



# Be Bliss Vibrant Living

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## Newsletter

### *Go RAW with Audrey at Whole Foods in Carmel*

#### *Recipe of the Month*

##### **Living Chocolate Cherry Walnut Brownies**

##### *What you need:*

- 2 cups walnuts, soaked and dehydrated
- 6 tablespoons pitted dates, packed
- 6 tablespoons carob powder or cocoa powder
- 1 teaspoon cherry extract
- 1/4 cup chopped walnuts, soaked and dehydrated
- 1/4 cup dried pitted cherries, chopped
- 3 tablespoons water

Grind 2 cups walnuts in food processor into a meal. Add dates and continue to process until well combined. Add carob or cocoa powder and cherry extract and process. Transfer mixture to large bowl. Add remaining walnuts and cherries to brownie mixture and sprinkle with water. Mix well with hands. Pack in 7x7 pan, chill 1 hour in fridge and enjoy! Keeps one week in fridge and freezer for three months.

**Enjoy!**

Is living with more energy, feeling healthier, sleeping better and looking younger a goal for you this year? If so, keep reading.

I'm passing my knowledge on to you through **FREE** classes at the Carmel Whole Foods this month, where you can learn about the benefits of a Raw food lifestyle, how to start incorporating more living, whole foods into your diet with delicious recipes that leave you feeling so satisfied—no guilt required. Our first class, **Italian in the RAW**

on **Saturday, January 9th from 1-2:30**, will focus on two delectable recipes: Zucchini Pasta Marinara and Creamy Zucchini soup.

Check out our **Waking Up with Living Foods** class on **January 21st at 6:00**. We will be making a seriously delicious Detox Berry Smoothie, Sweet Almond Milk and tasting some living granola.

Both classes will include samples of all demonstrated recipes along with a packet of information including the



recipes and a shopping list.

Seating is limited, so RSVP now by calling **317.569.1517** and leave message for Sarah Smith. We hope to see you there! **Have questions about the classes? Contact Audrey!**  
[audrey@beofbliss.com](mailto:audrey@beofbliss.com)  
**317-501-7606**

### *Did you know? Wheatgrass*

Wheatgrass has been called one of nature's finest medicines. It is possibly one of the most nutritious and cleansing juice there is. One ounce of wheat grass juice contains the nutritional equivalent of more than two pounds of fresh fruits and vegetables. It is very similar in molecular structure to red blood cells, enhancing the blood's capac-

ity to carry oxygen to every cell of the body. Wheat grass juice boosts energy by counteracting nutritional deficiencies and removing wastes that clog cells, blood, tissues, and organs. Wheatgrass juice assists dieters by speeding blood circulation and metabolic rate, suppressing appetite and enhancing digestion. This beautiful green juice has

been accredited with:

- Preventing graying and hair loss
  - Relieving constipation
  - Increasing resistance to radiation
  - Accelerating healing of sores and wounds
  - Reducing blood pressure
- Happy Juicing!!