

# WELLNESS MONTHLY

Exercise | Nutrition | Happiness

## Banana Cookies

### Ingredients:

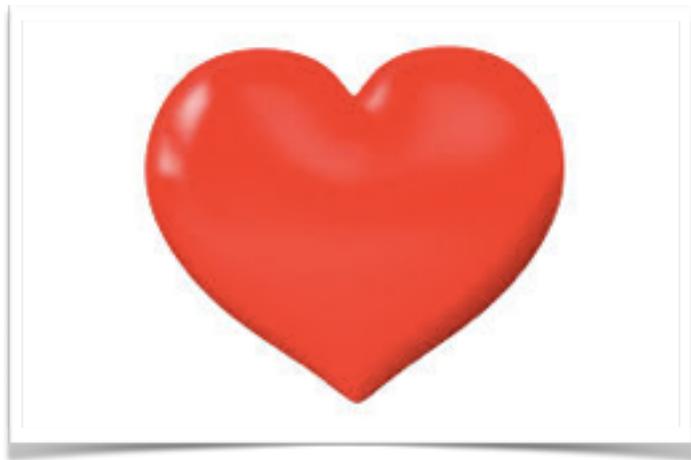
~ 1 mashed banana ~ 2 flax eggs ~ 1 tbsp coconut oil ~ splash of vanilla ~ 1/2 cup peanut butter powder ~ 1/2 cup oat flour ~ pinch of salt ~ 1 tsp baking powder ~ 1/4 cup truvia ~ heaping spoonful of peanut butter ~ carob or chocolate chips, as desired

### Directions:

Combine all ingredients. Scoop cookies (size as desired) onto greased baking sheet. Bake at 350 F for 5-10 minutes — watch carefully, bake time will vary based on size of the cookies. Recipe from Me.

## Cardio Circuit (Equipment Required)

5 min stationary bike ~ 5 min running on treadmill (speed of choice) ~ 5 min elliptical ~ 5 min stair climber (speed of choice) ~ 20 curls w/ dumbbells ~ 20 lateral raises w/ dumbbells ~ 20 forward raises w/ dumbbells ~ From Me



## 10 Ways To Practice Self-Love

I've found that when I feel my lowest, when my body has been the most sick & when I am bombarded with the most self-deprecating thoughts, the only thing to pull me up & out is drenching myself in self-love. I've put together a list to help you get started with your own self-love conversation.

### 1. Create a self-love ritual.

One ritual is moisturizing your skin with intention. I massage my feet & thank them for getting me where I need to go; I moisturize my hands & love them for all the transactions & introductions they've helped me with throughout my life. I stop taking my body & my life for granted & relish how blessed I am while showering myself with gratitude.

### 2. Build a precious community.

As much as we would like to think we can, we can't do everything ourselves. You need the support & love from people around you to stay motivated. Positive energy is contagious, so whether you're building a network or planning to go to a fun event, it's always important to have a community you value around you regularly.

### 3. Make a "What's Working for Me" list.

In order to really love yourself sometimes you have to

## Baked Crumb Donuts

### Ingredients:

#### Donuts:

¾ cup Plain, Nonfat Greek Yogurt

3 Large Eggs

⅓ cup Truvia Cane Sugar Blend, Ground Flaxseed, Almond Meal, and Coconut Flour

¼ tsp Salt

2 tsp Vanilla Extract

1 tsp Double-Acting Baking Powder

#### Crumb Topping:

½ cup Almond Meal

3 tbs Truvia Brown Sugar Blend

¼ tsp Ground Cinnamon

2 tbs Unsalted Butter (room temperature)

#### Directions:

Preheat the oven to 350 degrees F & place a silicone donut pan on a baking sheet. In a large bowl, whisk together the yogurt & eggs. Whisk in the Truvia Blend & salt, then whisk in the vanilla extract. Whisk in the flax, then whisk in the almond meal. Add the coconut flour & baking powder. Whisk thoroughly. Scoop the mixture into a piping bag & pipe the batter into 6 donut molds.

Crumb Topping- In a medium-sized bowl, whisk together the almond meal, Truvia Blend, & cinnamon. Use a fork to mix in the butter. Sprinkle the mixture over the piped donuts. Gently pat the crumb mixture a few times so it sticks to the batter. Bake for 30 minutes. Let cool completely, then place the pan in the freezer for about 1 hour. This helps the donuts come out of the pan easily. Serve chilled or serve warm, depending on what you're in the mood for, and enjoy!

From [dessertswithbenefits.com](http://dessertswithbenefits.com)

recognize all the love you have around you. One of the practices I do when I'm feeling down is to go within and acknowledge what's really working, then make a "What's Working for Me" list. Once you see it on paper and accept all of the positivity in your life, it will make it that much easier to love yourself.

#### 4. Know that your body is a loving vessel.

Treating your body like a loving vessel will not only boost your self-love, but also your energy. Be intentional about what you put into your body, not only because you want to look good but because you want to feel good.

#### 5. Clean out your closet.

Cleaning out your closet can positively affect your mind as you make room for new things to come in to your life! Cleansing your mind can sometimes work in the form of letting go of clothes, shoes, jewelry, etc. that remind you of a negative time in your life. Don't chase what's already happened; love yourself enough to know the best is yet to come.

#### 6. No more comparisons.

The next time you want to browse the web for reasons to feel bad about yourself, remember that you are perfect just the way you are; being in a pattern of compare and despair only makes you focus on the negative, when there's SO much to be grateful for.

#### 7. Explore your spirituality.

Faith is the foundation for self-love, no matter what you believe. Believing in something opens up your soul to the beauty of belief & trust. It will build your intuition & help you make decisions based on your gut. When you explore your spirituality it will also take you on a journey to learning things about yourself & those new thoughts, feelings, passions, & raw emotions will make you appreciate yourself for being authentically you.

#### 8. Do something you're good at.

If this isn't the ultimate self-esteem booster, I don't know what is! Self-esteem & self-love often go hand in hand, & participating in a hobby you're good at will not only boost your endorphins, but will bring out the best version of you.

#### 9. Find your happy place.

Think of a place that makes it simple to just be. That means being able to sit quietly and embrace the here and

now. Self-love is all about connecting with yourself, and one of the easiest places to do that is your happy place.

**10. Build your letting go muscle.**

We're constantly holding on to things in our past, & it can tend to weigh heavy on our souls & even give us low self-esteem. The more blocks we clear, the more we can really live big in the area of self-love. Although we may do this as a way to protect ourselves from hurting, it's really only holding us back from moving forward to reaching optimal self-acceptance & loving who we are.

Article adapted from [mindbodygreen.com](http://mindbodygreen.com)