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True Roots: A Mindful Kitchen with More Than 100 Recipes Free of Gluten, Dairy, and Refined Sugar by Kristin Cavallari (Apr 3) The Plant Paradox Cookbook: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free by Steven R Gundry (Apr 10)

Butternut Squash Pancakes - Pickler & Ben

and savory pancakes, a recipe featured in her cookbook, True Roots Butternut Squash Pancakes Serves 4 Ingredients 4 ounces (heaping ½ cup)

cooked butternut squash puree 4 large eggs ½ cup oat flour ½ teaspoon ground cinnamon ½ teaspoon baking soda ½ teaspoon vanilla bean powder
Pinch of pink Himalayan salt Coconut oil, for pan

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kitchen, my lunch was a juice I too drank on the go and I'd arrived home to more kitchen snacks as I prepared for a client My dinner, spoiled, as I placed pieces of kale, sweet potato and mushroom into my mouth as I cooked And then when my baby frittatas were ready, I sat and ate them at the computer

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your guide to meditation - Mindful

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Springfield, Massachusetts In true Irish form, he had a keen sense of humor As a young child, he moved with his parents, and they were mindful of the congregation's deep roots in this part of Ohio They and a full kitchen with microwave and gar-bage disposal Safety features include smoke detec-

The Application of Mindfulness to HIV

Mindfulness, with its roots in eastern philosophy and reli-gion has comfortably migrated to western secular practice and become a therapeutic tool As Kate Kitchen and Bill Gayner sug-gest in this issue of FOCUS, mind-fulness enriches the therapeutic process by heightening aware-ness of the present moment for both client and therapist, and