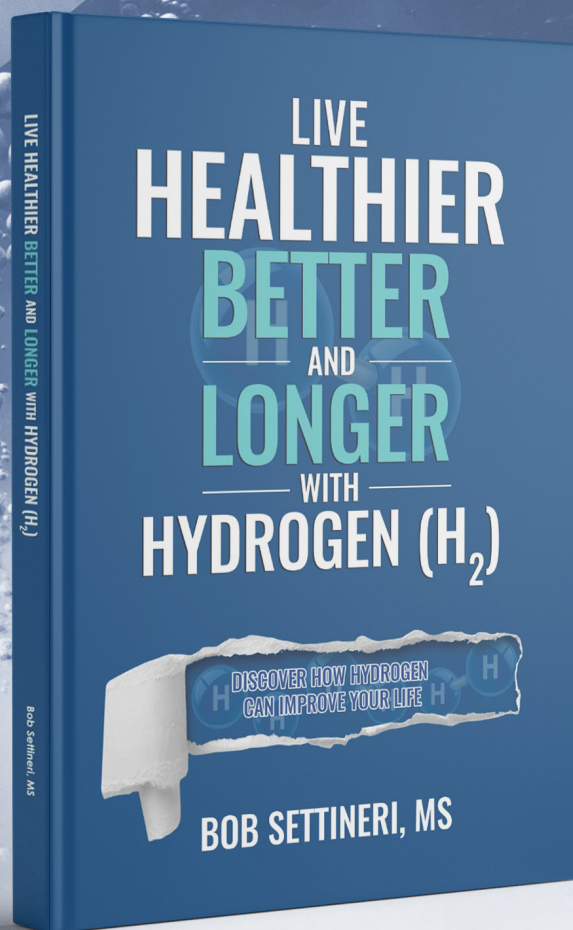


HEALTHY HYDROGEN RECIPES



YOU WILL LOVE THESE TASTY
WHOLESOME DISHES!

BOB SETTINERI, MS



Thank you for ordering “Live Healthier Better and Longer with Hydrogen (H₂)”

Here is your Special FREE Gift:

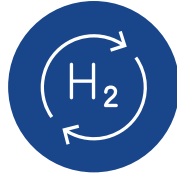
Fiber plays a vital role in promoting the growth and activity of gut bacteria that produce molecular hydrogen (H₂). Here are ten recipes specifically designed to include fiber-rich ingredients that support H₂-producing bacteria in the gut.

The following recopies will help complement your daily use of hydrogen (H₂):

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Oat Bran and Blueberry Muffins

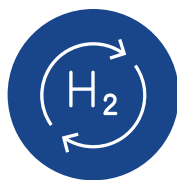
INGREDIENTS:

- 1 cup oat bran
- 1 cup whole wheat flour
- 1/2 cup blueberries
- 1/4 cup honey
- 1/4 cup plain yogurt
- 1/4 cup almond milk
- One teaspoon of baking powder

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C).
2. Combine oat bran, whole wheat flour, and baking powder in a mixing bowl.
3. In a separate bowl, mix honey, yogurt, and almond milk.
4. Combine wet and dry ingredients, then gently fold in the blueberries.
5. Divide the batter into muffin cups and bake for 20-25 minutes.





Quinoa and Black Bean Salad

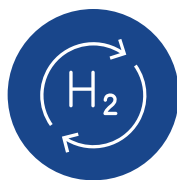


INGREDIENTS:

- 1 cup cooked quinoa
- One can of black beans, drained and rinsed
- One red bell pepper, diced
- 1/4 cup red onion, finely chopped
- Fresh cilantro, chopped
- Lime vinaigrette

INSTRUCTIONS:

1. Combine cooked quinoa, black beans, red bell pepper, red onion, and cilantro in a bowl.
2. Toss with lime vinaigrette and serve.



Chickpea and Spinach Curry

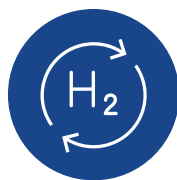
INGREDIENTS:

- Two cans of chickpeas, drained and rinsed
- 2 cups chopped spinach
- One onion, chopped
- Two cloves garlic, minced
- One can of coconut milk
- Two tablespoons of curry paste
- 1 cup brown rice



INSTRUCTIONS:

1. Cook brown rice according to package instructions.
2. In a large pan, sauté onions and garlic.
3. Add chickpeas, spinach, coconut milk, and curry paste. Simmer until heated through.
4. Serve over brown rice.



Whole Wheat and Chia Seed Pancakes

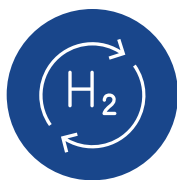


INGREDIENTS:

- 1 cup whole wheat flour
- Two tablespoons chia seeds
- One teaspoon of baking powder
- 1 cup almond milk
- One egg (or flaxseed egg for a vegan option)
- One tablespoon of maple syrup

INSTRUCTIONS:

1. Combine whole wheat flour, chia seeds, and baking powder in a mixing bowl.
2. Add almond milk, egg (or flaxseed egg), and maple syrup. Mix until smooth.
3. Cook pancakes on a griddle until golden brown.



Lentil and Vegetable Stir-Fry

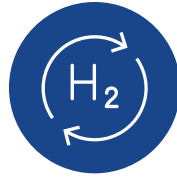


INGREDIENTS:

- 1 cup cooked lentils
- Mixed stir-fry vegetables (broccoli, bell peppers, carrots)
- Two cloves garlic, minced
- Ginger, grated
- Low-sodium soy sauce

INSTRUCTIONS:

1. Stir-fry mixed vegetables with garlic and ginger.
2. Add cooked lentils and a splash of low-sodium soy sauce. Stir until heated through.



Artichoke and White Bean Salad

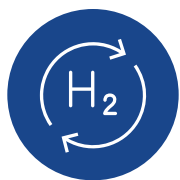


INGREDIENTS:

- One can of white beans, drained and rinsed
- One can artichoke hearts, drained and chopped
- Cherry tomatoes, halved
- Fresh basil, chopped
- Balsamic vinaigrette

INSTRUCTIONS:

1. Combine white beans, artichoke hearts, cherry tomatoes, and basil in a bowl.
2. Toss with balsamic vinaigrette and serve.



Sweet Potato and Oat Bake



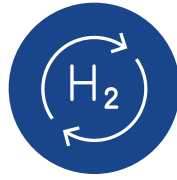
INGREDIENTS:

- 2 cups mashed sweet potatoes
- 1 cup old-fashioned oats
- 1/4 cup honey
- 1/4 cup almond butter
- One teaspoon cinnamon

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C).
2. Combine mashed sweet potatoes, oats, honey, almond butter, and cinnamon in a mixing bowl.
3. Transfer to a baking dish and bake for 25-30 minutes.





Green Bean and Quinoa Salad

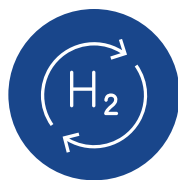


INGREDIENTS:

- 1 cup cooked quinoa
- 2 cups blanched green beans
- Cherry tomatoes, halved
- Red onion, finely chopped
- Fresh dill, chopped
- Lemon vinaigrette

INSTRUCTIONS:

1. Combine cooked quinoa, blanched green beans, cherry tomatoes, red onion, and fresh dill in a bowl.
2. Toss with lemon vinaigrette and serve.



Spaghetti Squash with Black Bean Sauce

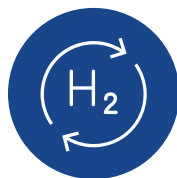


INGREDIENTS:

- One spaghetti squash, halved and roasted
- One can of black beans, drained and rinsed
- Salsa
- Avocado slices
- Cilantro, chopped

INSTRUCTIONS:

1. Scrape cooked spaghetti squash with a fork to create "noodles."
2. Top with black beans, salsa, avocado slices, and cilantro.



Berry and Almond Butter Chia Pudding

INGREDIENTS:

- 1/4 cup chia seeds
- 1 cup almond milk
- Mixed berries
- Two tablespoons of almond butter
- Honey or maple syrup (optional)



INSTRUCTIONS:

1. Mix chia seeds and almond milk in a jar. Refrigerate until thickened (a few hours or overnight).
2. Top with mixed berries and a dollop of almond butter. Sweeten with honey or maple syrup if desired.

These recipes are packed with fiber-rich ingredients that can promote the production of molecular hydrogen by gut bacteria, supporting gut health and overall well-being. They will work in conjunction with all other ways you take hydrogen (H₂.)

Bon appetite for your health!
Bob Settineri, MS

About the Author



Bob Settineri, CEO, Research Director/Author, Sierra Production Research

Bob wrote the book *Live Healthier Better and Longer with Hydrogen (H₂)*. His book will help you discover how hydrogen can help your body's cell work better to improve your health and well-being. You will get a good understanding of perhaps one of the most incredible natural nutrients ever discovered.



Uncover Hydrogen's capabilities to help your cell help you to enrich your life with more vitality and youthfulness by reading the book *Live Healthier Better and Longer with Hydrogen (H₂)*

If your health concerns keep you up at night then this book will help you to explore how you can feel better, look better and live better. Find out how Hydrogen can ignite your energy, empower your cells and organs to work better. Improve your skin's appearance, sharpen your brain, slow the aging process and transform your body to optimal health.

Bob spent most of his life joyfully studying, exploring and researching the biology of health at the cellular level. His research led to 64 bio-medical publications, the production of six award-winning educational films on the immune system and nine patents on health supplements.