



*Symmetry*

**Chiropractic**  
A different approach

The Community Resource Center For Optimal Health And Healing

## WEEKLY RECIPE

### Rhubarb Jam

- 1lb rhubarb roughly chopped
- 10 packets stevia
- 1\2 tsp vanilla extract
- 1 strip orange zest
- 1 strip lemon zest
- 1 cinnamon stick, broken into 3 (optional)
- small pinch of salt



Combine all ingredients in a medium sized covered saucepan , put over medium low heat. Uncover and stir briefly every 5 minutes for 15 minutes. Remove from heat, let cool slightly and refrigerate till cold.

Serve with vanilla pudding. Enjoy!

\*\*For variation you could add some cooked leeks, coarse black pepper and a dash of apple cider vinegar. Top grilled salmon or chicken, or enjoy by itself.

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### Stewed Zucchini

- 4 medium zucchini
- 7 packets of stevia
- 2 tbsp cinnamon
- 1 oz water
- 1/2 tsp vanilla extract

Peel zucchini, slice lengthwise and remove seeds. Slice crosswise to make the pieces resemble apple slices.

Combine all ingredients in a nonstick saucepan and cook on low heat for 15-20 minutes. Stirring briefly every 5 minutes. Remove heat and let sit for a couple minutes. Add "apple" mixture to vanilla pudding. Top with dollop of vanilla pudding for a yummy "hot apple topping" treat! Serves 2. Enjoy!

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