

**QUOTE OF  
THE  
WEEK:**

“We are here to add what we can to life, not to get what we can from life.”

- Sir  
William  
Osler

## Chickpea Avocado Mash with Feta

### Ingredients:

- 1 ripe avocado
- 1 (15 oz) can chickpeas, drained & rinsed
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp pepper
- Juice of one lemon
- 1/4 cup crumbled feta cheese
- 1/2 red onion, chopped

### Directions:

1. In a medium bowl, mash together the avocado and chickpeas until you get a consistency you like.
2. Stir in garlic powder, onion powder, salt, pepper and lemon.
3. Stir in feta cheese and red onion.
4. Serve in a wrap, on toast, or with vegetables or crackers.



# Harry Potter Festival



**Accio Potter Fans!**

**Roanoke is having a Harry Potter festival May 13th!**

**11:00 - 5:00**

**Admission is \$5.00**

**Downtown, Roanoke**

<https://www.eventbrite.com/e/roanoke-harry-potter-festival-tickets-29469244303>

## Coming Soon to a Patio Near You!

**Chair cushions & umbrellas!**

If the sun ever comes out, the patio will be heating up with activity. If you typically have a burning desire to study on the patio, but can't handle the intensity of the hot metal seats you're in luck!

Patio fans, in a couple short weeks, we are stoked to announce you'll be able to chill on the patio in comfort! Soon, the tables will be shaded by umbrellas and the chairs and benches will have cushions.

Cool right!?



# Wellness Weekly Challenge

Take a little time to walk around your place of work. For those of you counting steps or trying to fit a bit of exercise into your day, consider taking a break and walking your building. Over here in the School of Medicine, try the following: Start on the 3rd floor, walk the halls, take the stairs down to the 2nd floor, walk the halls, take the stairs down again, and then walk the halls of the 1st floor. Then, repeat the circuit going back up. Over the course of the day, complete this pattern three times and you'll get in your 10,000 steps.

## Breakfast on the Go: Banana Chocolate Chip Breakfast Cookie

### Ingredients:

- 1 medium ripe banana, peeled & mashed
- 1/3 cup pure maple syrup
- 1/4 cup almond butter
- 1 large egg
- 1 tsp pure vanilla extract
- 1 cup rolled oats
- 1/2 cup wheat bran
- 1 tsp cinnamon
- 1/8 tsp salt
- 1/2 cup chocolate chips

### Directions:

1. In a medium bowl, mix together the banana, pure maple syrup, almond butter, egg and vanilla extract until blended.
2. Add the rolled oats, wheat bran, cinnamon, and salt to the wet ingredients. Stir until all the ingredients are combined.
3. Stir in the chocolate chips
4. Cover the batter and place in the refrigerator for 2 hours.
5. Preheat the oven to 350. Using a medium cooking scoop, portion out 12 cookies onto a baking sheet. Either use parchment paper or spray sheet with cooking spray.
6. Bake for 10-12 minutes or until the cookies are set. They will still look a little wet.
7. Let the cookies cool on the baking sheet for 15 minutes and then carefully move them to a wire rack to cool completely for 1 hour or so. Store in an airtight container on the counter, in the refrigerator, or in the freezer.

