



DECEMBER 2023
NEWSLETTER

Focus on You

Sometimes we feel guilty for taking time out of our day to do something for ourselves but that can be the most important thing that you do for your health. Focusing on yourself isn't selfish. It is an act of self-love. We are all so busy with studying, working, or caring for our family that we forget to take care of the most important person- **You!** If you've been in the habit of focusing on others, it can be hard to shift gears. When was the last time that you did something just for you? It is important to take a break from the hustle and bustle of everyday life and take time to focus on yourself. Balance is the key to good health and here are some tips to achieve that.

Tips To Focus on You-

1. Keep a daily journal about your daily life, your hobbies, emotions- whatever comes to mind
2. Add mood boosting foods to your diet- like green leafy vegetables, omega-3 rich fatty fish and seeds, blueberries, and dark chocolate
3. Make a list of experiences that you would like to have, places to travel, adventures you would like to go on
4. Take 30- 40 minutes a day to move. That doesn't mean that you have to go to the gym but find something that you enjoy and make sure that you move every day.
5. Make sure that you get enough rest
6. Challenge yourself to try something new- try a new Mindful recipe or visit a new restaurant
7. Mediate- take 10 minutes a day and focus on your breath and being present
8. Do something that you love to do- read, listen to music, cook, go to a movie
9. Aim to spend 2 hours a week in nature

Remember, you don't have to include all of these things at once - start small and add the practices into your life that make you feel your best. The idea of focusing on yourself is not as self-centered as it sounds. It's one of the best things that you can do for your health and well-being.

FOR MORE INFORMATION PLEASE CONTACT:

Rochelle Sward, RDN, LDN
Rochelle.Sward@sodexo.com
651-635-2334



Quinoa Chocolate Chip Cookies



A Special Recipe From
Ellie Krieger
Mindful's Wellness
Ambassador

INGREDIENTS

4 tablespoons canola oil
½ cup granulated sugar
½ cup dark brown sugar
1 teaspoon vanilla extract
2 egg whites
¼ cup applesauce
½ cup cooked quinoa
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon kosher salt
½ cup whole wheat flour
¾ cup all-purpose flour
⅓ cup mini chocolate chips

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Line 2 baking sheets with parchment paper.
2. In medium bowl, add oil, granulated sugar, brown sugar, vanilla extract and egg whites. Use spatula to thoroughly combine. Then mix in applesauce and cooked quinoa, stirring again to combine.
3. In small bowl, combine dry ingredients: baking powder, baking soda, salt, whole wheat flour and all-purpose flour. Slowly add dry ingredients into wet ingredients, stirring to completely combine. Slowly stir in chocolate chips.
4. Using a tablespoon, scoop cookie batter onto parchment-lined baking sheet, making sure to leave plenty of room for cookies to spread out. Cook until cookies are brown on edges and crisped, about 12 to 14 minutes, rotating cookie sheets halfway through cooking time. Remove from oven and let sit on baking sheet for a few minutes; transfer cookies to cooling rack to finish cooling. Store cookies in airtight container for up to 5 days.

*Nutrition Facts: Calories: 197, Carbs: 32g, Protein: 3g,
Fat: 7g, Sat. Fat: 1g, Sodium: 164mg, Fiber: 1g*