

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!

Creamy Broccoli Soup-by Gillian McKeith

- 1 fennel bulb
- 1 gluten free vegetable stock cube
- 3 whole heads broccoli, cut into florets and stems thinly sliced
- 1 handful fresh tarragon
- 1 handful fresh sage
- 1 pint sunflower or alfalfa sprouts

Bring a medium pan of water to a boil then add the fennel and stock cube. Lower the heat and simmer for 5-7 minutes. Add the broccoli, including the stems, and simmer for an additional 4-5 minutes. Remove from the heat and add the tarragon and sage. Allow to cool, and then blend soup in a food processor or with a handheld blender until smooth. Divide among warmed soup bowl. Sprinkle with the sprouts and serve immediately.



THOUGHT FOR THE WEEK

Remember when you were a child and your parents your parents would encourage you to eat your broccoli? Though you may have thought so at the time, they were not just trying to instill a hard fast rule, or torture you. Broccoli is actually a friend to your liver, the organ that filters everything you consume! It contains a compound call sulphorophane, which has been shown to inhibit the growth of free radicals; those bad molecules that age us and make us feel tired.

