

Home Working Care Package



As we continue to make the most of our remote working and social distancing routines please share the latest CRS Care Package, with yet more ideas to help keep your staff safe and well

Treat Yourself



5-ingredient Chocolate Peanut Butter Cups (12 servings)

For the chocolate

- 1 cup dark chocolate (175 g), chopped, melted
- ¼ cup coconut oil (60 g)
- 1 teaspoon vanilla extract

For the peanut butter

- ½ cup natural peanut butter (120 g)
- ¼ cup honey (85 g)
- 2 tablespoons coconut oil

Method

- Line a muffin tin with muffin tin liners.
- In a bowl or measuring cup, add the dark chocolate and ¼ cup (50 g) coconut oil.
- Stir in vanilla extract.
- Microwave for 30-second intervals until melted, stirring each time.
- Pour half of the chocolate mixture into the liners (just enough to cover the whole bottom). Save the other half for the top layer.
- Freeze for 15 minutes.
- In a bowl or measuring cup, add the peanut butter, honey, and 2 tablespoons coconut oil.
- Microwave 15 seconds or until slightly melted and pourable.
- Pour mixture evenly into the muffin tin.
- Freeze for 5 minutes.
- Pour remaining chocolate mixture on top of the peanut butter layer.
- Freeze until firm (about 1 hour).
- Store in the refrigerator until ready to serve.
- Enjoy!



Stay Connected



Try our cryptic quiz and name the well known TV series with friends or family on Zoom, Houseparty or Facetime. Check the CRS LinkedIn page to find the answers.

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|--------------------------|----------------------|---------------------------------------|
| 1. Strange Pair | 5. Defeated | 9. Pseudonym |
| 2. House Fixing | 6. Identical Summits | 10. Buddies |
| 3. Killings, She Scribed | 7. An Hour | 11. Cab |
| 4. Stuffed Home | 8. Fictionbreakers | 12. Adolescent Freak Samurai Reptiles |

Wellness Challenge



Visualization relaxation is an effective way to relax the mind and body.

Close your eyes. Take a few slow, smooth breaths. With each breath, breathe IN relaxation and breathe OUT any worries or stress.

Imagine yourself in a relaxing place – perhaps your ‘next’ dream holiday destination. This place is where you feel completely safe because stress and worries hold no power over you.

The key is to immerse yourself fully in your peaceful place by using all of your senses. What can see you, smell, touch? Is it the gentle breaking of waves on your toes, the smell and taste of the sea air, the warmth of the sun on your body?

Be aware of how this destination makes you feel and remember you can return to this place at any time



Comedy on the Menu



Recommended Podcast:
www.offmenupodcast.co.uk



Comedians Ed Gamble and James Acaster invite special guests into their magical restaurant to each choose their favourite starter, main course, side dish, dessert and drink. Ever wanted to eat your dream meal? It's time to order Off Menu. Listen on Apple Podcasts, Acast, Spotify or wherever you get your podcasts.