

## Our Happy Holiday Message

Once again that time is upon us,  
one year ends and so another is new.  
Please join us in counting the blessings.  
May friends, family and good health be with you.  
To our many special clients and colleagues,  
as we truly cherish your gift of support...  
here's one more rhyme from the Total Kneads gang.  
We hope you enjoy the annual report.

Spring brought a birthday, this time #2  
and we embraced it as we did the last.  
We couldn't help but notice with wonderment  
just how much time has so quickly passed.  
Summer allowed us to catch our breath  
and catch up with a few friendly faces.  
We were happy to treat them and cheer them along  
on their varied adventures and races.

Fall was delightful for the Total Kneads team  
As we've thrived in this flourishing spot.  
We also welcomed Katherine's sweet baby,  
on the same day we saw Leah tie the knot.  
Our team of therapists has continued to grow  
Leila Shaw is our newest team member.  
We've all been warmed by her healing spirit  
since she joined us back in November.

The New Year will bring Katherine's return.  
Our website will have plenty more news.  
And the questionnaire gave us great insight  
on other services you might like to choose.  
So once again we see the year end in sight  
and we'd like to celebrate with you all.  
May health still be abundant and spirit be light  
to find joy in the gifts, great and small.

To our nurses, lab techs, runners and writers,  
fund raisers, singers and expectant mothers,  
teachers, students, designers and entrepreneurs,  
Slim Gyms, Mocean Dance and so many others:  
We all wish you a restful and festive time  
with great food, music, and those that you love.  
We look forward to seeing you so very soon.  
Your support goes beyond and above.

Sarah, Leah, Melanie, Katherine, Coleen, and Leila  
send you warmest wishes for a safe and happy holiday  
with continued health and prosperity in the New Year

By the way... look below for a special holiday treat and New Year surprise!

## From the Total Kneads Kitchen...

### Easy Peasy Granola

1-2 cups dried fruit (try apples and cranberries...raisins and banana are nice too)

4 cups rolled oats

1 cup crushed almonds (pecans are tasty also)

1 cup shredded coconut

$\frac{3}{4}$  cup wheat germ

pinch (or two) of cinnamon

1 cup honey

1 Tbsp oil

1 tsp vanilla

2 Tbsp maple syrup

Preheat oven to 325 F.

1. In a separate bowl, measure fruit and set aside.
2. Spread oats on a large cookie sheet and toast for 10 minutes (you may wish to stir half way through toasting... use a baking sheet deep enough to stir the oats around).
3. In another bowl, mix dry ingredients (nuts, coconut, wheat germ and cinnamon).
4. In a third bowl stir together honey, oil, vanilla and syrup.
5. Once the oats are toasted, remove from oven and sprinkle with the dry mixture. Stir to combine and then drizzle with the honey mixture. You may wish to do this a little at a time to coat the oats evenly. Stir until the whole mixture is moistened.
6. Spread evenly and bake for 10 minutes. Then remove from the oven and stir in the fruit. Bake for 10 more minutes and cool. Stir occasionally if the granola starts to brown.

Store in an airtight container and it will keep for several weeks. It is good with milk and even better with yogurt. Not only is this granola good comfort food but your kitchen will smell like fresh apple pie. Enjoy!

### Customer Appreciation

During the months of January and February, Total Kneads will be taking the names of all our clients to enter them into two separate draws. One for women is for a customized facial at **Skin Deep** Esthetics. The draw for men is a free month membership at **Slim Gyms** Fitness for Men. Don't forget to leave your name in the hanging socks!!