

## 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!

### AVOCADO MANGO SALAD

- 2 mangos, firm, just barely ripe,  
peeled & diced
- 3 avocados, peeled & diced
- ¼ cup red onion, chopped
- 1 cup jicama, peeled & diced small (if not available, use a firm apple)
- 1 red pepper, peeled & chopped
- ¼ cup lemon juice
- ¼ cup chopped cilantro

Chop mangos, avocados, jicama & red pepper roughly the same size. Mix all ingredients together in a bowl & enjoy as is or serve over raw, organic baby spinach.

If making ahead, add avocado just before serving. Salad may be stored in the refrigerator up to 3 days. Enjoy!



## **BE MINDFUL: SLOW DOWN & ENJOY WHAT YOU ARE DOING RIGHT NOW !**

We have become so busy that we tend to run on autopilot most of the time; not noticing or taking enjoyment in the present moment. Today, make a conscious decision to slow down and notice the details in everything you do. When you eat, notice your breathing, the colors, texture & taste of the food. How many times do you chew before you swallow? When you slow down and practice mindfulness, your muscles relax, your digestion improves & you enjoy life a little more!

