

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!

Parmesan Rice Crisps

Ingredients

These are perfect to bring along to a holiday party along with some heart healthy roasted tomato salsa and you have yourself a healthy snack!

- 4-5 gluten free brown rice tortillas
- Olive oil
- Himalayan sea salt
- Garlic powder
- Parmesan grated fine with a micro plane grater (or omit the cheese)
- Dried Italian herbs or dried basil

Preparation

Preheat the oven to 400 degrees. Brush the tortillas generously with olive oil on both sides and arrange them on baking sheets in a single layer. Dust them with garlic powder, to taste; then sprinkle on the Parmesan and dried herbs/basil.

Bake until crisp and slightly golden around the edges, about 7 to 10 minutes. Allow the tortillas to cool a bit. You can either cut them into wedges and use them as dippers to your favorite roasted tomato salsa, or, cut them into strips and use them as a crunchy topping to your favorite salad!



THOUGHT FOR THE WEEK

Ever have one of those days where you start off on the wrong foot? We have a solution, try to laugh it off. Doing so you will turn your day from a negative to a positive. Also, make it your aim to perform one, if not more, random act of kindness a day, the universe will repay you! What goes around comes around! Before you realize it you will feel lighter in spirit and your day will be great!

