

We've been missing you!

Maegan, Cameron, and I have begun a new journey and we'd love to have you along. To join us you will need to search for and subscribe to our new series, How we Heal, wherever you are listening to your podcasts. And for more healing goodness visit our brand new Instagram account, @howwehealpodcast.

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Lemon Roasted Brussels Sprouts

You know there is always room for one more roasted sprout recipe in your repertoire. This one takes this winter veg right into spring with the bright taste of lemon and the sweetness of caramelized shallots.

Directions:

Preheat oven to 400 degrees

1 large or 2 small Meyer lemon, if available, otherwise 2 small unwaxed lemons- chopped very fine peel and all

4 medium shallots, peeled and chopped

1.5 lbs Brussel Sprouts, trimmed and cut in halves or quarters depending on size

Good Quality Extra Virgin Olive Oil, enough to lightly coat sprouts

Flaked Sea Salt to taste

Toss all prepared ingredients together in a large bowl making sure sprouts are well coated with oil. Layout in a single layer on a parchment-lined baking sheet. If crowded use a second sheet. Pop in the oven for 35-45 mins. Cooking time will depend on the density of the sprouts. They are finished when slightly browned and fork-tender. It's really that simple. Enjoy!

Safety through Context, Choice & Connection

In this third episode of our #HowWeHeal #podcast, we explore the concepts of context, choice and connection, relating back to our discussions from our #polyvagaltheory recaps (see my channel's content for more on this). Listen in and explore with us on how polyvagal theory explains the "why" question we ask ourselves when we enter states of discomfort or danger.

Watch this episode on my YouTube channel [here](#). Follow us on Instagram to stay updated @howwehealpodcast

To learn more about polyvagal theory and gemmotherapy, visit my website at laurenhubele.com

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