

## 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!

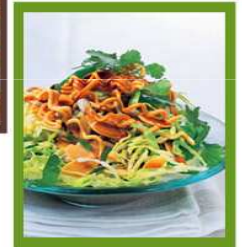
### Autumn Salad

2 Cups mixed greens  
1/3 Cup shelled walnuts pieces  
1/4 Cup dried cranberries

Goat cheese  
Sweet potato crisps\*

In a bowl, add greens, top with walnuts & cranberries. Drizzle your favorite vinaigrette dressing over salad (or drizzle with approximately 3 Tbsp olive oil & 1 Tbsp balsamic vinegar), sea salt & pepper to taste and toss to coat. Finish by topping salad with a little goat cheese and the sweet potato crisps.

\*To make sweet potato crisps, preheat oven to 425. Using a mandolin slicer, thinly slice sweet potato (If you don't have a mandolin, try using a food processor fitted with the slicing attachment or a vegetable peeler). Lightly toss slices with a small amount of olive oil and sea salt. Arrange, in a single layer, on a baking sheet and bake for approximately 7 minutes, turn slices over and bake for another 4 minutes or until crisp.



### CHANGE HAS TO START SOMEWHERE

*Every great achievement starts with a very first step. Thoughts lead to actions.  
Never underestimate the power or potential of either.*

*With thoughts and steps, YOU have the power to lead your life in any direction!*