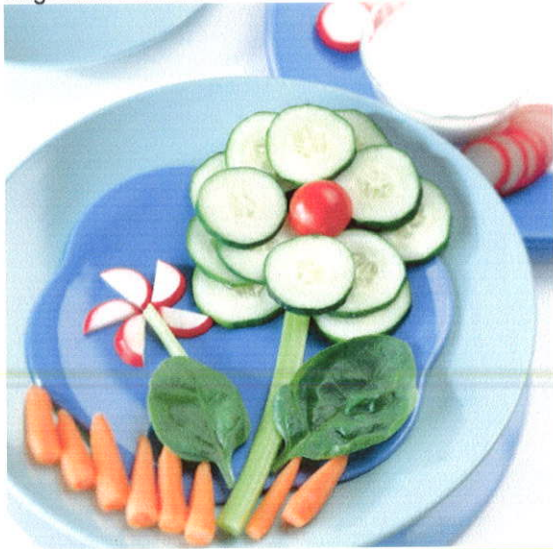


FUN SPRING RECIPE

While the kids are home during spring break or even for a fun after-school snack that we, as parents can feel great about, try adding some flare to your child's plate! After all, the saying "presentation is everything" had to come from someone who knew a little something about pretty food. My guess is that it came from a kid. Really, kids hate when things look weird and mushy or it's too brown or it's got fuzz on it or – you know what I mean! So the secret to getting our kids to DESIRE the foods we want them to eat? Easy peasy....make it look fun!

Here's a cute spring recipe idea to get you going!

Vegetable Flowers



Ingredients

radish slices
fresh spinach leaves
cucumber rounds
cherry tomatoes
celery sticks
baby carrots

RANCH DIP:

1 16-ounce container sour cream (Vegan sour cream is a great substitute for those with dairy allergies)
1 tablespoon white vinegar
2 tablespoons minced, fresh parsley
2 tablespoons minced, fresh dill
1/2 teaspoon garlic powder (or 1 clove garlic, crushed)
2 tablespoons grated onion (optional)

Salt and pepper, to taste

Instructions

Set out vegetables and let your kids design their own flowers (there is no right or wrong way of doing this). We used radish slices and cucumber rounds for petals, cherry tomatoes for flower centers, celery sticks for stems, spinach for leaves, and baby carrots for grass.

Ranch Dip: In a small bowl, stir together the sour cream and vinegar until smooth. Add the parsley, dill, garlic powder, onion, if desired, and salt and pepper and stir. Cover and refrigerate for at least 1 hour.

Happy Eating!!!

STRESS RELIEF AND MEDITATION

Meditation has [many health benefits](#) and is a wonderful way to relieve stress and maintain a [healthier lifestyle](#). There are many different [ways to meditate](#), and this is one of the most basic. With practice, you can use this technique to feel inner peace whenever you need it. Here's how:

Difficulty: Easy

Time Required: 5 to 30 Minutes

Here's How:

1. Get into a comfortable position. Many people like to sit in a comfortable chair, or cross-legged on the ground. You want to be able to completely relax while still staying awake.
2. Close your eyes.
3. Clear your head. (This is the part that takes practice.) The idea is to stay unattached to thoughts of any kind. That means that, if that inner narrative voice in your mind speaks up, gently “shush” it and opt for internal silence.
4. That's it. Keep letting go of any thoughts that may pop into your mind, and the quiet spaces between thoughts will become longer and more frequent. You're on the road of meditation!



