Spicy Sun-Dried Tomato & Feta Omelet

Ingredients:

- 2 large eggs
- 1/4 red onion, finely sliced
- 4 sun-dried tomatoes, sliced
- 30g feta
- 1 tsp Thyme leaves
- 1/4 tsp red chili flakes
- Black pepper
- 1/3 tsp grapeseed oil

Directions:

1. Whisk eggs, add thyme leaves & a little bit of ground black pepper.

2. Heat the oil over medium heat, add the egg mixture.

3. Add the rest of the ingredients, let it cook for a minute or two and then using a spatula turn half the omelet over onto itself.

4. Cook for another minute or two.

DIY Essential Oil Holiday Gift

Homemade gifts are still the best!

December 7th
6:00-9:00 PM

You can learn about peppermint oil and muscle soothing bath salts while making a homemade pampering gift.

Register with the Brambleton Center
Registration code: 31332

Leave No Trace

McAfee Knob is an amazing hike to take while living in Roanoke. But, its popularity has also caused wear and tear on this local treasure. Before setting out on your next McAfee adventure, take a moment to watch this video on McAfee Knob Tips provided by the Leave No Trace Center.
Wellness Weekly Challenge

Get Outside!
It may be December, but it still feels a lot like October so take advantage of the opportunity!

Most parents, ecotherapy, & ParkRx.org advocate that getting outside is good for your health!

Just 30 minutes a day, can make a huge difference on your wellness!

PB&J No-Bake Oatmeal Bars

Ingredients:
- 1/2 cup unsweetened peanut butter
- 1/4 cup honey (or agave syrup)
- 1/4 cup coconut oil
- 1 cup oats
- 1/3 cup dried blueberries
- 1/3 cup tasted pepitas
- 1/3 cup unsweetened, dried coconut
- Pinch of salt

Directions:
1. Melt together the peanut butter, honey, and coconut oil.
2. Remove from heat and add the oats.
3. Add in the remaining ingredients and mix well.
4. Press into an 8x8 inch pan lined with parchment paper.
5. Chill for 2 hours and then cut into bars.
6. Store in the refrigerator for days.

https://www.storyofakitchen.com/healthy-snacks/pbj-no-bake-oatmeal-bars-recipe/
Please feel welcome to submit articles or ideas to any member of the Wellness Advocacy Committee.

Ally Nagy - Class of 2018
Lindsay Maguire - Class of 2019
Jeff Henry - Class of 2020
Ayesha Kar - Class of 2021
Dr. Ally Bowersock, PhD, CSCS, ACSM. EIM, Level 1
Dr. Jennifer Slusher, PhD, LPC
Emily Holt, Committee Chair

Quote of the Week:

Never give up, for that is just
The place and time that the
Tide will turn.
- Harriet Beecher Stowe

To send a “Weekly Shout Out” message, email Emily Holt at emholt@carilionclinic.org