

## SPICED COCOA, COFFEE AND CHIA SMOOTHIE

### SERVES 1

Did you know that September is Better Breakfast Month? It'll be a good morning without a doubt with this tasty start to the day! Plus, the coffee and chocolate in this smoothie can help give you a delicious caffeine boost.

- 1/2 cup (125 mL) unsweetened plain almond milk, plus more to thin
- 1 banana, peeled, halved and frozen
- 2 tsp (10 mL) chia seeds (found readily in the bulk aisle or natural food section)
- 2 Tbsp (30 mL) chocolate protein powder or peanut butter
- 1 Tbsp (15 mL) cocoa powder
- 1 Tbsp (15 mL) honey or maple syrup
- 1 tsp (5 mL) ground coffee beans
- 1/4 tsp (1 mL) ground cinnamon
- 1/4 tsp (1 mL) ground cardamom
- 1/8 tsp (0.5 mL) ground dried ginger
- 2 ice cubes
- 1/2 tsp (2 mL) whole coffee beans (optional)

Add all ingredients except whole coffee beans in order listed to high-speed blender. Blend until smooth, thinning with additional almond milk as needed. Pour smoothie into glass and garnish with whole coffee beans, if using. Serve.

**EACH SERVING CONTAINS:** 484 calories; 14 g protein; 25 g total fat (4 g sat. fat, 0 g trans fat); 63 g total carbohydrates (35 g sugars, 14 g fiber); 192 mg sodium





## OAT, RASPBERRY AND SESAME SMOOTHIE PARFAIT

### SERVES 1

Here's a speedy smoothie that eats like a meal. Because it's high in fiber, it's best enjoyed after your daily workout. And with its hour of chilling time, you can simply grab and devour when you get home.

- 1/2 cup (125 mL) plain Greek yogurt
- 1/3 cup (80 mL) old-fashioned rolled oats
- 1 cup (250 mL) fresh raspberries, divided
- 1 Tbsp (15 mL) honey
- 1 Tbsp (15 mL) tahini
- 1/8 tsp (0.5 mL) vanilla extract
- Pinch of salt
- Unsweetened plain almond milk, to thin (optional)
- 1 tsp (5 mL) shaved chocolate chips, plus more for topping
- 1/2 tsp (2 mL) sesame seeds (optional)

In high-speed blender, add yogurt, oats, 2/3 cup (160 mL) raspberries, honey, tahini, vanilla and salt. Blend until smooth and very thick, thinning with almond milk if desired (smoothie thickens as it chills).

Add half of smoothie to bottom of a glass. Top with a few fresh raspberries, remaining smoothie, remaining raspberries, chocolate chips and sesame seeds. Chill for 1 hour, or until cold. Serve.

**EACH SERVING CONTAINS:** 482 calories; 16 g protein; 18 g total fat (5 g sat. fat, 0 g trans fat); 70 g total carbohydrates (36 g sugars, 14 g fiber); 215 mg sodium



## OATMEAL RAISIN COOKIE SMOOTHIE BOWL

### SERVES 1

The flavors of an oatmeal raisin cookie come together in this balanced smoothie bowl. The kids will love it too!

- 1/2 cup (125 mL) unsweetened plain almond milk, plus more to thin
- 1/3 cup (80 mL) old-fashioned rolled oats, plus more to garnish
- 1/4 tsp (1 mL) ground cinnamon
- 2 Tbsp (30 mL) almond butter or peanut butter
- 1 Tbsp (15 mL) coconut oil
- 1 Tbsp (15 mL) raisins, plus more to garnish
- Pinch of salt
- 1/2 banana, peeled, halved and frozen
- 2 ice cubes
- 1 Tbsp (15 mL) plain Greek yogurt

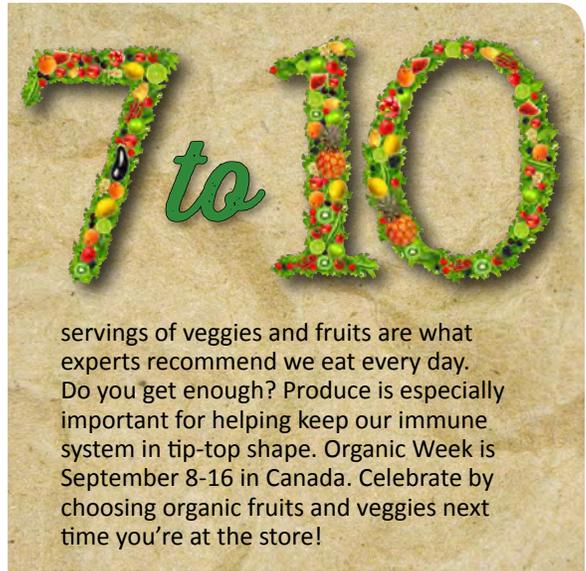
Add all ingredients, except yogurt, in order listed to high-speed blender. Blend until smooth, thinning with additional almond milk as needed. Pour smoothie into bowl, add dollop of yogurt and sprinkle with more oats and raisins. Serve.

**EACH SERVING CONTAINS:** 572 calories; 10 g protein; 41 g total fat (18 g sat. fat, 0 g trans fat); 49 g total carbohydrates (13 g sugars, 7 g fiber); 194 mg sodium



# \$28

worth of food is wasted each week—per household! It is possible to save money while eating healthily. Buy a little at a time and use food before it spoils, shop at farmers' markets, keep your fridge and freezer sufficiently cold, eat vegetarian meals several times a week, plan before you shop and make use of the bulk aisle.

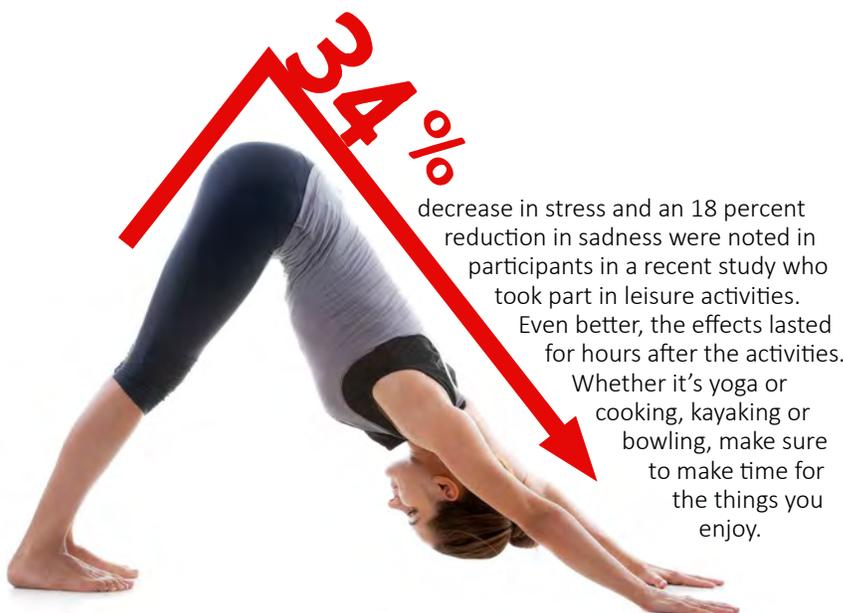


servings of veggies and fruits are what experts recommend we eat every day. Do you get enough? Produce is especially important for helping keep our immune system in tip-top shape. Organic Week is September 8-16 in Canada. Celebrate by choosing organic fruits and veggies next time you're at the store!



# 20 SECONDS

is how long you should scrub your hands with soap before rinsing. That's about the time it takes to sing the "Happy Birthday" song. Most of us don't wash our hands correctly, but doing so is one of the best ways to prevent getting sick. In fact, it's estimated that if everyone washed their hands properly, a million deaths could be prevented annually.



34% decrease in stress and an 18 percent reduction in sadness were noted in participants in a recent study who took part in leisure activities. Even better, the effects lasted for hours after the activities. Whether it's yoga or cooking, kayaking or bowling, make sure to make time for the things you enjoy.



# 64

million people in the U.S. alone went for a jog or run in 2016. Were you one of them? It's no surprise that running is one of the most popular forms of exercise worldwide. To challenge yourself, sign up for a race, enlist the support of a running buddy or add some interval training to the mix.