

ROASTED CREAMY CAULIFLOWER DIP



Unique & Tasty for the New Year!

Ingredients:

1 head of cauliflower, florets, and stem cut into 1-inch pieces
1 garlic clove, peeled
4 tablespoon olive oil
1 teaspoon kosher salt mixed with 1 teaspoon cumin
3/4 cup plain Greek yogurt
1 teaspoon finely grated lemon zest
3 tablespoons fresh lemon juice

Directions:

Toss cauliflower and whole garlic clove in bowl with 2 tbsp. oil, and salt mixed with cumin, arrange on cookie sheet. Bake in 350° oven for 30 minutes or until toasted and tender. Let cool. Transfer to a food processor, add yogurt, lemon zest and juice, purée until smooth. Add remaining oil in a steady stream until well combined. If dip is too thick, blend in 1 tbsp. water at a time to reach desired consistency. Serve with fresh vegetables.

NEW YEAR, NEW YOU!

Kick-off 2018 with healthy habits!

Tips to try:

Laugh More – Studies have shown that the health benefits of laughter can help relieve pain, bring greater happiness, reduce short-term memory loss, enhance learning and even increase immunity. The simple act of laughing helps benefit our mind, body and spirit.

Challenge Your Brain – Give it a workout, the more you use your mind, the better it will work. Keep it in shape with games, puzzles and brain teasers. These rely on logic, word skills, math and more; all impacting the brain's speed and memory. For maximum benefits, spend 30 minutes a day on brain-related activities.

Meditate – Meditation reduces stress by teaching you to switch off from the worries that can plague you through the day. It is an opportunity to spend time by yourself, reconnecting with your inner spirit. Just 15 minutes a day meditating will help you reap the rewards of a relaxed and calm mind.

Become More Active – Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility. It will also help guard you against falls. Don't be discouraged by low or limited mobility as there is a large variety of regular fitness you can take advantage of.

Celebrate – By allowing yourself to celebrate your successes while on your journey, it will boost your happiness which gives you the momentum to keep moving forward. Don't give up too easily. On average, it takes 66 days to form a new habit.

Happy Birthday to

Dallas T 01/01

Dorothy A 01/26

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What's New at the Queen

We want to THANK YOU for your continued patience while we beautify the Queen.

Starting in January, Andi, our Beautician will be on her regular scheduled day of Friday but will be adding Tuesday afternoon's, by appointment only. Please schedule hair or nail appointments through the front desk.
Thank you!



Queen Anne
Manor wishes
the best for you
and yours in
2018. Happy
New Year!