



greek goodness

Stir some creamy yogurt into your crunchy granola. Rich in protein and calcium and low in carbs, **Oikos** Organic Greek yogurt comes in Blueberry, Honey, Vanilla, and Plain. oikosorganic.com

almond joy

Spread a tablespoon of **MaraNatha** No Stir Almond Butter on a sliced Granny Smith apple (or a banana) for a low-calorie, heart-healthy blend of protein, fiber, monounsaturated fat (the good kind), Vitamin-E, calcium, and magnesium. maranathanutbutters.com

brush with greatness

Arrange your lovely tresses with the nature-friendly **Conair** Bamboo Natural Brushes in flat, round, and all-purpose. Bristles are bamboo or a combo of boar and nylon. conair.com

granola grandé

Get a healthy crunch of vitamins, minerals, antioxidants, fiber, and protein in **Bear Naked's** Fit all-natural granola. Both Triple Berry Crunch and Vanilla Almond Crunch incorporate whole-grain oats, dried berries or nuts, ground flaxseed, and only 3 grams of sugar and 120 calories. bearnaked.com



Morning Rituals

Begin your day by setting your intentions, then take care of yourself with these healthy and helpful day-starters

by Lorraine Shea



smile, you're recycling

Tossed plastic yogurt containers from Stonyfield Farm transform into the Preserve toothbrush by **Recycline**. When it's time for a new one, download the postage-paid mailer from the website to recycle the old. recycline.com



hair-washing adventure

Choose a **Dr. Hauschka Skin Care** organic shampoo for your hair type with tangy scents such as macadamia and orange (normal); apricot and sea buckthorn (dry or damaged); and nasturtium and lemon (oily). Then, smooth and hydrate with jojoba and marsh mallow conditioner. drhauschka.com

a shower of citrus

Lather up with Citrus shower gel by **Korres** for an uplifting scent that stays with you all day. And your skin positively glows with a dewy fresh nutritious feast of aloe, vitamins C and E, zinc, and antioxidant enzymes. korres.com



teeth pick

Brush at least twice a day with minty fresh **PerioBrite**, a low-abrasive, vegetarian, concentrated toothpaste that's free of preservatives, alcohol, and fluoride. naturesanswer.com



lip service

Caffeine, anyone? The **Eco Lips Energy** lip balm includes a wakeup combo of caffeine, green tea, vitamin B12, and spearmint and peppermint oils for a boost in the a.m. and throughout the day. ecolips.com

tea up

For a refreshing, cool, and calming lift to the dog days of summer, sip some **Teas' Tea** by Ito En. Choose from nine flavors (our favorite: Green Jasmine)... they're all unsweetened, calorie-free, and full of antioxidants. teastea.com



Nut Butter Smoothie

Blend your morning portion of protein, carbs, and fats with an energy-packed smoothie. Mix and match your ingredients so life is always full of surprises. (Recipe courtesy of MaraNatha Nut Butters.)

- 1-3 tablespoons almond butter or peanut butter
- 1 cup of your favorite juice, tea, or milk (rice, soy, or dairy)
- 1 banana (frozen works best)
- 1 cup fresh or frozen fruit or berries

Optional Ingredients:

- 1 teaspoon pure vanilla
- 2 tablespoons soft silken tofu
- 2 teaspoons figs or fig paste

Two Classic Combinations:

- rice milk, almond butter, figs or apricots, pure vanilla
- orange juice, banana, peanut butter, pineapple or mango

