

## 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!

### COCONUT BANANA BREAD

2 bananas; at least 1 heaped cup of chopped banana  
¼ cup coconut oil, melted  
4 organic free-range eggs  
4 fresh dates, pitted & chopped  
1 tbsp pure maple syrup or raw honey  
¾ cup coconut flour

½ tsp aluminum-free baking powder  
¼ tsp unrefined sea salt  
½ tsp cinnamon powder

Preheat oven to 350o F. Mash bananas with the chopped dates. (If dates are dry & hard, soak then first in warm water.) Whisk the eggs until fluffy and then combine with the mashed items. Stir in the oil and maple syrup or raw honey. Add the dry ingredients & combine well. Put mixture in a loaf pan that has been greased and lined with parchment paper. The mixture will be quite thick; flatten & smooth with a spatula. Bake for 30-35 minutes, until inserted knife comes out clean and edges are browned. Allow to cool on a wire rack. Enjoy warm or store cooled bread in an air tight container in the fridge.



### THERE'S VALUE IN TRACKING!

You have all heard that in order to lose weight, you need to make sure that your total daily calories expended (what you use for energy) is greater than your total daily calories consumed. For the most part, we expend or use up calories by just existing, going about our daily routine, and by exercising. We consume calories by eating & drinking.

Many times we overestimate the total calories expended and UNDERESTIMATE the total calories we consume. Well, there is only one way to truly know...track them!

Below are a few websites that can help you do just that. Find the one that works best for you. You can also download a corresponding app to your smart phone and all of the information you input will automatically sync with your computer. Set a weight loss goal, keep both a food/drink log and an exercise log and the software will let you know if you are on track to meet your goals.

Give one a try!

[www.loseit.com](http://www.loseit.com)

[www.myfitnesspal.com](http://www.myfitnesspal.com)

[www.sparkpeople.com](http://www.sparkpeople.com)

