



Helpful Links

Cooking

- **How to cook the perfect millet every time** - <http://www.thekitchn.com/how-to-cook-perfect-millet-every-time-cooking-lessons-from-the-kitchn-185974>
- **How to make steel cut oats** - <https://www.bobsredmill.com/recipes/how-to-make/basic-preparation-instructions-for-steel-cut-oats/>
- **How to cook quinoa** – <http://www.thekitchn.com/how-to-cook-quinoa-cooking-lessons-from-the-kitchn-63344>
- **How to cut and store avocados** – <https://youtu.be/gra2lARgmtg>
One storage tip she doesn't mention is to put the avocado (along with the pit) in an air tight container with a piece of onion. The onion will help to keep it fresh.

Here's an article with step-by-step pictures:

http://www.simplyrecipes.com/recipes/how_to_cut_and_peel_an_avocado/

- **How to make cashew cream** - <http://beardandbonnet.com/how-to-make-cashew-cream-gluten-free-vegan/>
- **Zucchini Noodles 101** - to make your zucchini noodles, process a small/medium sized zucchini with a spiralizer. Add noodles to a pan with coconut oil and sauté for 1-2 minutes. Blot dry afterwards. OR
Steam zucchini noodles for 1-2 minutes over a pot of boiling water. Steaming will make the noodles tender, without overcooking.

Here's a quick video on how to cook the noodles without making your "pasta" watery:

<https://youtu.be/mlLFcumUbuk>

Here are a number of recipes in a great article from Huffington Post:

http://www.huffingtonpost.com/entry/zucchini-noodle-recipes-are-a-great-reason-to-put-down-the-pasta_us_55e880a5e4b0c818f61b1cb1



Food FAQs

- **What is Nutritional Yeast?** <http://blog.fatfreevegan.com/2011/10/what-the-heck-is-nutritional-yeast.html>
- **What is maca root powder?** <https://draxe.com/top-5-maca-root-benefits-and-nutrition/>
- **What's the best type of bread to eat? (not gluten-free)** – Silver Hills Sprouted Grain: <https://silverhillsbakery.ca/product-categories/bread/> (I favour the Squirrely Bread in the red bag)

Why sprouted grains? - <https://silverhillsbakery.ca/why-sprouted/>

Meditation

- Free guided meditations from UCLA - <http://marc.ucla.edu/mindful-meditations>
I recommend the Breath, Sound, Body Meditation (2nd on the list).
- Alternate Nostril Breathing guided video - <https://www.youtube.com/watch?v=8VwufJrUhic>
- Headspace: <https://www.headspace.com/>

Guided Yoga Practices

- Yoga with Adrienne: <https://www.youtube.com/user/yogawithadriene>
- Yoga with Kassandra: <https://www.youtube.com/user/yogawithkassandra>
- Yoga Glo: <https://www.yogaglo.com/>