



Hi Everyone,

Many years ago my brother Scott shared a kasha recipe with me. It's an incredible yummy dish that I eat every morning for breakfast. At Scott's house they eat a lot more kasha than at my house so I put the leftovers in the fridge and eat on them all week. After doing this for several years I came to realize that I didn't really like leftover kasha after about the second or third day. I started experimenting with creating a single serving. After much trial and error I came up with a recipe I think is just great for a single serving of Scott's kasha.

Personal finance is a lot like my brother's kasha. Some of you probably have the capacity to save lots and lots every month. And others will only have a little bit to save. The key is figuring out a way to save no matter if you have a lot or a little to save. I have a few questions for you along those lines. First things first, are you maximizing your employer's tax advantaged savings program? At the very least, if your employer has a match are you contributing enough to get the match? If not I have to be very blunt with you, you need to get with it because you're leaving free money on the table. That's not very smart is it? Next thing, It doesn't take much to open a

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Below is the recipe for a single serving of my brother's kasha. Super easy to make and super yummy. Bon appetite'

Till Next Time,
Evan Clark

PRESIDENT AND CEO

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SCOTT'S KASHA SINGLE SERVING RECIPE

1/4 cup old fashioned oatmeal

2 handfuls TJ's muesli

Scant teaspoon cinnamon

Heaping teaspoon ground flaxseed

3/8 apple cored and chopped

1 whole ripe banana sliced into small pieces

1 cup water

- Combine all ingredients in a microwave safe bowl and stir.
- Microwave on high for 90 seconds.
- While the microwave is running happily eat the remaining 5/8's of an apple.
- Stir kasha. Microwave on high for 60 seconds.
- After removing from microwave stir and let set until cool enough to eat.
- Add fresh berries of your choice.

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