

# LOW CARB PROTEIN BARS

## INGREDIENTS

- 2 cups smooth almond butter can sub for any nut/seed butter
- 1/2 cup monk fruit sweetened maple syrup \*See notes
- 3/4 cup coconut flour
- 2 cups stevia sweetened chocolate chips

## NUTRITION

Serving: 1Bar | Calories: 139kcal | Carbohydrate: 10g | Protein: 9g  
 | Fat: 10g | Potassium: 4mg | Fiber: 3g | Vitamin A: 150IU | Vitamin  
 C: 1.7mg | Calcium: 40mg | Iron: 0.7mg | NET CARBS: 2g

Notes: \* 100% refined sugar free sweeteners which work include pure maple syrup, agave nectar, brown rice syrup and honey (not strictly vegan).

## INSTRUCTIONS

- Line a deep 8 x 8-inch or 8 x 10-inch pan with parchment paper and grease.
- In a mixing bowl, add your dry ingredients and set aside.
- In another bowl, mix your wet ingredients (almond butter and monk fruit sweetener) until smooth.
- Transfer the protein bar dough to the lined pan and press firmly in place. Refrigerate.
- Melt your chocolate chips and pour over the bars. Refrigerate until firm.



WINTER 2021

# CLAIM YOUR YOUTH

Looking for  
**YOUR JOB,**  
 not just a job.



CLAIM YOUR YOUTH™



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What's Inside

The last thing you want to do after school is more work, but that doesn't have to be the case. A job isn't as grueling as some exaggerate it to be, and even the process of vetting for a position can be enjoyable. The key is making you the focal point, not the idea of working just to work. Plus, getting paid is a nice bonus.

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# Looking for YOUR JOB, not just a job.

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First, remember your schedule. You're a student over everything else, so your search automatically becomes narrower to strictly afternoon and/or weekend positions. If you participate in extra-curricular school activities, then weeknights is your thinner filter. A few businesses that operate after the standard corporate closing hours are restaurants, grocery stores, retail shops, and customer service call centers.

On the surface, those routes may not seem ideal, but you can find a niche position within any field, or a benefit that suits your interests. For example, maybe you love pizza, and working at a pizza joint, you will be given a discount on menu items. If you're really into fashion, becoming a sales associate at a clothing store will help the hours move along because you like what you're selling.

There are also less broad opportunities to pursue depending on your goals. Landscaping and lawn care around your neighborhood will keep you close to home and almost no money earned will go toward your commute. If you're an athlete or interested in sports, lifeguarding and refereeing youth sports are options. If academics excite you, you can offer your services as a tutor.

Another thing you should consider is your future. If you have a good idea of what you would like to pursue beyond high school, try to find something that relates. If the medical field is a viable career option, you can apply to be a receptionist at a doctor's office, or for the animal-lover, support at a veterinary clinic. The other aspect of following a potential path is discovering if the field is actually part of your future. You could think you want to be something, but then try it out and realize it's not as interesting as you had hoped.

You can discover a variety of opportunities on online job sites such as Indeed or Ziprecruiter (yep, they're not just for adults), Care, and Snagajob. We live in a technological world, and you're savvy with online and app navigation, so if you really want to find something that you'll enjoy, you can.

This is about your job, not just a job. Find something that fits your schedule and also something that resonates with you and relates to your interests. If you land a position in a field you're passionate about, working will be fun, you will be more willing to establish industry connections, and possibly understand what your future holds a little better.

## No Snow, No Problem

Winter is probably the most specific season, meaning there are recreational activities you can only do a couple months out of the year. When the tip of a mountain starts glowing white you adventure toward the slopes, when lakes transform into icy rinks and you glide through the chill, and when quilts of snow blanket the ground, you hurl soft balls or create statues from rolled boulders.

Unfortunately, not everyone can experience such because of where they live. Not to worry, there are plenty of fun things to do that don't involve snow.

Though the sun is still prominent and t-shirts in December are pretty normal in your area, you still receive cold nights. Sitting on stumps that surround an outdoor fire, roasting s'mores and sipping on hot chocolate, and having fun gab sessions with your friends is a great time. During those warm days you can still hike, go on natural scavenger hunts and build outdoor forts, have picnics, and decorate trees on your property.



If you really want to show up those snow-spoiled out-of-staters, fetch a cardboard sled and catch the first morning frost down a hill or knoll. Whatever you can do, I can do better (kind of). Make sure you do pack for cold weather even if you don't expect it. Remember, anything outdoors in the winter and far into nature, it's better to have layers to take off than no layers to put on.

With winter comes the holiday season. You can still be in the spirit by baking cookies, making crafty snowpeople and paper snowflakes, and lighting up the inside and outside of your home.

You don't need snow to have a good time. You just need good people and ideas to make your version of winter just as fun.

## Valentine's Day On A Budget

You're young and you want to impress your honey. It's understandable; that feeling never changes, but sometimes you're forced to get creative to save money.

The great thing about having a serious crush or a like-minded partner is that the thought is what counts. There are two things to consider in regard to planning your Valentine's Day: the activity and gift. Sometimes they're connected.

If you have money to spare, an ice cream shop, arcade or bowling alley are always cheap options. You can make your trip to the lanes themed by choosing pink or red balls. Being in the kitchen together is also a great way to spend time together. You can prepare a meal, and then try making your own chocolate-covered strawberries or candy-dipped salty snacks.

Hiking, a picnic or scavenger hunts are fun ways to enjoy the outdoors on your date. Maybe think of a flower you want to plant together come spring and pick up some seeds. Inside, you can have a two-person game night, or nothing beats binge-watching in the age of streaming. That brings us to our gifts.

Homemade baskets and cards are your best bet. Take a tin, mug or nicely-prepped shoebox, and fill it with themed goodies. For example, with said screen binge, make a movie basket with candy, soda, and microwavable popcorn. A "spa" package of goods or a candy bar bouquet is also sure to please. With a homemade card, you can be as clever as you want as well. Here's a freebie: get a box of donuts and craft a card with the message reading, "I donut know what I'd do without you."

Valentine's Day isn't about the money; it's about spending time together, and you don't need much to make that happen.



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