



Recipes from Eat the Rainbow with Jessica Campbell, June 4th 2022

Red - Paleo Pumpkin chili (no beans)

<https://foodfoundation.com/articles/paleo-pumpkin-chili>

Orange - Pumpkin Pie Spice video <https://youtu.be/s5D4H6mMU2g>

Yellow - Easy Yellow Curry

<https://foodfoundation.com/articles/homemade-yellow-curry>

Green - Kale Chips <https://foodfoundation.com/articles/tips-for-yummy-kale-chips>

Blue - Licorice root tea video for acid reflux or sore throat

<https://youtu.be/A-lemDQj59g> and

Gin Gimlet with Borage <https://youtu.be/ETYhROV1CT0>

Purple - Try to eat berries mindfully, savoring each bite, and chewing completely to notice the sweetness

White - Cauliflower Kuku or Persian Frittata -

<https://foodfoundation.com/articles/cauliflower-kuku-or-persian-frittata>