

METABOLIC CHANGE FEBRUARY 2020 NEWSLETTER



VALENTINE'S DAY GIFTS

- 1. Conflict-free Jewelry**
- 2. Natural Perfume or Cologne**
- 3. Sustainable fashion clothing or gift card**
- 4. Natural Beeswax or Soy Scented Candles**
- 5. Fair Trade Certified Chocolates, Teas, or Coffees**
- 6. Indoor Plants, e.g. English Ivy, Lucky Bamboo, or an Herb Garden**
- 7. Natural Bath Products, e.g. bath bombs, bath oils, body lotions, or body butters.**

SUSTAINABLE FASHION

1. Look for natural fabrics, e.g. cotton, silk, or wool. Ethical clothing companies produce high-quality, long-lasting clothing using substantially less water and chemicals than fast fashion companies. Fast fashion companies produce disposable clothes using man-made fabrics like nylon or polyester.
2. Mend clothes instead of replacing them. Keeping clothes in good repair is not only economical, it's eco-friendly.
3. Re-purpose old clothes. Old clothes can be cut up for cleaning cloths or mending; they can also be used to make quilts or rugs. Donated clothes are typically resold in bulk, often to be discarded or burned, or sold to textile recyclers. Used clothing is most useful when it is re-purposed.

FRUIT & CREAM CREPES

Crepes

Raw Honey

Chia Seeds

Chopped Nuts

Regular or Dairy-free Yogurt

Regular or Dairy-free Whipped Cream

Fruit, e.g. Bananas, Strawberries, Blueberries, Cherries, Kiwi, Peaches, or Mandarin Oranges

Place crepe on plate. Add yogurt, fruit, nuts, seeds, and/or honey. Roll up. Top with whipped cream.

CREPES

6 Eggs

1/2 † Salt

2 † Raw Sugar

Organic Butter

1 † Pure Vanilla

3 C Organic Milk

2 C Unbleached All-Purpose Flour

Blend eggs and milk in blender. Add flour, salt, and sugar, and blend until smooth. Melt butter in skillet. Pour 1/4 cup batter into skillet, tilting pan to coat the bottom. Cook about 30 seconds, or until top looks dry. Flip. Cook for a few seconds on the other side, just until browned. Repeat with remaining batter.