

## 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!

### Christmas Morning Muffins

#### Ingredients

- 1 cup coconut flour
- ½ tsp baking soda
- ½ tsp baking powder
- ¼ tsp salt
- 5 free-range eggs
- ½ cup coconut butter or oil
- 1 cup coconut sugar
- 1 tsp vanilla
- ¼ cup chia seeds
- 1 cup almond milk
- 1 cup blueberries ( fresh or frozen)

#### Preparation

Mix ½ cup of almond milk with the chia seeds and set aside for 30 minutes.

Combine coconut flour, baking soda, baking powder, sea salt, vanilla and coconut sugar and mix well. Add eggs, coconut butter, chia seeds ( texture should not be thick) and the rest of the almond milk. Blend in the blueberries by hand being careful not to crush them.

Por the batter into paper muffin tin liners that you have placed in a muffin baking pan. Fill them completely. Bake muffins at 350 degrees for 35-40 minutes.



### THOUGHT FOR THE WEEK

Gratitude has been defined as being appreciative and thankful. When was the last time we were conscious of a feeling of gratitude growing within us? With life's hectic pace and constant pressure to perform better, stronger, faster, and harder, we can forget to reflect on the feelings that satisfy and bring comfort to the soul. So the next time you are feeling that old stressful feeling of the need for more....STOP and ask yourself " AM I GRATEFUL FOR THE ALL THE GOOD THINGS I HAVE ALREADY?" Do we take the time to appreciate those who love and accept us for who we are? Are we appreciative that each day is a gift? Do we appreciate the fact that we can enjoy the taste of a good meal? Share a laugh with a co worker, or feel the cool breeze on our skin? Contemplating these things can change

