

FOOD FOR THOUGHT: CONSCIOUS CONNECTION

There are so many ways to take control of your health. Here is a recipe and a health tip to help inspire you!

DELICIOUS SPINACH SHAKE

Place in Vita Mix (or blender):

- ½ cup coconut or almond milk
- ¼ cup water
- 2 Tblsps raw, organic sunflower seeds or 1 Tblsp nut butter
- 1 large handful organic baby spinach
- ½ of a banana
- 1-2 scoops (1 serving) of your favorite vanilla protein powder

Blend on low to combine. Add 7-10 ice cubes & blend on high until smooth, icy and thick. Enjoy!



NEVER UNDERESTIMATE THE POWER OF YOUR FOOD CHOICES!

You have the power to fuel your body and provide it with the energy it needs to function well. Be conscious of the choices you are making each day and watch your mood improve and your energy soar!