

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!

CLASSIC PESTO

2 Tbsp coarsely chopped walnuts

½ cup grated fresh parmesan cheese

2 garlic cloves, peeled

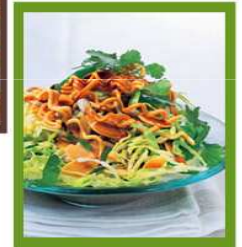
¼ tsp salt

3 Tbsp extra-virgin olive oil

4 cups basil leaves (about 4 ounces)

Drop nuts and garlic through a food processor chute while the food processor is running; process until minced. Add oil and pulse 3 times, Add basil, cheese and salt and process until finely minced, scraping down the sides of the bowl once.

This fabulous pesto can be used so many ways! Brush onto chicken or fish before or after cooking, toss with your favorite gluten-free pasta, brush onto grilled vegetables or add into soups for extra flavor. Enjoy!



HERE'S SOMETHING TO PONDER!

**WHO YOU ARE TODAY IS A RESULT OF DECISIONS YOU HAVE MADE IN THE PAST.
MAKE GOOD CHOICES NOW FOR A BETTER TOMORROW.**

