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A Taste of Island Wellness

A wellness spa program in Puerto Rico features tropical rainforest hikes and a gluten-free menu

The El Conquistador Resort & Las Casitas Village, Waldorf Astoria Resorts, is a sprawling 500-acre property set on a 300-foot cliff on the eastern coast of Puerto Rico, with stunning views of the Atlantic Ocean and Caribbean Sea. The new, element-inspired Wellness Retreats—Earth, Fire, Water and Air—are built around guests immersing themselves in nature.

In addition to hikes in the El Yunque Rainforest and on the resort's private 100-acre Palomino Island, plus a range of fitness activities such as twilight yoga and snorkeling, guests also receive a physical assessment, spa experience and personalized fitness plan to take home. Interactive demonstrations, from raw food and cooking with spices to juicing, make healthy dining something to look forward to.

"Wellness starts from the inside," says Executive Chef Ernie Reyes, "and what you eat is a very important part." Here are some of chef's gluten-free, healthy—and delicious!—tropical recipes. *elconresort.com*—*Kristin Vukovic*

Banana Crème Brûlée Quinoa Oatmeal

A creamy, soul-soothing healthy vegan treat

- 1 cup steel cut oats
- ½ cup quinoa
- 1 teaspoon coconut oil
- 4 cups water
- ½ cup almond milk
- 3 slices banana
- ½ ounce brown sugar
- Pinch of salt

1. Combine almond milk, water, oats, quinoa, salt and coconut oil in a large saucepan and mix well.
2. Bring to a boil over medium heat.
3. Continue to cook, stirring constantly for 1 minute.
4. Spoon oatmeal into ovenproof bowls, spreading evenly.
5. Arrange sliced banana over the quinoa oatmeal, then sprinkle with brown sugar.
6. Arrange the dishes on a baking sheet or in a large baking pan and place under a preheated broiler until the sugar starts to bubble and turn dark, about 1 to 2 minutes. Serve immediately. Alternately, you may use a kitchen torch to melt the sugar.



For more delicious gluten-free recipes visit ospa.me/tropicalwellnessspa