



## ATHLETE OF THE MONTH:

# RYAN WASS



Ryan Wass has been a CFBA member for almost two years and is always in the gym striving to be better. Ryan is dedicated, eager to learn, humble, and encouraging to other members. Thanks for all your hard work, Wass!

## UPCOMING EVENTS:

- June 13<sup>th</sup>** Blues, Brews & BBQ — 4 pm  
At the Art of Entertaining
- June 20<sup>th</sup>** Gym BBQ — 6 pm - ?  
At the gym — bring a dish to share!  
Sign-up sheet in the office.  
\* See Jackye with questions.

## UPDATES:

### Summit Park Classes:

This summer CFBA will be teaching **FREE** outdoor CrossFit classes at Blue Ash's new Summit Park on Tuesdays & Thursdays 5:30 - 6:30 pm.

### Athlete Summer Camp:

Blake and Nick will be conducting two summer camp sessions for high school and college athletes. 5 weeks — MTThF — 11:00 am - 1:30 pm  
\* Flyers available - Tell all your friends & family members!



Erika coaching the first week of classes. There's been between 20 and 75 people every week!

### NEW DOMAIN NAME:

[blueashcrossfit.com](http://blueashcrossfit.com) -- Bookmark it!



## 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:

# BLENDER BREAD

Prep Time:  
**15 minutes**

Cook Time:  
**50 minutes**

Total Time:  
**90 minutes**

Recipe from: *Against All Grains*

<http://againstallgrain.com/2012/05/21/grain-free-white-bread-paleo-and-scd/>

### Ingredients:

- 1 cup smooth raw cashew butter at room temp.
- 4 large eggs, separated
- 1/2 to 2 tbsp. honey (use 2 tbsp. for sweeter dishes like French toast)
- 2.5 tsp. apple cider vinegar
- 1/4 c. almond milk
- 1/4 c. coconut flour
- 1 tsp. baking soda
- 1/2 tsp. sea salt



### Instructions:

1. Preheat your oven to 300 degrees. For a white colored loaf, place a small dish of water on the bottom rack.
2. Line the bottom of an 8.5x4.5 glass loaf pan with parchment paper, then spread a very thin coating of coconut oil on the sides.
3. Beat the cashew butter with the egg yolks, then add the honey, vinegar, and milk. You can do this with an electric hand beater or a stand mixer.
4. Beat the egg whites in a separate bowl until peaks form.
5. Combine the dry ingredients in another small bowl.
6. Make sure your oven is completely preheated before adding the egg whites and dry ingredients to the cashew butter mixture. You don't want your whites to fall, and the baking soda will activate once it hits the eggs and vinegar.
7. Pour the dry ingredients into the wet ingredients, and beat until combined. This will result in more of a wet batter than a dough. Make sure to get all the sticky butter mixture off of the bottom of the bowl so you don't end up with clumps.
8. Pour the beaten egg whites into the cashew butter mixture, beating again until combined. Don't over mix.
9. Pour the batter into the prepared loaf pan, then put immediately into the oven.
10. Bake for 45-50 minutes, until the top is golden brown and a toothpick comes out clean. Don't be tempted to open the oven door anytime before 40 minutes, as this will allow the steam to escape and you will not get a properly risen loaf.
11. Remove from the oven and let cool for 15-20 minutes. Use a knife to free the sides from the pan, then flip it upside down and release the loaf onto a cooling rack. Cool right-side up for an hour before serving.
12. Wrap the loaf up tightly and store in the fridge for up to 1 week.

## CHECK OUT:

Ben Bergeron's Competitor's Training Blog



MobilityWOD: For tips and stretches



### Local Farmer's Markets:

**Sunday:**

Findlay Market  
10 am-4 pm

Hyde Park Farmer's  
9:30-1:30 pm

**Monday:**

Ridge Road  
3:30-7 pm

**Tuesday:**

Loveland Farmer's  
3-7 pm

Wyoming Farmer's  
3-7 pm

**Wednesday:**

Northside Farmer's  
4-7 pm

Summit Park BA  
3:30-7 pm

**Thursday:**

Madeira Farmer's  
3:30-7 pm

Springdale Farmer's  
3-7 pm

**Friday:**

Mariemont Farmer's  
4-7 pm

**Saturday:**

West Chester's  
9-1 pm

Deerfield Farmer's  
9-12 pm

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