

## 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!

### GLUTEN FREE CHOCOLATE CAKE

TRUST ME! YOU'LL LOVE IT!

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1 ½ cups gluten free flour blend * | 5 Tbsp cooking oil                  |
| ½ cup cocoa                        | 1 Tbsp white vinegar                |
| 1 cup sugar                        | 1 tsp pure vanilla extract          |
| ½ tsp salt                         | 1 egg                               |
| 2 tsp baking soda                  | 1 cup water                         |
| ¾ tsp guar gum                     | 1/3 cup gluten free chocolate chips |

Preheat oven to 350°. Mix all dry ingredients in a bowl, except chocolate chips. Add all liquid ingredients and mix well. Stir in chocolate chips. Pour batter into a greased 8" cake pan that has been lined with parchment paper. Bake for 30-35 minutes or until toothpick comes out clean. Run a knife around edges and turn cake out onto a wire rack to cool. Remove parchment paper & place cake pan back over cake to trap moisture in as it cools. Transfer cooled cake to a pretty plate and dust with powdered sugar. Enjoy!

\*Gluten free flour blend: Sift together the following and store in an airtight container:

1 ½ cups sorghum flour, 1 ½ cups potato starch or cornstarch, 1 cup tapioca flour



### ENGAGE YOUR CORE!

Today and for the rest of the week, try a little exercise. At least 4 times throughout each day, I want you activate your core muscles. To get used to what it feels like to engage your core muscles, sit up straight, place your hands on each side of your waist. Think about creating a tight cylinder of muscles that push your hands away from your body. Another way to practice is to notice how your core contracts just before you cough or laugh out loud. Go ahead and fake cough a few times and feel your core engage. Now, practice this at least 4 times a day for this week!