

Home Working Care Package

Package
#8

CRS
The Recruitment Solution

Welcome to another Home Working Care Package from CRS. This week we're focusing on food... for the body and for the soul! So take a few minutes to relax and feast on our mindfulness menu.

Find the Foods

Try to solve our clues with friends or family on Zoom, Houseparty or Facetime and identify our mystery foods! Check the CRS LinkedIn page to find the answers.

1. Is made backwards
2. You could burn yourself on this
3. Not old enough to be a guide
4. Reportedly a day of rest
5. Popeye's girlfriend
6. A load of rubbish
7. This could be fired or eaten
8. Sounds as if this could be a bloomer
9. Most of us have two of these
10. Not very warm

Big Breakfast

Bored of porridge or cereal? Try this five-ingredient recipe for Granola, Raspberry & Banana Greek Yogurt Parfaits! 

Ingredients

- 1/4 cup natural peanut butter
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1 1/2 cups rolled oats,
- 2 tablespoons chia seeds
- 2 cups nonfat plain greek yogurt
- 2 tablespoons low sugar raspberry jam
- 1 large banana, sliced
- 1/2 cup fresh raspberries or berries of choice

Method

- Preheat oven to 325°F. Line a medium baking sheet with parchment paper.
- Add peanut butter, honey and vanilla extract to a small saucepan and place over low heat; mix to combine and heat until warm. Once warm and well combined, transfer to a medium bowl.
- Fold in oats and chia seeds into the peanut butter mixture until combined. Spread the oats on the prepared baking sheet.
- Bake, stirring halfway through to prevent burning, until golden brown, about 10-15 minutes. Transfer the baking sheet to a wire rack and let the granola cool. The granola will seem soft, but will harden up once cool. Transfer to an airtight container or jar and store at room temp for up to 3 weeks.
- For the parfaits, in each of 4 small mason jars or bowls, layer 1/4 cup of yogurt, 1/2 tablespoon of raspberry jam, 1/4 cup of granola, then another 1/4 cup of the yogurt. Top with another 1/4 cup of granola plus a few banana slices and raspberries. Serve immediately or cover and refrigerate for up to 3 days.

Happy Place

Happy Place Podcast with Fearné Cotton
www.officialfearnecotton.com

Whatever your reason may be for feeling lost or frazzled from the pressures of this fast paced life, there are ways to put one foot in front of the other and help you unlock that inner happiness.

In this podcast series Fearné draws on her own experiences and shares advice from experts on how to work through feeling blue to finding joy each and every day. She delves into this subject further through chatting to inspiring individuals who have either made a change in their own lives or who help people every day to find a different way of looking at life.



Headspace

During this period where social distancing is our current norm, meditation apps are one of the best ways to help you look after your mental wellbeing remotely.

Loved for its easy to digest visuals, clear explanations and buildable meditation plans, Headspace is one of the best-known meditation apps around - and for good reason.

Beyond its delightfully appealing animations, the app is one of the most accessible, easy to follow toolkits on offer when it comes to meditation

