

3 RECIPES. 5 HEALTH FACTS. 1 QUICK READ FOR YOUR COFFEE BREAK.

MARCH 2018



Tip!

Make these pancakes ahead of time and reheat in your toaster or an oven at low heat. This makes pancakes doable on a busy weekday morning.

GRAIN-FREE COCONUT PANCAKES WITH EASY STRAWBERRY SAUCE

SERVES 4

If you're trying to eat cleaner this spring but still want your Sunday brunch, try this satisfying breakfast. Coconut flour is rich in filling, detoxifying fiber. And it's a grain-free, gluten-free option to replace unhealthy refined flours. It absorbs a lot of water—this is not an ingredient where cupfuls are required. Strawberries offer natural sweetness.

PANCAKES

1/4 cup (60 mL) coconut flour
1/2 tsp (2 mL) baking powder
1/8 tsp (0.5 mL) salt
1/8 tsp (0.5 mL) ground cinnamon
1 Tbsp (15 mL) raw-style sugar
3 large eggs
1/3 cup (80 mL) light coconut milk or coconut milk beverage
2 Tbsp (30 mL) coconut oil, melted, plus more for pan

SAUCE

2 cups (500 mL) sliced strawberries
Zest of 1 lemon
1/2 tsp (2 mL) vanilla extract

For pancakes, in large bowl, whisk together coconut flour, baking powder, salt, cinnamon and sugar. In medium bowl, beat eggs until uniform; beat in coconut milk and oil. Add liquid mixture to dry mixture, whisking until fully combined. Reserve.

For sauce, in medium saucepan, combine strawberries, lemon zest and vanilla. Cook over medium-low heat until strawberries have broken down and mixture is fragrant. Reserve.

In large cast iron skillet over medium-high heat, melt a touch of coconut oil, swirling to coat bottom. Add pancake batter, 2 to 3 Tbsp (30 to 45 mL) at a time. Cook pancakes on each side for 2 to 3 minutes, or until golden brown. Keep warm in oven at low heat (200 F/100 C) while you finish cooking remaining batter.

Serve pancakes topped with sauce.

EACH SERVING CONTAINS: 223 calories; 8 g protein; 13 g total fat (9 g sat. fat, 0 g trans fat); 20 g total carbohydrates (9 g sugars, 7 g fiber); 199 mg sodium

3 RECIPES. 5 HEALTH FACTS. 1 QUICK READ FOR YOUR COFFEE BREAK.

MARCH 2018

SWEET POTATO, RED ONION AND KALE HASH

SERVES 4

Hash may have a reputation for being a greasy spoon special, but this version, which can be enjoyed at any meal, will change your idea of the dish. Sweet potatoes add substance, nutrition, sweetness and a great depth of flavor in place of the usual floury white potatoes.

2 Tbsp (30 mL) coconut oil
2 sweet potatoes, peeled and diced
2 red onions, thinly sliced
1 tsp (5 mL) dried thyme
1/2 tsp (2 mL) salt
Zest of 1 lemon
1 Tbsp (15 mL) lemon juice
4 cups (1 L) de-stemmed kale, shredded
8 large eggs
1/4 tsp (1 mL) ground black pepper

In large cast iron or high-sided skillet, melt oil over medium heat. Add sweet potatoes, onion, thyme and salt. Sauté for 12 to 15 minutes, or until sweet potatoes are tender and beginning to brown. Stir in lemon zest, lemon juice and kale. Cook until kale is wilted, about 3 minutes.

Flatten out vegetables in pan and crack eggs overtop and sprinkle with pepper. Top with lid or cover of some sort (a baking sheet works well) and cook over medium heat for 4 to 5 minutes, or until eggs are set with still-runny yolks. Serve warm.

EACH SERVING CONTAINS: 281 calories; 16 g protein; 17 g total fat (9 g sat. fat, 0 g trans fat); 18 g total carbohydrates (4 g sugars, 3 g fiber); 480 mg sodium

Tip!

Replace sweet potato with cubes of butternut squash or a mixture of root vegetables for an equally nourishing hash.





POACHED CHICKEN SOUP WITH VEGGIES AND QUINOA

SERVES 4

Soup is the ultimate cleansing food. It incorporates into the body easily, taking a load off of your digestive system while making you feel taken care of. Make a vat of this to sip and snack on when hunger pangs strike, or slurp up a large serving as your main course at mealtime.

6 cups (1.5 L) low-sodium chicken or vegetable broth
1 bone-in, skinless organic chicken breast
6 radishes, halved
2 carrots, cut into thin rounds
1 leek, well washed and thinly sliced
2 garlic cloves, smashed
1/2 cup (125 mL) uncooked quinoa
1 cup (250 mL) sugar snap peas, halved
1 Tbsp (15 mL) chopped fresh dill, plus more for garnish
1 Tbsp (15 mL) lemon juice

Add all ingredients except peas, dill and lemon juice to large pot. Bring to a boil. Reduce to a simmer, cover and cook for 20 minutes, or until chicken and quinoa are cooked through. Remove chicken from pot and shred; discard bone and divide meat among 4 serving bowls.

Stir remaining ingredients into pot and cook for about 3 minutes. Ladle broth, vegetables and quinoa over chicken. Top with additional dill, if desired. Serve warm.

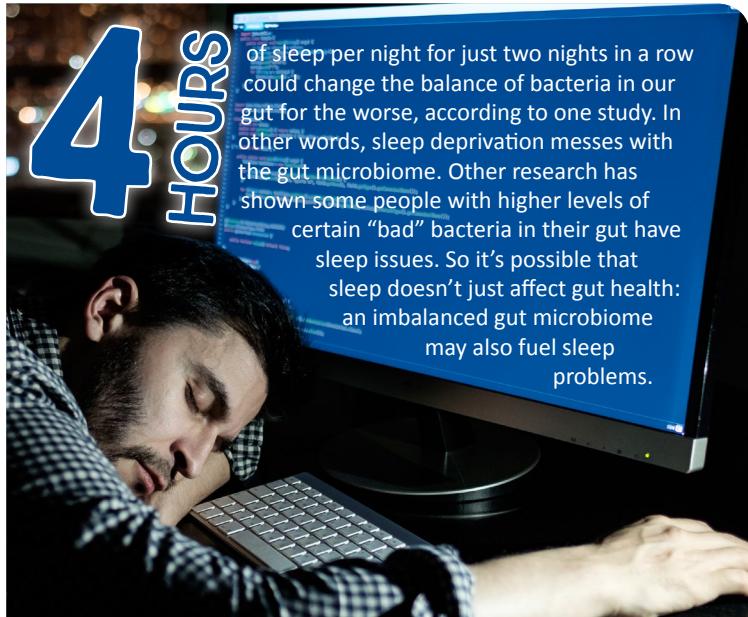
EACH SERVING CONTAINS: 198 calories; 16 g protein; 8 g total fat (1 g sat. fat, 0 g trans fat); 18 g total carbohydrates (2 g sugars, 2 g fiber); 118 mg sodium

Tip!

White beans are a simple, fiber-rich swap for chicken, making this meal suitable for the plant-based crowd.

3 RECIPES. 5 HEALTH FACTS. 1 QUICK READ FOR YOUR COFFEE BREAK.

MARCH 2018

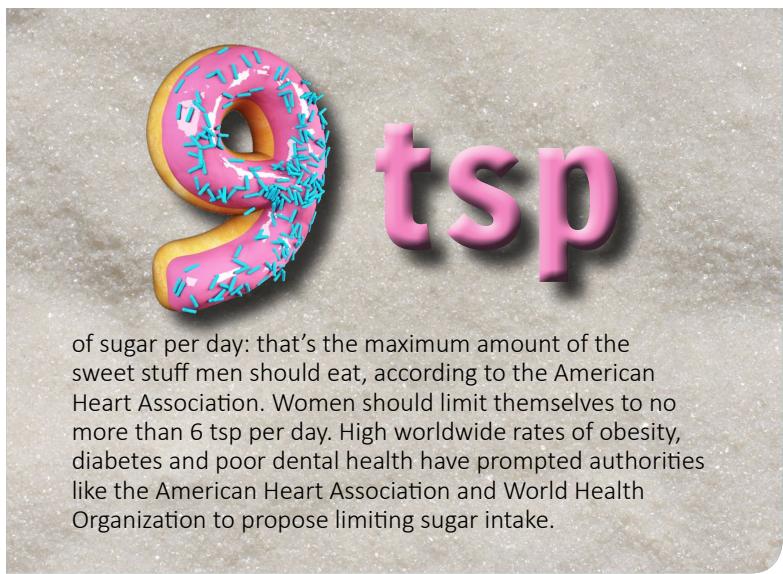


82 school programs that taught emotional intelligence to more than 97,000 students were investigated in a recent study. Student participation in these programs was linked not only to immediate results, like improved mental health, social skills and learning outcomes, but also to long-term benefits, like higher college graduation rates and lower rates of drug, behavioral and mental health problems.



3

types of perfectionism exist: self-oriented perfectionism (when we set high standards for ourselves), socially prescribed perfectionism (when we feel others expect us to be flawless) and other-oriented perfectionism (when we expect a whole lot of others). In the last 27 years, all types of perfectionism have increased among college students, but socially prescribed perfectionism has increased the most—by 33 percent. It's tied to depression and anxiety.



of sugar per day: that's the maximum amount of the sweet stuff men should eat, according to the American Heart Association. Women should limit themselves to no more than 6 tsp per day. High worldwide rates of obesity, diabetes and poor dental health have prompted authorities like the American Heart Association and World Health Organization to propose limiting sugar intake.