

**QUOTE OF  
THE  
WEEK:**

“Wherever  
the art of  
medicine is  
loved,  
there is  
also a love  
of  
humanity.

-Hippocrates

## Almond-Flax Crusted Chicken

### Ingredients:

- 4-5 oz chicken breasts
- 3 Tbsp ground flax
- 1/2 cup almond meal
- 1 Tbsp avocado oil
- 1 Tbsp almond butter
- 1 tsp lemon juice
- 1 tsp sea salt
- Pinch cayenne pepper
- 1 tsp parsley, fresh
- 1/4 tsp paprika
- 1 tsp thyme, fresh
- 1 Tbsp onion finely chopped

### Directions:

1. Preheat oven to 350. Rinse the chicken and pat dry with a paper towel. Take the chicken pieces and pound them evenly flat across the breast using a kitchen mallet.
2. Pour the almond meal and flax into a small bowl and stir to mix evenly.
3. In a second bowl, combine the avocado oil, almond butter, lemon juice, and all spices and herbs. Mix in a small food processor or by hand. Once combined add the chicken breasts to this mixture (if time, allow the chicken to marinate with the mixture for 10-15 minutes to further enhance the flavor).
4. Remove the chicken breasts from the marinate and place on a baking tray. Sprinkle half of the almond/flax mixture evenly across one side of the 4 breasts. Pat each chicken piece by hand to better coat the chicken. Carefully turn each over and repeat.
5. Place the chicken on a tray and into the center of the oven for 20-30 minutes or until the thermometer reaches 168 degrees on the thickest part of the chicken.



## Salem Red Sox



Consider heading out to the Salem ballpark this weekend! The Sox are in town and they're playing against Myrtle Beach. Tonight's game is at 7:05 and there's always fireworks after the Friday night games. Saturday's game is at 6:05 and Sunday's game is at 1:05. Tickets start as low as \$8.00 each.

Check out the schedule on-line:

<http://www.milb.com/schedule/index.jsp?sid=t414>

## Patio Updates!

The upgrades are here!

The cushions will be put out each sunny morning around 8:00 AM and taken down each afternoon around 4:00 PM. The umbrellas need to be kept closed unless in use. Also please only put them up when the breeze is light to avoid injury and/or damage. We will be securing the umbrella bases to the patio very soon to enhance safety (but please always heed the aforementioned details regarding use). If you have any questions about the patio equipment, please touch base with Emily.



# Wellness Weekly Challenge



Don't forget your sunscreen. The sun is finally coming out a little and it's easy at this time of year to get somewhere without some SPF. So, please throw some sunscreen by your backdoor, in your purse, backpack, locker, car door.... wherever you'll be able to reach it when you need it. And, it's also a good habit to hear a daily moisturizer with sunscreen on your face year round.

## Paleo Banana Bread

### Ingredients:

- 4 bananas (about 2.5 cups mashed)
- 4 eggs
- 1/2 cup almond butter (or sunflower seed butter)
- 4 Tbsp melted ghee (or coconut oil)
- 1/2 cup coconut flour
- 1 Tbsp cinnamon
- 1 tsp baking soda
- 1 tsp baking powder (gluten free)
- 1 tsp vanilla
- Pinch of sea salt

### Directions:

1. Preheat the oven to 350. Mix the bananas, eggs, nut butter, ghee (or coconut oil) in a blender or food processor. Once all ingredients are blended together, add in coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt. Mix well.
2. Grease a 9x5 glass loaf pan with coconut oil.
3. Pour the batter evenly into a loaf pan. Place in the oven for 55-60 minutes. *Note: If using a metal pan the bread will likely be done in 35-40 minutes.* To test, insert a toothpick into center of the bread, if it comes out clean, the bread is finished. When it's finished baking, remove the bread from the oven and cool.
4. Optional Add-ins include: chocolate chips and/or chopped nuts.



<http://civilizedcavemancooking.com/grain-free-goodies/paleo-banana-bread/>