

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!

CRISPY SESAME TOFU

(I don't really even like tofu, but prepared like this, I love it!)

3 Tbsp extra-virgin olive oil
3 Tbsp tamari
3 Tbsp fresh grated ginger
6-8 cloves garlic, peeled & minced

½ tsp crushed red pepper
1 lb extra firm tofu
2-3 Tbsp sesame seeds

Combine the oil, tamari, ginger, garlic and crushed red pepper in a small bowl and mix well.

Press tofu to remove excess water and slice into ½ inch slices. Arrange tofu slices in a single layer in a baking dish and add the marinade. Let the tofu marinate for an hour in the refrigerator, turning each piece over at least once. Preheat oven to 400°. Sprinkle the tofu with the sesame seeds and bake, uncovered, for 25 minutes or longer for crispier tofu. Serve with brown rice.



SLEEP!

*Many people battle with sleep issues, where they either have trouble falling asleep or they wake up during the night. For these people, there are many strategies to try that will improve these issues. **BUT**, for those of you that **DO NOT** have any problems sleeping and are still not getting enough sleep, I encourage you to focus on sleep this week!*

Your body does its healing at night, when you are fast asleep. Have a goal to be in bed at whatever time necessary so that you can get at least 8 hours of sleep. Just try it for this week and see how different you will feel.

*Everything is better when you are well rested, including increased performance at work, school and at home, **AND** a more positive outlook on life!*

