

Living life easier is good for all of us, ADHD-minded or not. You do not have to have Attention Deficit Hyperactivity Disorder (ADHD) to use what is shared here in the ADHD uPLifted Series to improve your quality of life. Do you want to find ways to work with your brainpower? Then you are in the right place. The ADHD uPLifted Series is a monthly publication written by me, Coach Cindy to offer you tested ways to lift up your chin and find your strengths from within. Attention Deficit Hyperactivity Disorder is a different ability in mastering life. Whether you are diagnosed with ADHD, think you have ADHD, or just need ways to live easier than this is the place for you. Inside you will find inspiration packed full of helpful tools, tips, strategies, and fast facts to try out. I hope you find this information value-added.


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FAST FACT

ADHD and Debt

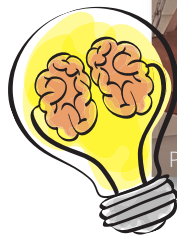
"ADHDers experience serious financial problems at  the rate of the general population. It's not because ADHDers can't balance a checkbook. ADHD does not affect your intelligence."

-ADDA

(ADHD-Friendly Financial Management? Yes! And It's Not What You Think - ADDA - Attention Deficit Disorder Association, 2018)



Photo Courtesy of Cynthia North



About Coach Cindy

Thank you for joining me. My name is Cynthia North, but people know me as Cindy. I am a Certified ADHD Life Coach and a trained PQ Coach™ member with Positive Intelligence® devoted to partnering with clients to create self-success within ADHD and living life. I work with all ages having a special interest in how the brain affects the outcome. I help ADHDers and stuck people move from crippled in doubt to capable with clarity. I have expanded to offer personalized Mental Fitness Coaching through Shirzad Chamine's Positive Intelligence® Program. New possibilities bloom with deeper self-awareness and through the strength in your mental fitness. I have an innate desire to empower others no matter what difficulties they face with our without ADHD. I believe everyone is worthy of stepping forward *out of stuck.*

ADHD has touched me personally and professionally.

I know first-hand how ADHD symptoms and behavior can wreak havoc on family dynamics, school, and work success. I chose to become a Certified ADHD Life Coach as well as a member of Positive Intelligence® as a PQ Coach™ because I want others to discover their greatness within ADHD strengths while working with their executive functioning challenges through a positive mindset. I am where I am today because of my two dynamic ADHD children. They both teach me and open my mind to more each day. Their needs were beyond a hug, discipline, structure, or praise. So I sought professional help, ultimately finding a trained ADHD Life Coach. And here I am serving people who want different and deserve ease and flow.

Life experiences have made way for opportunity. I am on a journey to slay stigmas surrounding brain differences. Finding a Life Coach to empower my child led me to become a Certified ADHD Life Coach myself to serve others past their stuck ways and ADHD stigmas. Choosing to strengthen your inner-self is where Empower M3 starts. The work is an inside job where your "m3" begins. Connecting your heart and brain with a Coach creates empowerment opportunities.

EmpowerM3 - is where the 3 connect to take flight.



There is a more extraordinary tomorrow when the discovery starts today.



Cash Out With Your ADHD Brain

By: Cynthia North, CALC

April 1, 2022

Did you know the saying "Money makes the world go round" originated from the play "Cabaret" in the 1960s (1)? And "Money can't buy happiness" may go as far back as a similar version written by Rousseau in 1750. (2) Other common money sayings surround money thoughts. "Money is a necessary evil." "That money burnin a hole in yur pocket?" "That family comes from old money!" Do you notice the negative tone? Why is there a negative connotation when money is the one thing we all wish we had more of no matter how much we have? The sayings themselves speak emotion. How else are we to get around the world taking action and creating waves if we don't have enough money? In this month's ADHD uPLifted Series, Money Edition, I will dive into what makes money management difficult for most people, especially those with neurodifferences. People with Attention Deficit Hyperactivity Disorder (ADHD) can suffer from what some call the ADHD tax—most basically said managing money is problematic. The Money Edition is not about whether you have money or not or how to get more money. It's about understanding what might get in the way of your money success and how to be more financially intelligent and money fit. You will learn how the brain is subconsciously at work in creating and maintaining our money mindset. I will offer some insights into how best to employ strategies and habits, so you can "cash out" using your brain-style to be financially aware.



What power do you have to manage your money? Shift inwards. So often, we are looking externally for the answers when they are sitting right inside of our own brains. The article Money is Not About Finances, It is About Emotions sums it up in one phrase,

"Financial intelligence is the basis for growing wealth (3)."

I want to shift our attention to what is required to manage money- Executive Function (EF) Skills. EF Skills are just that, skills. Skills we must all learn. For some, it is more effortless and flowing. For those with ADHD, EF Skills are often sluggish or weakened. The good news is you can learn skills. You are not broken. You are capable. You have proven yourself to be naturally creative, resourceful, and whole. How else would you have found yourself at this waypoint in life reading this article written by a Life Coach who gets the ADHD brain-style? Maybe you feel exuberant, but I'm guessing you are reading this because you are not. Perhaps you are ashamed of the situation you have gotten yourself into. Maybe you are stuck or tired of the money stress. I get you! If I may share, you are not set in stone, ADHD-minded or not. Differently minded or wildly-spirited, you are not solidified- ever. Our amazing brains are in constant computation. We are constantly solving for x. We are continually looking for the next thing because our brain is pre-programmed for survival.

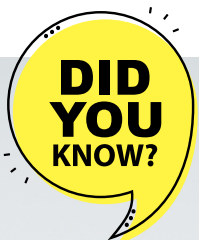
EF Skills slowly developed over time. Maybe this is where the saying, "Oh darling, he will catch up with time," came from. But why let him struggle while he is catching up? Or worse he doesn't get the building blocks he needs and ends up in debt or underemployed. One way to look at EF Skills is to compare them to the like of a computer's operating system. A computer fresh from the box is ready to operate by pressing one button. In the course, From Sensory Processing to Executive Functioning, the Occupational Therapist learns,

"...we are not taught executive skills; we develop them. It is based on finite neurology in the brain that is pruned through our early development through the process of registration of information, using processing speed, and being able to adapt to different stimuli (4)."

“ADHD is real and valid. The sooner we recognize the patterns and learn to work with these kids, the better assured we will be that they as adults will be healthy members of society.” — Rhonda Van Diest



Our executive functions develop with age, but that doesn't mean that the systems are operating correctly or that we have everything required to run smoothly when the skill is expected. Did you know how to use a computer when you first touched it or any other device straight from the box? Have you not had to install and update or reboot your computer to have it function optimally? Give yourself credit. This is on-the-job training. Your brain didn't come with an owner's manual or directions. If I may share, I recently put an aquarium stand together with my daughter: the directions, no words, just pictures and numbers. I will let you use your imagination on how that went, but I will share we practiced a bit of trial and error and several do-overs. When we use a skill, our brain gets better at it. The skill develops. Ever try to brush your teeth with your non-dominant hand? Try it sometime. Practiced enough, your brain will be able to perform this self-care practice with as much ease as with your dominant hand. The same goes for managing your life. Money is tricky, but you can master it. Our brains only know the information we put into them. You can do life differently. If you want to. Ask yourself, "How can I employ my fantastic brain to support my money situation? Ponder for a moment and then Let's get to it.

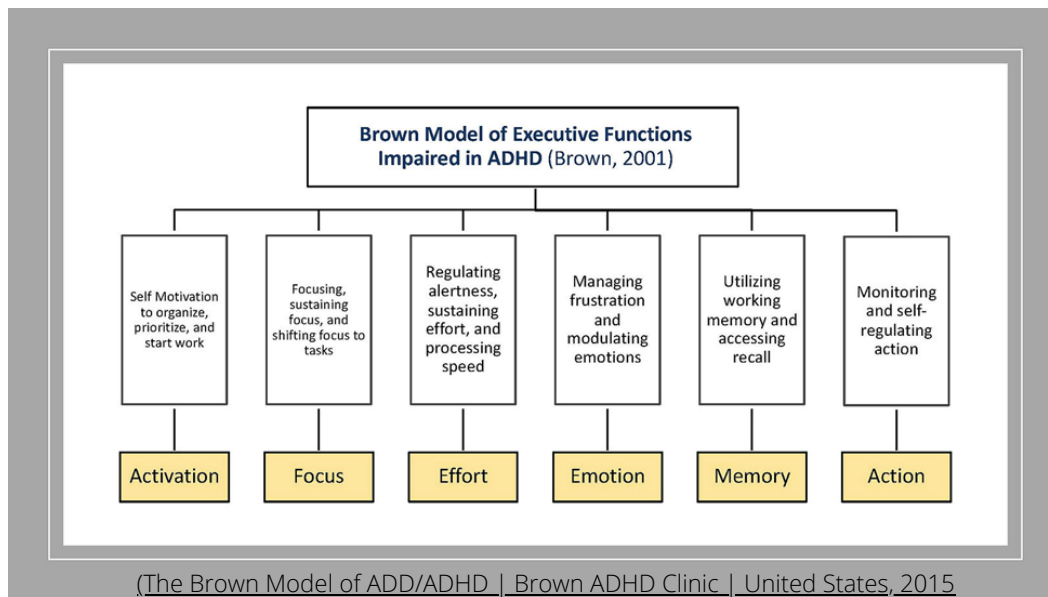


Executive Dysfunction is not a stand-alone diagnosis recognized in the DMS-V or the same as ADHD.

(Sosnoski, 2022)

Understand Executive Function

Management of anything requires strong executive functioning skills. Thomas Brown's Executive Function Model breaks down what occurs at the brain level- the cognitive explanation of how we do what we do (5).



Sometimes we don't even realize a thought occurred until we have already moved through it with action, or we don't plan ahead or remember when it is time to make a choice. Impulse spending is a perfect example. You start out shopping for five items and come home with fifteen. Items caught your attention- yum, and you couldn't remember what was available at home so you buy it just in case. Unfortunately, weak executive function skills may cause you to doubt your memory.



Executive Functioning

- helps us plan
- keeps track of time passing
- keep track of multiple things at once.
- recall meaningful information for current situations.
- engage with people
- ask for help
- wait your turn to speak
- meet deadlines.
- weigh ideas

(Executive Function Fact Sheet By: National Center for Learning Disabilities (NCLD) (2005), n.d.)



For example, you're shopping and can't remember if you have enough bread, so you buy another loaf just in case. Come to find out; you already have two loaves in the pantry; one is moldy.

Both memory and planning would help in this scenario. What could help you remember what you need at the store? Rather than let the list swirl in your head, hoping to recall it when you need it, maybe try writing a paper list or keep a bullet list on your phone. Big tech has made it even easier to simply tell your bot of choice, "Hey ____, add bread to my list."

How can you get in the habit of planning? What is the best choice for the new bread? Pantry, fridge, or freezer? What will you do to eat up the old bread, so you don't waste the money you spent? Asking yourself questions can help in planning and memory. With weak EF skills, avoiding money management is like skydiving knowing your main parachute is a tangled mess. Maybe you have come to expect your tandem jumper to pull their chute and save you both. But would that be your best option for every jump? What happens if that person doesn't do it? Most of us don't think about the subconscious prepping occurring in our brains to save a dollar or resist that next purchase.



Tip

How to Remember

- say it three times.
- record it- write it down, type it out, or voice memo yourself.
- revisit the information later. Science says, review it now, in 20 minutes, 50 minutes, 9 hours and 5 days later to store it in memory. Maybe a bit too much for you. Aim for a 90% retention rate by revisiting what you need to know 24-36 hours later.
- Understand the concept, don't memorize the words.
- Chunk it into parts
- Say it out-loud
- Create a mnemonic- be creative and make it fun!
- Remember it by association.

(15 Effortless Memorization Tricks to Remember Anything, 2020)



Be rich in what money cannot buy!

Executive function is a set of thinking skills required to plan, organize, focus, employ effort, manage emotion, remember, and take action. Attention Deficit Hyperactivity Disorder (ADHD) is a brain-based challenge in non-interest-based focus, planning, estimation, time-awareness, memory, follow-through. No kidding, Executive Functioning is a challenge with ADHD. But, you don't have to accept it as is.



Know Your Money Mindset

Many outside factors affect financial stability, but the impact starts with our money mindset. Natalie Bacon states,

"What you believe about money determines all the results you have in your life about money. A belief is just a thought in your head you keep on thinking so much you believe it's true (6)."

Thought stories are often created around situations and, surprisingly, change from one recollection to another. Memory has a lot in common with the imagination. Scientists have recently discovered memory to be inherently flexible and not etched in stone as once believed. The brain can get very creative in storytelling and fool us into thinking the story is true. Most fascinating about the ability to alter memories is that you can rewrite your money story.

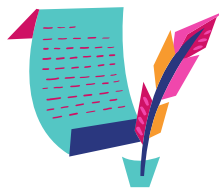


“Behavior isn’t something someone has. Rather, it emerges from the interaction of a person’s biology, past experiences, and immediate context.” — L. Todd Rose



What is your earliest memory of money? How does your old stories relate to your money choices in your current day.

To make decisions, we will often rely on previous experiences hoping they will serve us in making a future choice. We don't notice our money mindset is running in the background creating a narrative. Two financial psychologists, Ted Klontz and Brad Klontz, coined the phrase "Money Script" in their famous 2011 Journal of Financial Therapy study (7). These money scripts fall into four quadrants; money avoidance, money worship, money status, and money vigilance.



Money scripts are:

- Learned in childhood
- Often unconscious
- Passed down through the generations
- Just partial truths
- Responsible for our financial outcomes



As a result, many people have a love-hate relationship with money. However, the old saying, "what you believe is what you do," holds firm. One could believe "money is a necessary evil" and fall for being in debt, or could rewrite the script and believe "money is a tool to getting what I need." Learn what your money script is by taking the [KMSI-R] self-assessment (8). Link: [Klontz Money Scripts Test \(bradklontz.com\)](https://bradklontz.com) Digging into your money script may help you understand your deeper money-related beliefs and management processes.



Many ADHDers are affected by strong emotions. Knowing money can get emotional, it is essential to open the emotional can of worms regarding money. So many of us want to avoid talking about money. So many don't talk about finances at all. It is kept secret and regarded as private. With an ADHD mindset, the struggles in planning, activating, impulsivity, and memory create the perfect storm for debt accumulation. Managing emotions around money, spending, and balancing expenses is extremely hard for ADHDers without support systems in place.



Money Management

What does it mean to manage money? The dictionary defines manage as being in charge of, regulating, maintaining control, and influencing (9). It does not matter if we earn money to save for a vacation or to put food on the table. Having cash left over requires our ability to manage our money in and out wisely.

For people with ADHD, money management becomes a quick avoidance. Who wants to open the bills or stop what they are doing to pay the meter? Sometimes there are so many steps involved that it seems too overwhelming to start. Bills stack up, tickets go unpaid, or taxes are filed late. And then there is the intention to do something, but it was forgotten, or distraction stole the focused attention to finish. On the flip side, what feels good? Spending! Spending is glorious and too easy with one click on the internet. Unfortunately, spending can get out of hand quickly. Credit cards maxed out with minimum payments, only chipping away at bills with high interest rates.

"Broke is a temporary condition. Poor is a state of mind."

Sir Richard Francis Burton



Sam's Money Story- *"Money can get out of sorts real fast. I didn't even realize it. As the piles grew, it became easier to ignore. And they continue to grow, and shame has set in. Now it's a real problem that bleeds into my marriage and my overall happiness. I have the full capability to pay my bills. I am a successful working woman. I just can't get organized or motivated enough to tackle the problem, so I avoid it. I don't have to be in debt. I want it to stop."*

The Magic Money Sauce

Before we can make substantial headway in managing money, we must first know what we are working with. Do you know your magic sauce? It is your **awareness**. You are the only one that will truly know your inner workings, but it must be given proper attention to truly "feel it." Others may notice things about you, but it is not until you see it about yourself and give it the required attention that headway will genuinely be made. That is what makes Life Coaching so advantageous for people. Clients home in on their inner workings through the life coaching process and become aware of the subtle nuances that make them tick. Adjustments can be made when something prevents the forward movement they are seeking. Much like a grandfather clock, we all need adjustments to be efficient and effective. This is where a coach can be like a clock master peeking inside with you to see where the balance wheel is off. With the proper attention, you will discover systems that work for you. The fun thing is that your system is specific to you.





Discover Physical Awareness

What does being self-aware mean?

Do you notice your breath, or do you just breathe?

Do you notice the sensation of your clothes an hour after you are wearing them?



Awareness is like feeling something is in place or noticing it is missing. For example, suppose you take off your watch the night before to shower and forget to put it back on. Do you notice it's missing when you get dressed the next day, or does it take glancing down to realize you don't have it? We get "used to" certain things over time. The brain recognizes it and eventually charts it as normal.

This is how people can live with pain, decreasing eyesight, or gradual hearing loss without noticing. It is their normal. Your normal is how you have made it. You can change how you are used to doing life by keying into your awareness.

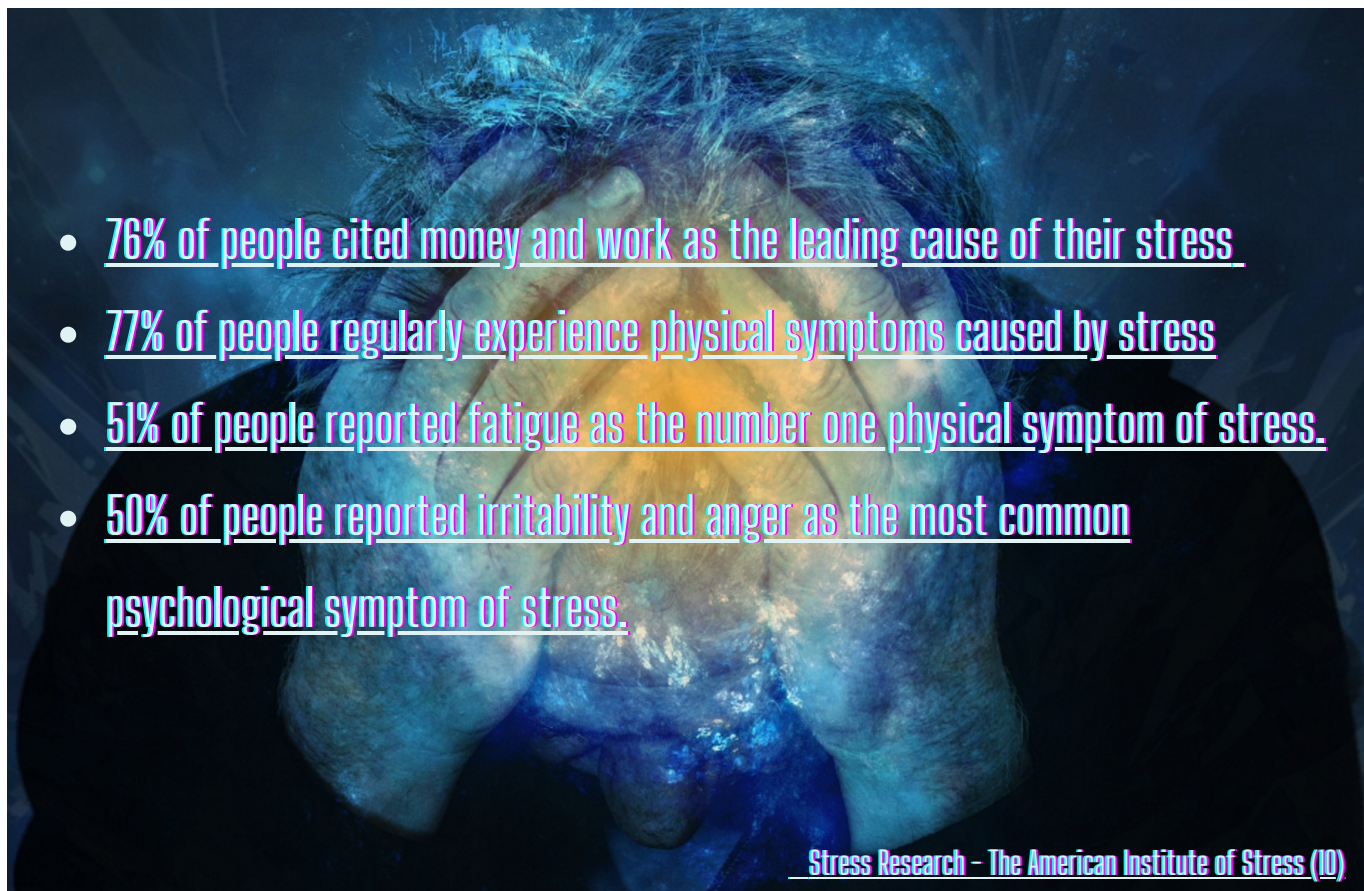


Next month will focus on Mindfulness, but I will drop a hint here. Start strengthening your awareness by noticing your senses. Use your sight, smell, hearing, touch, and taste to feel your world. Shift from your inner thoughts to detecting the sensations of your body. When you notice your body

amping up or staling out, you can get curious and ask why. What circumstances surround how your body is reacting? For example, just the word money might make your stomach flutter. Could that be excitement or worry? Practicing Mindfulness builds self-awareness which is crucial in noticing your ADHD symptoms. Only then can you play with strategies to make life easier.

The Brain on Stress

Whether you are raking in the dough or running from debt, managing money is one of the most stress-inducing life skills. The American Psychological Association reported 62% of Americans found money to be their most common source of stress. Money fell second under the future of our nation at 63% (10).



Are times different eight years later? I will let you decide.

The ADHD Tax



Stop paying the unnecessary tax. Many people with ADHD pay a heavy tax over their lifetime and may not even realize it. Not only do ADHDers pay hefty costs in medical bills and for medication, but they are enduring added expenses from late payment fees, traffic and parking tickets, bills for missed appointments, high-interest payments on maxed-out credit cards, duplicate purchases either because the item was lost or thrown

away, loss of income from job changes, quitting and restarting at the bottom of the workforce losing paid time off and other benefits, underemployment, IRS debt from late tax filing, and more (11). Does any of this sound familiar? What tax are you paying with your ADHD symptoms? What could your wallet feel like if you could get these taxes in check? Fat with cash. Hell yeah!

I don't know the total financial cost of having ADHD, but I know I can help you discover the strategies that can work for you to build stronger money habits.

ADHD TAX EVASION

1 Cancel unused App subscriptions.

2 Automate your regular bills.

3 Do NOT autosave your credit card number or shipping address on your favorite shopping sites- that's to easy!



DON'T FORGET

4-18-2022

TO PAY YOUR TAXES



MONEY IS EMOTIONAL

Money is both emotionally charged and actionable. Spending evokes feelings. Yes of happy, excited, regretful, but also physical feelings. Financial expert Suze Orman states, "*fear, shame, and anger are the most common emotions surrounding money (12).*" Do your palms sweat with nerves during a big purchase? Maybe you get butterflies in your stomach. Do you feel hesitation or urgency? What motivates a person to wait in long lines for a newly released item or get a deal?

Purchasing goods is psychological. Are you spending money to buy enough food to feed your family, or are you forking out the dough to purchase designer luggage for your next vacay?

Two completely different emotions are at play. One is based more on survival and the other on pleasure. Yes, indeed, food is essential. Indeed, luggage is necessary for travel: different mindsets and money management. One is a need, and the other is a want.





"Spend on your needs within your means."

Delay spending on your wants outside of your means. Purchasing on credit cards knowing you are able to pay off the entire bill when it comes due is spending within your means.

Coach Question: *What about this item makes it a want or a need?*

Why does life coaching work for so many?

Life Coaching works because the answers are within the individual. Coaches are often naturally curious beings. Pairing these traits with compassion and encouragement, Life Coaches ask questions. As a result, clients discover more about themselves. Using questions like this are like opening the program on your computer. You can have executive functions, but they will weaken if you don't use the skills. The difference between the brain and a computer is that the brain starts to give less energy and memory to what it does not use and more to what it does. A computer program takes what it takes and sits there waiting. Executive function skills strengthen with practice.

Executive function skills are used to plan, organize, focus, employ effort, manage emotion, remember, and take action.

Which of these executive function areas must be executed to decipher a need vs. want? You got it, all of them in some capacity.



Is this time-bound? Do I need it now?

A mantra could be, "I need money for what I need." When you notice that urge to buy, ask yourself, is this spending for a need or a want? If you feel that urge to delay making a payment, ask yourself if I saved the money on the late fee, what want could I spend it on instead? Can I even afford this?

"What you pay attention to grows.
Are you making your strengths stronger or your
weaknesses weaker?" ADDCA

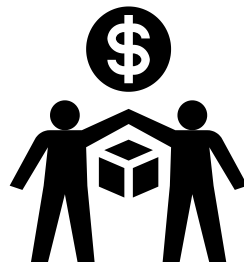


DEFINE YOUR FINANCIAL RECIPE



Where You Are Financially?

Some call it a budget but I like the idea of a recipe. What makes up your financial recipe? Are you precise and carefully measured or are you living with an "everything but the kitchen sink" kind of mentality? Pull back your financial curtain. Become aware of your true income and expenses. Know where your money is going. Many banks offer reports online to help. There are apps to help you get and stay financially fit. Can you do it alone?



If you share your finances with someone else it is best to become financially aware and fit together. Gather your bills from the past three months. Add up the late fees and ask yourself, what could I do now with that money if I still had it? Maybe it's not about late fees. Maybe it is about high credit card payments or interest rates. Use this history to chart a new path forward. Where is your money going? What do you know now? If with a partner, you choose together how to manage your money best. You are the pilot of your plane, and you choose your flight pattern. Would you choose to fly in an airplane if no one was directing all the planes in the sky? Sometimes a trusted partner can act as your air traffic control center. If you are being highly taxed by your ADHD symptoms, strengthen your self-awareness and ask for help when you need it. No shame. Take charge.

It's never too late to turn things around. You are the only obstacle." -Dave Ramsey



THE CASH OUT METHOD OF SPENDING

Honest self-awareness will save you money. Use the CASH Out method to

monitor your spending choices. By catching yourself in the act of purchasing you can ask yourself if this is a need or a want, a now or later purchase and make a choice on how best to handle it. Once handled get it out of your mind and on paper. By externalizing what you are wanting to spend your money one you will see your need vs. wants and find patterns. Do you tend to spend early in the morning or from hot sale ads posted on social media. Were you one to fall for the infomercials in the 90's? Practice using the CASH Out method to rein in your spending.



What is your Money Personality?

Empower, a financial technology company, of NO affiliation to EmpowerM3 Life Coaching Services, has created a short 14 question self-assessment to help you learn about your money personality. Understanding your connection to money can be very insightful in moving towards financial security.

(Empower Finance, Inc, 2022)

[Click Here to take your Assessment Today.](#)



Catch Yourself Before Spending



Ask- Is this a Need or Want



Spend Now or later



Handle it Honestly



and on paper, yes record your purchase.



**“ADHD is not about knowing what to do, but about doing what one knows.”
— Dr. Russell Barkley**



Rethink Budgeting

"A budget is telling your money where to go rather than wondering where your money went." -Dave Ramsey



Look at you... I want to thank you for reading to this point. This is proof of your self-investment in taking back your financial control. Growing your self-awareness will help you fatten your wallet. What are you accomplishing in spending? Is the action for a need or want? Do you need it now? What additional strategies will you create from those shared in this Money Edition. Your strategies will serve you by curbing your over-spending habits and avoidance of your money problems. Get curious.

You can now bravely get down and dirty to tackle your finances. Lay it all out in honesty so you can finally step forward to take back control of living financially fit. You can use the knowledge of your "money script" to influence your deeper money-related beliefs and management processes. Finally, you can rewrite the script with future-focused money practices. How will you use the "Cash Out" method in strengthening your self-awareness?

Not convinced you can do this alone? Ask a trusted friend to act as your aircraft control advisor so you can step forward or seek professional assistance from a Licensed Financial Advisor or Certified Life Coach. Having more money may not make a person happier, but being financially fit will surely make managing life easier. If money is to make the world go round, you surely need the skills to make all the dough you have count. How then do you want your money to work for you? You've got this.



Cindy

"The quickest way to double your money is to fold it in half and put it in your back pocket." - Will Rogers



HoneyDue- Outsmart Money Together

Couples Finance 4+

WalletIQ, Inc.

- 4.5 • 7.2K Ratings
- Free and Paid Version (\$0.99- \$9.99)

Honeydue is featured by major influencers such as Apple and Forbes as the best personal finance app for couples. Track your balances, budgets, and bills together - and engage in meaningful conversations about your habits and goals.

(Honeydue • How It Works, 2019)

(WalletIQ, 2016)

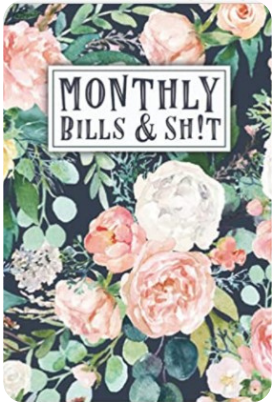


DID YOU KNOW- SOME GET PAID TO EXERCISE



Do you know your benefits? Some companies offer their employees paid time to exercise. In an article published in Forbes Magazine, companies recognize the payback benefits of exercise reaching beyond the physical gains and into the brain. Regular exercise increases a person's energy, productivity, builds social interactions and reduces stress (Kohll, 2021). All of these areas go beyond the traditional thought of the physical gains of exercise. Having access to a gym at no cost is listed as the third top employee perk (Kauflin, 2021). No more excuses of not having time due to working all day. Take a mental break. Recharge your brain. Your place of employment may even pay you for it. Check it out.

READERS *Corner*



Monthly Budget Planner: An Debt Tracker For paying Off Your Debts | 8.5" X 11" | 24 Months of Tracking | 100 Pages (Debts + Budgeting Vol) Paperback – April 15, 2019, Updated April 26, 2021 by Floral Money Planners (Author)
4.4 out of 5 stars 1,694 ratings

Available Formats: Paperback

This debt tracking log book is perfect for anyone who needs to track their income and expenses month to month. Businesses and individuals will benefit from this simplistic & reliable layout.

Just click the look inside feature to check out what the interior looks like. Plenty of space to notate the important stuff, and at 8.5 x 11 inches it will fit easily on your desk or bookshelf!

(Monthly Budget Planner: An Debt Tracker For paying Off Your Debts | 8.5" X 11" | 24 Months of Tracking | 100 Pages (Debts + Budgeting Vol): Planners, Floral Money: 9781094673363: Amazon.com: Books, 2022)



"For me, it is helpful to see it all on one page. I know we all can create our own budget tracker, but the question is, will we really do it. This is inexpensive and now priceless for my financial tracking system." CC



6. LISTENING TO NOW

"This podcast by David helps frame the support required to stay financially fit. Great tips in this one."



Ep: 3- How to Budget when you Have ADHD
ADHD Money Talk with David DeWitt
Runtime: 24 minutes



In this episode, you will learn the importance of budgeting with ADHD. Budgeting is a must if you want to change your relationship with money for good. David is speaking from the heart as an ADHDer himself sharing ways to manage money better to become financially secure (DeWitt, 2022).

\$10 MEAL AND HEALTHY

I save time by cooking with a pressure cooker. If I forget to thaw the meat. No biggie. Just add it frozen and adjust the cooking time. I paired this recipe with a side of broccoli.



Pressure-Cooker Apple Balsamic Chicken

- 1/2 cup chicken broth
- 1/4 cup apple cider or juice
- 1/4 cup balsamic vinegar
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 4 bone-in chicken thighs (about 1-1/2 pounds), skin removed
- 2 tablespoons butter
- 2 tablespoons all-purpose flour

1. In a small bowl, combine the first 9 ingredients. Place chicken in a 6-qt. electric pressure cooker; pour broth mixture over meat. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 10 minutes. Allow pressure to naturally release for 10 minutes, then quick-release any remaining pressure.

2. Remove chicken; keep warm. Skim fat from cooking liquid. In a small saucepan, melt butter; whisk in flour until smooth. Gradually add cooking liquid. Cook and stir until sauce is thickened, 2-3 minutes. Serve with chicken.

1 serving: 277 calories, 15g fat (6g saturated fat), 103mg cholesterol, 536mg sodium, 9g carbohydrate (4g sugars, 0 fiber), 25g protein.

(Taste of Home, 2021)

USE BY/ SELL BY DATES

This new knowledge has helped me save money! To think of all the good food I have wasted. :(



Where can you save? Eat what you buy. 17% of U.S. Household Waste is food. The EPA estimates that more food reaches landfills than any other material in our municipal solid waste (MSW), making up over 24 percent of MSW sent to landfills (Advancing Sustainable Materials Management: Facts and Figures Report | US EPA, 2015). You can be green in two ways... you can live greener by wasting less.

Learn More

EATBYDATE

Search your food item **here** before you throw it away.

(Cindy, 2012)

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IMAGES

- Photo of Coach Cindy North photographed by and provided by EmpowerM3 LLC
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My Notes



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