



FIT TIPS

MONTHLY RECIPE

Benefits Of Breathing*

Roasted Herb & Lemon Cauliflower

1. Detoxifies and Releases Toxins
2. Releases Tension
3. Relaxes the Mind/Body; Brings Clarity
4. Relieves Emotional Problems
5. Relieves Pain.
6. Massages Your Organs
7. Increases Muscle
8. Strengthens the Immune System
9. Improves Posture
10. Improves Quality of the Blood
11. Increases Digestion/Assimilation of food
12. Improves the Nervous System
13. Strengthen the Lungs
14. Breathing makes the Heart Stronger.
15. Assists in Weight Control.
16. Boosts Energy levels, Improves Stamina
17. Improves Cellular Regeneration
18. Breathing Elevates Moods



Ingredients

Instructions

1 medium head cauliflower, cut into florets (about 6 cups)
 •4 tablespoons olive oil, divided
 •1/4 cup minced fresh parsley
 •1 tablespoon minced fresh rosemary
 •1 tablespoon minced fresh thyme
 •1 teaspoon grated lemon zest
 •2 tablespoons lemon juice
 •1/2 teaspoon salt
 •1/4 teaspoon crushed red pepper flakes

•Preheat oven to 425°. Place cauliflower in an ungreased 15x10x1-in. baking pan. Drizzle with 2 tablespoons oil and toss to coat. Roast 20-25 minutes or until golden brown and tender, stirring occasionally.
 •In a small bowl, combine remaining ingredients; stir in remaining oil. Transfer cauliflower to a large bowl; drizzle with herb mixture and toss to combine.

Nutrition Facts

3/4 cup: 161 calories, 14g fat (2g saturated fat), 0 cholesterol, 342mg sodium, 8g carbohydrate (3g sugars, 3g fiber), 3g protein. Diabetic Exchanges: 3 fat, 1 vegetable.

* <https://www.onepowerfulword.com/2010/10/18-benefits-of-deep-breathing-and-how.html#:~:text=18%20Benefits%20of%20Deep%20Breathing%20and%20How%20to,reducing%20excessive%20anxiety%20levels.%20...%20More%20items...%20>

EVENTS

Watch for more details on these upcoming events:
April 7th- World Health Day! Free Health Screenings
April 13th – Outdoor Yoga at The Clubhouse