



# Berried Treasure

OCCUPYING 102 ACRES of prime Pacific shore real estate in Rancho Palos Verdes, California, [Terranea](http://Terranea.com) (terranea.com) could be forgiven for "coasting" on its stellar location. Instead, the clifftop retreat maintains a reputation for its commitment to unwinding and de-stressing (frazzled A-listers from nearby Los Angeles are among its regular clientele). In addition to a nine-hole golf course, there's a 50,000-square-foot oceanfront spa, whose signature rituals are designed to be performed at certain times of day for maximum effect.

Such mindfulness extends to Terranea's kitchens, which serve eight restaurants, cafés and bars, and where natural, locally sourced ingredients are prepped for action. Take this Blueberry Flaxseed Tea Loaf recipe, for example, which showcases honey from the resort's honeycomb.

The loaf is perfect as an afternoon pick-me-up accompanied by a cup of chai, or even as a light breakfast, an option favored by executive pastry chef Pierino Jermonti. "How you start your day, and what you consume, is very important for your body," says Jermonti. "The loaf uses our own honey as a sugar substitute, fresh blueberries for antioxidants and flaxseed for omega-3. Plus, the entire recipe is gluten-free for easy digestion," he adds. How's that for a natural buzz?

—Lesley McCave

## Blueberry Flaxseed Tea Loaf

1 cup grapeseed oil

4 eggs

½ cup honey

2 cups rice flour

2 cups almond flour

1½ Tbsp. baking powder

1 cup ground flaxseed

1 Tbsp. sea salt

2 cups non-fat milk

1½ cups fresh blueberries

Preheat oven to 350 degrees F. In a mixing bowl with a paddle attachment, mix oil, honey and eggs on a low speed. In a separate bowl, combine rice and almond flours, baking powder, flaxseed and sea salt. Mix dry ingredients with liquid until just incorporated. Add milk, scrape bottom of bowl, mix briefly, then fold in blueberries. Divide mixture into four small (6 oz.) greased tea loaf pans. Bake until golden brown on top (about 25-30 minutes). ■



PIERINO JERMONTI