

January 2019

Health Hutt

Your Haven for Healthy Living

Love Your Health Newsletter

Healthful Greetings! Did you know there is a new Health Hutt in downtown Muskegon? It is located in the Century Club on the second floor with a variety of other local businesses in an open, collective format. This cozy location is stocked with most basic grocery items, snacks, coffee, and grab n' go deli items among other healthy lifestyle products. Stop in for a fun, unique shopping experience!



Downtown Muskegon Health Hutt



CHOCOLATE AVOCADO PUDDING WITH HAZELNUTS AND SEA SALT

From Downshiftology. [Get the full recipe and blog post here.](#)

YIELD: 4 servings **TOTAL TIME:** 5 minutes **PREP TIME:** 5 min **COOK TIME:** 0 min

A creamy, decadent and delicious chocolate avocado pudding that's topped with hazelnuts and sea salt. It's naturally dairy-free, vegan and paleo friendly.

INGREDIENTS

- 2 large avocado (chilled)
- 1/2 cup full fat coconut milk
- 1/3 cup raw cacao powder
- 1/3 cup maple syrup
- 2 tsp vanilla extract

TOPPINGS

- hazelnuts roughly chopped
- sea salt

DIRECTIONS

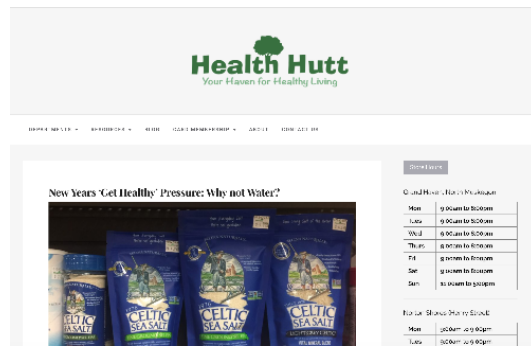
1. Slice the avocados in half and remove the pit. Scoop out the flesh into a food processor. Add the remaining ingredients and blend until smooth and creamy, scraping down the sides as needed.
2. Serve the chocolate avocado pudding with a sprinkle of hazelnuts and sea salt.



Redmond Real Salt at the North Muskegon Store

Simple solution: sea salt and lemon. Adding just a touch of good quality salt to your water along with some lemon can help you to rehydrate and mineralize! Table salt is just sodium chloride and doesn't have the minerals we're looking for. Something like Redmond's Real Salt, Himalayan Sea Salt, French Gray Sea Salt, or Celtic Sea Salt is a better choice. These salts still have trace minerals. The lemon contains calcium and potassium and is alkalizing. Overall drinking salt and lemon water can help maintain cellular functioning and balance your body's pH.

[Read the full blog post here.](#)



thehealthhutt.com front page - now has clear store hours!

Boosting our Online Presence.

A few of the things we have begun to do are:

- update basic information about the Health Hutt stores online
- write regular blog posts
- improve our Facebook presence
- offer a monthly newsletter sign up for those who wish to get local natural living health updates. *(Thank you for signing up to get news from your local Health Hutt!)*

If you have any comments or suggestions on website content – what you would like to see on the website or blog – there is now a contact submission form on the website's [‘Contact Us’ page.](#)

[Read the full blog post here.](#)

Featured Product

Bergamot has a sweet, uplifting,



cheery quality like many citrus aromas. It is said to have antidepressant and soothing qualities as well as stimulating and energizing in essence.



Here's the wiki on the fruit: *Citrus bergamia*, the bergamot orange, is a fragrant citrus fruit the size of an orange, with a yellow or green color similar to a lime, depending on ripeness. ... a probable hybrid of lemon and bitter orange.

Health Hutt



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Lucius Annaeus Seneca

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