

Featuring Salba Smart on *Eat, Drink And
Be Aware* on January 12, 2010
Online Impressions: 1,200

EAT, DRINK AND BE AWARE

NOTES ON THE EXAMINED LIFE FROM A FITNESS-MINDED FOODIE

TUESDAY, JANUARY 12, 2010

Running + Yoga = Pure Joy

Good Afternoon!

Today has been an absolutely gorgeous day. The weather is outstanding, 65 degrees and sunny and was a perfect day to take a nice run in Bee Cave Central Park before teaching Bliss Boot Camp! I am so excited because we have got a great bunch of women showing up for boot camp and working so hard. Bravo ladies!

It is amazing how the weather really can affect your mood. A good run and then a "very hot" and sweaty yoga class has made me so happy today. I feel like I am back on track and have also worn off those pesky extra pounds that had been bumming me out a bit.

I also have had more of my favorite eats today so that too has put me in a great mood!

First up was a fabulous bowl of Cinnamon Brown Sugar Pear Salba Oats. The picture is not doing this combination any justice because it was quite delicious but does not look the prettiest.

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Cinnamon Brown Sugar Pear Salba Oats

1/2 cup rolled oats

1/2 cup Mootopia Fat Free Milk

1/2 cup water

1 tsp cinnamon

1 tbsp Salba Smart

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

1 small pear, diced

1 tsp brown sugar

6 Blue Diamond Cinnamon Brown Sugar Oven Roasted Almonds

Oh so good.

Next was my other absolute favorite-- Almond Butter & Banana on Ezekiel English Muffin. I can only go so many days without eating this meal and I KNOW you see this combo over and over but honestly it is THAT good-

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Almond Butter & Banana on Ezekiel English Muffin

- 1 Food For Life 7-Sprouted Grain Ezekiel English Muffin
- 1 tbsp MaraNatha Raw and Creamy Almond Butter
- 1 small banana, sliced

Toast the english muffin, smear with almond butter, top with banana and enjoy! The absolute best.

My afternoon snack was a quick Greek Berry Bowl. Again, I love greek yogurt and I never tire of this meal/snack either.



Greek Berry Bowl

- 2/3 cup Fage 2% Greek Yogurt (rich and creamy)
- Handful of fresh raspberries and blueberries

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6 Blue Diamond Cinnamon Brown Sugar Oven Roasted Almonds
Drizzle of Honey

The kids are done with homework so we are going to go for a walk before dinner to enjoy this fabulous weather while we can. I think I am going to make an Abby Salad for dinner with crunchy apple and red cabbage and then I am teaching yoga tonight at 7:00pm at Hill Country Fitness. I would love for any of you local reader's to come and check out class tonight. I have a fun sequence for tonight.

I hope everyone had a great day and I will check back later