

REFERRALS... PLEASE!!!
Progressive News Blast

December 2010

Holiday Desserts

With all the holiday celebrations around the corner, PSP thought we would share some healthy holiday dessert options. Make these guilt-free and healthy options to take to parties and share with friends and family.

Real Food Brownies

- 1 1/4 cup pitted dates
- 9 tablespoons cocoa
- 1/4 cup macadamia nut oil
- 1/2 cup agave nectar
- 2 cups garbanzo beans
- 4 eggs
- 1/2 teaspoon baking powder
- 1 teaspoon ground cinnamon

Preheat oven to 350 degrees F. Allow dates to soak in 1/12 cups of hot water for 10 minutes. Pour off 1/4 cup of the liquid and then use food processor to form a smooth paste.

Put date past, cocoa, oil and agave nectar in a bowl and mix well.

Then use the food processor to turn the beans and eggs into a smooth paste.

Combine the two mixtures with baking powder and cinnamon. Pour into a 9 inch pan and bake for 45 minutes. Cool for 15 minutes and serve.

Options: Add protein powder to replace some of the cocoa, add chopped nuts, add peppermint oil or crushed organic dark chocolate.

Baked Apples

- 2 1/2 tablespoons butter
- 3/4 cup rolled oats
- 1/3 cup agave nectar or 1/4 cup honey
- 2 tablespoons dried cherries/goji berries
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Small pinch ground cloves
- 4 large firm apples

Preheat oven to 350 degrees F. In a small bowl cut 2 tablespoons of butter into the oats, agave nectar/honey, cherries/goji berries, salt, cinnamon, nutmeg and cloves. Mix well

Cut 1/4 of top off of each apple and remove the core. Chop the tops into pieces. Hollow cores out to form cavities in the center, leaving the bottoms intact. Mix apple pieces with oat mixture.

Spread remaining butter inside apples. Put apples in glass pie pan. Fill apples with oat mixture, press firmly and let some mixture spill out. Put a lid on the pan and bake for 30-40 minutes, then uncover, bake another 10-15 minutes until topping is lightly browned and apples are soft.

Skin Health is a Reflection of Internal Health

Have you ever noticed that when you are stressed or are not eating and sleeping right that you are more likely to have breakouts and skin rashes? It is very true the external appearance of our skin is a reflection of how we are treating our 'whole health'. Easy ways to improve the appearance of your skin and your 'whole health' are to consume a Paleolithic diet high in omega-3 fatty acids and antioxidants, drink plenty of water, get adequate sleep, limit or improve stress management, and take a GMP certified multi-vitamin. For more information on improving your 'Whole Health' consult with your PSP Strength Coach today!

Holiday Massage Specials!!

Give the gift of health with Therapeutic Massage. Through the holiday season Progressive Sports Performance will be offering a special on massages. Buy 3 massages and get 1 Free Hot Stone Massage (valued at \$90.00).

Call or talk to Lea-Ann to purchase your gift certificates now. It's easy shopping and a great gift!

RESULTS

UPA Powerweekend

PSP employees Erv, Lea-Ann and Dan competed in the UPA's Powerweekend December 4th. They each placed first in their weight classes and Lea-Ann took home the trophy for Best Female Lifter.

Meet videos will be on our website
www.progressivesportsperformance.com
Very soon!!!!!!!

For more information call Erv Domanski or Lea-Ann Domanski
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