

## 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!

### ALMOND MACAROONS

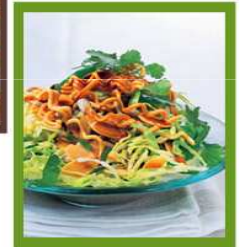
3 cups blanched slivered almonds  
1 cup sugar

3 egg whites  
1 tsp almond extract

Preheat oven to 300°. Line a cookie sheet with parchment paper. In a food processor, grind the almonds into a fine meal. Add the sugar and continue to process for another 15 seconds. Finally, add the egg whites and almond extract. Continue to process until a smooth dough forms around the blade.

Using a teaspoon, place well rounded spoonfuls of dough, 1 ½ inches apart, onto prepared cookie sheets. Bake for approximately 20-30 minutes or until cookies are golden brown. Allow cookies to cool completely on the parchment paper before removing. Store in an airtight container in a dry place.

This recipe calls for a cup of sugar and makes 2 dozen cookies. Choosing to make smaller sized cookies, yielding more than 2 dozen, is a great strategy to cut down on sugar.



### TREAT YOURSELF TO A MASSAGE!

*Some of the many benefits of regular massage include:*

*Improved circulation  
Increased Energy  
Decreased Pain  
Anti Aging benefits  
Strengthened immune system  
Improved Lymph Drainage*

