

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!

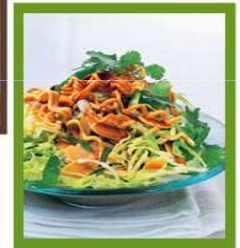
EASY VEGETABLE SOUP

(It's that time of year when a healthy soup really hits the spot!)

2 Tbsp extra-virgin olive oil
1/2 cup chopped of each, organic if possible:
Onion, celery, carrots & zucchini
2 cloves garlic, minced
2 fresh tomatoes, chopped
1 med potato, diced into small cubes
2 cups fresh baby spinach, chopped
1 cup cannellini beans, rinsed

Pinch of crushed red pepper
3 cups water
4 cups broth of choice
5 sprigs fresh thyme
1 small bay leaf
1 tsp Italian seasoning
Salt and pepper, to taste

Sauté the onions, celery & carrots and Italian seasoning in olive oil over med-low heat until onion is soft. Add garlic and sauté 1 minute. Add tomatoes, beans, broth, water, thyme, bay leaf, 1/2 tsp salt, 1/4 tsp black pepper, crushed red pepper and simmer, uncovered for 1 hour. Add the potato and zucchini and cook until potato is soft, about 25 minutes. Stir in spinach, turn heat off, cover and let sit until spinach is wilted. Remove thyme sprigs & bay leaf and ENJOY!



THOUGHT FOR THE WEEK

Include as many foods that are in their “natural living state” into your diet each day! Food eaten in its natural living state is food that looks the same as it would when it was growing (contains only 1 ingredient), food whose nutrients have not been depleted (uncooked food), and food that still looks like it has energy left in it (not overly ripe or bruised). Some examples of these types of foods are fresh vegetables, fruits, raw seeds and raw nuts.

Try adding more salads, homemade trail mixes, homemade fruit/vegetable juices, smoothies, fruit salads and vegetable plates with healthy dips to your daily diet.

