



ATHLETE OF THE MONTH:

NICK BLOOM

UPCOMING EVENTS:

- May 9th** Bod Pod Returns
See how your results have changed after 6 weeks!
- May 29th** Red's game — 7:10 pm
vs. Nationals
- June 13th** Blues, Brews & BBQ — 4 pm
At the Art of Entertaining



Nick has been through two surgeries on each of his shoulders and thanks to CrossFit he has been able to recover quickly. Nick is already competing again and hitting personal bests

on some of his lifts. His commitment and belief in CrossFit is what makes him this month's Athlete of the Month. Nick also just recently received his L1 and will be helping with a few classes. If you have any questions, don't hesitate to ask Nick!

UPDATES:

Paleo Challenge:

The Partner Paleo Challenge started April 27th and will continue until May 30th. Good luck to all participating! See Brianne or Andrea with questions!

Summit Park Classes:

This week CFBA will be teaching outdoor CrossFit classes at Blue Ash's new Summit Park on Tuesday & Thursday 5:30 - 6:15 pm. See Blake with questions!



ADDITIONAL CLASSES:

- Thursdays:**
 - Jiu Jitsu: 5-7 pm
 - CFBA is considering doing an additional Oly class Thursday evenings. See Blake with any questions.
- Saturdays:**
 - Members WOD: 9-10:30 am
 - Community Class/CrossFit Lite: 10:30-11 am
 - Olympic Lifting: 11-12:30 pm
 - Jiu Jitsu: 1:30-3 pm
- Sundays:**
 - Yoga: 11 am, led by Jamie.



DON'T FORGET TO ORDER YOUR PROTEIN!

REFERRAL PROGRAM
GET HALF OFF YOUR NEXT MONTH WHEN A FRIEND SIGNS UP FOR A 3 MONTH AGREEMENT!



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RECIPE:

PALEO PIZZA

Prep Time: **15 MINUTES** | Cook Time: **30 MINUTES** | Total Time: **45 MINUTES**

Recipe from: *You Hunt. I Gather.*
<http://youhuntigather.blogspot.com/2012/02/paleo-pizza.html>



Ingredients:

For the Crust:

- 1 head of cauliflower, steamed
- 1/2 cup of almond meal
- 2 eggs
- 1 tbsp. of coconut oil, melted
- 1 tsp. of Italian seasoning

For the Toppings:

- Pizza sauce (or could use pesto)
- 3 small zucchini, shredded
- White mushrooms, sliced
- Pineapple, chopped
- Prosciutto
- Red Onion

You can use whatever toppings you like!

Instructions:

1. Shred/grate your zucchini and spread it out on a cutting board or something similar, cover with a paper towel and set aside. If you can do this an hour or two before you start making your pizza it would be best.
2. Preheat your oven to 450 degrees and grease a baking sheet/pizza pan with a little coconut oil. Place a piece of parchment paper on my pizza pan just in case it would stick.
3. Put your steamed cauliflower, almond meal, eggs and melted coconut oil in a food processor and blend the mixture until it looks like the photo above. Put the cauliflower in the food processor right when it was done steaming so it was hot.
4. Pour mixture onto your baking pan and pat into a circle.
5. Sprinkle with the Italian seasoning and bake for 20 minutes checking occasionally to make sure the edges aren't burning. Remove the parchment paper after 15 minutes if you want the bottom to crisp up too. It should slide right off.
6. After it's done baking, it might be a little "mushy" feeling still, but that's okay since it'll be going back in. Top with your pizza sauce and zucchini then whatever other toppings you want.
7. Bake for another 10 minutes.

Enjoy!

CHECK OUT:

Ben Bergeron's Competitor's Training Blog



MobilityWOD: For tips and stretches



Local Farmer's Markets:

Sunday:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:
Findlay Market 10 am-4 pm	Ridge Road 3:30-7 pm	Loveland Farmer's 3-7 pm	Northside Farmer's 4-7 pm	Madeira Farmer's 3:30-7 pm	Mariemont Farmer's 4-7 pm	West Chester's 9-1 pm
Hyde Park Farmer's 9:30-1:30 pm		Wyoming Farmer's 3-7 pm	Summit Park BA 3:30-7 pm	Springdale Farmer's 3-7 pm		Deerfield Farmer's 9-12 pm

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