

# yoga

JOURNAL

10 poses for a  
toned body,  
quiet mind

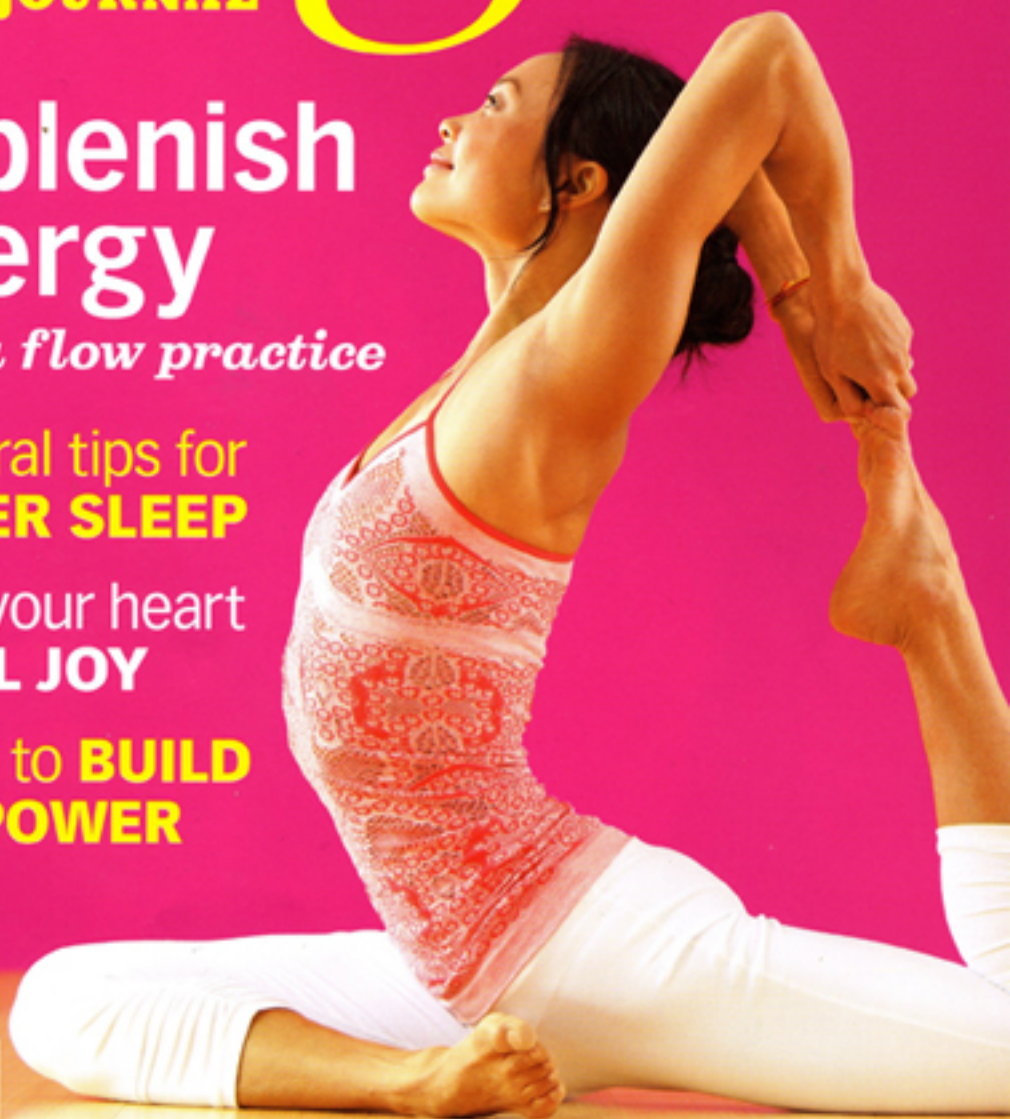
## Replenish energy

*with a flow practice*

6 natural tips for  
**BETTER SLEEP**

Open your heart  
& **FEEL JOY**

1 pose to **BUILD  
WILLPOWER**



**+** yoga and religion: can you practice both?

HEALTH FITNESS FOOD MEDITATION HOME WORK NATURE RELATIONSHIP SPIRITUALITY

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## apricot squares

MAKES 16 COOKIES

Wrap these fruit-sweetened, gluten-free cookies in a pretty box and tie with twine, or bring a plate of them to a holiday party or cookie exchange. Be sure to choose dried apricots that are very soft and moist.

- 1 cup dried apricots
- 1 cup unsweetened shredded coconut, toasted
- 2 cups blanched almond flour
- ½ teaspoon sea salt
- ¼ teaspoon baking soda
- 2 large eggs
- 1 tablespoon vanilla extract

1 Preheat the oven to 350°. Line an 8-inch square baking pan

with foil and lightly oil the foil.  
**2** In a food processor, blend the apricots and the coconut until the mixture is crumbly. Pulse in the almond flour. Pour mixture into a bowl and stir in the remaining ingredients until all are well combined.  
**3** With your fingers, press the batter into the pan. Bake for 20 to 25 minutes until firm.  
**4** Let cool in pan for 1 hour. Lift out by the foil and cut into 16 squares. Store cookies in an airtight container.

*Recipe printed with permission from The Gluten-Free Almond Flour Cookbook, by Elana Amsterdam (Celestial Arts, 2009).*



## olive oil and vinegar from O Olive Oil

Organic blood oranges and California Mission olives are crushed to produce an aromatic blood orange olive oil. Other available flavors include Meyer lemon, ruby grapefruit, and clementine. Flavored vinegars like pomegranate Champagne, honey apple, and sudachi lime add sparkle to winter salads. \$18 for 250 ml of olive oil, \$12 for 200 ml of vinegar; [ooliveoil.com](http://ooliveoil.com)

## sushi lover's basket from Eden Foods

(not shown) This basket is packed with all the tools and ingredients for making veggie sushi at home: two rolling mats, sushi rice, nori, and other organic Eden products, plus a recipe book. \$65; [edenfoods.com](http://edenfoods.com)