

EXPERIENCE

FAMILY CHIROPRACTIC

Monthly Newsletter

Give the Gift of Care

This holiday season, if you would like to share the gift of Chiropractic with a friend or family member, see the front desk!! We are offering a special holiday gift!!

Mint Chocolate Avocado Bars Recipe

INGREDIENTS

For the Chocolate Base

1 1/2 cups almond meal

1/4 cup raw cacao powder

1/4 cup pure maple syrup

2 tablespoons avocado oil (or sub your favorite neutral tasting oil)

1/4 teaspoon sea salt

1/4 teaspoon pure mint extract

For the Avocado Cream Layer

1 medium avocado (about 1/2 cup)

1/4 cup pure maple syrup

1/4 cup cashew butter

2 large pinches sea salt

8 fresh mint leaves

15 drops pure mint extract

For the Chocolate Coating

1/4 heaping cup dark chocolate chips

INSTRUCTIONS

For the Chocolate Base: Combine the almond meal, cacao powder, maple syrup, oil, sea salt, and mint extract into a mixing bowl and stir to combine. Once a dough has formed, press it into a parchment paper lined 9x5 loaf pan. Place the pan into the freezer while making the avocado center.

For the Avocado Center: Place all the ingredients - the avocado, maple syrup, cashew butter, salt, mint leaves, and mint extract into a food processor and blend until creamy and smooth. Spread the avocado layer onto the frozen chocolate base and return to the freezer for 3-4 hours to set.

For the Chocolate Coating: Melt the chocolate chips over a double boiler and spread over the frozen avocado layer. Return to the freezer to firm up for another 2-4 hours or overnight.

EFC News

"Share Your Pie" Raffle Winner!

The winner of the \$100 Amazon gift card is:
Christine S.

EFC Office Closure

December 24th -
January 3rd

Have
a
Holly
Jolly
Christmas!

The Holiday Season is Among Us!

Here are some tips to make this holiday season a healthy one!!

- Do everything in moderation
- Make sure to get plenty of sleep
- Keep up your healthy habits
- Get checked by your chiropractor
- Perform an act of kindness
 - Give to someone in need
- Find ways to relieve stress
 - Meditate, exercise, yoga
- Make a gratitude list
 - Create a list of everything you are grateful for that happened this year!
- Enjoy yourself and have fun!!



239.205.3700



info@efchealth.com



@experiencefamilychiro



@efchealth