

Preparing food and eating is an Art. & Digestion begins in the mind.

Studies show that the more money spent on health care-the more sickness there is. There are also studies that say food is information because it become our cells.

The kitchen is my favorite room in the house and this time of year is no exception. And, if you love to cook you also love to eat.

Some of us are challenged with easy access to extra pounds on our thighs. No worries, I've found you can actually have fun with your food choices, if you are mindful to add a little color.

Why Eating Color is Important

Healthy Foods have natural colors that nourish our cells. These natural colors are designed to excite our senses. Incorporating new habits build our mental muscle. This is because there is a mind/ gut connection in everything we do and everything we eat.

There are healing powers in colors in everything we do in our life. The colors we choose in our foods is no exception. Invite color into your plate at your next meal. Make it Art. Feel the love. Choose a plate of organic colorful vegetables, fruits, homemade soups and salads. With this powerful "language of color," we can discover how to use it to enhance our well-being and brighten up our palettes.

Eating colorful vibrant foods contain vitamins, phytonutrients, and fiber that our body recognizes in order to thrive.

Examples include kale, spinach, organic red bell peppers, asparagus, fresh cooked cranberries, tomato salsas, avocado salsa and more.

Reishi Mushroom are red, purple, brown, and black and promote brain health.

Beets are red /purple and good for our heart and central nervous system.

Celery, cucumber, and parsley are good for kidneys.

Blues, such as blueberries, are good for stem cells and influence longevity.

You get the picture. These foods are alive. If we eat like this we wouldn't gain all that extra weight over the holidays. When visiting relatives and friends

you can start by bringing one favorite colorful food you know you will enjoy. Then search for other colors to go with it. Forget the chips and be creative.

When drinking alcohol it is easy to drink more than one. Why? Because alcohol is sugar and doesn't contain any fiber. If you avoid alcohol for an appetizer, you might drink less and enjoy your food more. Alcohol only adds unwanted weight gain.

Leave out the beige and/or white foods. These include pasta, mac and cheese, mashed potatoes, breads, french fries and alike.

And finally- Remember to take the time to taste your food, chew slowly.

The colors we choose in our clothes, foods, and home reflect messages from the deep knowing part of our being. This is usually unconscious. If, however, we can become aware of this profound and powerful “language of color,” we can discover how to use it to enhance our well-being.

Recipes:

Kale & Quinoa Salad

- 1 cup organic quinoa cooked
- 3 tbs Kalamata Olives (pitted)
- 3 cups organic baby kale
- 2 organic carrots chopped
- 1 cup organic red bell pepper chopped
- 1 cup organic snap peas
- 1 cup organic tomatoes (sliced)
- 1/2 cup fresh scallions chopped

1 cup fresh parsley chopped

1 avocado sliced

Place 1 cup of quinoa in salad bowl. Toss in other ingredients, add 1 teas sea salt and juice from 1 fresh lemon. Serves 2.

Veggies & Non Dairy Nut Cheese

Lightly Steam 1 pound each organic fresh broccoli and organic asparagus -set aside

2 cups water

1 cup organic raw unsalted cashews

1 raw red organic bell pepper

¼ cup Nutritional Yeast Flakes

½ tablespoon kuzu

1 tablespoon fresh lemon juice

1 teaspoon Celtic sea salt

Dash of pepper

1 teas fresh garlic

⅓ cup fresh parsley chopped

1/8 teaspoon cayenne (optional)

In blender-

Blend raw cashew nuts in 1 cup of water until very smooth. Add 1 more cup of water and the remaining ingredients and continue blending until smooth.

Place in saucepan. Simmer in a saucepan until thickened, stirring constantly for about 4-5 minutes. Use as a sauce for your lightly steamed vegetables.

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