

## 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!

### RAW REFRIGERATED OATMEAL

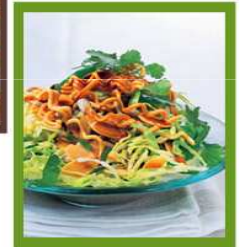
**(Trust me! You will love it!)**

½ cup organic oatmeal, not quick oats  
1 Tbsp organic chia seeds  
1 tsp local honey

¼ cup fresh blueberries  
1 Tbsp raw, organic sunflower seeds  
Rice milk

Mix oatmeal and chia seeds into a bowl. Pour in enough rice milk to just cover the oatmeal chia seeds mixture. Stir with a spoon and pat down so that all is covered by rice milk. Cover bowl and place in fridge overnight ( I make mine right before I go to bed that night before). The next morning, you will notice that most of the milk has been absorbed. Stir in honey and mix in berries and sunflower seeds. You can add more rice milk, if desired. Try using other mix-ins instead of the blueberries and sunflower seeds, like raspberries, chopped banana and/or chopped walnuts.

Enjoy!



### TRY THIS!

*Each night before you go to bed, right down in a journal 3 things that you were grateful for that day. Keep the journal by your bedside to remind you to fill it out each night.*

*Not only does writing down the things you are grateful for help you go to bed and wake up with positive energy, reviewing the journal can also provide a huge energy boost if you are having a bad day!*