



moss wellness

Andrea's Favorite Things!

1) **Coconut Aminos by Coconut Secret**. This is a great soy-free replacement for soy sauce. It's made of sea salt and coconut nectar, and it contains less salt than soy (and no wheat or soy beans, unlike typical soy sauce). It's also little sweet so it adds a bit of a "teriyaki" flavor to stir-fries. You can use this as you would use any soy sauce: for sushi, marinades, sautés, or dressings.

2) **Matcha Latte**. This is how I kick off my day! Blend 1 tsp extra virgin coconut oil, 1 tsp raw honey, and 1 tsp matcha and with 6-8 ounces of near-boiling water (use a blender or immersion blender). Matcha tea is an ultra-antioxidant-rich powdered green tea that contains L-theanine – an amino acid that has calming/relaxing properties – and some caffeine (so you get a "boost" but without the usual jittery-ness that coffee can bring). Coconut oil is an antiviral, antibacterial healthy fat that helps boost energy levels and increases fat burning. When you mix all three of these ingredients together, they emulsify beautifully and you end up with a surprisingly creamy, frothy beverage that's delicious!

3) **Coconut Oil for Skin Care**. There's a technical reason why coconut oil works so well on our skin: it has a small molecular structure that actually makes it easy for our skin to absorb it (unlike olive oil, which just sits atop the skin). Coconut oil is also extremely high in antioxidants, which means it can help our skin protect against free radicals (those nasty things that lead to prematurely aged skin and wrinkles). Coconut oil has been known to help with eczema, can be used as an eye-make up remover, and can be used as a conditioning, anti-dandruff hair treatment.

4) **My VitaMix**. Yes – this is one of those few appliances that's worth the \$600 price tag! I use it daily for those matcha lattes and to make smoothies, salad dressings, for chopping ice, making cauliflower mashed "potatoes", and blended soups. I also use it to make homemade nut flours, nut cheeses, and anything that needs to be ground to a pulp with the quick flip of a switch. I'm not usually an appliance gal, but I admit it: I'm hooked on the VitaMix. It's that good.

5) **Soapwalla Deodorant**. This stuff is safe, natural, and effective. It smells great, too, and goes on easy. Protect your pits (and avoid nasty chemicals) by trying this product out. Their travel-size version is great to give this deodorant a go without a big purchase commitment.

6) **Bitters with Soda**. Looking for a beverage that's great for digestion, looks pretty in a glass, doesn't have any caloric value, and is a great non-alcoholic bar drink (or after-dinner-on-the-couch-drink)? Look no further than bitters and soda! Opt for bitter brands that don't contain colorings or additives.

7) **Japanese Sweet Potatoes**. Oh, Japanese sweet potatoes...creamy, yellow, sweet flesh that roasts up like butta'. These guys have me obsessed. If you can find them, grab them and try them!

8) **Graham Crackers from Healing Home Foods**: These healthy cookies/crackers make for the best travel snack ever. They're high protein, contain healthy fats, and only use maple as gentle sweetener. They're highly worth seeking out.

9) **P2 Probiotics "I Help You Breath" Spray**: Probiotic power to the rescue! This product was developed by a friend/colleague of mine and I am so grateful for its presence in my life. I use this spray as an air freshener, to help with seasonal allergies, around litter boxes, and to freshen up linens. I have a container in almost every room of my house. Oh, and it smells delightful (using essential oils) without the usual "chemical scents" that other air fresheners contain.

10) **Against All Grain**. This is one of the only cookbooks that I go back to again and again to for everything from breakfast ideas (I'm so into the currant scones!), main dishes (her gluten-free, grain-free lasagna is incredible), desserts (coconut cream pie, anyone?!) and beverages (dairy-free, healthy hot cocoa). I've made so many recipes from this book that it's literally falling apart from all of the overuse. All recipes are gluten-free, grain-free, and dairy-free.