common) foods that promote youthful, luminous skin: skin saving foods.

SKIN SAVING FOODS



CHAPTER 5

AN INTRODUCTION TO SKIN SAVING FOODS

Skin saving foods: from turmeric to broccoli to green tea, a number of foods have shown powerful skin benefits in research studies. In fact, research into the molecular mechanisms linking skin and nutrition has really exploded over the last few decades. As a result, there's been impressive progress into our understanding of how foods affect our skin. While more research needs to be done, these insights emphasize how important real foods are to health.

The following table highlights just some of the research and some of the foods and nutrients with powerful skin saving benefits. There are many, many more.

While I've listed single nutrients here, it's important to recognize that each food contains dozens and dozens of powerful nutrients. Some we've isolated and studied, and others are just waiting to be discovered. While you could list a dozen benefits for cauliflower alone, this table is meant to simply highlight some of the impressive benefits.

*While these foods have some great benefits, your medical profile will always determine what foods are great for you. Tomatoes, for example, protect against the damaging effects of UV radiation, but they can also trigger flares of rosacea in some individuals (chapter 23).

**Definitions and abbreviations are found at the end of the table

SKIN SAVING NUTRIENTS AND DERMATOLOGY RESEARCH

FOOD/ NUTRIENT	RESEARCH
VEGETABLES	
Artichokes/ Polyphenols	Potent antioxidant: per serving size, one of only 5 foods containing > 1000 mg of antioxidants per serving (out of 100 richest dietary sources)
Arugula/ Vitamin K	Necessary for blood clotting, important in wound healing
Asparagus/ Fiber	Very nutrient-dense: low in calories, but rich in vitamins, minerals, and prebiotic fiber
Avocado/ MUFAs	These power fats act to stabilize blood sugar levels following a meal
Beets/ Betalains	Pigments that provide the coloring of the beet as well as anti-inflammatory effects
Black beans/ Polyphenols	Per serving size, one of only 5 foods containing more than 1000 mg antioxidants per serving (out of 100 richest dietary sources evaluated)
Black olives/ Tyrosol	In one study, ranked as the richest vegetable source of polyphenols
Broccoli	Blocks DNA damage: After 10 days of eating broccoli every day, smokers experienced significantly less cellular DNA damage
Brussel sprouts	Blocks DNA damage: Volunteers eating Brussels sprouts every day experienced less DNA damage from oxidation
Cabbage/ Glucosinolates	Activates enzymes in liver that work to eliminate toxins from body

Carrots/ Beta-carotene	Potent antioxidant: strong skin protection demonstrated in many lab and animal studies
Cauliflower/ Quercetin	Protects collagen: acts to reduce the production of AGES
Celery/ Luteolin	Collagen protection: In the lab, this polyphenol was one of the strongest inhibitors of AGE production.
Chickpeas	Blood sugar control: In a study with human volunteers, long-term consumption of chickpeas improved blood sugar control
Corn/ Carotenoids	Good source of lutein and zeaxanthin, carotenoid antioxidants that in human studies protect against UV-induced skin damage
Cucumber	Low calorie, hydrating vegetable: flavonoids provide antioxidant benefits
Edamame/ Genistein	Antioxidant which scavenges pre-radicals and protects against cell membrane damage
Eggplant/ Phenolic acids	These phytonutrients are powerful free radical scavengers
Green beans/ Fiber	A nutrient-dense vegetable, with low calories and high fiber. In multiple studies, fiber has strong anti-inflammatory effects
Green lentils/ Protein, fiber, phytonutrients	Researchers evaluated volunteers' skin wrinkling using skin microscopy. The volunteers reporting a higher intake of legumes, fruits, vegetables, and extra-virgin olive oil had less skin wrinkling
Jicama/ Fiber	Serves as a prebiotic food by promoting the growth of good gut microbes: raw jicama sticks and dip are a simple snack
Kale/ Carotenoids	This leafy green vegetable provides a high concentration of antioxidant carotenoids, especially beta-carotene and lutein
Mushrooms/ Beta-glucans	This type of fiber has strong antioxidant properties in lab and animal studies

Onion/ Quercetin	Strong inhibitor of the collagen-destroying enzyme collagenase
Peas/ Fiber	Great source of anti-inflammatory and blood sugar-stabilizing fiber
Pepper, green/Luteolin	This phytonutrient inhibits the activity of collagenase, an enzyme that degrades collagen fibers
Pepper, orange/ Zeaxanthin	In a human experiment, ingestion of the carotenoids lutein and zeaxanthin reduced skin damage following UV radiation
Pepper, red/ Vitamin C	Quenches free radicals and regenerates vitamin E
Pumpkin/ Beta-cryptoxanthin	In laboratory studies, this carotenoid stimulates the repair of DNA damage
Red kidney beans/ Zinc	Zinc deficiency is more common in vegetarians, and can lead to skin inflammation by increasing levels of inflammatory chemical messengers
Red lentils/ Protein	Excellent source of plant-based protein
Romaine lettuce	This leafy green vegetable is known for its high nutrient density, with a very high NNR (naturally nutrient rich) score
Soybeans/ Genistein	Antioxidant which scavenges free radicals and protects against cell membrane damage
Spinach/ Iron	Adequate levels of iron are needed for hair growth
Squash, spaghetti/ Carotenoids	Low-calorie (only about 30 calories per cup), simple to cook, and a good source of carotenoid antioxidants

Sweet potatoes/ Beta carotene	Volunteers consuming more fruits and vegetables for 6 weeks had skin changes that were seen as more healthy, likely due to carotenoid pigments being incorporated into the skin.
Tomatoes/ Lycopene	In human subjects, 10 weeks of consumption led to decreased sunburn response and collagen damage
Zucchini/ Vitamin C	Considered a very nutrient-dense vegetable: with only 30 calories (approx.), one medium zucchini provides high levels of vitamin C and other vitamins and minerals

FRUITS

Apples/ Phloretin	This polyphenol is able to trap reactive molecules and thereby inhibit AGE formation
Apricots/ Carotenoids	Known for containing high levels and wide variety of carotenoids: after 4 weeks of eating fruits and veg high in carotenoids, volunteers had lower levels of systemic inflammation
Bananas/ Fiber	The fiber in this fruit serves as a prebiotic: it promotes the growth of good gut microbes
Berries/ Vitamin C	An essential cofactor in collagen biosynthesis
Blueberries/ Polyphenols	One of the richest food sources of these powerful phytonutrient antioxidants
Cantaloupe/ Vitamin C	A higher reported intake of vitamin C was associated with a lower likelihood of wrinkled skin and dryness
Cherries/ Anthocyanins	Potent antioxidants

Cranberries/ Vanillic acid	In lab studies, inhibits the collagen changes triggered by excess blood sugar
Dates/ Syringic acid	In lab studies, inhibits AGE production
Figs/ Rutin	In lab study, reduces collagen damage caused by AGEs
Fruit/ Gallic acid	Able to significantly block the glucose driven modification of proteins
Grapefruit/ Vanillic acid	In the laboratory, inhibits the protein changes triggered by excess blood sugar
Grapes/ Proanthocyanidins	In laboratory studies, these phytonutrients promote DNA repair
Kiwi/ Vitamin C	Higher intakes of vitamin C were associated with a lower likelihood of wrinkles and dry skin
Lemons/ Vitamin C	Potent antioxidant
Mangoes	In animal studies, consumption of a mango extract resulted in less skin aging following UV exposure
Oranges/ Flavonoids	In human volunteers, consuming citrus flavonoids and rosemary polyphenols/diterpenes for 8 weeks resulted in enhanced skin protection against UV radiation
Peaches	DNA repair (following oxidative damage) was more efficient in animals fed a peach-enriched diet
Pears	A rich source of both fiber (approximately 5 g per pear) and polyphenol antioxidants

Pineapple/ Vitamin C	Quenches free radicals and regenerates vitamin E, another antioxidant
Plums/ Anthocyanins	These polyphenol phytonutrients provide plants with their blue/purple pigmentation, and have strong anti-inflammatory effects
Pomegranates/ Anthocyanins & Ellagic acid	Women who took pomegranate extract daily for four weeks experienced less skin damage from UV radiation
Raspberries/ Ellagic acid	In animal studies, consumption resulted in less redness and blistering after UV exposure
Starfruit	In laboratory studies, increased DNA repair in human skin cells after UV radiation
Strawberries/ Polyphenols	Known for their antioxidant abilities. In one lab study, a strawberry extract protected fibroblasts (important for collagen repair) from the damaging effects of free radicals
Watermelon/ Lycopene	This antioxidant reduces the skin damage that results from UV exposure

SPICES AND HERBS

Allspice	Inhibits production of collagen-damaging AGEs
Basil/ Apigenin	This flavonoid, in laboratory studies, was able to stimulate DNA repair genes after UV exposure
Cardamom	Dietary cardamom reduced skin cancer-like growths, likely via upregulation of detoxification enzymes, in an animal study
Cilantro/ Apigenin	May inhibit the collagen breakdown that occurs after exposure to UV radiation, as lab studies show that it inhibits the enzyme collagenase

Cinnamon	Some studies suggest that as little as 1/4 to 1/2 tsp daily reduces blood glucose levels, possibly by increasing the sensitivity of insulin receptors
Cloves	In one study, cloves had the highest antioxidant capacity (per 100 g) of all foods studied
Garlic/ Organosulfur compounds	Garlic reduced the formation of wrinkles following UVB exposure by protecting against collagen damage; compounds in garlic reduce oxidative stress and inflammation
Ginger/ Gingerols	Blocks activity of the enzyme elastase. This enzyme, triggered by UV radiation, acts to degrade elastic fibers
Mint	Strong antioxidant abilities
Nutmeg	In a lab study, nutmeg was found to block the "scissor" enzyme elastase.
Oregano/ Apigenin	This polyphenol compound scavenges ROS and inhibits the activity of collagenase, an enzyme that damages collagen
Paprika/ Beta-carotene	Potent antioxidant
Parsley/ Apigenin	Inhibitor of collagenase, an enzyme that degrades collagen
Peppermint/ Apigenin	In laboratory and animal studies, activated DNA repair systems and reduced inflammation after UV radiation
Rosemary/ Carnosol	This phytonutrient (terpene family) is a powerful antioxidant
Saffron	This spice has strong anti-inflammatory properties
Thyme/ Luteolin	In lab studies, protects fibroblasts (cells important in collagen repair) from UV radiation by scavenging free radicals
Turmeric/ Curcumin	Inhibits nuclear factor Kappa Beta, a major mediator of inflammation

GRAINS/NUTS/SEEDS

Almonds/ Vitamin E	Potent antioxidant: stabilizes cell membranes by preventing damage to fatty acids
Amaranth	This gluten-free grain of the Aztecs provides strong doses of both protein and fiber, in addition to minerals such as calcium, iron, and magnesium
Barley/ Beta glucan	This fiber helps control blood sugar
Brazil nuts/ Selenium	This antioxidant works with vitamin E to protect fatty acids in cell membranes from oxidation
Buckwheat/ Rutin	This gluten-free grain contains rutin, a phytonutrient which reduces collagen changes caused by AGEs
Bulgur/ Fiber	This whole grain food, made from whole wheat kernels, is a good source of fiber, important for gut health
Cashews/ Zinc	Adequate levels of zinc are important for hair growth
Chia seeds/ Fiber	Just 2 tablespoons of these seeds contain 5 g of protein and 10 g of fiber, which helps to stabilize blood sugar levels
Couscous, whole grain	Made from whole grain flour and easy to cook (cooking just requires soaking in boiling water)
Farro, whole	This ancient wheat contains high levels of protein and fiber
Flaxseed oil/ Omega-3s	After 12 weeks of daily consumption, subjects showed less water loss, less roughness, and less sensitivity of skin
Flaxseeds, freshly ground/ Omega-3s	Flaxseeds serve as a plant-based source of anti-inflammatory omega-3 fatty acids

Oats/ Beta-glucan fiber	Oats are a whole grain, with prebiotic fiber that encourages the growth of good microbes
Peanuts/ Niacin	The body uses niacin to produce nicotinamide, which has been shown to enhance DNA repair. In an experimental trial, volunteers given this nutrient for 1 year developed fewer skin cancers.
Pecans/ Manganese	Mineral needed for the normal functioning of different enzymes in the body, including one (prolidase) used in collagen production
Popcorn, home-cooked	Low-calorie, whole grain snack
Pistachios	Studies indicate that regular consumption of these nuts helps to stabilize blood sugar levels
Pumpkin seeds/ Zinc	Zinc deficiency is more common in vegetarians, and can lead to hair loss.
Quinoa/ 9 Essential amino acids	High in protein, fiber, and minerals, including manganese, magnesium, iron, and zinc
Rice, brown/ Selenium	This mineral is a potent antioxidant, with lab and animal studies supporting its role in skin cancer prevention
Sesame seeds/ Sesamin, a lignan	This polyphenol inhibits oxidative stress
Sunflower seeds/ Vitamin E and Selenium	Excellent source of these potent antioxidants: one of the top food sources of vitamin E
Walnuts/ Alpha linolenic acid, a type of omega-3 fatty acid	In one study, a higher reported intake of ALA from fruits, vegetables, and vegetable oils was associated with less photoaging

Whole wheat/ Ferulic acid	This polyphenol serves as an antioxidant and in lab studies acts to inhibit the glucose-triggered changes to proteins in the body
Wild rice/ Fiber	This seed of a grass has twice the protein and fiber of brown rice

OTHER

Apple Cider Vinegar/ Probiotics	Vinegars with "live" cultures of microbes are considered a probiotic food. Some of these "good" microbes have been demonstrated to reduce skin sensitivity and improve skin moisture.
Balsamic Vinegar/ Polyphenols	Since balsamic vinegar is made from grapes, it is a source of polyphenol antioxidants, which can combat the damaging effects of UV radiation
Broth, tamarind with spices (Indian rasam)	Combination of multiple anti-inflammatory and antioxidant herbs and spices
Coconut flour/ Fiber	High in fiber, with 5 grams of fiber per 2 tbsp. In one study, adding coconut flour to baked goods resulted in a lowering of glycemic index
Coffee/ Chlorogenic acids	In a study of Japanese women, higher reported intake of polyphenols from coffee and other sources was associated with a lower scoring of UV-related pigmented spots.
Dark chocolate/ Flavanols	After 12 weeks of consumption, high flavanol cocoa powder resulted in increased skin blood flow and hydration
Eggs/ Lutein	In a human experiment, ingestion of lutein with zeaxanthin, both carotenoids, reduced skin damage following UV radiation
Fermented milk/ Prebiotics and Probiotics	In a randomized experimental trial, consuming a fermented milk product that was rich in both prebiotics and probiotics acted to maintain skin hydration.

Kefir/ Multiple microbes	This fermented milk beverage is known for a high diversity of microbes, including numerous bacterial and yeast strains
Kimchi/	In human subjects, increased kimchi consumption for 7 days resulted in less pathogenic intestinal bacteria
Kombucha/ Probiotics	This fermented tea provides an easy to consume source of probiotics
Miso/ Probiotics	This fermented soy condiment is an easy-to-use source of good microbes; easily added to dips, sauces, and dressings
Olive oil	Higher reported intakes of olive oil were associated with less skin wrinkling
Peanut butter/ MUFAs	Good source of these healthy fats, in moderation
Salmon/ Omega-3s	Great source of anti-inflammatory long-chain omega-3 fatty acids
Sardines/ Vitamin D	May act to increase cathelicidin, a protein that has antimicrobial properties
Sauerkraut/ Probiotics	Certain types provide live, active cultures of beneficial bacteria
Scallops/ Protein	A low-calorie, high-protein seafood; also a great source of micronutrients, including vitamin B12 and the antioxidant selenium
Shrimp/ Protein	High protein content (building blocks for skin and hair) for a low calorie count
Tea, black	Drinking either black tea or green tea resulted in markedly lower numbers of skin cancer in animals exposed to UV radiation
Tea, chamomile/ Luteolin	Inhibits production of AGEs

Tea, green/ Polyphenols	In animal studies, these phytonutrient compounds aided in the repair of UVB-induced damage
Tea, matcha/ Catechins	This powdered green tea has a much higher concentration of the powerful antioxidant epigallocatechin gallate (EGCG) than even standard green tea
Tea, sencha/ EGCG	A Japanese green tea variety with high levels of epigallocatechin gallate (EGCG), a powerful antioxidant
Tea, white/	In one lab study, white tea was the strongest blocker of the skin-degrading enzymes collagenase and elastase
Tofu/ Isoflavones	Strong anti-inflammatory effects
Tuna/ Omega-3s	Strong anti-inflammatory properties
Vinegar	Consuming vinegar before a meal has been shown to reduce the sugar spikes that can occur after a carb-heavy meal.
Yogurt/ <i>Lactobacillus</i> and <i>Bifidobacterium</i> strains	Use in diabetic patients enhanced total antioxidant status, with increases in activity of superoxide dismutase and glutathione peroxidase

DEFINITIONS

- Antioxidants
- Antioxidants are substances which are able to “quench” free radicals
 - This includes enzymes found within the body such as superoxide dismutase and glutathione peroxidase
 - Vitamins, minerals, and phytonutrients can also function as antioxidants
 - Some of the more well studied antioxidants include vitamin C, vitamin E, beta-carotene, and selenium
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- Flavonoids
- One of the major classes of polyphenols
 - Researchers have identified thousands of different flavonoids
 - These are divided into different categories based on chemical structure
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- Free Radicals
- Free radicals are molecules that contain unpaired electrons
 - They can cause direct damage to proteins, lipids, and DNA
 - Small amounts are generated from the body's everyday processes, with larger amounts generated from exposure to UV radiation and pollution
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- Glycation and AGEs
- Glycation occurs when a sugar molecule bonds with a protein or lipid
 - No enzyme is required for this bonding
 - This produces collagen-damaging compounds called advanced glycation end products (AGEs)
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Phytonutrients	<ul style="list-style-type: none">• These compounds are naturally found in plants• They provide plants with taste, color, smell, and other properties• Many protect plants from the sun, heat, insects, oxidative stress, and other threats• Three major categories include carotenoids, phenolic compounds, and organosulfur compounds
Polyphenols	<ul style="list-style-type: none">• There are thousands of polyphenolic compounds• These are divided into different categories based on chemical structure• Different groups include flavonoids, stilbenes, tannins, phenolic acids, and lignans• Many plants contain polyphenols from different classes
Prebiotics and Probiotics	<ul style="list-style-type: none">• Prebiotics promote the growth of "good" gut microbes• These microbes promote gut health and skin health• Most prebiotics are in the form of fiber from foods such as vegetables, legumes, and grains• Probiotics are foods or supplements that contain live, active cultures of good microbes
Reactive oxygen species (ROS)	<ul style="list-style-type: none">• Most free radicals in the body exist in the form of reactive oxygen species

Section 4

RECIPES

Tying It All Together: Skin Saving Foods + Recipes

You have the potential to power up just about every meal of your day. From breakfast to soups to snacks, there are ways to add powerful skin saving ingredients to just about every meal.

The recipes in this section are meant to help you do just that. They meet the 3 major goals of eating for younger skin: They add in many powerful nutrients. They're designed to limit sugar spikes. And they avoid deep-fried and heavily processed foods.

Healthy Cooking: Ideas and Suggestions

Under skin saving sides, you'll find a recipe for roasted Brussels sprouts. I love all the crispy Brussels sprouts I'm seeing on appetizer menus. These are simple to re-create at home. You can chop the sprouts in under 5 minutes (just chop in half), and the rest of the recipe is just a shake and bake: shake on the flavors, gently combine, and bake in the oven.

This recipe really highlights one important point: the hardest part of cooking vegetables isn't the difficulty factor. It's the learning how and the planning how.

- You have to learn how to best maximize taste and looks and nutrition.
- And you have to learn how to plan a weekly menu, because only the super-experienced can come home, look in the fridge, and on-the-spot cook up a tasty, nutritious dinner.

In the sections that follow, you'll find mostly straightforward recipes, with a few more complex recipes sprinkled in.

Personally, I used to be intimidated by certain recipes with their long lists of ingredients. Once I started to deconstruct recipes (break down them into their basic techniques), many

of them seemed much more doable. For the recipes that follow, even if you have minimal cooking experience, you'll still be able to handle most of the techniques involved.

- **Power blends.** Just blend the ingredients
- **Shake and bake.** Shake on some flavorings and bake
- **Toss it and top it.** Just like a salad: toss your ingredients together and then add a topping
- **Boil.** Several recipes involve boiling, but if you can boil pasta, then you can cook lentils and quinoa.
- **Sauté and simmer.** If you can boil pasta, then you can sauté and simmer. To sauté, just heat some oil, add your ingredients, and cook for a few minutes by stirring. To simmer, boil gently.

Heritage Diets

A number of these recipes are derived from traditional heritage foods: tomato herb salad, gazpacho, Romesco sauce, turmeric yogurt with roasted Indian spices, and others. Heritage diets are a wonderful place to look for recipes for a whole foods diet. Many of the world's traditional cuisines were (by necessity) based on whole foods. And over many years, these chefs have learned how to maximize flavor, appearance, and often health benefits.

Whole Foods and Healthy Shortcuts

These recipes are centered around whole foods (ingredients that are close to their natural form) and lightly processed foods. That doesn't mean you'll be lunching on raw carrots; it just means a focus on foods that aren't heavily processed. This includes a range of foods, because certain processing techniques make foods safer to eat or increase shelf life without depleting nutrients. A whole foods diet can incorporate plenty of cooked, frozen, and canned foods.

When you're trying to decide if a particular product fits into a whole foods diet, you really have to rely on the ingredient list (what have they added to those carrots?) as well as the nutrition facts label (how much added sugar is in that green tea?). Don't rely on the label found on the front of the package, because many of those focus on marketing claims.

As for healthy cooking, I'm always on the lookout for nutritious, time-saving shortcuts, whether that's the right gadgets or the right pre-prepped foods. I use certain foods all the time, because they make healthy cooking so much easier: frozen fruits and vegetables (without added sugar, salt, or fat), canned beans (rinsed before using), pouches of salmon and cans of tuna, and nut butters. Another time-saving tactic is cooking, then freezing, whole grains and dried beans.

As with everything else, getting better at cooking tasty + healthy food requires some know-how and a lot of practice. Some cooking schools, stores and restaurants offer classes focused on healthy cooking or healthy traditional cuisines. These classes may even be offered at your medical center.

The Tulane University Goldring Center for Culinary Medicine has been expanding their program to other centers under the direction of Dr. Timothy Harlan. In Houston, we now have the Nourish Program at the University of Texas School of Public Health. These programs offer classes to the public. They also train professionals in culinary medicine, which combines nutrition and culinary knowledge to achieve optimal health.

CHAPTER 31

SKIN SAVING SOUPS

LENTIL STEW

FOUR-VEGGIE TEXAS CHILI

GOLDEN YOGURT WITH ROASTED SPICES

GAZPACHO

Starting a meal with soup is a simple way to add more vegetables to a meal. Soups are also great if you're making after school snacks for the children. If you invest in a thermos, they also make for a great take-to-work meal.

Gazpacho: Pack In Vegetables Most soups are easy opportunities to pack in more vegetables. Gazpacho is known for being a refreshing, chilled soup, and it's simple to make. Gazpacho is essentially just a simple power blend of fresh, ripe vegetables. With tomatoes, cucumbers, and peppers, garnished with herbs, this simple blend packs in multiple phytonutrients.

Lentil Stew: High-Fiber With savory lentil stew, you're packing in lentils, carrots, onions, and tomatoes. If you're not used to cooking with lentils, you might be surprised to find out how easy they are. They don't require any pre-soaking, so you can just pour them from a bag right into your soup. If you can boil pasta, then you can cook lentils. One cup of cooked lentils contains 16 g of dietary fiber, which makes it an outstanding source of fiber. (That's almost half of the 38 grams recommended for men daily.)

That healthy dose of fiber and protein in lentils has been shown to help regulate blood sugar levels. A study published in the *Archives of Internal Medicine* studied the effects of adding legumes to the diet of persons with diabetes. Eating just one extra cup of legumes daily led to improvements in blood sugar, as well as improvements in cholesterol and triglycerides.

Veggie Chili: Packed With Antioxidants With veggie chili, you're getting a strong dose of multiple antioxidants. Lycopene in particular (from tomatoes) has been shown to help protect against skin damage following UV radiation. Onions, spices, black beans, kidney beans, and bulgur are also all great sources of antioxidants.

Whole Grain Bulgur Bulgur is an easy addition: it cooks right in the chili, so there are no extra steps or dishes. Bulgur is a type of whole grain wheat, with many intact nutrients. It's essentially a type of pre-cooked wheat. Only the outermost layer of the wheat kernels are removed, which leaves most of the nutrients in the wheat intact. These kernels are then partially cooked, dried, and broken into pieces. This means that while bulgur is still a whole grain, it cooks fairly quickly.

Golden Yogurt: Probiotics, Prebiotics, And Antioxidants In One Recipe Yogurt with live, active cultures is a great probiotic. This recipe turns it into an antioxidant-packed probiotic. How? By adding potent antioxidant spices, including turmeric, coriander seeds, and cumin seeds. The addition of tomatoes and onions means extra antioxidants and a dose of prebiotics as well.



Savory Lentil Stew

The Basics: Sauté and simmer

Yield: 8 servings | Prep time: 5 min | Cooking time: 25 min

Ingredients

Flavor base

2 tbsp olive oil
1 onion, diced
2 carrots, chopped

Main ingredients

1 cup French green lentils
4 cup water
2 tsp soy sauce [low-sodium]
2 tbsp tomato paste

Herbs/Spices

1 tsp salt
1/2 tsp each: thyme, black pepper, garlic powder
1/4 tsp cumin

Directions

1. Heat oil on medium-high heat
2. Sauté onions and carrots until onions are translucent
3. Add lentils and water
4. Add spices, soy sauce, and tomato paste
5. Bring to a boil, then reduce heat and simmer, covered, for 20 minutes



Four Veggie Texas Chili

The Basics: Sauté and simmer

Yield: 8 servings | Prep time: 5 min | Cooking time: 15 min

Ingredients

Flavor Base

2 tbsp olive oil
1 onion, chopped
1/2 cup golden raisins

Sauce

1 8oz can tomato sauce
2 tsp apple cider vinegar

Spices

2 tsp each: basil/ oregano/ garlic powder
1 tsp each: salt/ cumin
1/2 tsp chili powder
1 bay leaf

Main chili ingredients

1 16oz can red kidney beans, rinsed and drained
1 15oz can black beans, rinsed and drained
1/2 cup bulgur
1 cup water

Directions

1. Heat oil in saucepan on medium-high heat, then add onions and sauté until golden
2. Add raisins, tomato sauce, vinegar, and spices. Cook 2 minutes, stirring occasionally
3. Add main ingredients and lower heat to low. Cook, covered, for 10 minutes, stirring occasionally



Golden Yogurt

The Basics: Sauté base, then add to yogurt

Yield: 4 servings | Prep time: 5 min | Cooking time: 12 min

Ingredients

- 1 tbsp olive oil
- 1/2 tbsp cumin seeds (whole)
- 1/2 tbsp coriander seeds (whole)
- 1 tomato, chopped
- 1 onion, chopped
- 1 tsp turmeric
- 1/4 tsp salt
- 1/4 tsp black pepper
- 8 oz of yogurt (with live active cultures)

Directions

1. In skillet, add olive oil, cumin seeds, and coriander seeds
2. Heat to medium, stirring frequently, for 1-2 minutes
3. When spices are fragrant, add tomatoes, onions, turmeric, salt, and pepper
4. Cook for 10 minutes, stirring occasionally
5. Add mixture to yogurt and gently combine



Gazpacho

The Basics: Blend

Yield: 4 servings | Prep time: 5 min | Cooking time: 2 min

Ingredients

3 large tomatoes (ripe), coarsely chopped
1/2 red bell pepper, coarsely chopped
1/2 small cucumber, peeled and seeded, coarsely chopped
1 garlic clove, pressed
2 tbsp extra virgin olive oil
1 tbsp sherry vinegar
1/2 tsp salt (or to taste)

Directions

1. Using food processor, puree tomatoes
2. Add all other ingredients and process until smooth
3. Thin with water if needed
4. Chill for at least 1 hour

CHAPTER 35

SKIN SAVING SWEETS

PEACH/BLUEBERRY CRISP

PEACH ALMOND CUSTARD TART

FRUIT SKEWERS: STRAWBERRIES DRIZZLED WITH DARK CHOCOLATE

OATMEAL BANANA CHIPPERS (GLUTEN-FREE)

I have a sweet tooth, which means I'm always searching for ways to satisfy that sweet tooth without doing too much harm. Desserts can do a lot of damage, and it can be a challenge to serve desserts that don't overdo it on the sugar and refined carbs. The following recipes provide a few options. While you still need to watch out for serving sizes with any desserts (these included), even dessert can provide an opportunity for some additional skin-saving benefits.

Note that all of these recipes make use of added sugar, although in limited amounts. If you're avoiding sugar completely, then skip over these, of course. But for many people, a small amount of added sugar is fine, as long as you're paying attention to how much you're consuming overall in your drinks, main meals, and desserts (these days, sugar is often added to all of these). I'm a big fan of making your own desserts, because you get to control exactly how much you're adding.

Recipes that center around fruit are a great place to start: they provide sweetness while still adding a boost of phytonutrients and fiber.

Peach Blueberry Crisp This recipe centers on peaches and blueberries, both of which provide antioxidant power. The topping of rolled oats and walnuts adds in an extra boost.

Peach Almond Tart The peaches in this custard tart provide a nice dose of vitamins, fiber, and phytonutrients. Using almond meal in place of white flour limits the amount of carbs, while eggs provide some extra protein to help limit sugar spikes. Finally, the sweetness of the peaches and the flavor from the extracts means that you can get away with less added sugar. There's only 1/4 cup of sugar added to the entire recipe.

Fruit Skewers This is a dessert that showcases the fruit, with a drizzle of dark chocolate adding in some extra antioxidants.

Oatmeal Banana Chippers For those who are avoiding gluten, these cookies have a boost of extra nutrients from the old-fashioned rolled oats, while using bananas in place of most of the sweetener helps to limit added sugar.



Peach Almond Custard Tart

The Basics: Mix batter then bake

Yield: 6 servings | Prep time: 5 min | Cooking time: 30 min

Ingredients

Main ingredients

1 lb sliced peaches (fresh or frozen)

Wet ingredients

3 eggs, beaten

3/4 cup milk (dairy or non-dairy)

1 tsp vanilla extract

1/2 tsp almond extract

Dry ingredients

1/2 cup almond meal

1/4 cup sugar

Topping

Powdered sugar and 2 tbsp sliced almonds [optional]

Directions

1. Preheat oven to 400°
2. Spray pie pan with cooking spray
3. Scatter peaches on bottom of pie pan
4. Mix together wet ingredients
5. Mix together dry ingredients
6. Add wet ingredients to dry, and mix
7. Pour batter over peaches
8. Bake 30 minutes
9. Top with powdered sugar and sliced almonds and bake for 5 minutes more (optional)



Fruit Skewers

The Basics: Assemble

Yield: 6 servings | Prep time: 10 min | Cooking time: 5 min

Ingredients

- 1 lb strawberries, hulled
- 2 bananas, sliced
- 1 lb pineapple, chopped into large chunks

Topping

- 1/2 cup dark chocolate chips (at least 60% cacao)

Directions

1. Melt chocolate chips: place in microwave-safe bowl, and microwave for 30 seconds. Remove, stir, and continue to microwave at 30-second intervals until melted
2. Assemble skewers: thread strawberries and bananas on one set of skewers, with pineapple on another set
3. Drizzle melted chocolate over skewers and serve on platter

Cooking notes: Customize with any in-season fruit available. May sprinkle with chopped pistachios or shredded, unsweetened coconut



Oatmeal Banana Chippers

(Gluten-Free)

The Basics: Mix batter then bake

Yield: a/b 18 cookies | Prep time: 5 min | Cooking time: 10 min

Ingredients

Wet ingredients

2 tbsp coconut oil or vegetable oil

1 banana, ripe

1 egg, beaten

Dry ingredients

1/2 cup rolled oats (not instant)

1 1/2 cups almond meal

1/2 cup chocolate chips (60% cacao or higher)

2 tbsp sugar

1 tsp cinnamon

Directions

1. Preheat oven to 400°
2. Mix together wet ingredients in one bowl
3. Mix together dry ingredients in another bowl
4. Add wet ingredients to dry, and mix well
5. Drop onto lined cookie sheet
(Lined with parchment paper or greased foil)
6. Bake for 10 minutes