

Featuring Salba Smart on *Eat, Drink And Be Aware* on January 7, 2010
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EAT, DRINK AND BE AWARE

NOTES ON THE EXAMINED LIFE FROM A FITNESS-MINDED FOODIE

THURSDAY, JANUARY 7, 2010

The Arctic Blast

Good Morning!

The Arctic Blast has hit Texas and I had to cancel Bliss Boot Camp due to the inclement weather. I am glad that I did because it is windy here. The actual temp is not that bad, 32 but it feels like 20 degrees! It was definitely a good day for a warm bowl of oats. I am feeling much better today and am looking forward to going to a hot and sweaty yoga class since I have the morning off.



Banana Berry Pistachio Salba Oats

1/2 cup rolled oats

1/2 cup Mootopia Skim Milk

1/2 water

1 tbsp Salba Smart

1/2 banana, sliced

Combine above ingredients in a small pan and cook over medium heat for 4-5 minutes. Then stir vigorously for 1 minute making sure the banana is incorporated into the oats. Remove from heat and top with:

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Handful of Raspberries and Blueberries

1 tbsp Pistachios

I am happy to report that I am going to be teaching a kid's yoga class at Bodhi Yoga on Thursday at 12:00pm starting next week. I am excited to getting back to teaching kid's yoga and am ecstatic to be teaching at Bodhi.

Time to get ready for class and have something fun that I will be making this afternoon.