

Lofty Recipe Night

Lofty Recipe Night --- Self-Care --- Tuesday 11/12/19

I love Autumn. When there's a crisp earthiness to the air, plants are decked out in their flashy fall foliage, and the season calls for warmer sweaters and comforting foods. However, that season ends up feeling short and before you know it it's *Go, Go, Go*, and don't stop until 2020! Make sure all the holiday happenings are perfect, take care of everyone's needs first... sound familiar? It's easy to fall into the trap of over-spending and over-exerting oneself during the busy holiday season. If that's not enough, the pressures of the oncoming holidays, paired with darker, chilly days, and the thought that everything outside is dying, makes it easy to feel oneself slip into the winter blues. On top of feeling a little sad, it's harder to keep oneself strong and free from sickness and pain as stress builds up. So, instead of wanting to hibernate until Spring, turn this time of year into moments of reflection, rejuvenation, and self-care. Practicing a mindset (attitude) shift takes motivation, encouragement, and enlisting the help from others. It might surprise you how leaning into the positive people and resources that surround you can bridge a lifeline to Spring, and prepare you for a lifestyle change that is carried through for years to come.

Call them coping mechanisms, your warm-fuzzies care kit, gratitude to-do list, or whatever makes sense to help you organize your individualized self-care handbook. Write your list down, tuck it into your favorite sweater/jacket/wallet/etc., even post it on your bathroom mirror... but look at it every day as a reminder that you're prepared to take care of yourself. Use your list, then you'll be ready to happily nurture those you love.

Here is a list to help you get started:

- ❖ Breathe, simply breathe, and notice your breath. Find your center through breathing, meditation, yoga, or just quieting your mind.
- ❖ Create a positive mantra that you recite when you wake up in the morning. It can be as simple as one or two words.
- ❖ Start writing a gratitude (or whatever you want to call it) journal. Writing it down gives it clarity and helps make it a reality. The simple things sometimes are the sweetest.

List Continued...



Downtown
Grocery

- ❖ Nourish your body with healthy foods and drinks. Choose stress-reducing foods: dark leafy greens, crunchy colorful fruits and veggies, fatty fish, nuts and seeds, whole grains, herbs and teas, dark chocolate. Sometimes a warm cup of tea makes all the difference, enjoying it creates a "pause" in the day.
- ❖ Get moving! Go for a walk solo, with your dog, or a friend. Stretch, jump, push/pull, dance. Getting your heart rate up increases blues banishing endorphins!
- ❖ Seek out outdoor adventures to maximize your sensory experience! Exercise, sit under a tree, play with children or animals, create art... you name it, you can do it outside. Spending time outdoors in natural light and fresh air is a wonderful way to brighten your mood. Yay nature!
- ❖ Prioritize time with friends, family, or a trusted professional. Being heard helps.
- ❖ Create joy and challenge your mind! Investigate interesting potential hobbies; cook or bake something new, or something favorite with a twist; work with your hands; read, sing, laugh, and hug.
- ❖ Pamper yourself, whatever that means to you. Soak in a bath infused with homemade bath bombs or oils, visit your chiropractor or massage therapist, have a night out enjoying your favorite entertainment (live music, movie, dancing, people watching). Practice aromatherapy by sniffing or infusing calming oils such as lavender, chamomile, clary sage, or rose. Slip on your warmest, coziest socks or sweater. Wrap yourself in comfort.

Notes:



Simple Self-Care Comfort Recipes:

Baked Oatmeal

- 2 C Old Fashioned Oats (sub GF)
- 1 C Milk (sub non-dairy alt.)
- 1/2 C Pecans, toasted & chopped (sub other nuts)
- 1/2 C Cherries, dried (sub other dried fruit/berries)
- 1 Large Apple, unpeeled & grated
- 1/4 C Brown Sugar, (sub coconut, date, maple)
- 1/2 tsp Vanilla Extract
- 1/2 tsp Cinnamon

Procedure: Preheat oven to 400 degrees F. Butter or grease a 9 x 13 casserole or baking dish. In a large mixing bowl, place all ingredients and combine well. Pour all ingredients into the buttered dish. Bake uncovered for 45 minutes. Serve warm, add milk for a creamy texture. Enjoy this warm comforting breakfast food again and again by swapping ingredients seasonally! Can be reheated. Serves 6 – 8.

Sheet Pan Meal

- 2 lbs Chicken Breast or Thighs
- 1/4 C Olive Oil, plus extra for drizzling
- 1 Lemons, 1 for juicing
- 2 TBS Seasoning (Harissa, Garam Masala, Poultry Blend)
- 1 TBS Maple Syrup
- 2 Med. Delicata Squash, seeded & cut 6 pieces
- 2 Med. Sweet Potatoes, cut into 1 in. pieces
- 1 Large Yellow Onion, cut into big pieces
- 1 C Garbanzo Beans, cooked
- Salt & Black Pepper to taste

Procedure: Preheat oven to 425 degrees F. In a large, rimmed baking sheet place chicken, 2 TBS olive oil, lemon juice, seasoning, maple syrup, and a dash of salt and pepper. Toss well to combine. Next add squash, sweet potatoes, onions, garbanzo beans, and remaining olive oil. Arrange everything on tray to make one layer. Bake for 20 minutes, toss, then bake another 20 minutes, or until chicken temp. reads 165 degrees on thermometer. Remove, and divide contents evenly onto plates. Add additional salt and pepper to taste. Other fun additions include topping with olives, feta cheese, and yogurt. Feel free to leave out the chicken and add additional squash types, potatoes, or other veggies! Serves 4 – 6.

Golden Milk

- 1 ½ C Unsweetened Almond Milk
- 1 ½ C Unsweetened Light Coconut Milk (1 can)
- 1 ½ tsp. Turmeric, ground (can use fresh too!)
- 1/4 tsp. Ginger, ground (also can use fresh)
- 1/4 tsp. Cinnamon, ground (or 1 stick)
- 1 TBS Coconut Oil
- 1 TBS Maple Syrup (or other sweetener)
- Pinch of Black Pepper, ground

Procedure: In a medium-sized saucepan, add all ingredients. Place pan on stovetop and on medium heat, whisk to combine all ingredients. Continue whisking until golden milk is hot, but not boiling. Taste, add a touch more spices or sweetener if desired. Best to drink immediately when fresh, but can be stored in a sealed container in the refrigerator for a few days and then reheated on stovetop until hot. Serves 1 – 2.



One Bowl Pumpkin Muffins

- 1/3 C Coconut Oil
- 1/2 C Maple Syrup (or honey)
- 2 Eggs
- 1 C Pumpkin Puree (roasted pumpkin or can)
- 1/4 C Milk (sub non-dairy alt.)
- 1 tsp Vanilla Extract
- 2 tsp. Pumpkin Spice Blend*
- 1 tsp Baking Soda
- 1/2 tsp Salt
- 1 ¾ C Oat Flour (or ground oats)
- 1/3 C Oats, plus extra for top (sub GF)

Procedure: Preheat oven to 325 degrees F. Grease or line a muffin tin. In a medium-sized mixing bowl, first add melted coconut oil and maple syrup. Stir by hand, then add eggs and stir again until combined. Next add pumpkin puree, milk, and vanilla extract, and stir again to incorporate all wet ingredients. Next add dry ingredients, starting with the pumpkin spice blend, baking soda, and salt. Stir well. Finally, add oat flour and oats and stir again until all ingredients are combined. At this time fold in any add-in's, for example chopped nuts, raisins, cranberries, crystalized ginger, or chocolate chips. Scoop and fill muffin tin cups evenly. Top with a sprinkling of oats if you prefer this presentation and texture. You could also top with a sprinkling of course or turbinado sugar for an added sparkle! Bake muffins for 10 - 12 minutes if using a mini-muffin tin or 20 - 25 minutes when using a large pan tin. Muffins are done when a toothpick comes out clean and top is golden. Let rest for a few minutes, then remove and place on a cooling rack. Eat warm, at room temperature, or after thawed from frozen. Can be frozen in air-tight freezer bag for a few months. Serves 24 mini-muffins or 12 large muffins.

*Pumpkin Spice Blend --- can be purchased at a store, or made from scratch combining a few ground spices:

- 1 tsp ground Cinnamon
- 1/2 tsp ground Ginger
- 1/4 tsp ground Nutmeg
- 1/4 tsp ground Allspice or Cloves

