

Featuring Salba Smart on *Eat, Drink And Be Aware* on February 2, 2010
Online Impressions: 1,200

EAT, DRINK AND BE AWARE

NOTES ON THE EXAMINED LIFE FROM A FITNESS-MINDED FOODIE

TUESDAY, FEBRUARY 2, 2010

Stress Eating

Good Evening!

The week has started of with a bang and I am already running behind schedule. Such is life.

I spent Monday working and baking a bunch of cookies for my son's 4th Grade Fundraiser at school and have to admit to my fair share of "tastes" just to make sure that I was not going to "poison" anyone. I made two of my favorite cookies-- Skinny Chocolate Chip Cookies and Abby's Oatmeal Chocolate Chunk cookies. Cookies are hard to resist and even though I knew they would be out the door this morning I still had my fair share....1 of each + all the "tastes!"

I am a texture girl and these cookies are loaded with texture from the oatmeal and wheatgerm.

Abby's Oatmeal Chocolate Chip Cookies

2 sticks unsalted butter- room temperature

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3/4 cup evaporated cane juice sugar
3/4 cup dark brown sugar
1 teaspoon vanilla extract
2 eggs beaten
1 tsp baking soda
1 tsp salt
2 cups rolled oats
1/2 cup wheat germ
2 cup whole wheat pastry flour
1 package semi-sweet chocolate chips

Preheat oven to 350 degrees and prepare cookies sheets by putting parchment paper on them.

Cream butter and sugars. Add vanilla and then eggs. Add in dry ingredients and then fold in chocolate chips. Drop by tablespoons onto prepared cookie sheets and bake for 12- 15 minutes. Cool and enjoy!

I like to mix the dough by hand but feel free to use a mixer if you please. There is something relaxing about creaming the butter and whipping the eggs and the dough will be thick.

Skinny Chocolate Chip Cookie

1 1/4 cup all purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
4 tablespoons unsalted butter, softened
1/2 cup light brown sugar, firmly packed
6 tablespoons granulated cane sugar
1 large egg
2 tablespoons skim milk
1 teaspoon vanilla extract
3/4 cup chocolate chips
3/4 cup butterscotch chips



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2 cookie sheets lined with parchment paper

Preheat oven to 350 degrees.

Mix the flour, baking soda, and salt together and set aside.

Beat the butter and sugars together by machine on medium until well mixed. Beat in egg and milk until they are absorbed and then the vanilla.

Beat in the flour mixture. Fold in the chocolate and butterscotch chips.

Chill the dough for at least 15 minutes if not more (don't skip this step)

Drop by tablespoons onto prepared cookie sheets and bake for 8-12 minutes. Remove from oven and let them cool on cookie sheets for 5 minutes then move them to racks to cool completely. Enjoy!

These always turn out and use a fraction of the butter than normal chocolate chip cookies.

So besides eating cookies I have been teaching Bliss Boot Camp, training clients, going to the dentist, spazzing about teaching my first yoga class at Balance Yoga today (which went well), going to the 4th Grade Fundraiser and listening to Joe Mc Dermott rock out with the kids. All fun stuff, except the dentist (I have thousands of dollars worth of work that evidently needs to be done, even though my other dentist never mentioned any it...hmmm).

Okay--- enough about me, let's get to the food! (Cookie Day Eats)

Breakfast yesterday was the best bowl of oats- Pear Almond Salba Oats. Have I mentioned that I love Salba lately? I will be kicking off a giveaway and I can't wait to share the joy of Salba. Check back for details in the next couple of days!

Pear & Almond Salba Oats

1/2 cup of rolled oats

1/2 cup skim milk

1/2 cup water

1 tbsp of Salba Smart



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Combine above ingredients in a small pan and cook over medium heat for 4-5 minutes. Remove from heat and top with:

1 small pear, diced

1 tbsp of slivered almonds

drizzle of honey

Yesterday's lunch was a portioned controlled bowl of cereal. I have my favorite 1 cup measuring cup that I like to use to eat cereal. This keeps me in check with my serving size and the measuring cup is actually really cute!



Isn't it cute?



1/2 cup of Fiber One Cereal + 1/2 cup of Oatmeal Squares + 3/4 cup skim milk

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Yum!

Dinner was a quicky Spinach Feta Cheese Omelette.



I needed some real food after eating cookie dough and cookies and this hit the spot.

Spinach and Feta Cheese Omelette

1 whole egg, beaten

1/4 cup egg whites

1 cup spinach

1/4 cup feta cheese

cooking spray

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Coat a skillet with cooking spray and preheat pan over medium heat. Add spinach and saute for 1-2 minutes. Add egg mixture and cook the egg/spinach mixture for 1-2 minutes. Add feta cheese and fold over into omelette. Cook until cheese is melted. Remove from heat and enjoy!

I did balance my cookie eating with exercise- yoga + weights yesterday.

Today was new day and I started my morning off with a new supplement- Juice Plus. I am going to blog more about that later but let's just say it is similar to Super Green Food. I had 2 Orchard Blend and 2 Vegetable Blend capsules with two glasses of water.... just trying to detox.



I then had my other all-time favorite meal- Almond Butter & Banana on Ezekiel English Muffin.

After my traumatic dentist appointment I made myself eat a bowl of Pear & Cottage Cheese topped with Salba. I had lost my appetite after seeing the future bill for dental work! I LIVE for Food so this was quite major, but I knew that I need some energy to teach yoga class, plus I was a bit nervous. First time teaching at a new studio and wanting to make sure I have sequence down and music ready was stressing me out just a tad.



I ended up meeting my family at school this evening and skipped the Pizza Hut pizza that was being offered and waited until I got home to have a warm bowl of homemade chicken noodle soup. Obviously, I am seeking out comfort food!

Emmet (my 9 year old) made this so I will have to get the recipe from him. It was actually quite tasty. Oh and I had an apple with cinnamon too.

I had stashed one of my favorite cookies in the cupboard to enjoy tonight.



So good!

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So I had shared that I was nervous today with one of my client's and she sent me the most amazing email and I wanted to leave all of you with this as well. It really helped me put things in perspective. Thank you Libby!

May my feet rest firmly on the ground.

May my head touch the sky.

May I see clearly

May I have the capacity to listen

May I be free to touch

May my words be true

May my heart and mind be open

May my hands be empty to fill the need

May my arms be open to others

May my gifts be revealed to me so I may return that which has been given completing the great circle.

– Terma

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