



## FILL YOUR BOWL WITH FUNCTIONAL FOODS

The Build a Better Bowl concept is all about enjoying flavorful, functional foods. These ingredients have health benefits beyond basic nutrition to reduce inflammation, support immunity, and promote a happy belly. These foods along with a healthy diet and body weight, exercise, limiting alcohol intake, quitting smoking, and stress management can help to prevent disease. Here are our three focus areas:

- **Immunity:** antioxidant rich foods such as citrus fruits, berries, bell peppers, cauliflower, broccoli, tomatoes, and herbs and spices like oregano, garlic, cinnamon and turmeric.
- **Anti-Inflammatory:** fatty fish like salmon, walnuts, flax and chia seeds, turmeric and ginger.
- **Happy Belly:** fiber and probiotics help support a healthy gut microbiome. Great choices include fruits with skin, vegetables, whole grains, legumes, pulses, fermented foods and yogurt.

## CHEF'S TIP FOR THE BEST OATMEAL

1. Toast old fashioned oats on a sheet pan in the oven before adding to the pot to bring out the nutty flavors. You will be amazed at how this transforms your oatmeal into something extraordinary. You can also do this right in the pot before adding the liquid.
2. Use plant-based milk instead of water and add a dash or cinnamon and vanilla to the mixture to enhance the flavor of your oats.
3. After cooking oats, stir in some roasted apples or pears, and top with toasted pecans and granola for a sweet and crunchy breakfast bowl.

## NATIONAL PIZZA WEEK

One of the best things about pizza is its versatility. With a wide variety of crusts and toppings to choose from, it is easy to customize a pizza to suit individual taste buds. Pizza isn't just eaten for lunch or dinner anymore.

Break out of the norm and try a breakfast pizza topped with eggs, cheese, and roasted veggies! If you are looking to cut back on carbs, cauliflower crust is a simple and delicious alternative that packs an extra dose of vegetables into every slice.



## ADD MORE OATS TO YOUR DAY

January is National Oatmeal month so start your new year by eating more oats. Oatmeal is a whole grain loaded with fiber, phytochemicals, and nutrients found to lower cholesterol, support gut health and fight cancer. Once most often eaten as porridge, oatmeal is now much more popular and enjoyed in a variety of ways.

From savory or sweet, heated or chilled, baked or toasted, there are countless ways to enjoy this classic grain. For a delicious and nutritious breakfast combine milk, yogurt, and oats in a mason jar, refrigerator and let sit overnight, then top with your favorite nuts and fruit.