

MARCH

Month three of this New Year. How are your goals coming along? Practice makes better. Nothing is perfect. Lots of things can be getting better. Small, incremental changes eventually add up to big, meaningful change eventually if you remain consistent with practice. Anything you've ever wanted to be good at likely took years of repetitive practice.

Spend just one minute each day to envision you, being a person who is confident, self-possessed and in control of your own decisions; as they relate to your health and wellness. No one can want this for you...."it" has to come from within. Do whatever it takes to **not** be a part of that group that tosses in the towel by March because your goals took too long to unfold. Consistency is the **ONLY** way to build a balanced habit. Day in and day out. Keep on plugging away.

Spring is about to spring! Consider planting some colorful vegetables, some herbs or some fun fall squash in March, once the earth has warmed up enough. Start your seedlings inside in cardboard egg cartons then transfer them, carton and all, right into the earth once it is warm enough. Pumpkins planted this or next month will be ready in time for Halloween.



Here is a fun bonus recipe to try out this month:

Carrot-Zucchini Bars

Ingredients:

1 1/2 cup Whole Wheat White Flour
1 tsp. Baking Powder
1/4 tsp. Cardamom
or 1/2 tsp. Ginger
1/4 tsp. Baking Soda
1 1/2 cups Shredded Carrots
1 cup Shredded Zucchini
2 Eggs, lightly beaten
1/3 cup Pureed Prunes (Baby Food)
3 Tbsp. Avocado Oil
1/4 cup Clover Honey
1 tsp. Pure Vanilla Extract
1/3 cup + 1 Tbsp. packed Splenda Brown Sugar
or 3/4 cup packed Brown Sugar
1/3 cup Currents
1/3 cup Chopped Toasted Walnuts

Frosting Ingredients:

8 oz. Whipped Low Fat Cream Cheese **or** same Greek Yogurt Cream Cheese
3/4 cup Splenda (not the blend) **or** same Powdered Sugar
1 tsp. Lemon Zest

Frosting Directions:

Beat cream cheese and Splenda on medium until light and fluffy.
Stir in lemon zest.

Directions:

Pre heat oven to 350° F

Step 1: Carefully measure 5 dry ingredients (thru soda) into a large bowl; whisk to combine. Make a well; set aside.

Step 2: Combine remaining 10 ingredients (thru walnuts) into a medium bowl; stir until blended.

Step 3: Add wet ingredients to dry ingredients. Stir only until just moistened; do not over-mix.

Step 4: Spread batter into an ungreased 9 x 13" baking pan. Bake in pre heated oven for 25 minutes; or until a toothpick inserted in the center comes out clean. Cool completely on a wire rack. Frost when cool. Refrigerate.

1 Balanced Habit to Work on in the 3rd month of 2022

-Each month we will add to this list-

1. Cut back on coffee, tea or soda and drink more water.
2. Eat something for breakfast every day.
3. Stir fry a mixture of diced colorful veggies each week to add an antioxidant boost to your morning eggs!