

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!

DELICIOUS PAD THAI SAUCE

- 1 cup almond butter
- ½ cup orange juice
- 2 Tblsp Bragg Liquid Aminos
- 2 Tblsp raw honey
- 1-2 Tblsp fresh ginger

In a blender, blend the ingredients until smooth and creamy. If you want a thicker sauce, add more almond butter. If you want a thinner sauce, add more orange juice. You can use this delicious sauce as a dip, pour over vegetables or toss with rice noodles.

Enjoy!



ADD IN SUPERFOODS

Adding Super Foods into your diet can help nourish and protect you by delivering large doses of antioxidants. Antioxidants can have very powerful effects on your body, like potentially lowering blood pressure and cholesterol, reducing inflammation, improving your cardiovascular health, digestive health, immune system function and brain function.

Some examples of Super Foods include chlorella, spirulina, hemp seeds, goji berries, kale, Swiss chard, local honey, cacao and maca. Make it a goal to add in a different super food each week and your body will thank you!

