

Featuring Salba Smart on *Eat, Drink And Be Aware* on February 9, 2010
Online Impressions: 1,200

EAT, DRINK AND BE AWARE

NOTES ON THE EXAMINED LIFE FROM A FITNESS-MINDED FOODIE

TUESDAY, FEBRUARY 9, 2010

Salba Smart Giveaway!

Good Evening Everyone:

I have a giveaway that I am super excited about. As you may have guessed I LOVE Salba Smart and use it daily either in my oats or yogurt and even sprinkled in my salads and I am happy to report that one of you lucky readers will have a chance to try it as well.

So what is Salba?

Salba - a "rediscovered" ancient grain

Salba is an ancient grain that has been used by people in the distant past as a high energy "running food" and even used as a prized trade commodity. Salba has been cultivated through years of research and development to produce a variety that is not only the highest concentration of nutrients, but also the most consistent from crop to crop.


What is Salba?  Salba = a whole seed grown in the fertile soil and ideal climate of Peru

 Salba = a nutrient rich and nutrient consistent variety of *Salvia hispanica* L.



 Salba = higher in Omega-3 than flax or salmon

 Salba = higher ORAC score (antioxidants) than blueberries or pomegranates

 Salba = improves CVD risk factors in Type 2 Diabetes

 Salba = higher in fiber than All Bran

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-  Salba = higher in iron than spinach
-  Salba = higher in calcium than milk

These are some of the reasons why I decided to incorporate Salba into my diet and why I am excited for one of you to try it as well.

All you need to do to enter the giveaway is:

- 1) Become a Follower (if you are not already one)
- 2) Post a comment about "Why you want to try Salba Smart and how you would use it?"
- 3) If you are fellow blogger, please link to blog.

It is as easy as that and I will select the winner on February 23rd!

Check out the Salba Smart Prize Pack:

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I look forward to receiving your comments! This is a fantastic giveaway and I am excited for you all.

So onward and upward! I have had a much better day and I can't believe what a good nights rest will do for your

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soul. I admit I still had a hard time rolling out of bed especially with the prospect of teaching boot camp in 30+ degree weather. I know, I am a wimp but it was a very BRISK and WINDY day and I give you ladies kudos for coming out and working out hard this morning!

So once I was up and adam, I set about drinking my water and Juice Plus + supplements and fixing another fabulous bowl of Salba Oats. I am telling you people this oatmeal is the best especially on cold days.



Banana Berry Salba Oats

1/2 cup rolled oats

1/2 cup Mootopia Milk

1/2 cup water

1 tbsp Salba Smart

1/2 banana, sliced

Combine above ingredients in small pan and cook over medium heat for 4-5 minutes. Spend the last minute "whipping" the banana into the oats. Remove from heat and top with:

1/2 banana, sliced

fresh golden and red raspberries

1 tbsp of sliced almonds

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Enjoy!

I did get a much needed run in before teaching class and I needed to burn off some calories. I am still working off the "greasy pizza" and King Cake but the scale is going down S L O W L Y.

After class I went home and practiced the yoga sequence that I am teaching at Balance Yoga in Lakeway on Tuesday at 4:30pm. (a little plug there!) I love the studio and I am so happy to be teaching there.

Lunch was a Greek Berry Salba Bowl. I know I am on a bit of a Salba kick today but it really is the best!



Greek Salba Berry Bowl

3/4 cup Fage 2% Greek Yogurt

1 tbsp Salba Smart

Fresh Raspberries and Blueberries

1 tbsp sliced almonds

drizzle of honey

Yum!

I was bit nervous before teaching yoga and class actually was a bit quirky today! It is exciting for me to be working at a real studio where you teach to big classes but also a bit nerve wracking. Well, the music system was not working so I just had to go with the flow and teach sans music and then when everyone had worked hard and was in

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savasana relaxing the music started to work at full blast and it happened to be LOUD, ROCKING MUSIC and the whole class was jolted up from there relaxed state. We all had to laugh-- it was a quite funny!

Ah... I hope next week goes a bit smoother. So dinner was a quick fix of some leftovers tonight.



I made a little Mediterranean Plate.

1/2 Pita Toasted

2 tbsp of hummus

1 tbsp feta cheese

3 oz of chicken breast

1 cup of broccoli slaw salad

Quick and Delicious.

Now for dessert--I am hankering for some nibbles. I could go for a bowl of cereal... or have a couple of St. Joseph Fig Cookies. I have not decided which yet but I am definitely needing to eat a little bit more.... filling that void or nervous energy not sure which tonight.

Time for me to sign off and get the kids ready for bed. Don't forget to enter the Salba Smart Giveaway!

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