

Peter Giles'
Mostly Facebook
Recipes, Tips
And
Tricks

Version 3.0

Mudgeeraba Show Society Inc.

ANNUAL SHOW

~ 1st Place ~

Cooking

Peter Giles

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Foreword

Hello everyone. After seeing many great recipes and ideas on Facebook, I decided to start collecting and saving them for future reference.

I have, where possible, kept recipes to a single page. If you like the recipe, give the page a tick (up in the top right corner of the page). It'll help you find it next time.

Some of the recipes use imperial measurements, and items from other countries, so you may need to substitute or trial things for yourself.

I am not the owner of the recipes, tips, and tricks assembled in this document, nor can I vouch for the usefulness or, quality of the items found here, so venture forward and trial at your own risk.

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This document is given free of charge. Feel free to share it with family and friends.

If you have comments, recipes, tips or tricks that you would like considered for inclusion in future versions of this book please forward them to peter@giles.id.au

Sweet Recipes



MOM'S OLD FASHIONED RICE PUDDING

2/3 c. Minute Rice
2 3/4 c. milk
1/3 c. sugar
1 tbsp. butter
1/2 tsp. salt
1/2 tsp. vanilla
1/4 tsp. nutmeg
Cinnamon
1/2 c. raisins

Combine Minute Rice, milk and raisins, sugar, butter, salt, vanilla and nutmeg in a buttered 1 quart baking dish. Bake in 350 degree oven for 1 hour, stirring after 15 minutes and again when pudding is done. Sprinkle with cinnamon. Serve warm or chilled. Pudding thickens as it stands.



"Quicker than rice krispie treats and tastier than Reese's"

3 cups corn flakes, crushed
1 cup crunchy peanut butter
1/2 cup sugar
1/2 cup white corn syrup
6 ounces chocolate chips

Directions:

1

Heat peanut butter, sugar and corn syrup over low heat to melt.
Stir in cereal.

2

Pat into a 8x8 lightly greased pan. (I line my pan with foil and then lightly spray it. When it is time to cut them, the foil lifts right out.).

3

Melt chocolate chips over low heat or in the microwave and spread over top. Cool until firm



Peanut Butter Brownie Bites

1 box of your favorite brownie mix
1/2- 1- cup peanut butter chips
1/2-1- cup semi-sweet chocolate chips
1/2 cup creamy peanut butter

Preheat oven to 350 degrees. Spray AND grease 40 mini-muffin cups.

Prepare boxed brownie mix as directed. Spoon batter evenly into mini muffin cups (1/2 to 1 heaping teaspoon). Bake for 13-15 minutes or until top is set and a toothpick inserted into center comes out slightly wet. After brownies are out of the oven, wait for centers to fall. This will happen upon cooling. If not then tap the centers with the back of a teaspoon to make a hole for the peanut butter.

Place peanut butter in a small microwave-safe bowl. Microwave on high for 35 seconds then stir. While brownies are still warm spoon about half a teaspoon of peanut butter into the center of each brownie. Top with semi-sweet chocolate chips and peanut butter chips. Cool completely in pan. Go around edge of brownies with a sharp knife and they should pop right out.

Sharon Hodge Williams shared Kim's Krazy's photo.



TO DIE FOR RICE KRISPY TREATS

Warning: cake batter rice crispy treats. You will probably never make regular rice crispy treats again.

3 Tbsp. butter 1 (10 oz.)

bag of mini-marshmallows

1/4 cup yellow cake mix (the dry cake mix, not prepared into a batter!)

6 cups crispy rice cereal

1 (1.75 oz.) container of sprinkles

Method: Melt butter in a large saucepan over low heat and add marshmallows. Stir until they begin to melt, adding in (dry) cake mix one spoonful at a time so it's combined. Stir in cereal and let set .



Yum-O! Never lose this recipe - Just click "SHARE" to save this to the "photos" section of your page!

Chocolate Eclair Cake!!!

1 cup water

1/2 cup butter

1 cup flour

4 large eggs

1 (8 ounce) package cream cheese, softened

1 large box (5.1 ounces) vanilla instant pudding

3 cups milk

1 8 oz. container cool whip (you won't use the whole container) or one batch of homemade whipped cream

chocolate syrup or homemade chocolate sauce

Instructions:

Preheat oven to 400. Lightly grease a 9"X13" glass baking pan.

Eclair Crust: In a medium saucepan, melt butter in water and bring to a boil. Remove from heat. Stir in flour. Mix in one egg at a time, mixing completely before adding another egg. Spread mixture into pan, covering the bottom and sides evenly. *If the sides of your pan are too greased you won't be able to get the mixture to stay up the sides so make sure to just lightly grease.

Bake for 30-40 minutes or until golden brown (Mine only took 25 minutes.) You may want to check it occasionally-you don't want to overcook the crust, it will ruin the cake! Remove from oven and let cool (don't touch or push bubbles down).

Filling: Whip cream cheese in a medium bowl. In separate bowl make vanilla pudding. Make sure pudding is thick before mixing in with cream cheese. Slowly add pudding to cream cheese, mixing until there are no lumps. Let cool in fridge. When the crust is completely cooled, pour filling in. Top with layer of cool whip however thick you want it and serve with chocolate syrup. *If you want to make this even better use homemade whipped cream.

<http://www.the-girl-who-ate-everything.com/2009/06/chocolate-eclair-cake.html>

Check out www.pamperedchef.biz/dawnnabours for more recipes and ideas there!



Banana Pudding Poke Cake

Ingredients:

- 1 (10 oz.) box yellow cake mix ingredients needed to make cake (eggs, oil & water)
- 2 (3.4 oz.) packages instant banana pudding
- 4 cups milk
- 1 (8 oz.) tub frozen whipped topping, thawed
- 20 vanilla wafers, crushed

Directions:

Prepare cake mix according to package directions for a 9x13 cake.

Once cake comes out of the oven, allow it to cool for just a couple of minutes.

Then, with a wooden spoon handle or some other similarly-sized object, begin poking holes in the cake.

You want the holes to be fairly big so that the pudding has plenty of room to get down in there.

Be sure to poke right down to the bottom of the cake.

In a bowl, prepare pudding.

Whisk together instant pudding with 4 cups milk.

Stir until all the lumps are gone.

Let pudding sit for just about 2 minutes so it has just slightly begun to thicken but not fully set, it should still be easily pourable.

Pour pudding over cake. Being careful to get it into the holes as much as possible.

Spread it all out and using the back of the spoon to gently push pudding down into the holes.

Put the pudding into the fridge to set and cool.

Once your cake has completely cooled, spread on whipped topping.

If you haven't done so already, chop your vanilla wafers up.

Leave some of the pieces big. It's nice to have a bit of a crunch when you eat the cake.

Spread crushed wafers onto the top of the cake. You can do this part right before serving the cake if you like.

This will ensure the wafers are crunchy when you serve it.

I think this cake gets more delicious over time.

To me, it's even better the next day so it's a great dessert to make ahead of time.

Serve with freshly sliced bananas. Keep refrigerated

ENJOY!!!



Homemade Vanilla Cream Puffs:
(Makes just about 24 cream puffs)

1 ½ cups water
9 tablespoon butter
¼ tablespoon salt
1 ½ cups sifted all-purpose flour
6 eggs
2 boxes vanilla pudding (prepare using ¼ cup less milk for both boxes)
9 tablespoon powdered sugar

Preheat oven to 350 degrees.

Heat water, butter and salt in a medium size sauce pan, bring to a boil. Reduce heat, and add flour (all at once).

Stir mixture constantly until it forms a ball. Remove saucepan from heat and beat in eggs one at a time until you form a smooth batter.

Lightly grease cookie sheet using two small spoons make a medium size mounds placing each about 3" apart. Bake for 30 minutes or until golden brown, let cool on a cooling rack and then cut off top half way and fill with pudding and top with powdered sugar. Chill in icebox for an hour and enjoy



BLUEBERRY CRUMBLE COFFEE CAKE

Ingredients:

for the crumble topping:

1/2 cup brown sugar

1/2 cup flour

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

1/4 teaspoon cardamom

1/4 cup butter, softened

for the cake:

2 cups flour

2 teaspoons baking powder

1/4 teaspoon salt

1/2 teaspoon cinnamon

3/4 cup sugar

1/4 cup butter, softened

1 large egg

1 teaspoon vanilla extract

1/2 cup buttermilk

3 cups fresh blueberries (or frozen, do not thaw!)

Directions:

Preheat the oven to 375°F. Grease a 9" square pan and set aside.

In a medium bowl, combine the first 6 ingredients, mixing together with a fork until crumbly; set aside.

In another medium bowl, stir together the flour, baking powder, salt and cinnamon.

In a large bowl, cream together the remaining butter and sugar. Blend in the egg and vanilla until smooth. Blend in the flour mixture and cream alternately, beginning and ending with the flour (flour, milk, flour, milk, flour). Fold in the blueberries. (The dough is quite stiff, so be patient as you're folding in the berries! Don't mush them up!)

Spread the batter into the prepared pan and sprinkle with the crumble topping.

Bake for 50-60 minutes, until a toothpick inserted in the center of the cake comes out clean. Cool, and cut into 9 large squares.



INGREDIENTS

1 package regular Oreo cookies (Not Double Stuff) – about 36 cookies
6 Tablespoon butter, melted
1- 8 ounce package cream cheese, softened
1/4 cup granulated sugar
2 Tablespoons cold milk
1- 12 ounce tub Cool Whip, divided
2 – 3.9 ounce packages Chocolate Instant Pudding.
3 1/4 cups cold milk
1 and 1/2 cups mini chocolate chips

DIRECTIONS

1. Begin by crushing 36 Oreo cookies. I used my food processor for this, but you could also place them in a large ziplock bag and crush them with a rolling pin. When the Oreos have turned into fine crumbs, you are done.
2. Transfer the Oreo crumbs to a large bowl. Stir in 6 tablespoons melted butter and use a fork to incorporate the butter into the cookie crumbs. When the butter is distributed, transfer the mixture to a 9 x 13 inch baking dish. Press the crumbs into the bottom of the pan. Place the pan in the refrigerator while you work on the additional layers.
3. Mix the cream cheese with a mixer until light and fluffy. Add in 2 Tablespoons of milk, and sugar, and mix well. Stir in 1 and 1/4 cups Cool Whip. Spread this mixture over the crust.
4. In a bowl, combine chocolate instant pudding with 3 and 1/4 cups cold milk. Whisk for several minutes until the pudding starts to thicken. Use a spatula to spread the mixture over the previous cream cheese layer. Allow the dessert to rest for about 5 minutes so that the pudding can firm up further.
5. Spread the remaining Cool Whip over the top. Sprinkle mini chocolate chips evenly over the top. Place in the freezer for 1 hour, or the refrigerator for 4 hours before serving.

Australian Sports Nutrition's photo.



Watermelon Cake

- 1 large seedless watermelon
- 2 cans full fat coconut milk (left in fridge for 6 hours or more)
- 1/2 tsp. vanilla extract
- 1 Tbsp. raw honey
- 1 cup sliced raw almonds
- Seasonal fresh fruit (for topping)

Directions:

TO MAKE THE COCONUT WHIPPED CREAM

1. Make sure to place the can of coconut milk in the refrigerator for at least 6 hours (or overnight). This will cause the cream to separate from the milk. The cream will be at the top of the can.
2. Open the can of coconut milk and scrape out the cream into a medium sized bowl. Hint: I always open the can from the bottom and pour the milk out into a separate container before scraping out the cream. You can use the saved milk for smoothies and other recipes.
3. Add the vanilla and raw honey to the mixture. Whip the cream with a hand mixer on medium speed and work your way up to high speed until the cream is fluffy. Place the bowl of whipped cream in the fridge until ready to use.

TO MAKE THE TOASTED ALMONDS:

1. Place a medium sized skillet over medium-high heat and allow the pan to get hot.
2. Add the sliced almonds and toss in the pan until they are toasted and turn a light brown color. Remove from pan and set aside to cool.

TO ASSEMBLE

1. Remove the top and bottom from the watermelon and remove the rind from the middle section. You should be left with a cake-shaped piece of watermelon. Cut the watermelon "cake" into the number of wedges/slices you want (I recommend 6-8 slices depending on the size of the watermelon).
2. Pat the outside of the watermelon dry with paper towels (this is important because it will help the coconut whipped cream adhere better).
3. Dip the outside edge of each slice into the coconut whipped cream and then into the toasted almonds, and reassemble the wedges into the cake shape on a serving platter. Top with more whipped coconut cream and your favorite fresh fruit (I used blackberries, strawberries and kiwi). Serve or store in the refrigerator until ready to serve.



OK OK OK.. I have been asked several times to post Jello shots. Here it is!

Here is our complete Jello shot list, all in one post, or at least complete up to this point. I haven't come across any more that have made the cut yet, so for now I give you this. A grand total of 70 Jello Shot recipes!!! Complete with the Jager Bomb, Jagermonster & Jagermaster! ~JennJenn ♥

- 1 *JAGER BOMB* boil 1 cup red bull (in place of water), add black cherry or orange jello, 1 cups jager.
- 2 *MARGARITA* boil 1 cup water, add 3 oz pkg lime jello, 4 oz tequila, 4 oz sweet & sour margarita mix. sprinkle with salt just before firm.
(substitutue watermelon jello for lime for a melon margarita)
- 3 *RUM & COKE* boil 1 cups coke, mix in dark cherry jello add 1 cups light rum
- 4 *MIMOSAS* this one varies from the normal method Since champagne isn't as strong as liquor, cut the water out of this one. boil one cup champagne, mix orange jello 2 min, add one more cup champagne and a splash of OJ.
- 5 *SILK* Boil one cup champagne, mix in jello for 2 minutes, add one cup champagne and splash of lychee juice from the can.
- 6 *ORANGE TIC TAC* Boil two cups red bull, mix jello two minutes, add two cups mandarin orange vodka
- 7 *LEMON DROP* (boil 1 cup water, add lemon jello, citrus vodka, top with sugar sprinkles just before its fully set up)
- 8 *GRAPE CRUSH* (boil 1 cups water, add grape jello, 1/2 cup plain vodka, 1/2 cup chambord)
- 9 *HAWAIIAN* (boil 1 cup water, add pineapple or blueberry jello, 1 cup coconut rum)
- 10 *GIN & TONIC* (boil 1 cup tonic water, add lime jello, 1 cup gin)
- 11 *LEMON LIME* (boil 2 cups sprite, add lemon and lime jellos, 2 cups citrus vodka)

- 12 *BLUEBERRY* (boil 1 cup water, add blueberry jello, 1 cup blueberry vodka)
- 13 *FRUIT PUNCH* (boil 1 cups water, add mixed fruit jello, 1/2 cup blueberry vodka, 1/2 cup raspberry vodka)
- 14 *WATERMELON* (boil 1 cup water, add watermelon jello, 1 cup watermelon vodka)
- 15 *BEER* (boil 1 cups water, add strawberry jello, add 1 cup any malt liquor)
- 16 *CARIBBEAN* (boil 1 cup water, add strawberry-banana jello, Cruzan banana rum)
- 17 *CHERRY COLA* (boil 1 cup coke, add cherry jello, 1 cup cold cola, 1/2 cup amaretto, 1/2 cup spiced rum)
- 18 *DREAMSICLE* (boil 1 1/3 cup water & 2/3 cup OJ, add orange jello, 1 cup vanilla vodka 1/2 cup raspberry or berry vodka, 1/2 cup KeKe Beach Key Lime Cream Liqueur)
- 19 *LIME IN THE COCONUT* (boil 1 cup water, add watermelon jello, 1 cup Malibu Coconut Rum)
- 20 *RED HOTS* (boil 2 cups water, add jello, 1/2 cup cold water, 2 cups Cinnamon Schnapps)
- 21 **SEX ON THE BEACH** boil 1 cup cranberry juice, add 3 oz pkg orange jello, 3 oz peach schnapps, 5 oz vodka
- 22 ***SOUR APPLE*** (in microwavable container, mix 1 small box sour apple jello, 1 pkg Knox gelatin and 1 tbs sugar. Stir in 1 cup Mt. Dew and mix well. Microwave on high for 1 min. Stir until powder is dissolved. Mix 2 cups vodka & 3/4 cup Captain Morgan Coconut Rum. mix well and let sit 1 min. pour into cups and refrigerate.)
- 23 *SQUIRM* (boil 2 1/4 cup water, add 3 small pkgs any flavor jello, 2 cups vodka, 3/4 cup ice cold water. add 1 gummy worm to each shot before firm.
- 24 *CARIBOU LOU* (1/2 cup boiling water 1/2 cup pineapple juice boiled, add pineapple jello, 1/2 cup Malibu Rum, 1/2 cup Triplesec)
- 25 *JOLLY RANCHER* (boil 1 cup water, add melon jello, 1/2 cup vodka, 1/2 cup apple pucker)
- 26 *PURPLE PEOPLE EATER* (boil 1 cup water, add grape jello, 1/2 cup vodka, 1/2 cup watermelon pucker)
- 27 *BAHAMA MAMA* (boil 1 cup water, add watermelon jello, 1/2 cup Malibu rum, 1/2 cup peach schnapps)
- 28 *COSMOPOLITAN* (boil 1 cup water with a splash of lime juice, add cranberry jello,

1/2 cup vodka, 1/2 cup triple sec)

29 *CHERRY BOMB* (boil 1 cup redbull, add cherry jello, 1 cup vodka and drop in one maraschino cherry, step up before firmed.)

30 *BLUE FIRECRACKER* (boil 1 cup water, add berry blue jello, 1/2 cup vodka, 1/2 cup peach schnapps)

31 *WHITE LIGHTNING* (boil 1 cup water, add pina colada jello, 1/2 cup vodka, 1/2 cup triple sec)

32*FUZZY NAVEL* (boil 1 cup water, add 3 oz orange jello, 2 oz vodka, 6 oz peach schnapps)

33 *RED HEADED SLUT* boil 1 cup water, add cranberry jello, 1/2 cup peach schnapps, 1/2 cup jager

34 *MOJITO* (1 cup boiling water, 3 oz box lime jello, 6 oz white rum, 2 oz cold water. top with mint leaves chopped and crushed. (or substitute mint leaves with a splash of mint extract in the the boiling water.)

35 *STRAWBERRY DAQUIRI* (boil 1 cup water, add 3 oz package wild strawberry jello, 6 oz white rum, 1 oz sweet & sour or margarita mix.

36 *DEVILS KISS* 1 cup of boiling water. Dissolve 1 envelope of Knox Gelatin and stir until fully dissolved. Add 1/4 cup of cold water, 1/2 cup of Goldschlager, and 1/4 cup of Bacardi-151. Stir well and wait until the liquid has cooled before pouring into jello shot cups. if you double up the Knox Gelatin in this one you can eliminate the cup serve these up as jigglers!!

37 *ANKLE BREAKER* 1 cup of boiling water. Dissolve 1 envelope of Lime Jello (3 oz size) and stir until fully dissolved. Add 1/2 cup of cold water, 1/4 cup of 151 Rum, and 1/4 cup of Cherry Brandy. Stir well and cool before pouring into jello shot cups.

38 *FIRECRACKER 2* 3/4 cup of boiling water. Dissolve 1 box of Orange Jello and stir until fully dissolved. Add 1/4 cup of cold water, 1/3 cup of Sloe Gin , and 1/3 cup of Spiced Rum and 1/3 cup of 151 Rum. Stir well and cool before pouring into jello shot cup

39 **KOMANIWANALAYA** 2 cups of boiling water. Dissolve 1 box of Pineapple Jello and 1 box of Cranberry Jello (both 3 oz size) and stir until fully dissolved. Add 1 cup of cold water, 1/2 cup of Amaretto, and 1/2 cup of 151 Rum. Stir well and cool before pouring into jello shot cups.

40 *RAIN MAIN* 1 cup of boiling water. Dissolve 1 box of Orange Jello (3 oz size) and stir until fully dissolved. Add 1/4 cup of cold water, 1/2 cup of Bacardi 151, and 1/4 cup of Melon Liqueur. Stir well and cool before pouring into jello shot cups

41 ADAM AND EVE 3/4 cup of boiling water. Dissolve 1 box of Lemon Jello (3 oz size) and

stir until fully dissolved. Add 1/2 cup of cold water, 1/4 cup of Brandy, and 1/4 cup of Pomogranate Liqueur and 1/4 cup of Gin. Stir well and cool before pouring into jello shot cups.

42 ALABAMA SLAMMER 3/4 cup of boiling water. Dissolve 1 package of Lemon Jello (3 oz) and stir until everything is completely dissolved and then add 1/3 cup of coldwater. Next, add 1/3 cup of Amaretto, 1/4 cup of Southern Comfort, and 1/3 cup of Sloe Gin. Mix thouroughly until everything is well combined and the carefully pour into jello shot cups. Chill for 3 to 4 hours and serve.

43 ALL NIGHTER 1 cup of boiling water. Dissolve 1 box of Cherry Jello (3 oz size) and stir until fully dissolved. Add 1/2 cup of cold water and 1/2 cup of Watermelon Vodka. Stir well and cool before pouring into jello shot cups.

44 APPLE PIE 1 1/2 cups ofboiling water. Dissolve 2 boxes of Lemon Jello (3 oz size) and stir until fully dissolved. Add 1 cup of cold water, 1/2 cup of Light Rum, 1/2 cup of Sweet Vermouth, 1/4 cup of Apple Brandy and 1/4 cup ofGrenadine. Stir well and cool before pouring into jello shot cups.

45 BANANA BOAT 1 cup of water. Dissolve 1 box of Pineapple Jello (3 oz size) and stir until fully dissolved. Add 1/2 cup of cold water, 1/4 cup of Coconut Rum , and 1/4 cup ofBanana Liqueur. Stir well and cool before pouring into jello shot cups.

46 BANANA SPLIT 1 cup of boiling water. Dissolve 1 box of Strawberry Jello (3 oz size) and stir until fully dissolved. Add 1/4 cup of cold water, 1/4 cup of Vodka, and 1/4 cup ofBanana Liqueur and 1/4 cup of Creme de Cacao. Stir well and cool before pouring into jello shot cups.

47 BAT OUT OF HELL 1 cup of boiling water. Dissolve 1 package of Orange Jello (3 oz) and stir for at least 2 minutes until fully dissolved. Add 1/2 cup of Red Bull, 1/4 cup of Rumand 1/4 Blue Curacao. Stir until well combined and cool before pouring into jello shot cups.

48 BERMUDA TRIANGLE 1 cup of boiling water. Dissolve 1 box of Orange Jello (3 oz size) and stir until fully dissolved. Add 1/2 cup of cold water, 1/4 cup of Spiced Rum and 1/4 cup of Peach Schnapps. Stir well and cool before pouring into jello shot

49 BLACK CAT 1 cup of boilingwater. Dissolve 1 package of Raspberry Jello (3 oz) and stir until fully dissolved. Add 1/4 cup of cold water, 1/2 cup of Black Vodka, and 1/4 cup of Chambord. Stir well and wait until the liquid is about room temperature before pouring into jello shot cups.

50 BLACK WIDOW 1 cup of boiling water. Dissolve 1 package of Grape Jello (3 oz) and stir until fully dissolved. Add 1/4 cup of cold water, 3/4 cup of Blackberry Vodka and 1/8 teaspoon of Ginger Powder. Stir well and cool slightly before pouring into jello shot cups. For a schnazzy garnish, drop a singleblackberry in each cup before chilling

51 COUGH DROP 1 cup of boiling water. Dissolve 1 3 oz package of Strawberry Jello and

stir until fully dissolved. Add 1/2 cup of cold water, 1/2 cup of Jagermeister. Stir well and cool before pouring into jello shot cups.

52 CRYPTINI 1 cup of HotCoffee. Dissolve 1 envelope of Knox Gelatin and stir until fully dissolved. Add 1/3 cup of Iced Coffee, 1/3 cup of Vodka, and 1/3 cup of Kahlua. Stir well and wait until the liquid has cooled before pouring into jello shot cups.

53 FRENCH TICKLER 1 cup of boilingwater. Dissolve 1 package of Orange Jello (3 oz) and stir until fully dissolved. Add 1/4 cup of cold water, 1/4 cup of Cinnamon Schnappsand 1/2 cup of Vodka. Stir well and wait until the liquid has a chance to cool before pouring into jello shot cups.

54 HARVEY WALLBANGER 1 cup of boiling water. Dissolve 1 package of Orange Jello (3 oz) and stir until fully dissolved. Add 1/4 cup of cold water, 1/2 cup of Vodka and 1/4 cup ofGalliano. Stir well until completely combined and wait until the liquid has cooled before pouring into jello shot cups.

55 JUICY FRUIT 3/4 cup of boiling water. Dissolve 1 box of Pineapple Jello (3 oz size) and stir until fully dissolved. Add 1/4 cup of cold water, 1/3 cup of Vodka, and 1/3 cup ofMelon Liqueur and 1/3 cup of Peach Schnapps. Stir well and cool

56 JAGERMASTER 1 cup of boiling water. Dissolve 1 box of Orange Jello (3 oz size) and stir until fully dissolved. Add 1/2 cup of cold water, 1/4 cup of Jagermeister, and 1/4 cup of Amaretto, and a just a splash of Grenadine. Stir well and cool before pouring into jello shot cups.

57 JAGERMONSTER 1 cup of boiling water . Dissolve 1 package of Orange Jello and stir until fully dissolved. Add 1/4 cup of cold water , 1/2 cup of Jagermeister, and 1/4 cup of Grenadine. Stir well and cool before pouring into jello shot cups.

58 LETHAL INJECTION 2 cups of boiling water. Dissolve 1 package of Orange Jello (3 oz) and 1 package ofPineapple Jello (3 oz) and stir at least 2 minutes until completely dissolved. Add 1 cup of cold water followed by 1/4 cup of Amaretto, 1/4 cup of Coconut Rum, 1/4 cup of Dark Rum and 1/4 cup of Spiced Rum. Stir well and wait until the liquid has cooled before pouring intojello shot cups.

59 LONG ISLAND ICED TEA and measure 1 cup of boiling water. Dissolve 2 packages of Lemon Jello (3 oz) and stir until fully dissolved. Add 1/2 cup of Cola and 1/2 cup of cold water. Now get ready to add the alcohol - 1/2 cup of Gin, 1/2 cup of LightRum, 1/2 cup of Vodka and 1/2 cup of Tequila. Stir until everything is well combined and let it cool before pouring into jello shot cups.

60 NINJA TURTLE 1 cup of boiling water. Dissolve 1 box of Orange Jello and stir until fully dissolved. Add 1/2 cup of cold water, 1/4 cup of Gin, and 1/4 cup of Blue Curacao. Stir well and cool before pouring into jello shot cups.

61 PAIN KILLER 3/4 cup of boiling water. Dissolve 1 box of Pineapple Jello (3 oz size) and stir until fully dissolved. Add 1/4 cup of cold water, 1/3 cup of Dark Rum, 1/3 cup

of Coconut Rum and 1/3 cup of Orange Liqueur. Stir well and cool before pouring into jello shot cups.

62 PIXIE STIX 1 cup of boiling water. Dissolve 1 box of Lemon Jello (3 oz size) and stir until fully dissolved. Add 1/2 cup of cold water, 1/4 cup of Southern Comfort, and 1/4 cup of Blackberry Brandy. Stir well and cool before pouring into jello shot cups.

63 RED SILK PANTIES 1 cup of boiling water. Dissolve 1 box of Cranberry Jello (3 oz size) and stir until fully dissolved. Add 1/2 cup of cold water, 1/4 cup of Vodka, and 1/4 cup of Peach Schnapps. Stir well and cool before pouring into jello shot cups.

64 KINKY MALIBU BARBIE Boil 1 cup water, add peach jello, 1/2 cup Kinky Liqueur, 1/2 cup Malibu Coconut Rum.

65 Killer Kool Aid 1 1/2 cups of boiling water. Dissolve 2 boxes of Cranberry Jello (3 oz size) and stir until fully dissolved. Add 3/4 cup of cold water, 1/2 cup of Vodka, 1/2 cup of Gin, 1/4 cup of Rum, 1/4 cup of Chambord and 1/4 cup of Triple Sec. Stir well and cool before pouring into jello shot cups.

66 Broken Heart 1 cup of boiling water . Dissolve 1 package of Orange Jello (3 oz size) and stir until fully dissolved. Add 1/2 cup of cold water, 1/4 cup of Vodka, and 1/4 cup of Chambord. Stir well and cool before pouring into jello shot cups.

67 SCOOPY SNACKS 1 cup of boiling water. Dissolve 1 box of Pineapple Jello (3 oz size) and stir until fully dissolved. Add 1/2 cup of cold water, 1/4 cup of Melon Liqueur, and 1/4 cup of Coconut Rum . Stir well and cool before pouring into jello shot cups.

68 TIJUANA TAXI 2 cup of boiling water. Dissolve 2 packages of Lemon Jello (3 oz size) and stir at least 2 minutes until fully dissolved. Next, add 1 cup of cold water, 1/2 cup of Tequila, 1/4 cup of Blue Caracao and 1/4 cup of Tropical Fruit Schnapps. Stir until completely combined and give it a chance to cool before pouring into jello shot cups.

69 RUMMY BEARS 1 cup boiling water, add any random flavor jello and 1 cup berry vodka, 1 gummy bear in the center of each shot.

70 WOOWOO 2 cups boiling water, add 3 pkgs grape jello, 3 pkgs cranberry/raspberry jello, 3 pkgs strawberry jello, 3 cups vodka, 3 cups peach schnapps, 1 can grape juice concentrate and 1 can cran-raspberry juice concentrate (both undiluted!)

PLEASE drink responsibly! ♥



5 MINUTE CHOCOLATE MUG CAKE THE MOST DANGEROUS CAKE RECIPE IN THE WORLD

This is very dangerous.....chocolate cake any time of the day.

INGREDIENTS:

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil ..or try real butter...worked very well
3 tablespoons chocolate chips (optional)
a small splash of vanilla extract
1 large coffee mug

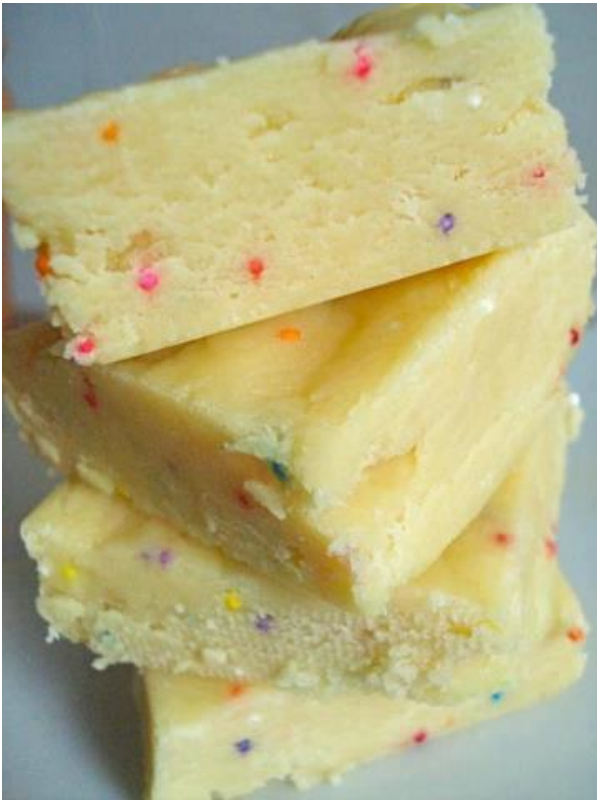
Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts (high). The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired. Now, you can make this even more sinful by adding ice cream and whipped cream...your choice!

EAT! (this can serve 2 if you want to feel slightly more virtuous).

And why is this the most dangerous cake recipe in the world?

Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!



Cake Batter Fudge!

Ingredients:

1 cup yellow cake mix
1 cup powdered sugar
1/4 cup real butter (not margarine), cut into small squares
1/4 cup milk
Colored sprinkles

Directions:

Mix cake mix and powdered sugar in microwave-safe bowl. Add butter and milk. Don't stir.

Microwave for 2 minutes. Stir immediately until completely combined. Add sprinkles. Do not over stir as sprinkle color may bleed.

Spread into greased 6 x 6 pan. Refrigerate for at least one hour. Best if refrigerated overnight.

Double ingredients for an 8 x 8" pan.



Coconut Crumbles Recipe

Only one word - amazing. The combination of flavors and textures is incredible.

Ingredients

1/2 c. salted butter, softened
1 c. brown sugar
1 c. flour
1 tsp. baking powder
1/2 c. rolled oats
1/2 c. shredded coconut, sweetened
1 (14 oz.) can sweetened condensed milk
1/2 c. fresh lime juice
2 tsp. lime zest

Directions

Line a 9x9 baking pan with parchment paper. Cream butter and brown sugar. Add in flour and baking powder. Mix in oats and coconut. Mixture will be somewhat dry and sandy. Combine condensed milk with lime juice and zest.

Put 2 cups of the oat mixture into the bottom of the prepared pan and press firmly into an even layer. Pour condensed milk mixture on top and spread evenly. Crumble all remaining oat mixture over the top of the lime mixture, covering it completely. Bake at 350F for 30 min. until golden brown. Cool completely before cutting into squares. The bars can also be chilled in the fridge after cooling.



Caramel Apple Pie Recipe

Caramel apple dip adds smooth sweetness to this new version of a classic favorite.

Ingredients

1 box refrigerated pie crusts, softened as directed on box
1 cup granulated sugar
1/4 cup all-purpose flour
1 teaspoon ground cinnamon
5 cups thinly sliced peeled apples
1/2 cup caramel apple dip
2 tablespoons milk
1 cup all-purpose flour
1/2 cup packed brown sugar
1/2 cup butter

Directions

Heat oven to 375° F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie plate. In large bowl, mix granulated sugar, 1/4 cup flour and the cinnamon. Add apples; toss to coat. Spoon apple mixture into crust-lined plate. In small bowl, mix 2 tablespoons caramel apple dip and the milk; drizzle over apples.

In medium bowl, mix 1 cup flour and the brown sugar. With pastry blender, cut in butter until mixture looks like coarse crumbs. Sprinkle over filling.

To make lattice top, cut second crust into 1/2-inch-wide strips with pastry cutter. Place half of the strips across filling in pie plate. Weave remaining strips with first strips to form lattice. Trim ends of strips even with edge of bottom crust. Fold trimmed edge of bottom crust over ends of strips, forming a high stand-up rim. Seal and flute.

Bake 50 to 60 minutes or until golden brown. Cool 10 minutes. Drizzle remaining caramel apple dip over pie. Cool at least 2 hours before serving.



Ingredients:

3 cups very cold rum or vodka, flavored is okay (I put mine in the freezer for a couple hours)

6 teaspoons plain unflavored gelatin

6 3-oz packages of jell-o, we used grape, berry blue, lime, pineapple, orange, and cherry

1 1/8 cup vanilla yogurt

water

cooking spray

Lightly spray bundt pan with cooking spray, wipe out excess. Place 3/4 cup water in saucepan, sprinkle one teaspoon unflavored gelatin over it, let sit for a minute or two, heat on medium-low stirring constantly with whisk until dissolved, about 5 minutes. Add first package jell-o, whisk in until thoroughly dissolved, about 2 minutes, remove from heat, stir in 1/2 cup cold alcohol, pour 3/4 cup jell-o mixture into mold, place mold in refrigerator. After 10-15 minutes place rest of jell-o mixture into bowl, place in refrigerator 5 minutes. Take bowl out, add 3 tablespoons vanilla yogurt and whisk thoroughly, gently add to bundt pan, place back in refrigerator.

Wash all your utensils and start over with next flavor, as the pan chills more and the layers get thinner it will go faster to add next layer, if it feels slightly tacky to the touch it is ready. If it's not set enough the layers will "bleed" through, if it sits too long the layers will come apart. When you add the last layer refrigerate at least overnight, with clean hands pull jell-o away from the edges of the pan, dip almost to top into a container or sink of warm, not hot, water for 10 seconds, remove and jiggle pan, if it looks like it's coming away from the edges it's ready, if not, dip again for a few seconds. Place serving plate upside down over top, invert, and voila.



Cream Cheese Cookie Bars

1- 8 ounce brick cream cheese
1/3 cup sugar
1 t. vanilla
1 egg
3 cups chocolate chip cookie dough

Preheat oven to 350°. Using a hand mixer or a stand mixer, mix the first four ingredients until light and fluffy, about 2 minutes on med-high speed. Into an 8×8 inch greased baking dish, evenly press 2 cups cookie dough. Pour cream cheese mixture over top and spread to edges of dish. Break the remaining dough into small pieces and sprinkle over top of cream cheese mixture. Lower oven heat to 325° and bake bars for 35-40 minutes or until tester comes out (almost) clean. Let cool completely out on the counter before cutting into 16 equal pieces. Chilling in the refrigerator for one hour before removing cut bars prevents breakage. Refrigerate leftovers (if any!)

I baked my bars for about 38 minutes. Although the tester came out with a little cream cheese mixture on it, I still removed the bars from the oven and they set up nicely once they cooled. I did this to avoid overcooked edges.



Thought I would share one of our most popular recipes that offers hope to anyone who thinks they can't cook, entertain or produce "WOW" factor food.

Here's our slice of hope for anyone wanting to get their baking mojo on, or just want a tasty treat to celebrate the end of the week!

Apple Slice:

Recipe from Book 2 RED & iApp)

- * 340g (12oz) pkt vanilla cake mix
- * 3/4 cup (180g) butter, melted
- * 400g (14oz) can of apple
- * 200g (7oz) sour cream

Preheat oven to 180C/360F. Mix butter and cake mix to a dough. Spread evenly in a baking (parchment) paper lined rectangular baking dish and bake for 15 minutes. Combine apple and sour cream. Spread evenly over base and return to oven for another 15 minutes. Cool completely in the fridge (this allows the base time to set). Serve cold.

Optional: You can sprinkle with cinnamon before the final bake.

Tip: Use a tin of peaches instead of apple if doing the 4 Ingredients One Pot One Bowl Peach version

Note: You only use the cake mix, you DO NOT add all the other ingredients suggested on the cake mix packet, it is only the 4 Ingredients listed above.



Oh this looks yummy, and a springy twist on Brownies! Save (share) to your own page if you want to find easily again.

Lemony Lemon Brownies

Ingredients:

1/2 cup unsalted butter, softened
3/4 cup flour
2 eggs, large
2 tbsps lemon zest
2 tbsps lemon juice
3/4 cup granulated sugar
1/4 teaspoon sea salt

For the tart lemon glaze:

4 tbsps lemon juice
8 tsps lemon zest
1 cup icing sugar

Directions:

1. Preheat the oven to 350 degrees.
2. Grease an 8×8 inch baking dish with butter and set aside.
3. Zest and juice two lemons and set aside.
4. In the bowl of an electric mixture fitted with the paddle attachment, beat the flour, sugar, salt, and softened butter until combined.
5. In a separate bowl, whisk together the eggs, lemon zest, and lemon juice until combined.
6. Pour it into the flour mixture and beat for 2 mins at medium speed until smooth and creamy.
7. Pour into baking dish and bake for 23-25 mins, should turn golden around the edges.
8. Allow to cool completely before glazing. Do not overbake, or the bars will dry.

9. Filter the powdered sugar and whisk with lemon zest and juice.
10. Spread the glaze over the brownies with a rubber spatula and let glaze set.
11. Cut into bars and serve.

Chocolate Dipped Peanut Butter Stuffed Banana Bites

These banana bites are a really fun way to serve an ordinary snack.

They are a great treat for kids - filled with healthy ingredients, disguised as a dessert!

The chocolate, peanut butter, and banana combo is perfect for an afternoon snack, or after dinner dessert alternative.

Ingredients:

bananas (find the ones with as little curve as possible)

creamy peanut butter

[chocolate chips](#)

chopped nuts or sprinkles (optional)

Directions:

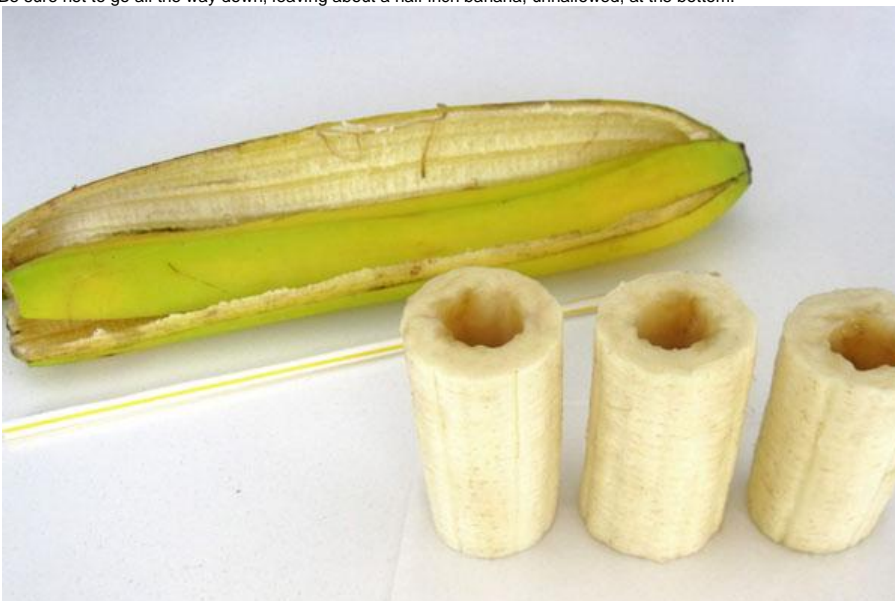
Try and find bananas with little to no curve for best results.

Peel and slice off the ends of each banana. Cut the banana into about two 3" long pieces.

The amount of banana pieces you will get from each banana will vary, depending on the size of your banana and how long your banana pieces you cut are. You should get about 2-3 banana bites per banana.



Stand your banana bites up on their flat, cut side. Hollow out the center using a straw or [apple corer](#). Be sure not to go all the way down, leaving about a half inch banana, unhollowed, at the bottom.



Melt your chocolate according to the package, in a small, deep bowl. Dip the bottom half of your banana bites into the melted chocolate and roll in chopped nuts or sprinkles. Place on wax paper to dry. Refrigerate until chocolate has set and dry.

This is a favourite ☐



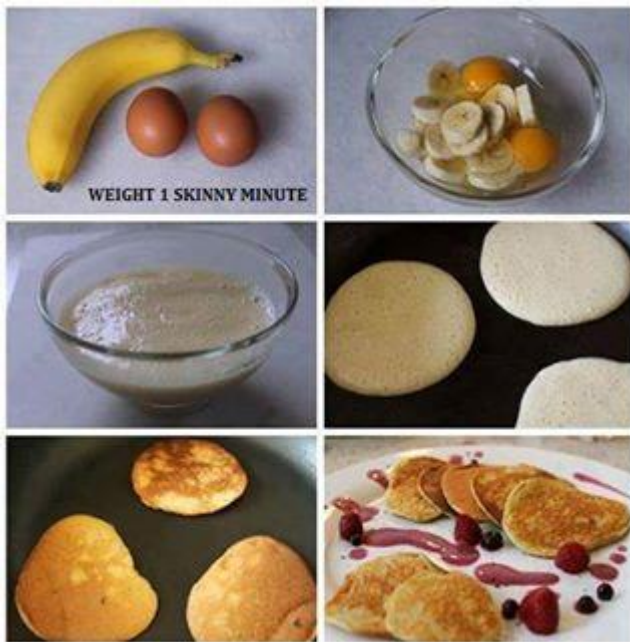
Once dry, remove the bananas from your refrigerator. Transfer the peanut butter to a [pastry bag](#) or a zip lock bag with the corner snipped off, and pipe it into your hollowed out bananas.



Continue piping a swirl at the top for presentation if desired. You can also just spoon the peanut butter into the hole for a more simple alternative.



Enjoy!
Perfect Pairing:



ALL NATURAL PANCAKE RECIPE... NO PROCESSED ANYTHING!!

- 1 ripe banana
- 2 whole eggs

That's it. Just mix together in a bowl and make sure the banana is all mashed. Then spray your pan with some "spray & cook" or coconut oil. On a low to medium heat, scoop some of the batter into the pan & give it about 20-30 sec, flip, and done! Serve and eat!

*Some advice would be to make them small so its easier to flip

Under 250 calories, nearly 14g of protein! No processed anything! These pancakes are gluten free, low calorie.



~APPLE PIE BAKED IN APPLE~

5-6 Granny Smith apples (make sure they can stand on their own)
1 tbsp. cinnamon
1/4 cup sugar
1 tbsp. brown sugar
pie crust (homemade or pre-made)

1) Preheat oven to 375F.

2) Cut off the top of 4 apples off and discard. Remove the inside of each apple with a spoon or melon baller very carefully, as to not puncture the peel.

If you're a skilled interior apple excavator, salvage as much as you can so you can use it for Step 2. I, on the other hand, am not skilled so I just had to throw my interior apples away and chop up additional apples for filling.

3) Remove skin from remaining apple(s) and slice very thinly. These apple pieces will give you the additional filling needed to fill the four apples you are baking.

Mix sliced apples with sugars and cinnamon in a bowl. If you prefer more or less cinnamon make adjustments as desired. Same goes for the sugar.

Scoop sliced apples into hollow apples.

4) Roll out pie crust and slice into 1/4 inch strips. You can also add a strip of pastry inside the top of the apple almost like a liner to add a little more texture/sweetness to the pie.

Cover the top of the apple in a lattice pattern with pie crust strips.

5) Place apples in an 8x8 pan. Add just enough water to the cover the bottom of the pan.

Cover with foil and bake for 20-25 minutes.

Remove foil and bake for an additional 20 minutes or until crust is golden brown and sliced apples are soft.

Makes 4 baked apple pies (in the apple).



Best Ever Banana Cake with Cream Cheese Frosting Frisky

2 cups bananas , mashed
2 teaspoons lemon juice
3 cups all-purpose flour
1 ½ teaspoons baking soda
¼ teaspoon salt
1/4 tsp of nutmeg
¾ cup unsalted butter , room temperature
2 1/8; cups sugar
3 large eggs, room temperature

2 teaspoons vanilla

1 ½ cups buttermilk, room temperature

Preheat oven to 275°. Grease and flour a 9 x 13 inch pan or 9 inch rounds.

1. In a small bowl, mix mashed banana with the lemon juice; set aside. In a medium bowl, mix flour, baking soda , nutmeg and salt; set aside.
2. In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs, one at a time, then add in 2 tsp vanilla.
3. On low, add the flour mixture alternately with the buttermilk. Stir in banana mixture.
4. Pour batter into prepared pans and bake in preheated oven for one hour and 15 minutes or until toothpick inserted in center comes out clean. Unmold on to wire racks and cool completely if using 9 inch round, otherwise leave in pan to cool.

Cream Cheese Frosting

1 stick unsalted butter, room temperature
8 oz or 1 package of cream cheese softened
1 teaspoon vanilla
3 1/2 cups of powdered sugar

For the frosting, cream the butter and cream cheese until smooth. Beat in the vanilla. Add powdered sugar and beat on low-speed just until combined. Don't over beat. Sprinkle chopped nuts over top of the frosting.

Notes: I changed the amount of bananas and added 1/2 cup more because I had them. I also increased the amount of nutmeg from a pinch to 1/4 tsp because I like it. The recipe recommends to put the hot cake into the freezer to make it more moist. I had no room in my freezer so I put ice in a roasting pan and then put the 9 x 13 cake pan on top. I do not think either step is necessary but it is what I did.

This is a favourite

I have made many banana cakes, and this may be the "best ever", it is moist, tender, lots of banana taste, hint of the nutmeg and of course the frosting is excellent but then again I really like cream cheese frosting. You could also make this with a nice buttercream frosting.



Brownie Caramel Cheesecake = Be sure to click on SHARE to save this to your wall.

Ingredients

- 1 (9 ounce) package brownie mix
- 1 egg
- 1 tablespoon cold water
- 1 (14 ounce) package individually wrapped caramels, unwrapped
- 1 (5 ounce) can evaporated milk
- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1 cup chocolate fudge topping

Preparation

Preheat oven to 350 degrees F (175 degrees C). Grease the bottom of a 9 inch springform pan.

In a small bowl, mix together brownie mix, 1 egg and water. Spread into the greased pan. Bake for 25 minutes.

Melt the caramels with the evaporated milk over low heat in a heavy saucepan. Stir often, and heat until mixture has a smooth consistency. Reserve 1/3 cup of this caramel mixture, and pour the remainder over the warm, baked brownie crust.

In a large bowl, beat the cream cheese, sugar and vanilla with an electric mixer until smooth. Add eggs one at a time, beating well after each addition. Pour cream cheese mixture over caramel mixture.

Bake cheesecake for 40 minutes. Chill in pan. When cake is thoroughly chilled, loosen by running a knife around the edge, and then remove the rim of the pan. Heat reserved caramel mixture, and spoon over cheesecake. Drizzle with the chocolate topping.



5 MINUTE FUDGE

Prep Time: 5 mins
Total Time: 15 mins
Servings: 20-30
About This Recipe

Ingredients

1 2/3 cups white sugar
2/3 cup evaporated milk
1 tablespoon unsalted butter
1/2 teaspoon salt
1 (6 ounce) packages milk chocolate chips
16 large marshmallows
1 teaspoon pure vanilla extract
1 cup chopped nuts

Direction

1. Combine sugar, milk, butter and salt in a medium sized saucepan. Bring to a boil, cook 5 minutes, stirring constantly.
2. Add in chocolate chips; cook until melted.
3. Remove from heat; stir in marshmallows, vanilla and nuts. Mix well.
4. Pour into a 8-inch pan.

Cool cut into squares.



Oreo Cheesecake Cake Cheesecake:
2 (8 oz) packages cream cheese, room temperature
3/4 cup sugar
2 tsp. vanilla extract
1/4 tsp. salt
2 large eggs
3/4 cup sour cream
7 coarsely crushed chocolate sandwich cookies

Cake:
2 cups sugar
1-3/4 cups all-purpose flour
3/4 cup dutch processed cocoa powder (I used Hershey's Special Dark cocoa powder)
1-1/2 teaspoons baking powder
1-1/2 teaspoons baking soda
1 teaspoon salt
2 eggs
1 cup milk
1/2 cup vegetable oil (I used expeller pressed coconut oil)
2 teaspoons vanilla extract
1 cup boiling water
1 tsp. instant coffee granules (optional)

Frosting:
6 oz. white chocolate (I used Baker's Premium White Chocolate)
1 cup butter, room temperature
2 tsp. vanilla extract
6 cups powdered sugar
1/4-1/3 cup heavy cream or milk

6-8 additional crushed chocolate sandwich cookies, for assembly
Mini oreos for garnish, optional

DIRECTIONS:**Cheesecake:**

Preheat oven to 325°. Using an electric mixer, beat cream cheese on medium until fluffy, scraping down side of bowl. Gradually add sugar, beating until fluffy. Beat in vanilla extract and salt. Beat in eggs, one at a time, scraping down side of bowl after each addition. Beat in sour cream. Fold in crushed Oreos.

Cut parchment paper in a circle and line the bottom of a 9" springform pan. Pour batter into the pan, smoothing the top. Bake until just set in center, about 45 minutes. Let cool 20 minutes. Run a paring knife around edge; let cool completely. Remove outer ring of cheesecake pan, but leave metal bottom. Wrap in plastic wrap and freeze. (I just refrigerated - it worked fine)

Cake:

Heat oven to 350°F. Grease and flour two 9-inch round pans.

Stir together sugar, flour, cocoa, baking powder, baking soda and salt in large bowl. Add eggs, milk, oil and vanilla; beat on medium speed of electric mixer 2 minutes. If using coffee granules, dissolve them in the boiling water. Stir water or coffee into batter. (batter will be thin). Pour batter into prepared pans.

Bake 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pans to wire racks. Cool completely.

Frosting:

Place white chocolate in double boiler over pot of simmering water just until it begins to melt. Stir to fully melt, remove from heat and set aside to cool slightly. Meanwhile, cream butter. Once chocolate has cooled, beat in with butter. Continue to mix at low to medium speed while adding vanilla. Gradually add in cream/milk and powdered sugar, alternating until frosting reaches desired consistency.

Assembly:

Place one layer of cake on cake stand. Frost top with a thin layer of frosting, and a sprinkle of crushed Oreos. Remove cheesecake from freezer, unwrap, and remove metal bottom of the pan, then peel off parchment paper. Place cheesecake layer on top of the cake. If the cheesecake is wider than the cake, and it is necessary to trim it, wait approximately 5-10 minutes for the cheesecake to soften, then trim it with a knife. Frost top with a thin layer of frosting, and a sprinkle of crushed Oreos. Place top layer of cake on top of the cheesecake, and coat entire cake with a layer frosting to act as the crumb coat. Be careful not to get any crumbs in the bowl of frosting! Refrigerate approximately 30 minutes, then frost with as much of the remaining frosting as necessary. Top with mini Oreos, crushed Oreos, or any decoration of your choosing. Refrigerate until ready to serve.



HO-HO CAKE

*Warning- This is such a popular Amish Country recipe, you may find yourself buying a horse and buggy and turning off your electric!

1/2 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
pinch of salt
2 c. boiling water
1/2 c. cocoa
2 t. soda
2 t. baking powder
2 c. flour

Mix first 5 ingredients together until well combined. Add cocoa and soda to boiling water, stir together and set aside. Combine baking powder and flour and slowly add to creamed mixture. Stir in cocoa mixture to cake batter. Batter will be thin. Bake at 350 in greased half sheet for 22-24 minutes or in a greased 13x9 for 38-40 minutes.

HO-HO filling

Over medium heat cook 1-1/4 c. milk with 6 T. all-purpose flour until thick, stirring constantly. Be patient this takes a few minutes. Chill. Beat 1/2 c. margarine, 1 cup shortening and 1 c. sugar. Add to the chilled milk mixture and spread on cooled cake. Set aside.

Chocolate Frosting for the final layer

1/2 c. margarine
4 oz. Baker's sweet chocolate
1 egg
1 t. vanilla
3 c. powdered sugar
2-1/2 T. hot water

Blend all the ingredients until creamy. Only add 2-1/2 T. hot water if frosting seems too thick for you! Spread on top of cooled cake.



OMG!!! I LOVE COCONUT!!! This is sooooo YUMMY!!! Don't ya'll forget to SHARE this so it will be SAVED to your timeline!

TROPICAL DUMP CAKE

- 1 20 ounce can cubed or crushed pineapple
- 1 15 ounce can tropical fruit
- 1 package of orange cake mix
- 1 1/2 sticks of butter
- 1/2 cup instant oatmeal
- 1 cup coconut flakes

Preheat oven to 350 degrees. Dump both of the fruits & their juices into a 9 x 12 Pyrex baking dish. Pour the dry cake mix on top of the fruit & spread out evenly. Mix oatmeal & coconut & sprinkle over cake mixture with fingers. Melt butter & pour on top evenly. It should cover the entire cake mix. Bake for one hour & serve with ice cream.



Apple Pie Cookies!

What you'll need for 6-8 good sized Pie Cookies:

1 Box of frozen Pillsbury Pie Crust (2 sheets per box)
Approx. 1 Can of Apple Pie Filling (just enough for a thin layer)
Approx. 1 Cup of Caramel Sauce (just enough for a light coating)
1 Egg..for egg-wash
2 tbsp. Cinnamon/Sugar
1 tbsp. Nutmeg
Flour just for sprinkling
A round cookie cutter..any size you like

Directions:

Lay out a sheet of Pie Crust, sprinkle it with some flour and slightly roll it out, just to increase its surface area.

Pour some of the Caramel Sauce (Just enough to coat the crust) onto the crust and evenly spread it around, creating a thin layer of caramel...

Coarsely chop the Apple Pie Filling into small pieces...

Top the caramel layer with a layer of the chopped up Apple Pie Filling, making sure not to add too much pie filling...

Roll out the second sheet of Pie Crust the same size as the first sheet, and slice it into strips...

Create a lattice crust (just like on a pie) for the top of the pie filling...DON'T do what I did and create the lattice on the counter, it's not fun getting it on top of the bottom crust..ugh! Create your lattice on top of the actual filling, as if it were a pie!

Dip your cookie cutter into some egg wash and cut out your Pie Cookies...

Brush the tops of them with some egg wash and sprinkle them with the Cinnamon Sugar and Nutmeg..

Place them onto a baking sheet and bake them at 350 degrees for approx. 20-25 minutes, until they're golden and firm.



Buko Pie Recipe

Resembling a coconut cream pie, except that it is made with young coconuts

Ingredients

2 cups all-purpose flour
1/3 cup butter
1 teaspoon salt
1/3 cup vegetable shortening
6 to 8 tablespoons cold water
2 cups young coconut meat
3/4 cup granulated white sugar
1/2 cup cornstarch diluted in 1/2 cup young coconut water
1/2 cup evaporated milk

Directions

1. Create the crust

- 1.1 Combine flour and salt then mix using a balloon whisk.
- 1.2 Add butter and shortening then mix using a pastry mixer.
- 1.3 Gradually add cold water a tablespoon at a time while mixing the ingredients.
- 1.4 When everything is completely mixed, gather the mixture and divide into two equal parts.
- 1.5 In a flat surface flatten each of the dough and roll using a rolling pin until wide enough to fit an eight or nine inch cake pan. Note: Sprinkle flour over the flat surface to prevent the dough from sticking or use a silicon mat.
- 1.6 Arrange the first dough over the cake pan. This will be the base.
- 1.7 Set the second flattened dough aside. This will be needed after arranging the filling in the cake pan.

2. Make the filling

- 2.1 Heat a saucepan and pour-in the milk. Let boil.
- 2.2 Add the granulated white sugar and stir.
- 2.3 Put-in the young coconut meat and cook for 3 minutes.
- 2.4 Pour-in the cornstarch diluted in young coconut water and stir thoroughly while cooking. Cook until the texture thickens.
- 2.5 Turn-off the heat and allow the mixture to cool down.
3. Preheat oven to 375 degrees Fahrenheit.
4. Arrange the cooked filling in the cake pan.
5. Put the second crust over the filling and seal the sides.
6. Create holes on the secondary crust using a fork. This will serve as exhaust vents that will prevent the crust from deforming.
7. Bake for 45 to 55 minutes or until the color turns golden brown. Note: Baking time may vary; make sure to check the color of the crust to determine if baking is complete.
8. Let cool and serve. Share and enjoy!



Coconut Custard Pie

This makes its own crust

2 cups milk

2 1/2 cups flaked coconut

4 eggs beaten

1 teaspoon vanilla extract

3/4 cup all-purpose flour or bisquick

3/4 cup white sugar

2 tablespoons margarine or butter softened

Combine all ingredients mix well and pour into 9 inch buttered pie pan.

Bake at 350° for 50 to 60 minutes or until golden brown and knife inserted in the centre comes out clean..

It's like magic it layers into crust, custard and coconut topping. And so good!!!



CRACK ROLLS

1 loaf (16 ounces) thinly sliced white bread, crusts removed
1 package (8 ounces) cream cheese, softened
3/4 cup confectioners sugar
1 cup sugar
1-1/2 teaspoon ground cinnamon
3/4 cup butter, melted

Directions

Flatten bread with a rolling-pin. In a bowl, combine cream cheese and confectioners' sugar. In another bowl, combine sugar and cinnamon; set aside. Spread about 1 tablespoon of cheese mixture on each slice of bread. Roll up, jelly roll style. Dip in melted butter, then in cinnamon-sugar. Place on an ungreased baking sheet. Bake at 350° for 20 minutes or until golden brown. Yield: 16 roll-ups. Good warm or cold. ADDICTING!



No-Bake Cookie Bars

2 cups granulated sugar
1/2 cup milk
1 stick (1/2 cup) butter
1/2 cup unsweetened cocoa powder
1/2 cup crunchy peanut butter
3 cups quick-cooking oats
1 teaspoon vanilla extract

Spray an 8" square pan with cooking spray and set aside. Measure the peanut butter & oats and set aside so they're ready when you need them. Have your vanilla bottle handy along with a teaspoon. In a medium saucepan, combine sugar, milk, butter, and cocoa. Bring to a boil and once it reaches a full rolling boil, cook for 1 1/2 minutes, stirring constantly. Remove from heat and stir in the peanut butter until melted, then stir in the vanilla and lastly the oats. Immediately pour mixture into prepared pan and put on a cooling rack to set until completely cool. Once cool, cut into bars. To make this recipe into the regular round cookies, just drop the mixture by spoonfuls onto wax paper and let cool. You can store them in an airtight container several days at room temp or over a week in the fridge.



You better hit share and keep this on your computer to find it later. This is so easy even I can make it. Cobbler....Oh yea.

Frozen berries, dry cake mix, and 1 can of sprite. yummy cobbler. It sounds so easy - and it is good and

~~** Weight Watcher Friendly **~~

Ingredients

Two 12-oz bags frozen mixed berries

1 box white cake mix (no pudding)

1 can of diet 7-up or sierra mist (clear soda)

Instructions

Place frozen fruit in a 9x13 baking dish. Add dry cake mix over the top. Pour soda slowly over cake mix. DO NOT stir the cake mix and the pop - this will give you a 'crust'. If you stir the two, you will have a cake like topping.

Bake 350 for 45-50 min.

You may be able to use frozen peaches instead of mixed berries

Servings: 16

Serving Size: 1/16th

Calories: 140.4

Fat: 2.9 g

Fiber: 1.3 g

Protein: 1.4 g

Points+: 4 pts



I am always on the look out for snack ideas, so these lemon lunch box slices went down a treat in the kids school lunch boxes.

Ingredients

- 125 grams butter
- 1 cup of plain flour
- 1/2 cup of icing sugar
- icing sugar to dust
- 2 eggs, beaten lightly
- 1 cup of caster sugar
- 4 teaspoons of plain flour
- 4 teaspoons of lemon juice
- 1 teaspoon finely grated lemon rind

Preheat oven 180 degrees

Beat in butter, flour and icing sugar until it forms a soft dough. Put dough on a lightly floured surface and knead briefly. Press your dough into a shallow rectangle slice tin and bake in oven for 20 minutes. Allow to cool in tin.

For the topping combine eggs, sugar, flour, lemon juice, lime juice an lemon rind in a bowl and mix until combined. Pour over the cooked base and cook for another 25 – 30 minutes or until firm. Place in refrigerator until cold, then cut into slices.

Recipes Hints and Tips:

- suitable for freezing
- dust with icing sugar just before serving

This is a favourite ☐





I am about to change your life. I am about to make you the happiest person on the planet. I am about to show you how to make brownies with only three ingredients. And I am going to exploit the inherent fantastical properties of Nutella in doing so.

See, Nutella already has fat, milk, and chocolate in it. Since those are the things you would normally be adding to traditional brownies separately, why not use a product that already has these things - and hazelnuts! See, you knew Nutella was amazing. But maybe you didn't realize its full potential. Until today - the day you met three-ingredient Nutella brownies.

Go. Make these. Now.

Ingredients:

1 cup (280g) Nutella
2 eggs
10 tbsp (62g) flour

Directions:

Put it in a bowl. Mash it up. Pour into a pan or muffin tin. Top with hazelnuts if you're feeling extra fancy. Bake at 350F (180C) for around 30 minutes (less time for cupcake form, more time if the centers aren't baked through).

That's it. You're done. Eat them. Revel. Be amazed.

This is a favourite ☐



Pina colada pops! Blend together: 1 can pineapple w/ juice, 1 banana, 1 can coconut milk, 1/2 tsp vanilla. Freeze in pops 117 calories per pop.



FRESH STRAWBERRY UPSIDE DOWN CAKE

2 CUPS FRESH STRAWBERRIES CRUSHED
1 (6 OZ PACKAGE STRAWBERRY JELLO
3 CUPS MINIATURE MARSHMALLOWS
1 PACKAGE YELLOW CAKE MIX

Pour strawberries in 9x13 cake pan
Sprinkle Strawberry Jello on top
Add min. marshmallows

prepare cake mix from package directions and pour over it all. Bake in 350 oven about 40 to 50 minutes when toothpick comes out clean let sit about 15 min. run a knife around the edges and turn onto serving tray. Refrigerate.



Hummingbird Cake

3 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
2 cups sugar
1 teaspoon ground cinnamon
3 large eggs, beaten
1 cup vegetable oil
1 1/2 teaspoons vanilla extract
1 (8 ounce) can crushed pineapple, undrained
1 cup chopped pecans
2 cups chopped bananas
1/2 cup chopped pecans

Cream Cheese Frosting

1 (8 ounce) package cream cheese, softened
1/2 cup butter or 1/2 cup margarine, softened
1 (16 ounce) package powdered sugar, sifted
1 teaspoon vanilla extract

Combine first five ingredients in a large bowl; add eggs, and oil, stirring until dry ingredients are moistened. Stir in vanilla, pineapple, 1 cup pecans, and bananas. Do not beat...just stir them in. Pour batter into 3 greased and floured 9" round cakepans. Bake at 350 degrees F for 25-30 minutes or until a wooden pick inserted in center comes out clean.

Cool in pans on wire racks 10 minutes; remove from pans, and cool completely on wire racks. Spread Cream Cheese Frosting between layers and on top and sides of cake; sprinkle 1/2 cup chopped pecans on top. Store in refrigerator.

Cream Cheese Frosting: Beat cream cheese and butter at medium speed, with an electric mixer until smooth. Gradually add powdered sugar, beating at low speed until light and fluffy.

Stir in vanilla.



I get a lot of requests for my recipe for Cool Mint Brownies. The last time I posted it, it got over 4,000 shares. I've been making them for years and yet they just seem to get better each time. Try them!

COOL MINT BROWNIES

1 cup butter
 1/2 cup cocoa
 2 Tablespoon honey
 4 eggs
 2 cups white sugar
 1 3/4 cup flour
 1/2 Tbsp. baking powder
 1/2 teaspoon salt

Mint Layer:

5 Tablespoons salted butter, softened
 3 Tablespoons whole milk
 1 Tablespoon light corn syrup
 2 1/3 cup powdered sugar
 1/2 tsp. peppermint extract
 1-2 drops green food coloring (optional)

Chocolate Topping:

1 cup semi-sweet chocolate chips
 1/4 cup butter

Preheat oven to 350° Grease a 9 x 13 pan. Melt butter and mix in the cocoa. Allow to cool. Add honey, eggs, sugar, flour, baking powder, and salt. Mix well. Pour batter into prepared pan and bake for 25 minutes. Cool completely.

To prepare mint layer: In a medium bowl, combine softened butter, corn syrup, salt, and powdered sugar. Beat until smooth and fluffy. Add mint extract and food coloring and combine well. Add milk gradually until the consistency is a little thinner than cake frosting. (I used only 2 1/2 tablespoons to get that consistency.)

Spread mint icing over completely cooled brownies. Place brownies in freezer or fridge for a little while to stiffen up the icing.

Remove brownies from freezer and carefully add small dollops of chocolate on top. The careful run knife through just the chocolate to give a swirl effect. Or you can simply spread the chocolate layer over the entire mint layer. They can be stored in the refrigerator (my favorite) or served at room temperature.



Want breakfast tomorrow without lifting a finger?

Place 2 sliced apples, 1/4 cup brown sugar, 1 tsp cinnamon, pinch salt in the bottom of the crock pot.

Pour in 2 cups of oatmeal, 2 cups of milk and 2 cups water.

Do NOT stir.

Cook overnight for 8 - 9 hours on low.



Thanks to all my friends and family for supporting my fun and oh so addictive hobby! as an extra special treat for you all, and my popular demand here is mums super easy mars bar slice recipe!

WARNING THIS RECIPE IS HAZARDOUS TO THE WAISTLINE! PROCEED WITH EXTREME CAUTION! you have been warned!

Mars bar slice

3 mars bars (I use 1 bag of treat size bars instead)

3 cups of rice bubbles

75gms butter

chop up bars and melt with butter in the microwave until all melted/combined then stir in rice bubbles and press into slice tin. put in fridge to set.

Caramel filling (could use the premade canned stuff but this is easy and super yum!)

50gms butter

2 Tbsp golden syrup

1 can condensed milk

1 tsp vanilla

in order given put into medium pot (excluding vanilla) and stir until it boils.

cook over fairly low heat for about 5mins stirring often.

remove from heat and add vanilla.

spread over base and put back in fridge

Chocolate topping

Dairy milk Chocolate (my preferred for this recipe, but anything goes)

a little Kremelta (I always forget this bit and then curse when the chocolate cracks when trying to cut the slice.)

melt together slowly in the microwave and spread over slice and back in fridge to set.

can be easier to cut when the choc is almost set.

and you are done! (I keep it in the fridge so that the rice bubbles stay fresh, as they will lose their crispiness after a few days (not that it usually lasts long enough!))



Original recipe makes 1 - 9 inch pie Change Servings

1 cup light brown sugar
1/4 cup white sugar
1/2 cup butter
2 eggs
1 tablespoon all-purpose flour
1 tablespoon milk
1 teaspoon vanilla extract
1 cup chopped pecans

Directions

1. Preheat oven to 400 degrees F (205 degrees C).
2. In a large bowl, beat eggs until foamy, and stir in melted butter. Stir in the brown sugar, white sugar and the flour; mix well. Last add the milk, vanilla and nuts.
3. Pour into an unbaked 9-in pie shell. Bake in preheated oven for 10 minutes at 400 degrees, then reduce temperature to 350 degrees and bake for 30 to 40 minutes, or until done.

Cinnamon Macadamia's

2 egg whites

1/3 cup castor sugar

1 cup Demerara sugar

1Tb cinnamon

500g macadamia's

1. Beat egg whites until mixture is frothy. Add caster sugar (a little bit at a time).
2. Stir in Demerara sugar and cinnamon.
3. Mix in macadamias – coating completely.
4. Bake in the oven at 160 degrees C for 30 mins, stirring every 10 mins.
5. It is ready when the mixture looks dry and crusty.

Peanut paste Biscuits

1 cup peanut butter

1 cup sugar

1 tsp cinnamon

1 large egg

Preheat oven to 180 degrees C.

Mix all ingredients in bowl.

Spoon teaspoon sized balls onto lined baking trays.

Flatten with a fork.

Bake for 8 minutes, or until a thin crust forms on cookie.



Grandma's Old-Fashioned Bread Pudding with Vanilla Sauce

- 4 cups (8 slices) cubed white bread
- 1/2 cup raisins
- 2 cups milk
- 1/4 cup butter
- 1/2 cup sugar
- 2 eggs, slightly beaten
- 1 tablespoon vanilla
- 1/2 teaspoon ground nutmeg

Sauce Ingredients:

- 1/2 cup butter
- 1/2 cup sugar
- 1/2 cup firmly packed brown sugar
- 1/2 cup heavy whipping cream
- 1 tablespoon vanilla

Directions for Pudding:

Heat oven to 350°F. Combine bread and raisins in large bowl. Combine milk and 1/4 cup butter in 1-quart saucepan. Cook over medium heat until butter is melted (4 to 7 minutes). Pour milk mixture over bread; let stand 10 minutes.

Stir in all remaining pudding ingredients. Pour into greased 1 1/2-quart casserole. Bake for 40 to 50 minutes or until set in center.

Directions for Sauce:

Combine all sauce ingredients except vanilla in 1-quart saucepan. Cook over medium heat, stirring occasionally, until mixture thickens and comes to a full boil (5 to 8 minutes). Stir in vanilla.

To serve, spoon warm pudding into individual dessert dishes; serve with sauce. Store refrigerated -Fashioned Bread Pudding with Vanilla Sauce



ALTERNATIVE to ICING

Great icing!!

All you do is mix one instant vanilla pudding packet (or whatever flavor you would like) with half of the milk called for on the package.

Whisk until it begins to thicken.

Then fold in 1 8 oz container of Cool Whip.

A great frostingspread on cakes and piped onto cupcakes, a tasty filling in crepes or on waffles along with some fruit...way less sugar too!



Mini Peach Cobbler Recipe

Preheat oven to 350°F.

1 cup sugar

1 cup flour

2 tsp baking powder

a dash of salt

3/4 cup milk

1 stick of melted butter

brown sugar

cinnamon

1 can diced peaches

Put 1 tsp of melted butter into each regular size muffin tin.

Combine the first 5 ingredients by hand... sugar, flour, baking powder, salt and milk.

Put 2 tbsp of batter into each regular size muffin tin... on top of the melted butter.

Then put 1 tbsp diced peaches on top of the batter.

Sprinkle with brown sugar and then cinnamon. I do a pretty generous "sprinkle".

Bake the regular size muffin tins for 12 minutes.

Let them cool almost completely before taking out of pan.

Don't forget a dollop of vanilla ice cream...YUM!



Reposting this for you all that are going crazy over it!! Enjoy and make sure you share this to your timeline to find it later. I've had 100's messaging me looking for it

Fresh Apple Cake

Layer your apple slices (or other fruit) at the bottom of a pan (9x11) that has been coated with non-stick spray.

Sprinkle on boxed cake mix.

Pour 1/2 cup of melted butter over the fruit and dry cake mix.

Bake at 350* for approximately 35-45 minutes -- it's done when it is nice and bubbly.



Amazing Caramel Sauce

Alright everyone, this recipe is too good to keep to myself! I love a tablespoon of this added to my coffee and nothing more, or on ice cream, or for dipping apples, the possibilities are endless! Anyone can make this, and if you are having difficulties send me a message and I'll help you!!
Recipe yields 1 1/2 cups (although I usually double it but its just as easy to only make a half batch)

1 cup packed brown sugar (I use light brown or golden)
1/2 cup heavy cream
4 tablespoons butter
Pinch of sea salt
1 tablespoon vanilla extract

Melt butter in pot, mix in brown sugar, cream and salt. Cook over medium-low heat and whisk gently for about 7 minutes or longer if you doubled. I remove the pot from the heat, add vanilla and return to cook for another minute or so to thicken a bit more. Take it off the stove and pour into a jar then pop it into the fridge and VOILA you're done!



THE GREATEST BANANA BREAD EVER WITHOUT SUGAR OR OIL
~Remember to share to your timeline so you can save it~

Ingredients

2 cups whole wheat flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup sugar free applesauce
3/4 cup honey
2 eggs, beaten
3 mashed overripe bananas

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan. In a large bowl, combine flour, baking soda and salt. In a separate bowl, mix together applesauce and honey. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.



Finally!! I FOUND it! DONT want to lose this again - DONT be like me! SHARE to save this on your wall!!

You won't believe it!!!!!!

NO FLOUR, NO OIL, NO WHITE SUGAR

Peanut Butter Chocolate Chip Cookie Dough Bites

Ingredients:

1 1/4 cups canned* chickpeas, well-rinsed and patted dry with a paper towel

2 teaspoons vanilla extract

1/2 cup + 2 tablespoons (165 grams) natural peanut butter (can use PB2 from gym to make healthier, check your labels)

1/4 cup (80 grams) honey (agave would be amazing too!)

1 teaspoon baking powder**

a pinch of salt if your peanut butter doesn't have salt in it

1/2 cup (90 grams) chocolate chips

* My can was a 400 gram can, 240 grams without the water, and I used all but a few tablespoons

** If you need grain-free baking powder, you can use 1 part cream of tartar + 1 part baking soda + 2 parts arrowroot.

Directions:

Preheat your oven to 350°F / 175°C.

Combine all the ingredients, except for the chocolate chips, in a food processor and process until very smooth. Make sure to scrape the sides and the top to get the little chunks of chickpeas and process again until they're combined.

Put in the chocolate chips and stir it if you can, or pulse it once or twice. The mixture will be very thick and sticky.

With wet hands, form into 1 1/2" balls. Place onto a piece of parchment paper. If you want them to look more like normal cookies, press down slightly on the balls. They don't do much rising. Bake for about 10 minutes.

Yields about fourteen 1 1/2" cookie dough balls.

*** Don't even try with regular peanut butter! They'll come out oily. You MUST use natural peanut butter



Jello in a can!

Thought this was pretty neat!!

Pour out liquid from a can of sliced pineapple and discard.

Dissolve a 3oz. box of sugar free lime Jello in 1 cup boiling water (you could also use the pineapple juice and water to equal 1 cup liquid)

Pour hot Jello water over pineapple rings in the can.

Chill until set. Run hot water on the sides and bottom of can to loosen. Then cut the bottom of the can and push the mold out. Cut between pineapple slices and serve.

You can use any flavor of Jello that you wish!

*Optional: top with cottage cheese or a dollop of whipped cream.

*You could also do this with other canned fruit and flavors of Jello, but you would lose the nifty pineapple ring effect.



I can still remember my Mom pouring out a bottle of Coke to make this cake. It was our favorite. This cake is so moist and the icing is just irresistible. I hope you get a chance to make this one.

Double Chocolate Coca Cola Cake

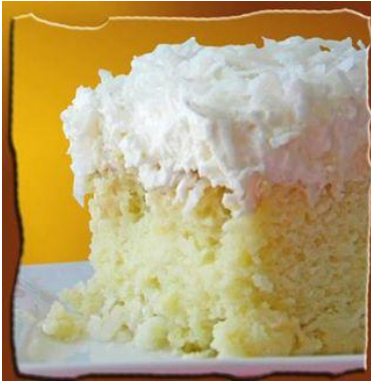
1 cup Coca Cola (real thing, not diet)
1/2 cup oil
1 stick butter
3 Tablespoon cocoa
2 cups sugar
2 cups flour
1/2 teaspoon salt
2 eggs
1/2 cup buttermilk
1 teaspoon baking soda
1 teaspoon vanilla

Frosting:

1 stick butter
3 Tablespoon cocoa
6 Tablesppon of cream or milk
1 teaspoon vanilla extract
3 3/4 cups confectioner's sugar

In a saucepan, mix Coca Cola, oil, butter and cocoa and bring to a boil. In another bowl, combine the sugar, flour and salt. Pour the boiling Cola mixture over the flour mixture and beat well. Add the eggs, buttermilk, soda and vanilla and beat well. Pour mixture into a greased and floured 13 x 9 inch baking pan and bake at 350 degrees or 20 to 25 minutes. Remove pan. Cool for about 10 minutes before frosting.

Frosting: In a saucepan, combine the butter, cocoa, and milk. Heat until the butter melts. Beat in the remaining ingredients and spread on the cake while it's still warm. Enjoy!



HAWAIIAN WEDDING CAKE

So moist, and as Hawaiian as your creative juices will allow.

2 cups flour
2 cups sugar
2 eggs
2 tsp baking soda
1 cup chopped nuts
1 cup coconut
1 (20 oz.) can crushed pineapple with juice

Mix all ingredients and pour into greased 13 x 9" pan.
Bake at 350 F degrees for 40-45 minutes. Cool.

HAWAIIAN WEDDING CAKE FROSTING:

1 (8 oz.) pkg cream cheese
1 1/2 cup powdered (icing) sugar
1/2 cup butter
2 tsp vanilla

Blend well. Frost cooled cake. Garnish with chopped nuts, coconut or chopped fruit, if desired.

Commentary suggestions:

1 tsp coconut extract in the cake
1/2 tsp coconut extract in the frosting.

Orange Zucchini Bread

Ingredients:

Makes 2 loaves (freezes beautifully sans glaze)

3 cups flour
2 cups zucchini
1 teaspoon salt, scant
1 teaspoon baking powder
1/4 teaspoon baking soda
1 cup granulated sugar
1/2 cup applesauce, or 2 eggs
1/3 cup coconut oil
zest of one orange
1/2 teaspoon vanilla
1 tablespoon orange juice
1/3 cup walnuts or raisins

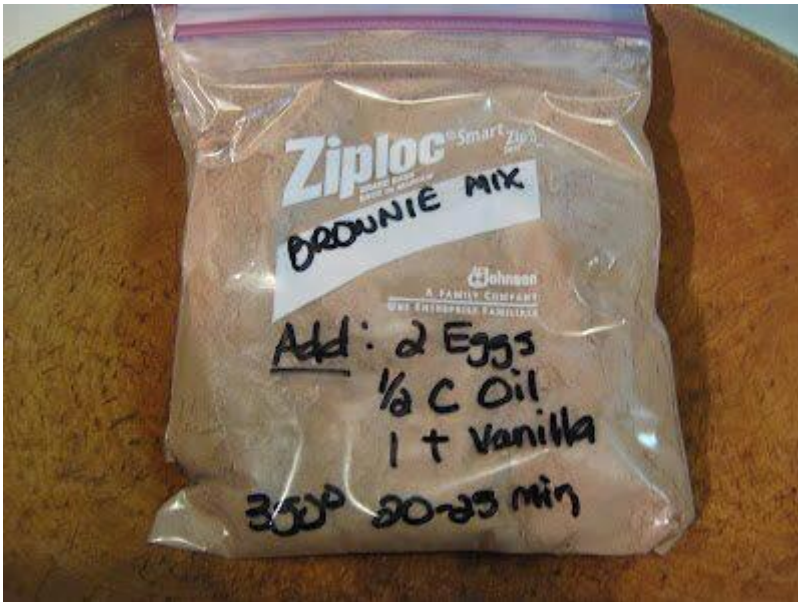


Glaze:

1/2 cup powdered sugar 2 tablespoon orange juice 1/4 teaspoon zest

Preparation:

1. Preheat the oven to 350. Grease two loaf pans.
2. Wash and dry the zucchini. Using a box grater grate 2 cups worth and set aside.
3. Sift the flour, salt, baking powder and baking soda. Mix well with a whisk and make a well in the center of the mixture.
4. Wash and zest the orange.
5. In another cup mix the applesauce, orange zest, juice, vanilla, oil and sugar until combined. Add to the flour mixture, folding gently until combined.
6. Fold in the zucchini (and walnuts or raisins if you are using them) and split the batter between the two greased loaf pans.
7. Bake for 40 minutes or until golden and a tooth pick inserted in the center of the bread comes out clean.
8. Prepare the glaze: Mix the remaining orange juice and 1/2 cup of powdered sugar in a small bowl. Add the remaining zest and stir until smooth and combined.
8. Cool the bread for 10 minutes in the pans. Then, run the blade of knife around the loaf to gently separate it from the sides of the pan. Invert the loaves and the bread should slide out. Place on a wire rack with a large pan or plate below it to finish cooling.
9. While the bread is still hot spoon half of the glaze onto the top of each loaf. It will almost immediately drip down the sides of the loaf. Cool completely before serving.



Never buy boxed brownie mix again! Follow the recipe below and make brownies for approximately .30 a mix!

So simple, so easy. Not just frugal but cuts out the unknown ingredients.
1 Cup Sugar, 1/2 Cup All-Purpose Flour, 1/3 Cup Cocoa, 1/4 tsp Salt, 1/4 tsp Baking Powder.

At Baking Time Add: 2 Eg...gs, 1/2 Cup Vegetable Oil, 1 teaspoon Vanilla.
Bake @ 350 degrees for 20-25 minutes in an 8x8 or 9x9 pan. OR use the amazing Pampered Chef brownie pan and bake it in much less time - depends on your oven, check after 12-15 minutes of baking and remove when brownies are done!
Put mix in plastic bags or mason jars.



I thought this would be cute for a kids party !!!

Teddy Bear Race Cars

1 packet of mini Mars Bars or Milky Way chocolate bars

1 family packet of m & ms

1 box of Tiny Teddy cookies

1 quantity of icing sugar icing paste for glue (mix half cup of icing sugar and a teaspoon of cocoa powder with a few drops of hot water)

Glue each of the 4 wheels (smarties) on to the sides of the milky way bars. Press into each center a tiny teddy cookie. Glue on an m & m steering wheel for each one. Recipe from Foodgasms

"So Light and moist ~ Not Too Sweet ~Perfect after a heavy meal!!
This recipe is so different from any cake you have ever tasted!! Give it a try....I know you will love it!!
I used to SELL this to Individuals, Restaurants and Coffee Shops, when I was young.
People couldn't get enough of it!!
You can Freeze the layers easily and have a picture perfect cake ready at the drop of a hat!"

Connie's Danish Heirloom Layer Cake

Ingredients:

1/2 cup vanilla yogurt
1/2 cup sour cream
1 cup of sugar
pinch salt
1 egg
1/2 tsp. baking soda
1 tsp. baking powder
1 + 1/2 cups flour
1 tsp. vanilla



1 pint whipping cream - whipped and sweetened with 1 Tbsp. icing sugar
1 - 2 pounds sliced slightly sweetened strawberries - or fruit of choice

Directions:

In a medium bowl, mix together with a whisk or wooden spoon, yogurt, sugar, sour cream, egg, salt, baking soda, baking powder. Add flour and vanilla.

Grease or spray 3 - 9" layer pans and divide batter evenly between pans. (the batter will seem skimpy....but spread as evenly as you can with a spatula in each pan - layers will rise on baking).

Bake at 350 oven (325 if using Convection oven 325 oven) Bake for only 10 - 12 minutes....till Very Light Brown. Cool on racks...and remove from pans with a plastic spatula onto racks to finish cooling as soon as you can handle the cakes.
IMPORTANT: Do NOT over bake!! If not using immediately - put wax paper between layers, cover with plastic and refrigerate or freeze till ready to assemble cake.

Layer cake layers: 1/3 sweetened whipped cream and 1/2 sweetened sliced strawberries, or fruit of choice - then 1/3 sweetened whipped cream and 1/2 berries. Last layer - just sweetened whipped cream. Decorate with berries.

This cake tastes even better the next day and the day after that....if there is any left!! The Trick is Not to Over bake the layers...or it will be dry and not nice and moist.



GRAPE SALAD

"This is a wonderful dessert salad that never failed to be a hit. Made the day before the brown sugar makes the sauce taste like caramel. You can use less brown sugar, if you wish."

8 servings

Ingredients:

4 pounds seedless green and red grapes
1 (8 ounce) package cream cheese
1 (8 ounce) container sour cream
1/2 cup white sugar
1 teaspoon vanilla extract
4 ounces chopped pecans
2 tablespoons brown sugar

Directions:

Wash and dry grapes. In a large bowl, mix together the cream cheese, sour cream, sugar and vanilla. Add grapes and mix until evenly incorporated. Sprinkle with brown sugar and pecans, mix again and refrigerate until serving.



This is an oldie but goodie!!

My Mom use to make this all the time when I was a kid.
It is so Good!! I make it for my family now!!!
She called it 1 Cup Peach Cobbler

1 cup of sugar
1 cup of self rising flour
1 cup of milk
1 stick of butter melted
1 large can of sliced peaches
Tip: also berries work great too!

In a mixing bowl mix the flour, sugar and milk together until well blended. set aside.
Pour the peaches and the juice in the pan we always used glass casserole dish. Pour the flour,sugar and milk mixture over the peaches, do not stir it. cut up butter and put pieces on top of mixture. Bake on 350• for approx 40 minutes. Enjoy.

Peach Cobbler - Dump Style



Cobbler Dump Cake

A new way to whip up cobbler in no time with lots of flavor

Prep Time 10 min

Cook Time 45 min

Total Time 1 hr

Ingredients

20 oz frozen peaches

12.5 oz yellow cake mix

12 oz diet sprite

Instructions

Preheat oven to 350

Prepare 9x13 baking dish by spraying with nonstick spray

Layer frozen fruit on bottom of baking dish

Sprinkle cake mix over fruit

Slowly pour Sprite over cake mix

Cover with aluminum foil

Bake for 20 minutes, then uncover and cook an additional 25-30 minutes until golden brown



The Best New York Cheesecake
New York Cheesecake
(Jim Fobel's Old-Fashioned Baking Book)

5 large eggs, room temperature
2 cups (one pint) sour cream, room temperature
4 8-ounce packages cream cheese, room temperature
8 tablespoons (one stick) unsalted butter, room temperature
1 1/2 cups sugar
2 tablespoons cornstarch
1 1/2 teaspoons vanilla extract
1 teaspoon fresh lemon juice
1 teaspoon grated lemon zest

Generously butter the inside of a 10-inch spring form pan. Wrap a double layer of heavy-duty aluminum foil tightly around the outside bottom and sides, crimping and pleating the foil to make it conform to the pan. This will help to prevent water seeping into the pan when you put it into the bain-marie. Position the baking rack in the center of the oven; preheat the oven to 300* Fahrenheit.

In a large mixing bowl, using an electric mixer, beat the eggs with the sour cream until well blended.

In a medium-sized bowl, beat the cream cheese with the butter until smooth and creamy. Add this to the egg-sour cream mixture and beat until smooth.

Add the sugar, cornstarch, vanilla, lemon juice and lemon zest and beat thoroughly, about 2 minutes.

Pour into the prepared springform pan and place in a roasting pan (or other pan) large enough to prevent the sides from touching. Place in the oven and carefully pour in enough very hot tap water to reach halfway up the sides of the springform pan.

Bake for 2 hours, 15 minutes, or until the cake is very lightly colored and a knife inserted in the center emerges clean. Remove from the water bath and carefully peel the aluminum foil from around the pan. Let stand at room temperature until completely cool, about 4 hours. Refrigerate, covered, until well chilled. For best flavor and texture, this cheesecake is best chilled overnight.



HEALTHY 4 INGREDIENT COOKIES!!

3 Ripe bananas
1 cup quick oats
1/2 c choc chips
1 heaping spoonful of natural peanut butter

Mix well
Plop spoonfuls onto baking sheet
Bake at 350 for 15 mins
Enjoy!



Best darn Brownies:

Lunchroom Ladies 50 year old recipe.

1 c butter

1/2 c cocoa

2 c flour

2 c sugar

4 eggs

4 tsp vanilla

1 c chopped nuts

Pour in 9x13 pan, bake 20-25 mins on 350.

Check at 20 mins

**Icing*

1/4 c softened butter

1/4 c can milk (regular milk is fine)

1/4 c cocoa

3 c powdered sugar

dash salt

Mix all together & frost as desired.



HAWAIIAN CHEESECAKE BARS

Ingredients:

2 cups flour
1 cup sugar
1 cup butter
16 ounces cream cheese
4 TBS sugar
4 TBS milk
2 eggs
2 tsp vanilla
16 ounces crushed pineapple, drained
2 cups flaked coconut
2 TBS melted butter

Directions:

1 - Combine flour, 1 cup sugar and 1 cup butter. Pat mixture into ungreased 9 X 13 pan. Bake at 350 oven for 14-19 minutes. Cool slightly.

2 - Mix together cream cheese, 4 TBS sugar, milk and eggs. Fold in vanilla, and drained pineapple. Spread over baked crust.

3 - Combine coconut and 2 TBS melted butter. Sprinkle over pineapple layer filling. Bake 350 for 15-20 minutes.



OLD FASHIONED RICE PUDDING

2/3 c. Minute Rice

2 3/4 c. milk

1/3 c. sugar

1 tbsp. butter

1/2 tsp. salt

1/2 tsp. vanilla

1/4 tsp. nutmeg

Cinnamon

1/2 c. raisins

Combine Minute Rice, milk and raisins, sugar, butter, salt, vanilla and nutmeg in a buttered 1 quart baking dish. Bake in 350 degree oven for 1 hour, stirring after 15 minutes and again when pudding is done. Sprinkle with cinnamon. Serve warm or chilled. Pudding thickens as it stands.



One of our staff bought this Chocolate Slice in for everyone to try. Judging by how fast the Tupperware container emptied, we'd say it was a hit! It only takes 10 minutes to make and is a healthier alternative to your shop-bought choccie bars - give it a go and tell us what you think. Or better still, bring us a piece to try.

Worlds Best Chocolate No Bake Bars - made with coconut oil & honey instead of sugar!

1 cup peanut butter (smooth or crunchy)
1/2 cup honey
1/2 cup unrefined coconut oil (be sure to use unrefined for the coconut flavour)
2 cups dry oats (not instant)
1 C shredded coconut
1/2 C chopped walnuts or slivered almonds (optional)
1 1/4 cups dark chocolate chips
1 t vanilla extract

Melt peanut butter, honey and coconut oil over medium-low heat. Once melted, remove from heat and add oats, shredded coconut, chocolate chips and vanilla. Stir until chocolate is entirely melted. Pour into a 9x13 pan and cool in the fridge. When it's set, cut into bars and enjoy. Store in the fridge. If they last that long!

Homemade Goodies



Roadhouse Cinnamon Butter

- 1 stick of butter (room temp, soft)
- 1/4 cup powdered sugar
- 1/4 cup of natural honey
- 1 tblspn of ground cinnamon

Get a jar with a lid, mix and enjoy on toast, bread, crackers and more! Mmmmm Fall foods!



These are SO good, make them the night before and have a quick healthy breakfast ready to grab and go!! Be sure to SHARE!!

~OVERNIGHT OATMEAL~

INGREDIENTS

1 container (6 oz) greek yogurt, any flavor
1/4 cup uncooked old-fashioned or quick-cooking oats
1/4 cup fruit (see ideas below)

Instructions:

In container with tight-fitting cover, mix yogurt and uncooked oats. Stir in desired fruit.

Cover; refrigerate at least 8 hours but no longer than 3 days before eating.

Passionate Overnight Oatmeal: Stir in 1/4 cup raspberries.

Energized Overnight Oatmeal: Stir in 1/4 cup mandarin orange segments.

Positive Overnight Oatmeal: Stir in 1/4 cup pineapple pieces.

Harmonious Overnight Oatmeal: Stir in 1/4 cup diced kiwifruit.

Relaxed Overnight Oatmeal: Stir in 1/4 cup blueberries.

Romantic Overnight Oatmeal: Stir in 1/4 cup sliced grapes.

Stir-ins German Chocolate Cake Overnight Oatmeal: Stir in 1 tablespoon chocolate chips and 1 tablespoon unsweetened coconut. Calories 250 (Calories from Fat 70); Total Fat 8g (Saturated Fat 5g, Trans Fat 0g); Cholesterol 0mg; Sodium 0mg; Potassium 140mg; Total Carbohydrate 38g (Dietary Fiber 3g); Protein 8g

S'mores Overnight Oatmeal: Stir in 1 tablespoon chocolate chips and 2 tablespoons miniature marshmallows. Calories 240 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 0mg; Sodium 5mg; Potassium 110mg; Total Carbohydrate 42g (Dietary Fiber 2g); Protein 8g

Bananas Foster Overnight Oatmeal: Stir in 1/2 sliced banana and 1 tablespoon chocolate chips. Calories 280 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 0mg; Sodium 0mg; Potassium 320mg; Total Carbohydrate 50g (Dietary Fiber 4g); Protein 8g

Peanut Butter Cup Overnight Oatmeal: Stir in 1 tablespoon each chocolate chips and peanut butter chips. Calories 270 (Calories from Fat 70); Total Fat 8g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 0mg; Sodium 30mg; Potassium 150mg; Total Carbohydrate 42g (Dietary Fiber 3g); Protein 9g

Stir-ins Pomegranate Power Oatmeal: Stir in 1/4 cup pomegranate seeds. Calories 230 (Calories from Fat 25); Total Fat 2.5g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 60mg; Potassium 180mg; Total Carbohydrate 34g (Dietary Fiber 4g); Protein 16g

Honey Power Oatmeal: Stir in 1 tablespoon honey or 2 tablespoons comb honey.* Calories 260 (Calories from Fat 20); Total Fat 2g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 60mg; Potassium 90mg; Total Carbohydrate 43g (Dietary Fiber 3g); Protein 16g

Banana Power Oatmeal: Stir in 1/4 cup banana slices. Calories 220 (Calories from Fat 20); Total Fat 2g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Potassium 210mg; Total Carbohydrate 34g (Dietary Fiber 4g); Protein 16g

Almond Power Oatmeal: Stir in 1/4 cup toasted almonds. Calories 330 (Calories from Fat 120); Total Fat 13g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Potassium 240mg; Total Carbohydrate 31g (Dietary Fiber 6g); Protein 21g

Blueberry Power Oatmeal: Stir in 1/4 cup blueberries. Calories 210 (Calories from Fat 20); Total Fat 2g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Potassium 105mg; Total Carbohydrate 31g (Dietary Fiber 4g); Protein 16g

Blackberry Power Oatmeal: Stir in 1/4 cup blackberries. Calories 200 (Calories from Fat 20); Total Fat 2.5g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Potassium 135mg; Total Carbohydrate 29g (Dietary Fiber 5g); Protein 16g

*Those with bee sting allergies should consult their physician before consuming comb honey.

To toast almonds, sprinkle in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring frequently until almonds begin to brown, then stirring constantly until almonds are light brown.

This is a favourite



Introducing the banana oatie. I came across the idea when I was looking for a homemade rusk recipe for my first child. The great things about this recipe is it is really easy, requires no measurements, is sugar free and suits kids of all ages. My biggest challenge in finding suitable 'healthy' treats for kids is the sugar content. My boy is nearly two and is not given commercial biscuits or other similar products. We are trying to keep his exposure to sugar very limited.

I gave him banana oaties from around 9 months. I used organic oats and whizzed them up in the food processor to make the final product easy to chew. I make them in little bars that are either a bite size snack for me or an easy to hold mini meal for bub. As he progressed in age I did not worry about whizzing the oats and just used rolled oats straight up. I started to add other dry ingredients (I know some have natural sugars) including dried cranberries, currants, apricots, coconut, cinnamon and nutmeg.

TIPS

I have included instructions for 5 bananas but of course you can use however many you have on hand. We eat a lot of bananas here and occasionally some start turning black. Perfect! Throw them in the freezer skin and all. Once you have 4-5 collected take them out and put them in a bowl in the fridge overnight to defrost. Drain off the juice then peel each banana. Alternatively you can use fresh bananas.

Depending on the squishiness of your bananas depends on how many oats to add. I just keep adding 5 until I get a consistency I can easily mould into bars. Not too sticky, not too dry.

I use a reusable baking mat so I do not need cooking spray or single-use baking paper.

Cooking times will vary depending on your preference for chewy or crunchy. Cook for less time for chewy and longer for crunchy.

Cool on a rack and transfer to a container to freeze. They will last a few days in the fridge. I tend to keep 2-3 in the fridge then freeze the rest. Using 5 bananas as per instructions below makes about 25 bars. I freeze in a square cookie tin.

You could try to bake this as a slice then cut into bars. I have not tried it though. I like shaping into bars before cooking as it makes it quicker to cook (I assume) and means I don't need to do anything after they are cooked. Great if you are likely to get interrupted. Also you would need cooking spray or baking paper with this method. You could also try them in silicone cupcake moulds.



Saw this on a friends wall and had to snag it... OMG... Caramel Apple Cheesecake? Can it get much better than that?

Caramel Apple Cheesecake Bars

Crust:

2 cups all-purpose flour
1/2 cup firmly packed brown sugar
1 cup (2 sticks) butter, softened

Cheesecake Filling:

3 (8-ounce) packages cream cheese, softened
3/4 cup sugar, plus 2 tablespoons, divided
3 large eggs
1 1/2 teaspoons vanilla extract

Apples:

3 Granny Smith apples, peeled, cored and finely chopped
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

Streusel Topping:

1 cup firmly packed brown sugar
1 cup all-purpose flour
1/2 cup quick cooking oats
1/2 cup (1 stick) butter, softened
(Mix all by hand)

Preheat oven to 350 degrees F.

In a medium bowl, combine flour and brown sugar. Cut in butter with a pastry blender (or 2 forks) until mixture is crumbly. Press evenly into a 9x13 baking pan lined with heavy-duty aluminum foil. Bake 15 minutes or until lightly browned.

In a large bowl, beat cream cheese with 3/4 cup sugar in an electric mixer at medium speed until smooth. Then add eggs, 1 at a time, and vanilla. Stir to combine. Pour over warm crust.

In a small bowl, stir together chopped apples, remaining 2 tablespoons sugar, cinnamon, and nutmeg. Spoon evenly over cream cheese mixture. Sprinkle evenly with Streusel topping. Bake 40-45 minutes, or until filling is set. Drizzle with caramel topping and let cool. Serve cold and enjoy!



SHARE OMG!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
FABULOUS!!!!!!!!!!

This recipe was voted the best Blogger recipe in 2012!!!!!!!!!!!!!!!!!!!!!!!!!!!!and my friend Marie from the English Kitchen is generous enough to share it with you.

👑👑 Fudge Brownie Pie👑👑

3/4 cup flour
1 cup of regular sugar
1/4 cup unsweetened cocoa powder, sifted
1 teaspoon baking powder
1/4 tsp salt
4 ounces butter, melted OR MARGERINE
2 large eggs, beaten
2 teaspoons vanilla

1/2 cup chopped toasted pecans
2 handfuls of mini marshmallows

For the frosting:

2 ounces butter, melted (1/4 cup)
1 ounce cocoa powder, sifted (1/4 cup)
2 ounces evaporated milk (1/4 cup)
1 cup powdered sugar, sifted (8 ounces)

Preheat the oven to 350 degrees. Butter a 9 inch spring form pan set aside.

Whisk together the flour, sugar, cocoa powder, baking powder and salt in a bowl. Beat together the butter, eggs and vanilla. Add to the dry ingredients and mix until smooth. Stir in the toasted nuts. Pour into the prepared pan.

Bake on a middle shelf of the oven for 25 to 30 minutes, or until a toothpick inserted in the center comes out clean. Immediately sprinkle the marshmallows on top and return to the oven for a few minutes to melt the marshmallows. Remove from the oven and carefully spread the chocolate frosting over top.

To make the chocolate frosting mix all ingredients together in a bowl, beating with an electric whisk until smooth and thick. Spread on the hot marshmallows. Let cool completely. Cut into wedges to serve.



Grandma's Apple Crisp

1 cup brown sugar
1 cup rolled oats
1 cup all-purpose flour
1/2 cup butter, melted
3 cups apples - peeled, cored and chopped
1/2 cup white sugar
2 teaspoons ground cinnamon

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8-inch square pan. In a large bowl, combine brown sugar, oats, flour and butter. Mix until crumbly. Place half of crumb mixture in pan. Spread the apples evenly over crumb mixture. Sprinkle with sugar and cinnamon and top with remaining crumb mixture. Bake in the preheated oven for 40 to 45 minutes, or until golden brown.



Caramel Cheesecake Bites

19 ounces cream cheese

3 eggs

1/4 cup sugar

1 tsp vanilla

caramel:

1/2 cup granulated sugar

2 tablespoons water

1 tablespoon butter

1/2 cup evaporated milk

crust:

1 cup almond meal

1/2 cup slivered almonds

1/4 cup sugar

1/4 teaspoon fine Sea Salt

1/4 teaspoon ground Cinnamon

1/4 teaspoon Baking Soda

1/4 cup melted butter

Pre-heat the oven to 350 degrees F.

Crush your slivered almonds.

In a mixing bowl whisk together the almond flour, almonds, baking soda, salt and cinnamon. Add the butter and combine with a spoon.

Line a muffin tin with liners. Push the almond mixture into the bottom of the liners.

Bake for 10 minutes to set.

Turn oven down to 300°.

In a mixing bowl, add cream cheese, vanilla, sugar and eggs. Beat until light and fluffy. Spoon mixture into the muffin tins with prepared almond crust.

Bake for 40 minutes.

While cakes are cooking, start on the caramel.

Combine granulated sugar and 2 tablespoons water in a medium, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring gently for 3 minutes.

Stop stirring and continue cooking 10 minutes or until the color of light brown sugar.

Remove from heat; carefully stir in butter and milk. Place pan over medium-high heat until caramelized sugar melts. Bring to a boil; cook 1 minute.

Remove pan from heat; cool caramel to room temperature. Cover and chill 1 hour or until slightly thickened.

Take cheesecakes out of the oven when they are done. Once cool, the middle will slightly fall and this is the perfect indent for the caramel.

Spoon about 1 tablespoon caramel over each cheesecake.



COCONUT CUSTARD PIE (makes it's own crust!)

Ingredients :

1/2 cup Bisquick
3/4 cup sugar
4 eggs
2 cup milk
1 can (3 1/2 oz.) coconut
1 tsp. vanilla
1 TBS. butter, softened

Directions :

Combine all ingredients and pour into 9 inch buttered pie pan. Bake at 400 degrees for 25-30 minutes until custard sets. Like magic it layers into crust, custard, coconut topping. Cool.



LEMON MERINGUE PIE

1 Tin Condensed Milk
3 Eggs
½ Cup Lemon Juice
½ Cup Castor Sugar
1 READY MADE PIE BASE

METHOD:

1. Heat oven to 160 degrees
2. Separate egg whites and yolks into 2 different bowls
3. Whisk egg whites until stiff - (Must be able to turn bowl upside down without it falling out!)
4. Add castor sugar slowly and continue whisking – set aside
5. Mix egg yolks and then add tin of Condensed Milk
6. Measure half a tin of lemon juice and add to yolk mixture
7. Beat for about a minute – mixture will start setting
8. Add egg mixture to READY MADE PIE BASE
9. Top with Meringue and spread evenly on top
10. Bake at 160 for 25 minutes.
11. Cool pie on oven rack
12. Refrigerate Pie and ENJOY!



TEN MINUTE VANILLA SLICE

Ingredients:

1 Packet Arnott's Lattice Biscuits...

300ml thickened cream

1 cup milk

1 packet vanilla instant pudding

Icing sugar

Vanilla extract

Method:

Cover the base of a 23cm slab tin with half of the biscuits, plain side down.

Place cream, milk and pudding powder in a bowl and beat for one minute until thick and smooth.

Pour the pudding mixture over the biscuit base and spread evenly.

Top the pudding with the remaining biscuits plain side down.

Pop the icing sugar and a splash of vanilla extract (or essence if that's what you have) in a bowl then slowly add boiled water until it reaches a nice consistency. Spread icing over the top layer of biscuits then pop it all in the fridge. Or eat some. I ate some, of course.

Store in the fridge until needed. Yummo!



TWO-MINUTE MICROWAVE FUDGE, delicious!

Ingredients

1 lb powdered sugar

2/3 cup cocoa

1/4 teaspoon salt

1/4 cup milk

2 teaspoons vanilla

1/2 cup butter or 1/2 cup margarine

1/2 cup chopped nuts (optional)

Directions

Sift powdered sugar, cocoa, and salt into a 1 quart microwave safe bowl. Stir in milk and vanilla. Mix well. Place butter on top. Microwave on high, 2 minutes. Beat with wooden spoon until smooth. Stir in nuts (OPTIONAL). Spread in 8 X 8 X 2 inch baking pan. Chill about 1 hour or until firm. Cut into pieces.



CHOC HONEYCOMB SLICE RECIPE prep 20min + freezing time makes 16 pieces
Ingred. 250gm malt biscuits 4x50g Violet Crumble bars 600ml thicken cream 395g Nestlé sweetened condensed milk

1/ grease & line 18/28cm lamington pans with b/paper. Layer biscuit over base.

2/ With an electric mixer beat cream until peak forms, pour in condense milk & continue until firm, crumble 3 violet crumble bars & fold into cream.

3/ pour cream mixture over biscuits crush remaining VC sprinkle over top. Glad wrap n freeze over night or until set. Cut into squares

I added crunchie bars instead as I didn't read the recipe properly hehe !! ENJOY!



MALTESER BISCUITS One of my kid's favourite biscuits. The Maltesers can be replaced for your favourite chocolate bar. Makes 28.

INGREDIENTS

250g butter, softened

1/3 cup white sugar

1/3 cup brown sugar, firmly packed

½ cup sweetened condensed milk

2 teaspoons vanilla essence

280g packet of Maltesers, chopped in half with a sharp knife

2 cups self-raising flour, sifted

½ cup plain flour, sifted

METHOD

Preheat oven to 180°C/160°C fan-forced. Line 2 baking trays with paper. Beat butter and sugars in a large bowl with an electric mixer until pale. Add condensed milk and vanilla and beat for a further minute. Add Maltesers and flours. Stir with a large metal spoon until well combined. Roll tablespoons of mixture into balls. Place onto prepared baking trays, allowing room for biscuits to spread. Gently press biscuits with a fork to flatten slightly. Bake time, for 12-15 minutes, swapping trays halfway through. Stand for 5 minutes before transferring to a wire rack to cool. **VARIATION:** Replace Maltesers with roughly chopped Violet Crumble, Crunchie, chocolate-coated honey comb, Snickers, Mars, Moro, Cherry ripe, Bounty, Cadbury Fruit and Nut.



5 MINUTE 4 INGREDIENT NO BAKE CHEESECAKE

5 MINUTE 4 INGREDIENT NO BAKE CHEESECAKE

Ingredients-

- 1 can of sweetened condensed milk
- 1 8 ounce (250g) tub of cool whip (whipping cream)
- 1/3 cup of lemon or lime juice
- 1 8 ounce (250g) package of cream cheese.

Most important part of this recipe, is to leave the cream cheese out for a couple hours at room temperature. The cream cheese will become soft and smooth. The importance of this is to create a smooth texture. Not doing so, will create horrible lumps of cream cheese that will ruin the flavor of this pie. After your cream cheese is softened enough, I like to see if it will spread easily with a plastic spatula. In a mixing bowl, mix all before mentioned ingredients. Please note: the lemon/lime juice must come last. The reaction of the citrus juice will start to harden your mixture almost immediately. On the low speed of you hand mixer, blend well. Around 2 minutes of so is plenty, just make sure all ingredients are incorporated. Immediately pour mixture into a waiting graham crust or for those of us that can't have the gluten, I opt for muffin cups. Refrigerate for an hour to and hour and a half and viola.

LEMON MERINGUE PIE

1 Tin Condensed Milk

3 Eggs

½ Cup Lemon Juice

½ Cup Castor Sugar

1 READY MADE PIE BASE



METHOD:

1. Heat oven to 160 degrees
2. Separate egg whites and yolks into 2 different bowls
3. Whisk egg whites until stiff - (Must be able to turn bowl upside down without it falling out!)
4. Add castor sugar slowly and continue whisking – set aside
5. Mix egg yolks and then add tin of Condensed Milk
6. Measure half a tin of lemon juice and add to yolk mixture
7. Beat for about a minute – mixture will start setting
8. Add egg mixture to READY MADE PIE BASE
9. Top with Meringue and spread evenly on top
10. Bake at 160 for 25 minutes.
11. Cool pie on oven rack 12. Refrigerate Pie and ENJOY!



Homemade Krispy Kremes — Yes, this is the actual recipe! *To SAVE this recipe, be sure to click SHARE so it will store on your personal page.* Ingredients: 3 tbsp milk 3 tbsp boiling water 1 tsp dry active yeast 8 oz all purpose flour (a little under 2 cups - I recommend you measure and weigh. See my note above) 1 1/2 oz sugar (about 3 tablespoons) 1 egg 1 oz butter, cold to room temperature (just don't melt it, okay?) dash of salt Enough oil to cover the bottom few inches of a wok, or a deep fryer. Directions: In a large measuring jug, combine the milk and boiling water. Add a teaspoon of the sugar and the yeast. Stir it gently, then leave it in a warm place for the yeast to activate (aka foam). In a large mixing bowl, combine the flour, the rest of the sugar, and the salt. Cut in the butter using your fingers or a pastry blender, until it resembles crumbs. Add the egg (give it a quick beat) and yeast mixture to the flour mix, and mix into a smooth dough. This usually takes about 5 minutes of mixing. Turn the dough out onto a lightly-floured counter and knead for about 5 to 10 minutes—it should feel springy and little bubbles should form under the surface. Place it back in the bowl, cover with a cloth or plastic wrap, and let rise for about an hour until double in size. Once risen, place the dough onto the counter and cut it into 4 pieces. One piece at a time, stretch it into a long rope about an inch to an inch and a half wide. Cut strips about an inch long, ball em up with your hands, and place them on a baking tray or wire rack to wait. Cover the doughnuts holes with a cloth to rise while you heat the oil to 375F. Place the doughnuts into the oil and fry until golden brown on each side, about 2 minutes. Be sure to fry only a few at a time so they don't overcrowd and stick together. Drain on a paper towel or wire rack over a cloth, before glazing them. Be sure to glaze them warm, or else they won't get that delicious coverage! Glaze: 1/3 cup butter 2 cups confectioners' sugar 1 1/2 teaspoons vanilla 4 tablespoons hot water or as needed A brief note: I recommend a scale, as not all flours (and cup measurements) are made equal. 2 cups of my Canadian flour in my Canadian cups on my scale might be more or less than yours. If you don't have a scale, start at 1 1/2 cups and work your way up from there.

QUICK WHITE CHOCOLATE FUDGE

A quick and delicious Christmas treat or gift for teachers, family or friends. This is very sweet, so serve in small pieces.

INGREDIENTS

400g good quality white cooking chocolate

250g butter, chopped

3 cups icing sugar

1/3 cup cream

1 teaspoon vanilla essence

hundreds and thousands

METHOD

Place chopped chocolate, butter, sugar and cream into saucepan. Stir over gentle heat until chocolate and butter have melted and mixture is smooth. Simmer for 1 minute. Take off heat. Beat with a hand held mixer for 3 minutes. Add vanilla.

Pour into a 20cm square cake tin lined with baking paper. Smooth surface. Decorate top with 100's and 1000's. Refrigerate until firm. Cut into small pieces. Store in an airtight container in the fridge.





Hot Fudge Pie!

- 1 stick butter, softened
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 3 Tablespoons cocoa powder
- 1/2 cup all purpose flour.

Preheat oven to 350. Cream butter and sugar with electric mixer until light and fluffy about 3 minutes. Add eggs and vanilla and mix in well. Add cocoa powder, and flour and stir until well combined. Grease a 8" pie plate with butter or Pam. Pour mixture in pie plate. Bake for 30 -35 minutes until center is set. If you like , you can dust with powdered sugar and serve with a side of whipped cream or vanilla ice cream!



I'm posting this pie crust recipe again due to it's popularity this time of year. This is my version of the easiest, no roll, no mess, 10 minute flakey pie crust. My "Dutch Apple Pie" recipe is attached here if you have any questions...

<http://redheadcandecorate.com/4/post/2012/09/julies-easy-dutch-apple-pie.html>

Pie Crust

1/2 cup canola oil
1/4 cup skim milk
1/2 teaspoon salt
1 1/2 cups all purpose flour

Combine ingredients in 9 inch pie plate, stir until it forms a ball. Then press out with your fingers. No flour or spray required. Bake according to your pie instructions. My Dutch Apple Pie recipe explains further. You can double this if you want thicker crust.

Creating a cookie bowl



Make or buy some cookie dough and spread over the underside of a muffin tray, bake and let cool. You have a great bowl to serve ice cream in.



BAILEYS DIPPING SAUCE

Attention all Bailey's lovers out there. This quick and easy dipping sauce will be perfect for dessert this Christmas Day. Serve with strawberries, fresh fruit and marshmallows. Teams well with ice-cream too. Makes 1 ½ cups.

INGREDIENTS

125g milk or dark chocolate melts (see note below)

½ cup Baileys Irish Cream

½ cup thickened cream

METHOD

Place the chocolate in the bowl of a food processor. Heat the Baileys and cream in a microwave-safe jug on HIGH (100%) for 1 minute 40 seconds. Start the food processor and pour the Baileys and cream mixture in as it runs. When everything is combined, remove from the bowl of the food processor and set aside to cool. Serve with unhulled, ripe, juicy strawberries. TIP You can also make this dip with white chocolate – simply use 250g of white chocolate melts instead of the dark chocolate. Nice over ice-cream with strawberries.

GRAPE SALAD "This is a wonderful dessert salad that never failed to be a hit. Made the day before the brown sugar makes the sauce taste like caramel. You can use less brown sugar, if you wish." 8 servings
Ingredients: 4 pounds seedless green and red grapes 1 (8 ounce) package cream cheese 1 (8 ounce) container sour cream 1/2 cup white sugar 1 teaspoon vanilla extract 4 ounces chopped pecans 2 tablespoons brown sugar Directions: Wash and dry grapes. In a large bowl, mix together the cream cheese, sour cream, sugar and vanilla. Add grapes and mix until evenly incorporated. Sprinkle with brown sugar and pecans, mix again and refrigerate until serving.

Cherry Ripe Balls Recipe – THE Best Cherry Ripe Balls Ever!



This recipe comes with a warning that your butt size will increase as a result of eating these!

One cherry ripe ball is never enough. These mouth watering little beauties are great for gifts in a box or jar, or just because.... you're drooling. Hide in the laundry and eat them all before your kids do.

If you want to make some **cherry ripe balls** that you'll be famous for amongst your friends and family, try these.

Cherry Ripe Balls Recipe – Ingredients

- 5-6 cherry ripe bars (6 if you want a stronger cherry ripe flavour, which I prefer)
- 1 packet of Nice biscuits (alternately use choc ripple or any other biscuit)
- 2 tablespoons of cocoa
- 1 can sweetened condensed milk (get the Aldi's brand if you can, as [Nestle is a highly unethical brand](#) – and Aldi's is cheaper to boot)
- Desiccated coconut for rolling

Makes about 30 if you use a heaped teaspoon size for the balls (as shown).

"Ok ladies, they are ALL GONE... i made them YESTERDAY.. my daughter helped herself today and ate an entire small container in her room (i had them in 3 containers), my partner and I have had some and now picking during the day and then my daughter steals the rest AGAIN.. OMG parenting fail but FOOD GENIUS..." — Zarava Flutterby, BB Forum Member

Cherry Ripe Balls Recipe – Method

- Simply place the cherry ripe bars, biscuits and cocoa in a food processor and blend. Be careful if you have a stick/hand blender – several members have blown theirs up doing this! If you don't have a food processor, you can use zip lock bags and attack them with a rolling pin – freezer bags are not thick enough and will break open.
- Once you've got your mix ready, add the can of condensed milk, mix in well and roll into balls, covering with coconut. You might like to add some red food colouring to the coconut, or use red sprinkles instead of coconut or some other variation. Leave them to set in the fridge and you're done!

Cherry Ripe Balls Recipe – Variations

We've had some great suggestions for variations to this recipe. You can substitute the cherry ripers for whatever you like – some members have tried mint slice, crunchie, peppermint crisp (these come out very gooey, I added around half a cup of coconut to try and 'dry' it out more!), boost bars, oreo, tim tam and more – even mixing a combination of them. You can also finish the balls by dipping them in chocolate to make them even naughtier!

If you don't have or use Nice biscuits, you can use something similar like Marie, arrowroot or choc ripple (especially good with a peppermint bar substitute).



Easiest PB Fudge EVER

2 cups sugar

1/2 cup milk

1 tsp. vanilla

3/4 cup peanut butter

**Bring sugar and milk to a boil.
Boil 2 1/2 minutes, remove
from heat and stir in PB and
vanilla. THAT IS IT!**



My Mom used to make these little candies for the holidays and it only took her a few minutes to whip up a batch to give as gifts. She would get a pretty red cookie tin and add some tissue paper and put these little creamy mints inside. Everyone loved them. Sometimes she would add food coloring to make them red and green or whatever color looked festive. Sometimes she would roll them in sugar or add little silver or red jimmies and other decorations. We loved them too!

Cream Cheese Mints

4 ounces cream cheese, room temperature

exactly 1/2 teaspoon peppermint or spearmint extract

3 cups powdered sugar

Beat the cream cheese with a mixer until smooth, add the extract and some of the powdered sugar and mix until combined well. Then add the remaining sugar and mix until well combined. Shape into 1/2" balls and place them on a parchment lined cookie sheet. Press flat with a fork and then chill until ready to serve. Store in the refrigerator in an airtight container for up to two weeks or freeze for up to two months.



THREE INGREDIENT FRUIT CAKE:

1kg mixed fruit

2 cups self raising flour

750 ml Iced Coffee

Soak mixed fruit in the Iced Coffee for 24 hours Add self raising flour & mix well Bake in a lined 8 inch (20cm) square tin Bake at 150 degrees for 1 hour.



Muffins that taste like doughnuts. (But without all the work and without the frying)! Share to your wall now for easy reference later.

1 3/4 c (all purpose) flour

1 1/2 tsp baking powder

1/2 tsp salt

1/2 tsp nutmeg

1/4 tsp cinnamon

1/3 c vegetable or canola oil

3/4 c white granulated sugar

1 egg

3/4 c milk

Combine dry ingred. Mix liquids in separate bowl. Add liquids to dry and combine together well, without over beating. Spoon mixture into prepared muffin tins. Bake at 350 for 20-25 min. While muffins are baking prepare sugar topping. 1/4 c granulated sugar 1/4 tsp cinnamon While muffins are hot, dip into (1/2 c) melted butter and roll into sugar & cinnamon mixture. 1 dozen muffins.

Janette Morris shared [Susan Parker's photo](#).
4 hours ago via mobile ·



Homemade Jam in 60 seconds.

Fresh Berry Jam in 60 seconds.

Simply toss 1 cup of your favorite berries into a blender with
1 tbsp of chia seeds, and
a tsp of honey.

Blend, pour into a jar and place in the fridge over night. The chia seeds create a lovely jelly like texture to the sweet berries and honey. Fresh, easy, and artificial sugar's and pectin free jam!



Texas Road House Honey Butter

1 cup (2 sticks) butter, very softened

1 cup powdered sugar

1 cup honey

2 tsp. cinnamon

Add everything in the order listed, whipping well. Oh Yum! We know to use this on rolls and bread but it also tastes great on: oatmeal pancakes French toast hot rice cereal pumpkin bread zucchini bread



TWO (yes that's it) INGREDIENT COOKIES

Ingredients

2 large bananas (can be a few days old for easier mashing)

1 cup quick-cooking oats

HINT:

This basic recipe tastes great on it's own but you can also change it up by adding mix-ins of your choice here are some suggestions milk, white or dark chocolate chips and a pinch of cinnamon (as in picture) Apple Raisins or Cranberries Walnuts, Almonds, Peanuts The combinations are endless and only limited by your imagination Instructions 1. Preheat oven to 350°F. 2. Mash the bananas in a medium bowl. Add the oats and whichever mix-ins you choose and mix. 3. Shape into balls with your hands and place on a baking pan covered with parchment paper (I used parchment instead of greasing the pan). Press down into a disc shape if desired. 4. Bake for 12-15 minutes , depending on your oven. 5. Enjoy! Yield: 12-16 cookies




BEST ICE CREAM EVER....

600ml cream
1 tsp vanilla essence
1 can condensed milk

Beat the cream with an electric mixer until it begins to thicken. Add the vanilla & beat until a light whipped cream forms. Gradually add the condensed milk & keep beating until it thickens & becomes a nice cream. Pour into a container & put in the freezer until it goes hard.

You can add any flavours...coffee, mango, macadamia nut, strawberry!!
Anything you like...



When you have a sweet tooth and want to stay on track, here's a nice treat. Sugar is NOT an added ingredient.

3 mashed bananas (ripe)
1/3 cup apple sauce
2 cups oats
1/4 cup almond milk
1/2 cup raisins (optional)
1 tsp vanilla
1 tsp cinnamon

Bake at 350 for 15-20 minutes

PLEASE SHARE :)

To SAVE this recipe, be sure to click SHARE so it will store on your personal page.

Notes

Savoury Recipes



Kfc Chicken Copycat Recipe - Be sure to click on SHARE to save this to your wall. Enjoy!

Ingredients

1 whole chicken, cut into pieces

3 beaten eggs

4 tablespoons oil

For the coating

2 cups flour

4 teaspoons paprika

2 1/2 teaspoons salt

1 teaspoon pepper

1 teaspoon poultry seasoning

1 teaspoon thyme

1 teaspoon oregano

1 teaspoon tarragon

1/2 teaspoon garlic salt

1/2 teaspoon onion salt

1/2 teaspoon celery salt

Directions

Sift together all the coating ingredients and place in a clean plastic bag. Coat each chicken piece first with the beaten egg, then with the flour mixture in the bag. Make sure you coat each piece completely with the flour.

Heat the oil in a skillet. Brown the chicken in oil slowly, uncovered. Once browned, cover the skillet and keep frying on a very gentle heat until the chicken is fully cooked. Place on paper towels to drain out the excess oil.



Jalapeño Popper Dip ~ everyone will ask for your recipe!

6-8 slices of bacon, diced and cooked crispy
2 8-oz packages of cream cheese, soft
1 cup of mayonnaise
4-6 jalapeno's, chopped and deseeded. The seeds will make it fiery hot.
1 cup of cheddar cheese, shredded
1/2 cup of mozzarella cheese, shredded
1/4 cup diced green onion

Topping:

1 cup of crushed crackers (I used Ritz)
1/2 cup parmesan cheese
1/2 stick of butter, melted

Preheat oven to 350.

Combine all of the ingredients into a medium bowl. Stir well.

Transfer to an oven proof dish. The size of the dish depends on how thick the dip is. The thicker the dip the longer it may need to warm up. I used this stoneware dish that is round and measures 12 inches across. My dip is usually about an inch thick.

Combine the topping ingredients and sprinkle all over the top of the dip.

Bake the dip for 20-30 minutes or until bubbly.



WOW, WOW, WOW!!!! This is obviously very popular because I have had almost 10,000 shares on the original post so I will put it up again for anyone who missed it the first time!!!

♥ ♥ NEW WAY TO SERVE POTATOES, I LOVE IT ♥ ♥

Just mash potatoes plain with butter or you can add yummy ingredients like cooked bacon, cheese, parsley, green onion, garlic, etc. Stuff in to a greased muffin tin, run a fork along the top and brush with melted butter or olive oil. Bake at 375 degrees or until tops are crispy and golden.

Yes we still need carbs in our diet even when we are trying to lose weight so this is a great way to stick with portion control!!!

Also remember there are varying sizes in muffin pans so you can choose the serving size!! Using mini muffin tins you can turn this into a healthy alternative to chips or wedges too. You still get the soft potato centre with the crunch on the outside without all the fat!!!!

PLEASE SHARE :) To SAVE this recipe, be sure to click SHARE so it will store on your personal page.

For more healthy recipes, tips, motivation and fun, join us here <http://www.facebook.com/groups/skinnynow/>



Bacon Wrapped, Cream Cheese Stuffed Chicken Breasts: SHARE SO THIS SAVES TO YOUR TIMELINE!!!

1 boneless skinless chicken breast
2 tablespoons cream cheese
1 tablespoon green onion, Chopped
2 pieces bacon, Partially Cooked

Directions:

Pound out Chicken breast so it is about 1/4" thick.

Mix together cream cheese and green onions and spread cheese mixture over 1 side of chicken breast.

Roll CHicken breast up to conseal cream cheese.

Wrap partially cooked bacon around chicken breast and secure with toothpick.

Plase on baking sheet and back for about 30 minutes at 375.

Broil for about 5 minute to crisp bacon.

you can sub turkey bacon for the bacon, and a low fat cream cheese to make this healthier !!



How to make Batter just like Long John Silver's.

Ingredients:

1 1/2 cups flour

4 tablespoons cornstarch

1/2 teaspoon baking soda

1/2 teaspoon baking powder

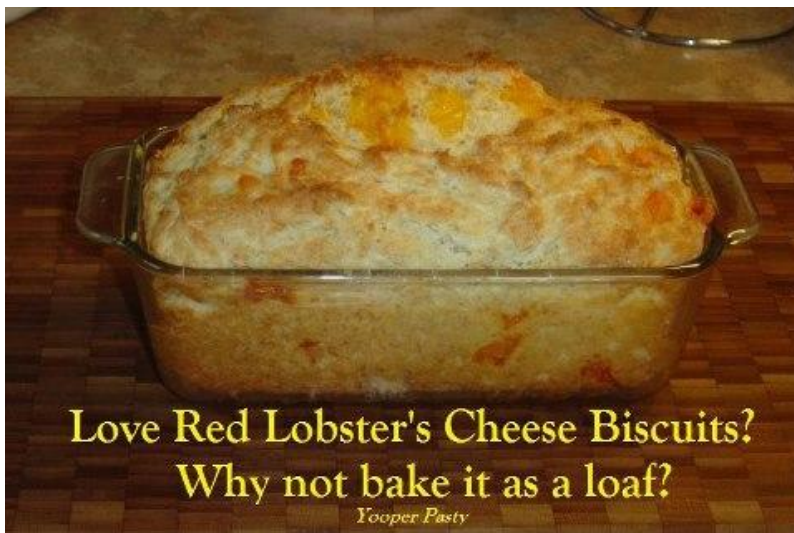
1/2 teaspoon salt

1 1/2 cups hot water (Kerry says to use ginger ale instead of water)

Directions:

In a mixing bowl, sift dry ingredients. Add the water and mix together very well.

Completely cover and coat 8 fish or chicken fillets with the batter. Deep fry until golden brown.



OhHHHH RED LOBSTER'S CHEESE BISCUIT FANS ~

This is Red Lobster's Cheese Biscuit recipe done in a loaf pan.

3 cups flour
1 Tablespoon baking powder
1 teaspoon salt
1/4 teaspoon cayenne pepper
1/8 teaspoon black pepper
4 ounces cheddar cheese, cut into 1/4 inch cubes
1 1/4 cups milk
3/4 cup sour cream
3 Tablespoons of butter, melted
1 egg, lightly beaten

Heat oven to 350 degrees. Grease a 9×5 loaf pan with oil. In a bowl, whisk together the first 5 ingredients. Carefully stir in cheese cubes until covered in flour mixture, this will help prevent your cheese sinking to the bottom of your loaf of bread.

In a different bowl, whisk together the remaining ingredients. Fold the wet mixture into the flour and cheese mixture, stir until just combined, do not over stir. Spread the mixture into the loaf pan. Bake for 45-50 minutes. Let cool 10 minutes and then remove from pan. Allow to cool for one hour before slicing and serving.



Cheesy Baked Dip

8 oz. sour cream
8 oz. cream cheese
16 oz. cheddar cheese, grated (sharp or mild)
4 oz. chopped green chilies
Green onion (suit your own taste)
1 c. chopped ham
1/2 pound chopped bacon
1 round bread loaf, hollowed out

Mix first seven ingredients together and put into the hollowed out bread loaf. Bake at 350 degrees uncovered for one hour. Serve with leftover bread or chips.



Who buys frozen garlic bread or cheese sticks - NO MORE!!

Easy Cheesy Breadsticks

1 (10 ounce) cans prepared pizza crust
1 tablespoon butter, melted
1/2 cup provolone cheese, shredded
1 tablespoon parmesan cheese
1 tablespoon dried basil
1/4 teaspoon garlic salt

Directions

Preheat oven to 425.

Unroll pizza dough onto a greased cookie sheet or Lg. Bar Stone, and brush with butter. Sprinkle cheeses and spices evenly over the dough.

With a pizza cutter, cut dough lengthwise into 12 long strips. Then cut those in half to make 24 strips.

Do not separate strips.

Bake for 10-12 minutes or until light golden brown.

Recut along each strip and remove from cooking sheet.

Serve sticks warm with marinara sauce



TACO PIE!!!

Ingredients:

1/4 cup butter
2/3 cup milk
1 package Taco Bell seasoning mix
2 1/2 cups mashed potato flakes (you could also use left over mashed potatoes and omit the butter and milk)
1 pound ground beef
1/2 cup chopped onion
1/2 cup salsa
1 cup shredded lettuce
1 medium tomato, chopped
1 cup sharp cheddar cheese, shredded
Sour cream, optional

Directions:

Preheat oven to 350 degrees. In a medium sauce pan, melt butter. Add milk and 2 tablespoon taco seasoning. Remove from heat and add potato flakes until incorporated. Press mixture into the bottom of a 10-inch pan. Bake for 7-10 minutes until it just BARELY turns golden brown.

In a medium skillet, cook beef and onions until beef is browned and cooked through. Drain. Add Salsa and remaining taco seasoning. Cook until bubbly. Pour into crust. Bake for 15 minutes, or until crust is golden brown. Let cool for 5 minutes.

Top with cheese, lettuce, and tomatoes. Cut and serve with sour cream.



What's for dinner....sweet n sour chicken

3-5 chicken breasts,

salt n pepper,

2 eggs(beaten),

oil for frying

season chook coat all over with cornflour then dip into egg...fry till brown on both sides then place in oven dish....

Sauce..

3/4cup white sugar

4tblsp tomato sauce or ketchup

1/2cup white vinegar

1tblsp soya sauce

1tsp garlic salt

Whisk all up n pour over chicken cook 350 Oven for 15 mins turn n cook a further 15mins.



OMG!!!! THESE ARE KICK BUTT GOOD!!!! **Share to your page so you don't lose this recipe**

Oven-Baked Zucchini Fries

makes approximately 8 servings

Ingredients

3 zucchini (1 lb.)

1/4 cup Grated Parmesan Cheese

1 packet Shake & Bake Coating Mix

1 small egg

Method:

Heat oven to 450°F.

Trim the zucchini -cut crosswise in half, then cut each piece into 1/4-inch sticks. Add cheese to coating mix in shaker bag; shake gently to combine.

Whisk egg in medium bowl. Add zucchini; toss to coat. Use tongs to place 1/4 of the zucchini in shaker bag; close bag and shake to evenly coat. Spread onto baking sheet sprayed with cooking spray. Repeat with remaining zucchini.

Bake for 12 to 13 min. or until golden brown, turning the baking tray 180 degrees after 7 min to facilitate even baking.



You may never fry chicken again after tasting this baked crispy chicken. Share this post so it saves to your photos on your timeline

Crispy Cheddar Chicken

2 lbs chicken tenders or 4 large chicken breasts
2 sleeves Ritz crackers
1/4 teaspoons salt
1/8 teaspoon pepper
1/2 cup whole milk
3 cups cheddar cheese, grated
1 teaspoon dried parsley

Sauce:

1 10 ounce can cream of chicken soup
2 tablespoon sour cream
2 tablespoon butter

Crush crackers. If using chicken breasts and not tenders, cut each chicken breast into 3 large pieces. Pour the milk, cheese and cracker crumbs into 3 separate small pans. Toss the salt and pepper into the cracker crumbs and stir the mixture around to combine. Dip each piece of chicken into the milk and then the cheese. Press the cheese into the chicken with your fingers. Then press the cheesy coated chicken into the cracker crumbs and press it in.

Spray a 9×13 pan with cooking spray and lay the chicken inside the pan. Sprinkle the dried parsley over the chicken. Cover the pan with tin foil and bake at 400 degrees for 35 minutes. Remove the tin foil, bake for an additional 10-15 minutes, or until the edges of the chicken are golden brown and crispy.

In a medium sized sauce pan combine the cream of chicken soup, sour cream and butter with a whisk. Stir it over medium high heat until the sauce is nice and hot. Serve over the chicken.



This recipe was passed down to me from my mother. Its been in our family for years and Everyone really enjoys it!! It is very kid friendly and most "big kids" enjoy it too! :))

2 lbs. extra lean ground beef
1 can cream of mushroom soup
1 16oz Sour Cream
1 cup grated cheddar cheese (or more!)
1 pack frozen tatter tots

Preheat Oven For 350 degrees. Grease 13x9 inch pan. Layer the beef on the bottom of the pan, set aside. In a med mixing bowl add sour cream and mushroom soup and mix well. Then layer the mixture on top of the beef, then add cheese. Top with tatter tots. Bake covered for 45 minutes. Uncover and bake 15 minutes longer, adding extra cheese here if desired. Once cheese is melted you will have One fabulous meal Everyone will enjoy!



Mozzarella Stuffed Meatballs

1 lb ground beef
1 lb ground pork or mild Italian sausage
1 cup breadcrumbs
1 TBSP Italian seasoning
3 eggs
3 garlic cloves, minced
1 tsp salt
1/2 tsp pepper
1/2 lb mozzarella, cut into cubes

Olive Oil

Marinara (jar or homemade)

In a large bowl mix beef through pepper. Form into 2" balls. Press a cheese cube in the middle and seal the meat around it.

Heat 1/2" olive oil in a large skillet. Brown meatballs and then set aside on plate.

Pour marinara sauce into pan; bring to a simmer. Add meatballs and simmer until cooked through, about 30 minutes.

Serve over spaghetti or on top of a hoagie.



POTATOES ON A RANCH!!!!

The Ranch dressing, bacon, and cheese is an excellent flavor combination that your Family and guest will love. You can control your finishing time a little bit by boiling the potatoes a little longer, but be careful so they don't get to soft or overdone. Enjoy

10 medium potatoes (cut into ½" cubes)
1 can of condensed cream of mushroom soup 1 ½ cups milk
1 envelope dry ranch dressing mix
2 cups shredded cheddar cheese (divided)
Salt and pepper to taste
6 bacon slices (cooked until crispy and crumbled)

Pre-heat the oven to 350 degrees.

In a large pot cover the potatoes in water and bring to a boil over high heat. Cook for 10-12 minutes or until the potatoes are almost tender. Drain.

Grease a 13×9 inch casserole dish.

In a bowl, mix together cream of mushroom soup, milk, ranch dressing, 1 cup of the cheese, and add the salt and pepper to taste.

Pour over potatoes in the casserole dish.

Sprinkle remaining cup of shredded cheddar cheese and the crumbled bacon over the top.

Place into the oven and bake uncovered for 25-30 minutes or until the potatoes are tender.



How many of you have the kids home for school holidays?

Veggie Muffins from 4 Ingredients Kids and the iApp

- * 1 cup (100g or 3.5oz) cheddar cheese, grated (reserve 1/4 cup)
- * 2 cups (350g or 12.5oz) self raising (rising) flour
- * 400g (14 oz) creamed corn (reserve 1/4 cup)
- * 1 cup (250ml or 8.5fl oz) buttermilk

Preheat the oven to 180C/350F. Place flour in a large bowl and make a well. Add all the other ingredients, except reserved corn and cheese and season. Using a large metal spoon, fold until just combined (don't over mix or the muffins will be tough). Spoon the mixture into the cups of a greased muffin tray. Evenly dollop and sprinkle with remaining creamed corn and cheese. Bake for 20mins or until the tops are golden and spring back lightly when touched.

Tip: You can use normal milk, almond milk, rice milk, soy, it's up to you.

Veggie smuggling tip: Grate any veggies into the mix to increase your vegetable intake. The kids won't even notice!!



Don't ya'll forget to SHARE this so it will be SAVED to your timeline!!!!

FRIENDSHIP CASSEROLE

- 2 - lbs ground beef
- 1 - 48 oz jar spaghetti sauce
- 2 – tablespoons sugar
- 1 (16 oz) - pkg medium egg noodles
- 1/2 - cup margarine or butter
- 1/2 - teaspoon onion salt (or onion powder)
- 1/2 - teaspoon garlic salt (or garlic powder)
- 1/2 - cup grated Parmesan cheese
- 1 - 12 oz pkg shredded mozzarella cheese

Preheat oven to 350° Brown meat and drain fat. Add spaghetti sauce and sugar to meat; simmer 20 minutes. Cook noodles as directed (AL dente); drain and toss with margarine, salts and Parmesan cheese. Spray two 9x13 pans with non-stick spray. In both pans layer half the sauce, all the noodles, rest of sauce; top with mozzarella cheese. Cover with foil; bake 45 minutes.

*You can also add some sauteed green bell peppers, onions and mushrooms to the sauce. Make sure the person you are gifting this wonderful casserole to likes the veggies. If not just leave them out.

*Note: Since this recipe makes enough for two casseroles, plan one for your family and one for a friend.



BLT Dip (Warning, it went so fast I barely had time to try it!)
To SAVE this recipe, be sure to click SHARE so it will store on your personal page.

Ingredients:

1-1/2 pound bacon, cooked, drained, crumbled, and divided
2 cups shredded mozzarella cheese
2 (8-ounce) packages cream cheese, softened
1/2 cup sour cream
1/4 cup mayonnaise
1 cup cheddar cheese (shredded) or to taste
1/2 teaspoon Italian seasoning
1/2 teaspoon garlic powder (or to taste)
1 tablespoons mustard
2 cups chopped seeded tomatoes
1-1/2 cup shredded Iceberg lettuce
pepper an salt to taste

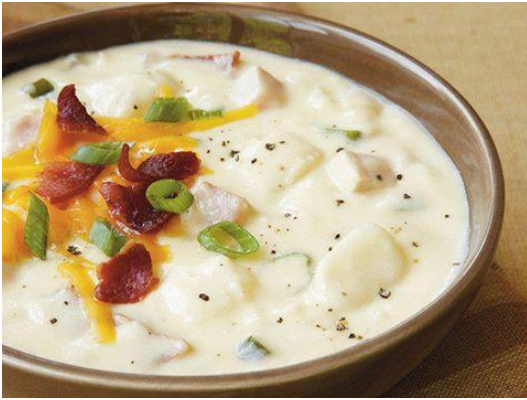
Toasted bread rounds, crackers, or pita chips.

Directions:

Preheat oven to 350°. Spray a 11/2-quart baking dish with nonstick cooking spray.

Set aside 3/4 cup crumbled bacon.

In a large bowl, combine remaining bacon, cream cheese, shredded cheeses, sour cream, mayonnaise, Italian seasoning, garlic powder, salt, pepper, and mustard. Spoon mixture into prepared baking dish. Bake for 25 to 30 minutes or until hot and bubbly. Sprinkle chopped tomatoes, remaining 3/4 cup crumbled bacon and lettuce over hot dip. Serve immediately with toasted bread rounds, crackers, or pita chips.



Loaded Potato Soup

1 package (12 oz) bacon
1 1/2 cups chopped onion
6 cups chicken broth
2 lb baking potatoes, peeled, cubed
2/3 cup butter
3/4 cup Gold Medal® all-purpose flour
4 cups milk
1 teaspoon salt
1 teaspoon freshly ground pepper
1 cup diced cooked ham
1 container (8 oz) sour cream
2 1/2 cups shredded sharp Cheddar cheese (10 oz)
3/4 cup sliced green onions

In 12-inch skillet, cook bacon over medium heat 6 to 7 minutes or until crisp; drain on paper towels. Crumble bacon; set aside. Reserve 2 tablespoons drippings in skillet. Cook onion in bacon drippings over medium-high heat 6 minutes or until almost tender.

In 6-quart Dutch oven, mix onion, broth and potatoes. Heat to boiling; reduce heat. Cook 10 minutes or until potatoes are very tender.

Meanwhile, in same skillet, melt butter over low heat. Stir in flour with whisk until smooth. Cook and stir 1 minute. Gradually stir in 2 cups of the milk. Pour milk mixture into potato mixture. Add remaining 2 cups milk, the salt and pepper. Cook over medium heat, stirring constantly with whisk, until mixture is thickened and bubbly.

Stir in ham, half of the bacon, the sour cream, 2 cups of the cheese and 1/2 cup of the green onions. Cook until thoroughly heated and cheese is melted. Evenly top individual servings with remaining bacon, 1/2 cup cheese and 1/4 cup green onions.



Never boil corn again! Want to know the easiest way to cook corn on the cob? Throw it in the oven at 350 for 25-30 minutes. That's it. Leave the husk on, it will trap in the moisture, leaving you with juicy, tender corn. The husk and silk will peel away easily once it's cooked. Cut off the large end and it slides right out with no silk. Bonus - keeps more of the nutrients in the corn (no boiling is best).



Baked Cheese & Broccoli Patties
yield: 8 broccoli patties

Ingredients:

2 teaspoons vegetable oil
2 cloves garlic - minced
1/2 onion - chopped
1 (12 ounce) bag frozen broccoli - defrosted
3/4 cup panko breadcrumbs
1/2 cup sharp cheddar cheese
1/3 cup parmesan cheese
2 eggs - beaten
salt/pepper

instructions:

preheat the oven to 400 degrees. Lightly grease a baking sheet lined with aluminum foil. Heat the oil in a small pan over medium heat, add in the garlic and onions. Season with salt/pepper to taste. Sauté until onions are garlic are tender, set aside to cool.

Add the broccoli to a kitchen towel. Wrap the towel around the broccoli and squeeze out the extra moisture. Pour the drained broccoli into a large bowl, add the onion and garlic and mix gently.

To the same bowl, add the panko, the cheeses, eggs, and salt/pepper to taste. Mix together and form into patties, place on the prepared baking sheet. Bake in the preheated oven for 15 minutes. Flip and bake for another 15 minutes or until browned and crispy.



Ingredients

2 chickens, cut into pieces
3 large onions, chopped
6 tomatoes, peeled and diced
1 piece ginger root, peeled
1 clove of garlic, crushed
1 bay leaf

Salt, to taste

Hot red pepper, to taste

Procedure

Place the chicken, onion, tomatoes, ginger, garlic and bay leaf in a heavy casserole dish.

Season with the salt and pepper.

Cover with a thick, tight-fitting lid that will not let any steam escape.

Put the casserole on medium to high heat.

When the ingredients start to simmer, turn the heat down to medium to low.

Remove the casserole from the heat and without removing the lid, shake the casserole well to stir up the contents so that it cooks evenly.

Repeat this procedure every 5 minutes for 35 to 40 minutes.

Place the contents of the casserole on a warm platter and serve with rice.

Serves 8.



OMGoodness! You talk about good eating! This is delish!!!! I never used to like this type of stuff because I thought this type of healthy = NASTY... not the case. There is so much flavor in these types of dishes and it does a body good!

Vegetable Tian (thinly sliced veggies topped with cheese and then roasted)...

Ingredients:

1 Tbsp. olive oil
1 medium yellow onion
1 tsp. minced garlic
1 medium zucchini
1 medium yellow squash
1 medium potato
1 medium tomato
1 tsp. dried thyme
to taste salt & pepper
1 cup shredded Italian cheese

Directions:

STEP 1: Preheat the oven to 180 (400 degrees f) Finely dice the onion and mince the garlic. Sauté both in a skillet with olive oil until softened (about five minutes).

STEP 2: While the onion and garlic are sautéing, thinly slice the rest of the vegetables.

STEP 3: Spray the inside of an 8x8 square or round baking dish with non-stick spray. Spread the softened onion and garlic in the bottom of the dish. Place the thinly sliced vegetables in the baking dish vertically, in an alternating pattern. Sprinkle generously with salt, pepper, and thyme.

STEP 4: Cover the dish with foil and bake for 30 minutes. Remove the foil, top with cheese and bake for another 15-20 minutes or until the cheese is golden brown



Zucchini Parmesan Crisps

1 lb. zucchini or squash (about 2 medium-sized)

1/4 cup shredded parmesan (heaping)

1/4 cup Panko breadcrumbs (heaping)

1 tablespoon olive oil

1/4 teaspoon kosher salt

freshly ground pepper, to taste

Preheat oven to 400 degrees. Line two baking sheets with foil and spray lightly with vegetable spray.

Slice zucchini or squash into 1/4 inch-thick rounds. Toss rounds with oil, coating well.

In a wide bowl or plate, combine breadcrumbs, parmesan, salt and pepper.

Place rounds in parmesan-breadcrumb mixture, coating both sides of each round, pressing to adhere. The mixture will not completely cover each round, but provides a light coating on each side.

Place rounds in a single layer on baking sheets. Sprinkle any remaining breadcrumb mixture over the rounds.

Bake for about 22 to 27 minutes, until golden brown. (There is no need to flip them during baking -- they crisp up on both sides as is.)



CHICKEN AND CHEESE LASAGNA ROLL-UPS

3 cups chopped cooked chicken
1/4 cup milk
1 cup Ricotta cheese
1/8 teaspoon white pepper
1/4 cup crumbled feta cheese
8 lasagna noodles, cooked and drained
1/4 cup grated Parmesan cheese
2 cups of your favorite Spaghetti Sauce

1. In medium bowl, combine chicken, cheeses, milk, and pepper
2. Spread 1/2 cup mixture on each lasagna noodle; roll jelly-roll fashion
3. In a 13 by 9-inch baking dish, spread 1 cup spaghetti sauce
4. Arrange lasagna rolls, seam-side down in sauce in baking dish
5. Top with remaining spaghetti sauce
6. Cover
7. Bake at 375 degrees F for 30 minutes or until hot
8. Serve, if desired, with additional Parmesan cheese.



GARLIC & LEMON CHICKEN W/GREEN BEANS & RED POTATOES!

INGREDIENTS

6 tablespoons olive oil
2 lemons, 1 thinly sliced, 1 juiced
4 cloves garlic, minced
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
3/4 pound trimmed green beans
8 small red potatoes, quartered
4 chicken breasts (bones left in, with skin, about 3 1/4 pounds)

DIRECTIONS

Preheat oven to 400°F. Coat a large baking dish or cast-iron skillet with 1 tablespoon of the olive oil. Arrange the lemon slices in a single layer in the bottom of the dish or skillet.

In a large bowl, combine the remaining oil, lemon juice, garlic, salt, and pepper; add the green beans and toss to coat. Using a slotted spoon or tongs, remove the green beans and arrange them on top of the lemon slices. Add the potatoes to the same olive-oil mixture and toss to coat. Using a slotted spoon or tongs, arrange the potatoes along the inside edge of the dish or skillet on top of the green beans. Place the chicken in the same bowl with the olive-oil mixture and coat thoroughly. Place the chicken, skin-side up, in the dish or skillet. Pour any of the remaining olive-oil mixture over the chicken.

Roast for 50 minutes. Remove the chicken from the dish or skillet. Place the beans and potatoes back in oven for 10 minutes more or until the potatoes are tender. Place a chicken breast on each of 4 serving plates; divide the green beans and potatoes equally. Serve warm.



OMG these look AMAZINGLY delicious!!!!
Mozzarella Stuffed Meatballs!!!

Ingredients:

1 lb ground beef
1 lb ground pork or mild Italian sausage
1 cup breadcrumbs
1 TBSP Italian seasoning
3 eggs
3 garlic cloves, minced
1 tsp salt
1/2 tsp pepper
1/2 lb mozzarella, cut into cubes
Olive Oil
Marinara (jar or homemade)

Directions:

In a large bowl mix beef through pepper. Form into 2" balls. Press a cheese cube in the middle and seal the meat around it.

Heat 1/2" olive oil in a large skillet. Brown meatballs and then set aside on plate.

Pour marinara sauce into pan; bring to a simmer. Add meatballs and simmer until cooked through, about 30 minutes.

Serve over spaghetti or on top of a hoagi!!



OMG!!!! These are to Die for!!!

Oven Baked Tacos!

Brown your ground beef and drain completely - then add refried beans, taco seasoning and about half a can of tomato sauce. Mix together and scoop into taco shells, (stand them up in a casserole dish).

Sprinkle the cheese on top and bake at 375 for 10 minutes!!!!!!



Crockpot Cashew Chicken.. Oh so good

Ingredients:

2 lbs boneless, skinless chicken thigh tenders or chicken breast tenders
1/4 cup all purpose flour
1/2 tsp black pepper
1 Tbsp canola oil
1/4 cup soy sauce
2 Tbsp rice wine vinegar
2 Tbsp ketchup
1 Tbsp brown sugar
1 garlic clove, minced
1/2 tsp grated fresh ginger
1/4 tsp red pepper flakes
1/2 cup cashews

<http://www.daydreamkitchen.com/2012/09/crock-pot-cashew-chicken/>

Directions:

Combine flour and pepper in large Ziploc bag. Add chicken. Shake to coat with flour mixture. Heat oil in skillet over medium-high heat. Brown chicken about 2 minutes on each side. Place chicken in slow cooker. Combine soy sauce, vinegar, ketchup, sugar, garlic, ginger, and pepper flakes in small bowl; pour over chicken. Cook on LOW for 3 to 4 hours. Add cashews and stir. Serve over rice. Makes 4-6 servings.

If you want like sauce and want to have some to pour over the chicken and the rice, double the sauce ingredients.



For when you decide you want to splurge a little.

OMG!!!!!! Soooooooooo Easy!!! LOVE THESE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
Share so it will be saved to your timeline!

Baked Cheese Balls

Cut up string cheese, dip in skim milk, then Italian bread crumbs.
Bake at 425 for 7-10 minutes.
Yummy Dipped in Marinara Sauce!!!



{Baked Fried Chicken}

I am pretty sure that I have discovered the KFC secret recipe! It is DEAD ON! It is also baked...not fried and there isn't any skin! So you get to enjoy the taste of the seasoning, instead of pulling it off because of the slimy skin!

This is super easy and you are TOTALLY going to love it!

Place thawed chicken breast tenderloin strips in a bowl of milk. Let soak for 20-30 min.

Mix in a Gallon Size Ziploc or Large Bowl:

1/2 tsp. Salt
1 T Season All
3/4 tsp Pepper
1 c. Flour
2 tsp. Paprika

Preheat oven to 400 degrees. Cut 1/2 stick of butter into a few pieces and place in a 9x13 pan. Melt butter in pre-heated oven.

Spread melted butter around the bottom of the pan. Lightly spray the pan, if needed, to make sure that there are no dry spots.

Shake excess milk off of chicken and completely coat each piece with the seasoning mix. You can either shake the chicken in the bag, until coated, or dip each piece in the bowl until coated.

Place each piece of chicken in the pan.

Cook for 20 min. Turn each piece of chicken and continue cooking for 20 more minutes, or until cooked through.

This is a favourite ☐



Sweet Hawaiian Crockpot Chicken:

Ingredients:

1 cup pineapple juice
1/2 cup packed brown sugar
1/3 cup light soy sauce
2 pounds chicken breast tenderloins.

Directions:

Add all ingredients to the crockpot and cook on low 6-8 hrs and they should just fall apart.
Enjoy!



Great hot weather food for picnics & bar-b-cues.

Potato Salad

Ingredients:

8 medium sized potatoes - boiled & cooled for several hours overnight

8 eggs – boiled & cooled for several hours or overnight

4 carrots – peeled & thinly sliced in circles

4 pieces of celery – thinly sliced

2 green onions – thinly sliced (optional)

Fresh dill – a handful finely chopped

Fresh parsley – a handful chopped and save a few sprigs for garnish (optional)

6 baby dill pickles – thinly sliced into circles (optional)

1 cup mayonnaise (more or less to suit)

2 tablespoons mustard

Sea salt & pepper to taste

1 teaspoon paprika (more or less -Is optional Gives nice color)

Instructions:

In a large mixing bowl

Cube or shred the potatoes (large shredder)

Chop the eggs

Add the green onions, carrots, celery & onion & pickle slices

Gently stir with a large mixing spoon, scooping from bottom,
don't make it mushy

Mix mayonnaise, mustard, chopped dill, salt & pepper

Gently combine into the potato salad

Spoon the salad into an attractive salad bowl and sprinkle the paprika on top

Garnish with parsley, or celery and tomato slices

Keep in the refrigerator until serving time.



Attention shrimp lovers!!
Try this quick way to make fabulous shrimp.

Melt a stick of butter in the pan. Slice one lemon and layer it on top of the butter. Put down fresh shrimp, then sprinkle one pack of dried Italian seasoning. Put in the oven and bake at 350 for 15 min. Best Shrimp you will EVER taste:)



Twice Baked Potato Casserole

I just throw this together without measuring anything so adjust to your own liking. I also cooked it for a crowd but never measure anything, you can do this recipe less very easily.

5 lb bag of potatoes peeled.

1 box cream cheese softened

1 stick of butter

1 ½ cups of cheddar cheese (You can use your favorite kind of cheese)

½ - 1 cup of sour cream

Bacon cooked and crumbled (1/2 package)

Green Onion diced (Optional, and I used 6)

Milk as needed for mashing consistency.

I peel and boil my potatoes for faster cooking but you can also bake them and scoop out the insides, however you prefer. Drain potatoes when ready to mash and add the cream cheese, butter, shredded cheese, sour cream, and milk (as needed). When you get your right consistency, add $\frac{3}{4}$ of the bacon and $\frac{3}{4}$ of the green onion. Place in a greased casserole and garnish with the remaining bacon and onion. You can also add more shredded cheese to the top for garnish. Bake at 350 degrees for 15 minutes. Then ENJOY!!!!



Zucchini Bites

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 3 slices rindless bacon, finely sliced
- 1 large carrot, grated
- 1 large zucchini, grated
- 3 eggs
- 1 cup cheese, grated
- 1/4 cup cream
- 1/2 cup self rising flour

Directions:

- 1 Heat the oil in a large pan and sautee' onion until translucent. Add the bacon and fry until it starts to color. Add the carrot and zucchini and cook for about 2 minutes.
- 2 Transfer mixture to a bowl to cool.
- 3 Beat the eggs, cream and cheese together; season to taste.
- 4 Stir the egg mixture into the cooled zucchini mixture. Stir in the flour.
- 5 Grease and flour little muffin/bun tins. Spoon mixture into the holes.
- 6 Bake at 350* 4 for 15-20 minutes.



CROCK POT SESAME CHICKEN

On busy crazy days, it is soooo nice to come home to this ♥ April
Sesame Chicken for slow cooker

1 1/2 pound boneless/skinless chicken breasts
1/2 cup honey
1/4 cup soy sauce
2 tablespoons dried onion
2 tablespoons ketchup
1 tablespoon oil
1/2 teaspoon garlic powder
2 teaspoons cornstarch dissolved in 3 Tablespoons water
Sesame seeds

Put chicken into crock pot.

Combine honey, soy sauce, onion, ketchup, oil, and garlic. Pour over chicken.

Cook on low for 3-4 hours or on high 1 1/2 – 2 1/2 hours, or just until chicken is cooked through.

Remove chicken from crock pot, leave sauce.

Dissolve 2 teaspoons of cornstarch in 3 tablespoons of water and pour into crock pot. Stir to combine with sauce. Replace lid and cook sauce on high for ten more minutes or until slightly thickened.

Cut chicken into bite size pieces and return to crock pot - can leave chicken in and simmer on low or serve.

Sprinkle with sesame seeds and serve over rice.



Sweet and Tangy Chicken

- 8 chicken thighs - You can use a whole chicken or other parts.
- 1 package dry french onion soup mix
- 1 (8 oz bottle) Russian dressing (I usually use wishbone)
- 1 small jar of apricot preserves or about a cupful. (can use sugar free)

Mix all ingredients, except chicken, in a bowl.
Place chicken pieces in a baking pan. Sprinkle with pepper. No extra salt is needed.
Pour sauce over chicken and make sure it's coated well.
Roast uncovered at 400 degrees for 1 hour to 1 hour and 15 minutes until chicken is done.
Baste several times during cooking. Recipe adapted from syrupandbiscuits.com



STUFFED ITALIAN BREAD

1 Italian loaf, about 12 inches long
1 stick butter, melted
1/8 cup olive oil
3 tsp minced onion
2-3 cloves garlic, grated
1 tbsp dijon mustard
1 tbsp poppy seeds
3 tsp chopped parsley (add more if you wish)
12 oz grated cheese
(I used a mix of white cheddar and monterey jack.)

Preheat the oven to 350 F.

Mix the melted butter, olive oil, onion, garlic, dijon mustard, poppy seeds and parsley in a bowl.

Cut the bread into cubes with X slices without cutting all the way through the bottom crust.

Pour the butter-onion garlic mixture carefully into those X cracks using a small spoon and over the top of the bread. Fill those delicious cracks with the grated cheese.
(It seems like a lot of work and trouble but it's all worth it. Yes.)

Wrap the entire loaf with foil, sealing the sides properly and bake for 15-20 minutes. Remove from the oven and unwrap. Bake for another 10 minutes until the cheese is melted and gooey.



CROCK POT HONEY SESAME CHICKEN

2.5 pound boneless, skinless chicken breasts (thighs would be fine too)

Salt and pepper

1 cup honey

1/2 cup soy sauce

4 tablespoons diced onion

4 tablespoons ketchup

2 tablespoon canola oil

2 cloves garlic, minced

1/2 teaspoon red pepper flakes (optional)

4 teaspoons cornstarch dissolved in 6 Tablespoons water

Sesame seeds

Season both sides of chicken with lightly with salt and pepper, put into crock pot. In a small bowl, combine honey, soy sauce, onion, ketchup, oil, garlic and pepper flakes. Pour over chicken.

Cook on low for 3-4 hours or on high 1 1/2 – 2 1/2 hours, or just until chicken is cooked through.

Remove chicken from crock pot, leave sauce. Dissolve 4 teaspoons of cornstarch in 6 tablespoons of water and pour into crock pot. Stir to combine with sauce.

Replace lid and cook sauce on high for ten more minutes or until slightly thickened.

Cut chicken into bite size pieces, then return to pot and toss with sauce before serving.

Sprinkle with sesame seeds and serve over rice or noodles.



7-DAY DIET WEIGHT LOSS SOUP (WONDER SOUP!)

Share to save to your timeline!

INGREDIENTS

½ head of cabbage, chopped
1 cup celery, diced
1 cup white or yellow onion, diced
1 cup carrots, diced
1 green bell pepper, diced
2-3 cloves garlic, minced
4 cups chicken broth
14 oz can basil, oregano, garlic diced tomatoes
1 teaspoon oregano
1 teaspoon basil
½ teaspoon red pepper flakes
few shakes of black pepper
½ teaspoon salt (optional)

INSTRUCTIONS

Heat 2 tablespoons of olive oil in a large pot over medium heat.
Add celery, onions, bell peppers, and carrots.
Saute until slightly tender.
Stir in garlic.
Pour in chicken broth.
Stir in tomatoes and cabbage.
Bring to a boil and then reduce heat.
Cook until cabbage is tender.
Stir in oregano, basil, red pepper flakes, black pepper and salt (if using)
Taste broth and adjust seasoning if needed.



Cracker Barrel chicken n' dumplins

Ingredients

2 cups Flour
½ teaspoons Baking Powder
1 pinch Salt
2 Tablespoons Butter
1 cup Milk, A Bit Less Than A Full Cup
2 quarts Chicken Broth
3 cups Cooked Chicken

Recipe Description

A bowl of chicken and dumplings. A glass of sweet tea. It's a meal any Kentuckian would be proud to fix and danged happy to sit down to. And it's not hard to make. Come on, I'll show you how.

Preparation Instructions

In a bowl, combine the flour, baking powder and salt. Cut the butter into the dry ingredients with a fork or pastry blender. Stir in the milk, mixing with a fork until the dough forms a ball.

Heavily flour a work surface. You'll need a rolling pin and something to cut the dumplings with. I like to use a pizza cutter. I also like to use a small spatula to lift the dumplings off the cutting surface.

Roll the dough out thin with a heavily floured rolling pin. Dip your cutter in flour and cut the dumplings in squares about 2"x2". It's okay for them not to be exact. Just eye ball it. Some will be bigger, some smaller, some shaped funny.

Use the floured spatula to put them on a heavily floured plate. Just keep flouring between the layers of dumplings.

To cook them, bring the broth to a boil. Drop the dumplings in one at a time, stirring while you add them. The extra flour on them will help thicken the broth. Cook them for about 15-20 minutes or until they not doughy tasting. Add the cooked chicken to the pot and you're done!



Sunrise Bake

12 slices Whole grain bread without crust
12 Eggs
1 pound Bacon
2 tablespoons Butter

Cook bacon completely.

Preheat oven to 375° f. Grease a muffin pan with butter and place one slice of bread into each hole pressing down in the middle. Press bread slices into each hole of a greased muffin tin. Crack one egg directly onto each slice of bread. Place one cooked slice bacon into each egg. Bake until egg is just cooked, or until desired consistency- yolk runny, about 10 minutes; slightly runny, about 13 minutes and cooked thoroughly, about 17 minutes.



Crockpot Orange Chicken

Ingredients:

2 large carrots, peeled and sliced about 1/2-inch thick
2 large red or green bell peppers, cut into 1/2-inch chunks
3 cloves garlic, finely minced
4 boneless skinless chicken breasts
2 tsp. ground ginger
1 tsp. salt
1/2 tsp. pepper
8 ounces orange juice concentrate
2 cups Mandarin orange segments or fresh orange segments
2 Green onions, chopped
hot cooked rice

Directions:

Put carrots, peppers, garlic, then the chicken, ginger, salt, pepper & frozen orange juice in Crockpot. Cover and cook on LOW 4 to 6 hours. Serve chicken on hot cooked rice on platter. Top with orange segments and green onions. Serve chicken liquid in gravy boat, if desired.



Jalapeno Cheese Beer Bread:

3 cups all-purpose flour
3 tsp baking powder
1 tsp salt
1/4 cup sugar
2 whole jalapenos, finely chopped
1 cup shredded sharp cheddar cheese
12 oz bottle/can beer
3 Tbsp melted butter

Preheat oven to 375 degrees. Grease a loaf pan and set aside. In a large bowl, combine flour, baking powder, sugar and salt. Add the chopped jalapenos and cheddar cheese. Pour in the beer into the mixing bowl and mix until blended.

Pour mixture into prepared loaf pan. Pour the melted butter over the bread. Bake for 50-60 minutes or until golden brown. Cool for 5 to 10 minutes on a wire rack. Remove the bread from the pan and cool for another 10 minutes.



I am getting a ton of messages asking for this recipe to be re-posted. So here it is!!! Make sure you save a copy and share it with your friends!

CROCKPOT BEEF AND BROCCOLI

Ingredients

- 1 pound boneless beef chuck roast, sliced into thin strips
- 1 cup beef consommé
- ½ cup soy sauce
- ⅓ cup brown sugar or honey
- 1 tablespoon sesame oil
- 3 garlic cloves, minced
- 2 tablespoons cornstarch
- 2 tablespoons cooled sauce from the crock pot after being cooked
- Fresh broccoli florets (as many as desired)
- Hot cooked rice (brown rice, or riced cauliflower)

Directions

1. Place beef in a crock pot.
2. In a small bowl, combine consommé, soy sauce, brown sugar/honey, oil, and garlic. Pour over beef. Cook on low for 6-8 hours.
3. In a cup, stir cornstarch and sauce from the crock pot until smooth. Add to crock pot. Stir well to combine. (If your sauce is not thickening, try bringing your sauce to a boil on the stovetop with the corn starch mixture. Boil until your desired consistency is reached).
4. Add broccoli to the crock pot. Stir to combine.
5. Cover and cook an additional 30 minutes on high (the sauce has to boil for it to thicken).
6. Serve over hot cooked rice.



This recipe is great for diabetics, people with gluten allergies or people just trying to cut out carbs.

Instead of bread - make oppsie bread instead YUMMMMM

Will you have a hard time living without bread? Ooopsies are a good option. It's a "bread" without carbs and can be eaten in a variety of ways.

Oopsies

6–8 depending on size.

3 eggs

100 grams (3.5 ounces) of cream cheese

a pinch of salt

½ teaspoon baking powder (can be excluded)

Separate the eggs, with the egg whites in one bowl and the egg yolks in another. Whip the egg whites together with the salt until very stiff. You should be able to turn the bowl over without the egg whites moving.

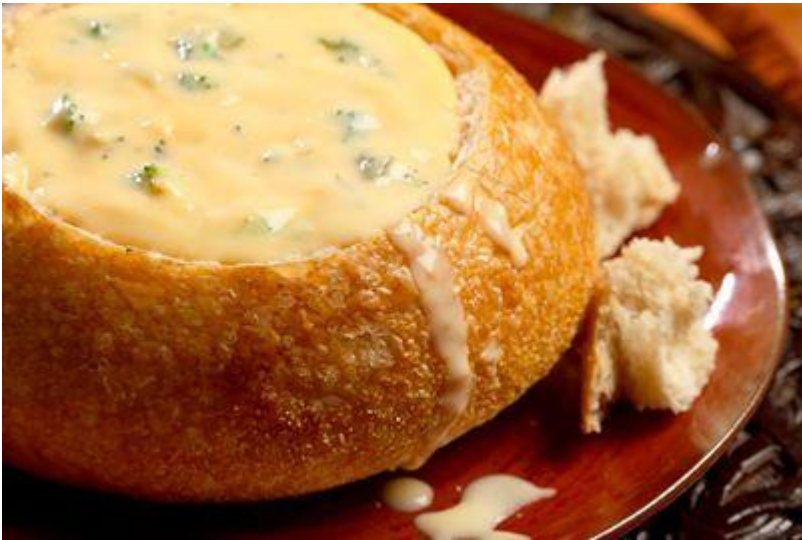
Mix the egg yolks and the cream cheese well. If you choose, add the psyllium seed husk and baking powder (this makes the Ooopsie more bread-like).

Gently fold the egg whites into the egg yolk mix – try to keep the air in the egg whites.

Put 6 large or 8 smaller oopsies on a baking tray.

Bake in the middle of the oven at 150° C (300° F) for about 25 minutes – until they turn golden.

You can eat Ooopsies as bread or use them as a bun for a hotdog or hamburger. You can also put different kinds of seeds on them before baking them, for instance poppy, sesame or sunflower seeds.



I love this soup and make it often. It's a rainy day here in Maryland and I have mine simmering now....

Thick and Creamy Broccoli Cheddar Soup

6 tablespoon butter
1 small onion, chopped
1/3 cup flour
1/4 teaspoon garlic powder
1/4 teaspoon ground nutmeg
1/8 teaspoon ground white pepper
dash ground thyme
1 (13 3/4) ounce can chicken broth
1 cup milk
3 cups bite-size broccoli florets
1 cup whipping cream (heavy cream)
1/4 teaspoon Worcestershire sauce
1/8 teaspoon hot sauce (optional)
1 cup shredded sharp white or yellow cheddar Cheese
1/2 cup shredded Havarti Cheese
1/2 cup shredded Swiss Cheese
4 sourdough bread (round loaves)

Melt butter in 3-quart saucepan or Dutch Oven over low heat. Add onion, cook until tender, about 5 min. Whisk in flour, cook until golden, 3-4 min, then gradually whisk in cream until smooth. Add broth, bay leaves, nutmeg. Season with salt and pepper. Bring to simmer and cook, stirring constantly, until thickened. Stir in broccoli; simmer 10 minutes. Remove from heat; stir in cream, Worcestershire sauce and hot pepper sauce if using. Add cheeses; stir until melted.

Prepare bread bowls: Using knife, cut circle into top of each loaf, leaving 1-inch border around. Remove bread top, hollow out the middle with a fork or your fingers, leaving thick bread shell. Ladle soup into bowls. Sprinkle cheese on top for ganish.



Never Fail Pie Crust

I got this recipe from Sister Lance in Virginia. It seriously can not go wrong! It makes 5 single pie crusts and last forever in the freezer. Just wrap well in plastic and take out about an hour before you want to use it. I use it for quiche and the hand pies and dessert pies too.

Ingredients

4 cups flour
1 3/4 cups shortening
1 T sugar
2 t salt
1 T vinegar
1 egg
1/2 cup water

1. Using a fork or pastry blender, mix together the first 4 ingredients.
2. In a separate dish, beat the remaining ingredients. Combine the 2 mixtures, stirring with a fork until all ingredients are moistened. Then divide into 5 parts and shape into balls. Chill for 15 minutes before rolling out or wrap and freeze.



OH YUM!!!!
SLOW-COOKER SALSA CHICKEN!

Ingredients

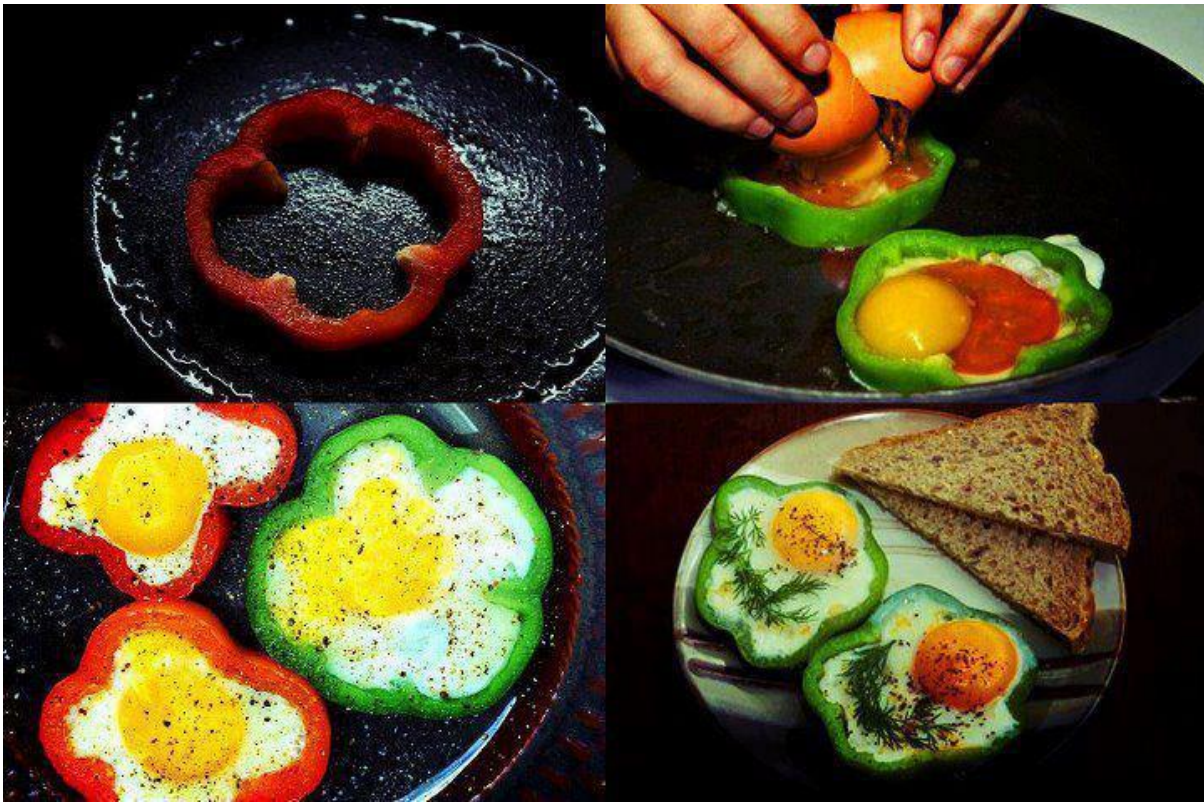
2 lbs. (32 oz.) chicken breasts, boneless and skinless
1 cup salsa, homemade or purchased
1 cup petite diced canned tomatoes (choose low-sodium)
2 tbsp. taco seasoning
1 cup onions, diced fine
1/2 cup celery diced fine
1/2 cup carrots, shredded
3 tbsp. sour cream, reduced fat

Directions

Place the chicken in a slow cooker. Sprinkle the taco seasoning over the meat then layer the vegetables and salsa on top. Pour a half cup water over the mixture, set on low and cook for 6-8 hours. The meat is cooked when it shreds or reaches an internal temperature of 165°F. When ready to serve, break up the chicken with two forks then stir in the sour cream.

Makes eight 1 cup servings.

Nutrition Info: Calories: 164.9; Fat: 2.5g; Carbohydrates: 7.3g; Protein: 27.6g





Got this from a friend!

Sweet Amish Macaroni Salad: "Absolutely the BEST macaroni salad! The mayo mixture is what makes it so delightful — that bit of sweetness

Ingredients:

Servings:

12-15

1 lb salad macaroni
4 hard-boiled eggs (chopped)
1 small onion, finely diced
3 celery ribs, diced small
1 small sweet pepper, seeded and diced small (red or orange)
dressing
2 cups light mayonnaise (do not use Miracle Whip)
1/2 cup sugar
1/8 cup yellow mustard
2 tablespoons dill pickle relish
1 tablespoon white vinegar or 1 tablespoon apple cider vinegar
3/4 teaspoon celery seed
1/4 teaspoon salt
paprika (to garnish)

Directions:

Cook the macaroni according to directions, drain well.

While pasta is cooking mix up all the dressing ingredients till well blended and set aside.

Chop up all the veggies.

When macaroni has cooled and drained well mix in the dressing (add all of it if you like very creamy salad. if you don't like a lot of dressing leave out about 1/2-3/4 c of the dressing. Remember that as it sets it will soak up some of the dressing.

Refrigerate for at least one hour, the longer you let it set the better the flavor. Overnight is not too long! Servings are approximately Does not include cook time or the chill time.



Olive Garden Alfredo Sauce

- 1 pkg Pasta (penne or fettuccine)
- 1 stick of butter
- 1 clove of minced garlic
- 1 pint of heavy cream
- 1 cup of fresh Parmesan cheese
- 2 tbsp cream cheese
- 1/4 tsp salt
- 1/2 tsp white pepper

Make Pasta to your liking.

In a sauce pan over medium heat – melt butter and add garlic and cook for two minutes, then add in heavy cream and cream cheese and heat until bubbling, but do not boil.

Add in Parmesan Cheese and mix until the cheese melts.

Sprinkle in salt and pepper to taste (you don;t need to use all of this, do to your liking).

Mix the hot sauce into the noodles and serve.



POTATO BITES!!! These look Awesome!! ((SHARE))

Ingredients:

- 1 C potatoes, peeled and grated
- 1 egg
- ¼ C bread crumbs
- 3 T onion, chopped
- ½ C sharp cheddar cheese
- ½ tsp salt
- ¼ tsp pepper

Directions:

- Preheat oven to 400*. Spray a mini muffin tin with non-stick spray.
- Combine all ingredients in a bowl.
- Spoon one table spoon of potato mixture into each mini muffin.
- Bake for 18 minutes until tops are just golden brown.



Bacon Cheddar Puffs....oh I so love these! Light an fluffy ...like air with bacon!

1 cup milk

1/4 cup butter

1 cup all-purpose flour

4 large eggs

1 cup Sargento Fine Shredded Sharp or Mild Cheddar Cheese

8 slices bacon, cooked crisp, crumbled

1/2 tsp. onion salt or powder

1/4 teaspoon garlic salt

1/4 teaspoon pepper

Combine milk and butter in medium saucepan. Heat over medium heat until butter is melted and mixture is simmering. Add flour all at once; continue to cook, stirring vigorously with a wooden spoon, until mixture forms a ball. Remove from heat.

Beat in 1 egg until mixture is smooth. Repeat with remaining eggs, adding just 1 egg at a time, beating until thoroughly combined. Stir in remaining ingredients.

Drop heaping teaspoons of mixture onto greased baking sheet. Bake in preheated 350°F oven 25 minutes or until puffed and golden brown. Serve warm or at room temperature.



BACK BY POPULAR DEMAND

I GET SO MANY EMAILS ASKING FOR THIS RECIPE AGAIN - SO HERE IT IS!
don't forget to share so you have it saved!

AWARD WINNING SALAD WRAPS - OMYGOODNESS!!!!!!!

Chicken Apple Wraps

Ingredients

1/2 cup chopped cooked chicken breast
3 tablespoons chopped Fuji apple
2 tablespoons chopped black or red grapes
2 tablespoons Crunchy Peanut Butter
1 tablespoon lite mayonnaise (or greek yogurt)
2 teaspoons honey
Iceberg lettuce

Preparation

Chop chicken meat and fruit, mix in bowl. Mix in peanut butter, mayonnaise and honey.

Spoon into open lettuce leaf, roll and serve.



FRIED RICE

3 cups cooked white rice
3 tbs sesame oil
1 cup frozen peas and carrots (thawed)
1 small onion, chopped
1tsp minced garlic
2 eggs, slightly beaten
1/4 cup soy sauce

On medium high heat, heat the oil in a large skillet or wok. Add the peas carrots mix, onion and garlic. Stir fry until tender. Lower the heat to medium low and push the mixture off to one side, then pour your eggs on the other side of skillet and stir fry until scrambled. Now add the rice and soy sauce and blend all together well. Stir fry until thoroughly heated. Try adding some green onion.



EASY Delicious Crock-Pot BBQ Ribs Recipe!

The meat falls off the bone as you take them out of the crock pot!

Ingredients:

4 pounds Ribs of your choice
2 teaspoons Worcestershire sauce
1 teaspoons vinegar
salt and pepper to taste
1 bottle of sweet baby rays BBQ
2 tablespoons brown sugar
1 teaspoons oregano

Directions:

In a bowl, mix together all the ingredients except for the ribs themselves.

Place ribs in slow cooker. Pour sauce over ribs, and turn to coat.
Cover, and cook on Low 6 to 8 hours, or until ribs are tender.



This Chicken is TO DIE FOR!!! You Gotta Try it!!! Sooo Tender & Juicy!

...MELT IN YOUR MOUTH CHICKEN

And it's Healthy...So much better than fried!!!

1/2 cup parmesan cheese
1 cup Greek yogurt -plain
1 tsp garlic powder
1 1/2 tsp seasoning salt
1/2 tsp pepper

Spread mixture over chicken breasts, bake at 375 degrees for 45 mins--Absolutely Delish!



ARE YOU KIDDING!! Just when I think cauliflower can't get any better! Well here we go! To SAVE this idea, be sure to click SHARE so it will store on your personal page.

Cheesy Cauliflower Patties = YUM YUM!

1 head cauliflower
2 large eggs
1/2 c cheddar cheese, grated
1/2 c panko (found in the bread crumb aisle, healthier option)
1/2 t cayenne pepper (more of less to taste)
salt
olive oil

Cut cauliflower into florets & cook in boiling water until tender about 10 minutes. Drain. Mash the cauliflower while still warm. Stir cheese, eggs, panko, cayenne & salt to taste.

Coat the bottom of a griddle or skillet with olive oil over medium-high heat. Form the cauliflower mixture into patties about 3 inches across. Cook until golden brown & set, about 3 minutes per side. Keep each batch warm in the oven while you cook the rest.



Very creative and a sure money saver!! this stuff is expensive in the store!!

How to Freeze fresh Herbs in oil or butter

Directions:

Choose fresh herbs from the market or your own garden.

Dice them well, or leave on branches and leaves. The herbs are finely diced in the photo.

... Put them on trays of ice cubes (about 2/3 full of herbs).

You can mix herbs (sage, thyme, rosemary).

Place unsalted melted butter or extra virgin olive oil over the herbs.

Cover with plastic.

Freeze.

Remove frozen cubes and store in small containers or bags to freeze.

Do not forget to mark each container or bag with the type of herbs (and oil) inside!



This recipe should be illegal!

Preheat oven to 375°

Chop a head of broccoli (do not rinse immediately prior to preparing!)

Mince 2-3 cloves of garlic

Put broccoli, garlic, 2 tbsp. olive oil, and a few shakes of salt and pepper in a ziploc bag.

Shake it up (my daughter loves to do this part)

Spread out on baking sheet, place on top rack, and bake for about 30 minutes.

Broccoli will be crunchy and delicious! I make this at least 3 times a week and have to control myself once I take it out of the oven, I could eat this alone for dinner!



Hawaiian Pineapple Pork

10 thick pork chops (always allow one per person)
12 ounces ketchup (about half a bottle)
1-1/2 cups water
1/2 cup sugar
1/2 cup vinegar
Salt and pepper to taste
1 small can crushed pineapple

Brown the pork chops slowly in a greased skillet just to a light golden brown; remove and transfer to an oven pan. Chops should be arranged in a single layer. In a saucepan, mix the remaining ingredients, except for the pineapple; bring to a boil and cook to thicken. Pour the sauce over the pork chops; top with the crushed pineapple, juice and all. Cover with foil and bake in a preheated 275 degree oven for 2-1/2 to 3 hours. Serve with green beans, creamed corn, and rolls.

This is a favourite



Egg Rolls

Ingredients:

- 1 pound ground pork
- 1 pack egg roll wrappers
- 1 teaspoon ginger, minced
- 1 1/2 teaspoon garlic powder
- 3 cups cooking oil (for deep frying)
- 1 tablespoon cooking oil
- 1 piece raw egg, beaten
- 2 cups cabbage, shredded
- 3/4 cups carrots, shredded
- 2 teaspoons light soy sauce

Cooking Procedure:

1. Heat 1 tablespoon of cooking oil in a pan.
2. Saute ginger and the ground pork. Cook until the pork turns light brown.
3. Add garlic powder, stir, and cook for a minute. Turn off heat and set aside.
4. In a large bowl, combine cabbage and carrots. Mix well and microwave for 5 minutes.
5. Combine cooked pork and cabbage mixture. Add soy sauce and mix.
6. Wrap the mixture using the egg roll wrappers. This is done by placing about a quarter cup of mixture on the middle of the wrapper. Fold the two corners and roll. Brush some beaten egg mixture on the last corner to seal the wrapper.
7. Heat 3 cups of cooking oil in a wok or a deep pan.
8. Deep fry the egg rolls in medium heat until the color turns golden brown.
9. Remove from the fryer and let excess oil drip.
10. Transfer to a serving plate. Serve with sweet and sour sauce.



Bacon Ranch Foil Packet Potatoes

3 sheets of heavy-duty foil
10-12 baby red potatoes, thinly sliced
6 slices of cooked and crumbled bacon
1 packet ranch dressing mix
Salt and pepper to taste
3 tablespoons butter
Sour cream for serving, if desired

1. Spray each sheet of foil with cooking spray. Top each piece with equal portions of potatoes, bacon, and ranch dressing mix. Add salt and pepper to taste. Add 1 tablespoon of butter to each serving. Wrap securely.
2. Grill for 20 to 30 minutes. Let stand 10 minutes before serving. Serve in foil, topped with sour cream if desired.



Crockpot Bacon Cheese Potatoes

Ingredients

1/4 pound bacon, diced – I bake it first in the oven so that it is “done” and browned then I dice it and place in the crock pot.

2 medium onions, thinly sliced

4 medium potatoes, thinly sliced (or if you use a new potato or Yukon gold then halve)

1/2 pound cheddar cheese, thinly sliced (shredded is fine)

salt and pepper

butter

Green Onions (optional)

Instructions

Line crockpot with foil, leaving enough to cover the potatoes when finished – this will help to not stick and to steam the potatoes – also to keep them from getting discolored or mushy.

Layer half each of the bacon, onions and potatoes in the crockpot.

Season to taste with salt and pepper and dot with (real) butter.

Repeat layers of bacon, onions, potatoes and cheese. Dot with butter.

Cover with remaining foil.

Cover and cook on low for up to 6 hours (check at 4 hours – depending on your crock pot).

Add cheese for the last 20 – 30 minutes and enjoy!



POTATO BITES!!! These look Awesome!! ((SHARE))

Ingredients:

1 C potatoes, peeled and grated

1 egg

¼ C bread crumbs

3 T onion, chopped

½ C sharp cheddar cheese

½ tsp salt

¼ tsp pepper

Directions:

-Preheat oven to 400*. Spray a mini muffin tin with non-stick spray.

-Combine all ingredients in a bowl.

-Spoon one table spoon of potato mixture into each mini muffin.

-Bake for 18 minutes until tops are just golden brown.

This is a favourite



Hillbilly Recipes.

Amish Chicken

Ingredients

6 -8 chicken pieces, cleaned
1 cup flour
2 teaspoons garlic powder
1 tablespoon salt
1 teaspoon pepper
2 teaspoons paprika
1 1/2 cups heavy whipping cream
1 1/2 cups water

Directions

Dredge the chicken pieces in the flour and spices and arrange skin side up in a baking dish. Mix the cream and water and pour over the chicken. Bake at 350* for 1 1/2 hours or until the skin is golden brown.



Roasted Garlic Mushrooms

16 even-sized open cup mushrooms, stalks cut level
3 tbsp corn or vegetable oil
75g unsalted butter, softened
3 cloves garlic, chopped very finely
2 tbsp fresh thyme, chopped
1 1/2 tbsp lemon juice
salt and freshly ground black pepper to taste
50g fresh breadcrumbs

Preheat the oven to 200C/400F/gas mark 6. Lightly fry the mushrooms, cap-side down, in hot oil for 20 seconds.

Arrange the mushrooms in a shallow roasting tin with the stalks facing upwards.

Mix together the butter, garlic, thyme, lemon juice and seasoning. Spoon a little garlic butter on to each mushroom, then lightly press the breadcrumbs on top. Either refrigerate for later use, or cook immediately in the oven for 10 minutes.

MEAT LOAF CUPCAKES WITH MASHED POTATOES

I did these for a couple different catering jobs and were very well received by the clients! These might look hard, but they are not at all! These are perfect for any gathering, pot luck or even for a fun Sunday Dinner with guests. Jazz up meatloaf!)

Ingredients:

1 pound extra lean ground beef
 1/2 pound bulk sweet Italian sausage
 1 cup Italian-seasoned breadcrumbs
 1 cup shredded carrots
 1 cup tomato pasta sauce
 1/2 cup water
 2 Eggs
 1/2 cup finely chopped onion
 1 teaspoon finely chopped fresh garlic
 1 teaspoon dried oregano leaves
 1/2 teaspoon salt
 1/2 teaspoon pepper
 6 (3/4-ounce) slices deli cheddar cheese



Potato Topping:

1 1/4 cups water
 6 (3/4-ounce) slices deli cheddar cheese, cut into quarters
 2 cups mashed potatoes whipped with butter and milk
 1/2 teaspoon salt and pepper to taste

Directions:

Heat oven to 450°F. Spray 12 cup muffin pan with no-stick cooking spray. Place muffin pan onto 9 x 13 inch baking pan; set aside.

Combine all meatloaf ingredients except cheese slices in large bowl; mix well. Stack 6 cheese slices. Cut into 4 even strips; then cut across into thirds to create 12 small square stacks of cheese.

Shape about 1/3 cupfuls meatloaf mixture into 12 (2 1/2-inch) balls. Press 1 stack cheese into center of each ball, covering evenly with meat mixture so cheese is in center. Place stuffed meatloaf mixture into muffin cups. Bake 20-25 minutes or until internal temperature is at least 165°F and meat is no longer pink.

Meanwhile, combine left over mashed potatoes and 6 cheese quarters and cook over medium-high heat until cheese is melted. Top each cupcake with about 3 tablespoons potato mixture over each meatloaf; sprinkle with paprika, if desired.

This is a favourite



Chinese Sweet N Sour Sauce for Meatballs and Wings

- 1/2 cup brown sugar
- 1 tablespoon cornstarch
- 1 can pineapple chunks in juice
- 1/3 cup vinegar
- 1 tablespoon soy sauce
- 1 small chopped green pepper
- 1 small chopped red pepper, optional

:

Mix sugar and starch.

Add all ingredients in a medium saucepan EXCEPT the peppers.

Heat slowly to a boil, stirring often.

Add peppers.

Simmer 3-5 minutes.

This is a favourite



Guacamole Deviled Eggs

Ingredients

6 hard boiled eggs, peeled and cut lengthwise
1 ripe avocado, pitted and peeled
1 tbsp fresh lime juice
1/4 tsp salt
1/4 tsp onion powder
1 tsp Gourmet Garden Garlic (or 1 tsp minced garlic)
2 tsp Gourmet Garden Cilantro (or 2 tsp finely chopped cilantro)
Smoked Paprika

Instructions

Remove egg yolks from the halved eggs and place in a small bowl. Add the ripe avocado, lime juice, salt, onion powder, garlic and cilantro.

Use a fork to mash the guacamole mixture until smooth.

Spoon (or use a frosting bag to pipe) the mixture into the halved eggs. Sprinkle with a dash of smoked paprika.

Keep stored in an airtight container for up to 2 days.

Enjoy!



Lazy Eggs

I highly recommend you try these out the next time you are craving something different for your breakfast. They'd even be great for a brunch.

Here's what you do:

- 1) Spray each muffin well with nonstick spray.
- 2) Place a slice of ham in the bottom of each muffin well.
- 3) Place about a teaspoon or so of diced tomatoes on top of the ham.
- 4) Sprinkle some shredded cheddar cheese over the tomatoes.
- 5) Break one egg into each spot.
- 6) Sprinkle a little bit of salt and pepper on each.
- 7) Bake at 180/350 degrees for 18-20 minutes or until the yolks are as firm as you desire and the whites are cooked through.



Crab Rangoon Dip -
The [New England Foody](#)

Ingredients:

- 2 cups crab meat
- ... -16 oz. cream cheese (2 blocks)
- 1/2 cup sour cream
- 4 green onions, chopped
- 1 1/2 tsp. Worcestershire sauce
- 2 Tbsp powdered sugar
- 1/2 tsp garlic powder
- 1/2 tsp lemon juice

First, soften the cream cheese in the microwave for about a minute. Chop your green onions. Add them and your two cups of crab meat . Add the sour cream, Wosterschire sauce, powdered sugar, garlic powder and lemon juice. Mix all the ingredients and bake for 30 mins at 350 degrees. Serve hot with chips or fried wontons or pork rinds.



There is good reason this dip is called CRACK! It is so simple to make and it is VERY addictive to eat. The FDA should require a warning label on this recipe!

Cheddar Bacon Dip (a.k.a Crack)

16 oz sour cream
1 packet Ranch dressing mix
3 oz bacon bits (in the bag not jar)
1 cup shredded cheddar cheese

Mix together and refrigerate 24 hours. Serve with chips and/or veggies.



ZUCCHINI PARMESAN BALLS (Please SHARE recipe so that it saves to your timeline. You can refer back to it later!).

Easy and tasty gluten free recipe. These zucchini balls are a great appetizer and can be served with tzatziki or marina sauce for dipping.

INGREDIENTS

- 2 zucchini
- 1 egg
- 1 spoonful flour gluten free
- 1 tablespoon grated parmesan
- Pinch of salt
- Pepper

PREPARATION

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Grate the zucchini. -Mix the grated zucchini, egg, gluten free flour, parmesan cheese and stir good until you get uniform mixture. -Form the mixture into balls. -Get a baking sheet and cover with parchment paper, cook for twenty minutes at a temperature of 220 degrees.



Easy and Delicious Stuffed Mushrooms

By Chef in Training

ingredients

- 1 (8 oz) block cream cheese
- 1/4 cup green onions finely chopped
- 1/2 lb. bacon chopped, cooked, and drained
- 3/4 cup fresh grated Parmesan cheese
- 40-50 mushrooms washed with stems pulled out

instructions

Mix cream cheese, green onions, bacon, and Parmesan cheese together in a large bowl. Stuff mushrooms with filling, as much as desired. I do about 1 tsp give or take depending on the size of the mushroom.

Bake stuffed mushrooms at 350 degrees F for 15 minutes.

This is a favourite



Lasagna Roll Ups - Easy and delicious!

To Save this recipe, simply Share it to your timeline

3 cups chopped cooked chicken
1/4 cup milk
1 cup Ricotta cheese
1/4 cup crumbled feta cheese
1/4 cup grated Parmesan cheese
1/8 teaspoon white pepper
8 lasagna noodles, cooked and drained
2 cups Spaghetti Sauce

Directions:

1. In medium bowl, combine chicken, cheeses, milk, and pepper.
2. Spread 1/2 cup mixture on each lasagna noodle; roll jelly-roll fashion.
3. In a 13 by 9-inch baking dish, spread 1 cup spaghetti sauce.
4. Arrange lasagna rolls, seam-side down in sauce in baking dish.
5. Top with remaining spaghetti sauce and cover with foil.
6. Bake at 375 degrees F for 30 minutes or until hot.
7. Serve, if desired, with additional Parmesan cheese.

Makes 8 servings



Cheeseburger in Paradise by Jimmy Buffett

Ingredients:

- 1 lb. lean ground beef
- 1 large onion (chopped)
- 1/2 teaspoon of seasoned salt
- 1/2 teaspoon of garlic powder
- a dash or worcester sauce
- 1 cup of shredded cheddar cheese (I used 3/4 cheddar and 1/4 mozzarella)
- 1 cup of milk
- 1/2 cup of Original Bisquick mix
- 2 eggs

Directions:

Heat oven to 400°F.

Spray a 9 inch pie plate with non-stick cooking spray

Cook beef and chopped onion in a skillet over medium about 10 minutes or until beef is brown. Drain excess fat.

Stir in salt, garlic powder and worcester sauce and then spread in pie plate

Next, sprinkle the shredded cheese on top of the beef

In a small bowl, whisk together the milk, eggs and Bisquick. Make sure you try to get as many lumps out as you can. Pour over meat mixture.

Bake in oven for 25 minutes or until a knife comes out clean

Bake in oven for 25 minutes

cheeseburger pie Serves 4-5 people



OMG - These are the BEST potatoes ever! Make sure you save this recipe before it disappears! Just click the Share button! like.tag.share Hasselback Garlic Potatoes w/ Bacon & Cheese Recipe! For many people, Hasselback style potatoes are nothing new. Make some slices in a potato, bake, and it magically fans out into an impressive looking potato with LOTS of character indeed, making for a brilliant addition to any meal! Ingredients 16 ounces potatoes 3 to 5 garlic cloves, thinly sliced 4 tablespoons butter, melted 2 tablespoons olive oil salt and fresh black pepper Fresh chives (diced) Bacon (cut into large chunks) Shredded Cheese of your choice- 1-cup Sour Cream, recipe follows** Directions Preheat oven to 400 degrees F. Using a wooden spoon as a cradle, place each potato in the spoon and make several parallel slits into each potato top making sure not to slice completely through. Place 3 garlic slices between slits at the crown of each potato. Toss in a medium bowl with butter and olive oil. Place on a baking sheet lined with tin foil and sprinkle generously with salt and pepper. When the potatoes begin to "fan out" it's time to make the magic happen. Carefully slip a hunk of bacon into each slit of the potato like so and continue to cook Once the potatoes and bacon are fully cooked (use a knife poke test), coat the potatoes with heaping helping of shredded cheese. . Bake until tops are crispy and potatoes are cooked through, about 1 hour. Transfer to a platter and top with Herbed Sour Cream and chives. Herbed Sour Cream: 1/2 cup sour cream 1/2 teaspoon garlic powder 1 tablespoon finely chopped fresh parsley leaves Kosher salt and freshly ground black pepper Combine ingredients in a small bowl. Season, to taste, and refrigerate until use.

CHEESEBURGER SOUP This soup is insanely delicious!

Ingredients

- 1/2 pound ground beef (use 1 pound)
- 3/4 cup chopped onion
- 3/4 cup shredded carrots
- 3/4 cup diced celery
- 1 teaspoon dried basil
- 1 teaspoon dried parsley flakes
- 4 tablespoons butter, divided
- 3 cups chicken broth
- 4 cups peeled and diced potatoes
- 1/4 cup all purpose flour
- 2 cups of Velveeta processed cheese cubed (I used 16 ounce)
- 1 1/2 cups milk
- 3/4 teaspoon salt
- 1/4 to 1/2 teaspoon pepper
- 1/4 cup sour cream



Instructions.

Brown the ground beef in 3 quart saucepan. Drain and set aside. In the same saucepan add 1 T butter and add onion, shredded carrots, parsley flakes, basil and celery. Saute until tender. Add the broth, potatoes and beef and bring to a boil. Reduce heat, cover and simmer 10-12 minutes or until potatoes are tender. In small skillet melt remaining butter (3 T) and add the flour. Cook and stir for 3-5 minutes or until bubbly. Add to the soup and bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Stir in the cheese, milk, salt and pepper. Cook and stir until cheese melts. Remove from heat and blend in sour cream.



Oh my word... I've been looking for a good pork chop recipe & this looks AMAZING!
Crunchy honey garlic pork chops/ I would try this with boneless chicken too!

Ingredients: 6-9 pork chops (not too thick, you can use boneless pork loin)

2 eggs

4 Tbs water

2 cups flour

1 tsp. Salt

1 tsp. black pepper

1 tsp. garlic powder

Canola or vegetable oil for frying chops
Glaze: 1 1/2 cups honey 1/2 cup brown sugar 1/2 tsp. ginger dash of cayenne pepper (to your taste) 1/2 cup soy sauce 1 Tbs chopped garlic 2 Tbs butter
Whisk the eggs and 4 Tbs. water together in a shallow dish. Mix the flour, salt, pepper, and garlic powder in another shallow dish. Dip the chops in the flour, then over into the egg. Then back over into the flour mixture once again. This is what puts the extra crispy coating on the chops. Be sure to get plenty of flour on in this last coating, then shake them a little and place in a pan with about a half inch of oil. Be sure the oil is hot, but not too hot or the chops will cook too fast. You need to get it good and hot and then turn to about medium. Cook for about 6 minutes on each side. Try not to turn more than twice or your breading will come off. Remove from the pan to a 9"x13" baking dish. Saute the garlic a little in the butter. Add the honey, soy sauce, brown sugar, cayenne, and ginger. Bring to a boil then reduce to low and simmer for about 5 minutes. Watch this carefully because it will foam and might boil over. Pour 1/2 of the glaze over the pork chops. Flip them over and pour the other 1/2 over the other side. Place uncovered in a preheated 350 degree oven for about 20-25 minutes. This sets the glaze and finishes them to be sure they are cooked through. ~Works great with chicken too!!!



BACON WRAPPED SMOKIES WITH BROWN SUGAR AND BUTTER Warning: PARTY FOOD! I guarantee if you make these, they will be gone! I made them for a gathering and everyone just kept eating them, and eating them ...

Ingredients 1 pound Bacon, Cut Into Thirds

1 pound Lil' Smokies (small sausages)

1 stick Butter

2 cups Brown Sugar

Preheat oven to 375F. Cut the bacon into thirds and wrap each smokie.(small sausage) Place all the wrapped smokies in a single layer in a baking dish. Then melt the stick of butter and then 1 cup of brown sugar and stir until mixed well. Pour the butter and brown sugar mixture on the smokies and bacon. Then take the other cup of brown sugar and sprinkle evenly over the smokies. Bake them for about 15-20 minutes and then turn the heat up to 400F for about 5 minutes or longer until the bacon becomes crispy.

This is a favourite ☐



PULL APART BREAD - MADE IN SLOW COOKER... 3 cups of SR flour 100 g butter or marger 1 teaspoon salt 1cup milk Add salt to flour Rub butter and flour to resemble bread crumbs Add milk roll into a dough Roll out put ingredients on top roll and cut. Put in SC for 1.5 hours on high Filling anything you like, cheese, sundried tomatoes and basil, olives, ham



Coconut Chicken Be sure to save this to your timeline so you can find it later. *Boneless, skinless chicken breast *2 large eggs *1/4 cup coconut milk-any milk will do *1/2 cup flour *1 cup panko bread crumbs (these work better than regular bread crumbs) *1 cup shredded sweetened coconut *1/2 tsp salt *1/2 cup vegetable oil (I would use coconut oil) *Sweet Chili Sauce for dipping Step 1: Cut chicken into strips, cutting diagonally so the ends are not too small. Step 2: Prepare three separate bowls for breading your chicken – 1st: Combine flour and salt –2nd: Whisk eggs and milk together –3rd: Stir panko bread crumbs and coconut together Step 3: Heat 1/4 c of vegetable oil in large skillet over medium/high heat. It is hot enough when the flour sizzles and bubbles when it comes in contact with the oil. Step 4: Coat chicken strips in the three bowls. Start with the flour combination, then the egg and milk, and end with the bowl containing the bread crumbs and coconut. Step 5: Place some of your chicken strips in the hot oil with about an inch in between each strip (this helps prevent the oil from cooling down). I prefer to just fry the strips for until they are golden brown,, place them on a paper towel to drain, and once I'm done with all of them I bake them for 10 minutes at 350 degrees. (Cooking time may vary depending on how thick your chicken is) Last but not least serve immediately with your chili sauce..



Tomorrow's lunchbox slice - vegetable and bacon:

6 eggs

1 large zucchini grated

1 carrot grated

1/2 onion finely diced

1/2 cup grate cheese

300g thinly sliced bacon

Pinch of nutmeg and baking powder

Salt and pepper to taste

Beat the eggs in a large bowl the add nutmeg, salt, pepper and baking powder. Then softly stir all ingredients together. Place in lined tin and back for 25mins at 180 degrees. Then slice for lunch boxes.



POTATO PUFFS

Ingredients

3 cups of mashed potatoes

2 eggs

1/3 cup sour cream (optional extra for serving)

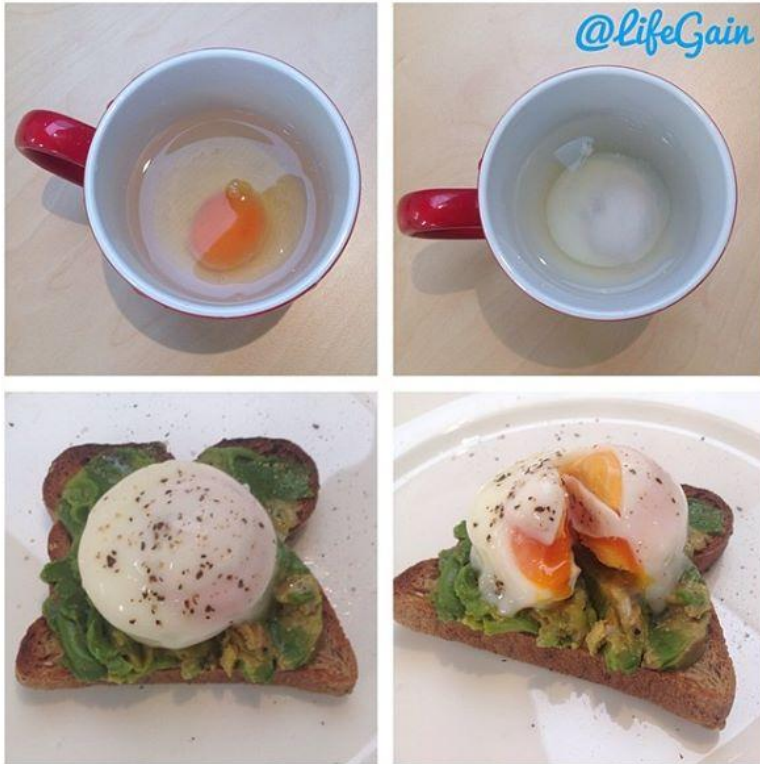
1 heaping cup shredded sharp cheddar cheese

2 tablespoons grated Parmesan

2 tablespoons chopped chives or parsley

Salt and black pepper, to taste

Directions Preheat oven to 400 degrees F. Lightly grease with butter 8 - 9 of the wells of a nonstick muffin pan. In a medium mixing bowl whisk the eggs then mix in the sour cream. Stir in both cheeses and the chives. Add potatoes and mix well. Spoon them into the pan filling the cups to slightly below the top. Bake 25- 35 minutes until they pull away from the sides of the cup and are golden brown. Remove from oven and let them cool 5 minutes in pan. Serve with sour cream if desired.



You're going to wanna tag your friends for this one! MICROWAVED POACHED EGGS!!! Yes you heard right. Here's how....

1. Fill a mug 1/3 full with cold water.
2. Crack a free range egg carefully into the water being careful not to break the yolk.
3. Microwave on high for 1 minute.
4. Remove from the microwave and let it sit in the water for 20 seconds so the egg continues to set.
5. Lift your egg out of the water with a spoon. If you want it cooked more pop it back in the microwave for another 10 seconds.
6. Pop it on a piece of toast and enjoy your super easy poached egg!

Notes

*Tips
And
Tricks*

Making HALF a Recipe

When the recipe calls
for:

Use:

1/4 cup

2 tablespoons

1/3 cup

2 tablespoons and 2
teaspoons

1/2 cup

1/4 cup

2/3 cup

1/3 cup

3/4 cup

6 tablespoons

1 tablespoon

1 1/2 teaspoons

1 teaspoon

1/2 teaspoon

1/2 teaspoon

1/4 teaspoon

Making One-third of a Recipe

1/4 cup

1 tablespoon + 1 teaspoon

1/3 cup

1 tablespoon + 2 1/3
teaspoons

1/2 cup

2 tablespoons + 2
teaspoons



45 USES FOR LEMONS THAT WILL BLOW YOUR SOCKS OFF!!!

Most people are familiar with the traditional uses for lemons to soothe sore throats and add some citrus flavor to our foods.

However the diversity of applications for lemons far exceeds general knowledge and once you read the following list, you'll likely want to stock at least a few lemons in your kitchen 24-7.

1. Freshen the Fridge

Remove refrigerator odors with ease. Dab lemon juice on a cotton ball or sponge and leave it in the fridge for several hours. Make sure to toss out any malodorous items that might be causing the bad smell.

2. High Blood Pressure

Lemon contains potassium which controls high blood pressure and reduces the effect of nausea and dizziness.

3. Prevent Cauliflower From Turning Brown

Cauliflower tend to turn brown with even the slightest cooking. You can make sure the white vegetables stay white by squeezing a teaspoon of fresh lemon juice on them before heating.

4. Mental Health

Lemon water can also prep up your mood and relieve you from depression and stress. Long distance walkers and world travelers as well as explorers look upon the lemon as a Godsend. When fatigue begins, a lemon is sucked through a hole in the top. Quick acting medicine it is, giving almost unbelievable refreshments.

5. Refresh Cutting Boards

No wonder your kitchen cutting board smells! After all, you use it to chop onions, crush garlic, and prepare fish. To get rid of the smell and help sanitize the cutting board, rub it all over with the cut side of half a lemon or wash it in undiluted juice straight from the bottle.

6. Respiratory Problems

Lemon water can reduce phlegm; and can also help you breathe properly and aids a person suffering with asthma.

7. Treating Arthritis and Rheumatism

Lemon is a diuretic - assists in the production of urine which helps you to reduce inflammation by flushing out toxins and bacteria while also giving you relief from arthritis and rheumatism.

8. Prevents Kidney Stones

Regular consumption of the refreshing drink -- or even lemon juice mixed with water -- may increase the production of urinary citrate, a chemical in the urine that prevents the formation of crystals that may build up into kidney stones.

9. Keep Insects Out of the Kitchen

You don't need insecticides or ant traps to ant-proof your kitchen. Just give it the lemon treatment. First squirt some lemon juice on door thresholds and windowsills. Then squeeze lemon juice into any holes or cracks where the ants are getting in. Finally, scatter small slices of lemon peel around the outdoor entrance. The ants will get the message that they aren't welcome. Lemons are also effective against roaches and fleas: Simply mix the juice of 4 lemons (along with the rinds) with 1/2 gallon (2 liters) water and wash your floors with it; then watch the fleas and roaches flee. They hate the smell.

10. Anti-Aging

Lemon water reduces the production of free radicals which are responsible for aging skin and skin damage. Lemon water is calorie free and an antioxidant.

11. Fruit and Vegetable Wash

You never know what kind of pesticides or dirt may be lurking on the skin of your favorite fruits and vegetables. Slice your lemon and squeeze out one tablespoon of lemon juice into your spray bottle. The lemon juice is a natural disinfectant and will leave your fruits and vegetables smelling nice too.

12. Treat Infections

Lemon water can fight throat infections thanks to its antibacterial property. If salt water does not work for you, try lime and water for gargling.

13. Deodorize Your Garbage

If your garbage is beginning to smell yucky, here's an easy way to deodorize it: Save leftover lemon and orange peels and toss them at the base under the bag. To keep it smelling fresh, repeat once every couple of weeks.

14. Keep Guacamole Green

You've been making guacamole all day long for the big party, and you don't want it to turn brown on top before the guests arrive. The solution: Sprinkle a liberal amount of fresh lemon juice over it and it will stay fresh and green. The flavor of the lemon juice is a natural complement to the avocados in the guacamole. Make the fruit salad hours in advance too. Just squeeze some lemon juice onto the apple slices, and they'll stay snowy white.

15. Purges The Blood

We consume a lot of junk food or food with a lot of preservatives and artificial flavours. This builds up a lot of toxins in the blood and body but daily consumption of lemon water helps to purify the blood.

16. Make Soggy Lettuce Crisp

Don't toss that soggy lettuce into the garbage. With the help of a little lemon juice you can toss it in a salad instead. Add the juice of half a lemon to a bowl of cold water. Then put the soggy lettuce in it and refrigerate for 1 hour. Make sure to dry the leaves completely before putting them into salads or sandwiches.

17. Oral Health

Lemon juice also stops bleeding gums and reduces toothaches

18. Lighten Age Spots

Why buy expensive creams when you've got lemon juice? To lighten liver spots or freckles, try applying lemon juice directly to the area. Let it sit for 15 minutes and then rinse your skin clean. It's a safe and effective skin-lightening agent.

19. Create Blonde Highlights

For salon-worthy highlights, add 1/4 cup lemon juice to 3/4 cup water and rinse your hair with the mixture. Then, sit in the sun until your hair dries. To maximize the effect, repeat once daily for up to a week.

20. Make a Room Scent/Humidifier

Freshen and moisturize the air in your home on dry winter days. Make your own room scent that also doubles as a humidifier. If you have a wood-burning stove, place an enameled cast-iron pot or bowl on top, fill with water, and add lemon (and/or orange) peels, cinnamon sticks, cloves, and apple skins. No wood-burning stove? Use your stovetop instead and just simmer the water periodically.

21. Clean and Whiten Nails

Pamper your hands without a manicurist. Add the juice of 1/2 lemon to 1 cup warm water and soak your fingertips in the mixture for 5 minutes. After pushing back the cuticles, rub some lemon peel back and forth against the nail.

22. Cleanse Your Face

Zap zits naturally by dabbing lemon juice on blackheads to draw them out during the day. You can also wash your face with lemon juice for a natural cleanse and exfoliation. Your skin should improve after several days of treatment. Lemon water is also a cooling agent,

best way to beat the heat.

23. Freshen Your Breath

Make an impromptu mouthwash by rinsing with lemon juice straight from the bottle. Swallow for longer-lasting fresh breath. The citric acid in the juice alters the pH level in your mouth, killing bacteria that causes bad breath. Rinse after a few minutes because long-term exposure to the acid in lemons can harm tooth enamel.

24. Treat Flaky Dandruff

If itchy, scaly dandruff has you scratching your head, relief may be no farther away than your refrigerator. Just massage two tablespoons lemon juice into your scalp and rinse with water. Then stir one teaspoon lemon juice into one cup water and rinse your hair with it. Repeat daily until your dandruff disappears.

25. Get Rid of Tough Stains on Marble

You probably think of marble as stone, but it is really petrified calcium (also known as old seashells). That explains why it is so porous and easily stained and damaged. Those stains can be hard to remove. If washing won't remove a stubborn stain, try this: Cut a lemon in half, dip the exposed flesh into some table salt, and rub it vigorously on the stain. But do this only as a last resort; acid can damage marble. Rinse well. Use These Lemons To Clean - Easy and Effective

26. Remove Berry Stains

It sure was fun to pick your own berries, but now your fingers are stained with berry juice that won't come off no matter how much you scrub with soap and water. Try washing your hands with undiluted lemon juice, then wait a few minutes and wash with warm, soapy water. Repeat until your hands are stain-free.

27. Soften Dry, Scaly Elbows

Itchy elbows are bad enough, but they look terrible too. For better looking (and feeling) elbows, mix baking soda and lemon juice to make an abrasive paste, then rub it into your elbows for a soothing, smoothing, and exfoliating treatment. Rinse your extremities in a mixture of equal parts lemon juice and water, then massage with olive oil and dab dry with a soft cloth.

28. Headaches

Lemon juice with a few teaspoons of hot tea added is the treatment of a sophisticated New York bartender, for those who suffer with hangover headaches--and from headaches due to many other causes. He converts his customers to this regime, and weans them away from drug remedies completely.

29. Chills and Fevers

Chills and fevers may be due to a variety of causes; never the less the lemon is always a helpful remedy. Spanish physicians regard it as an infallible friend.

30. Diphtheria

Skip the vaccine for this disease. Lemon Juice Treatment still proves as one of the most powerful antiseptics and the strong digestive qualities of the fruit are admired around the

world. With the juice every hour or two, and at the same time, 1/2 to 1 tsp. should be swallowed. This cuts loose the false membrane in the throat and permits it to come out.

31. Vaginal Hygiene

Diluted lemon juice makes a safe and sane method of vaginal hygiene. Though it is a powerful antiseptic it is nevertheless free from irritating drugs in douches and suppositories.

32. Forget The Moth Balls

A charming French custom to keep closets free from moths is to take ripe lemons and stick them with cloves all over the skin. The heavily studded lemons slowly dry with their cloves, leaving a marvelous odor throughout the closets and rooms.

33. Stomach Health

Digestive problems are the most common ailments but warm water and lime juice is the solution to most digestive problems. Lemon juice helps to purify the blood, reduces your chances of indigestion, constipation, eliminates toxins from the body, adds digestion and reduces phlegm.

34. Disinfect Cuts and Scrapes

Stop bleeding and disinfect minor cuts and scraps by pouring a few drops of lemon juice directly on the cut. You can also apply the juice with a cotton ball and hold firmly in place for one minute.

35. Soothe Poison Ivy Rash

You won't need an ocean of calamine lotion the next time poison ivy comes a-creeping. Just apply lemon juice directly to the affected area to soothe itching and alleviate the rash.

36. Remove Warts

You've tried countless remedies to banish warts and nothing seems to work. Next time, apply a dab of lemon juice directly to the wart using a cotton swab. Repeat for several days until the acids in the lemon juice dissolve the wart completely.

37. Bleach Delicate Fabrics

Avoid additional bleach stains by swapping ordinary household chlorine bleach with lemon juice, which is milder but no less effective. Soak your delicates in a mixture of lemon juice and baking soda for at least half an hour before washing.

38. Clean Tarnished Brass and Polish Chrome

Say good-bye to tarnish on brass, copper, or stainless steel. Make a paste of lemon juice and salt (or substitute baking soda or cream of tartar for the salt) and coat the affected area. Let it stay on for 5 minutes. Then wash in warm water, rinse, and polish dry. Use the same mixture to clean metal kitchen sinks too. Apply the paste, scrub gently, and rinse. Get rid of mineral deposits and polish chrome faucets and other tarnished chrome. Simply rub lemon rind over the chrome and watch it shine! Rinse well and dry with a soft cloth.

39. Replace Your Dry Cleaner

Ditch the expensive dry-cleaning bills (and harsh chemicals) with this homegrown trick. Simply scrub the stained area on shirts and blouses with equal parts lemon juice and water. Your "pits" will be good as new, and smell nice too.

40. Boost Laundry Detergent

For more powerful cleaning action, pour 1 cup lemon juice into the washer during the wash cycle. The natural bleaching action of the juice will zap stains and remove rust and mineral discolorations from cotton T-shirts and briefs and will leave your clothes smelling fresh. Your clothes will turn out brighter and also come out smelling lemon-fresh.

41. Rid Clothes of Mildew

Have you ever unpacked clothes you stored all winter and discovered some are stained with mildew? To get rid of it, make a paste of lemon juice and salt and rub it on the affected area, then dry the clothes in sunlight. Repeat the process until the stain is gone.

42. Eliminate Fireplace Odor

There's nothing cozier on a cold winter night than a warm fire burning in the fireplace " unless the fire happens to smell horrible. Next time you have a fire that sends a stench into the room, try throwing a few lemon peels into the flames. Or simply burn some lemon peels along with your firewood as a preventive measure.

43. Neutralize Cat-Box Odor

You don't have to use an aerosol spray to neutralize foul-smelling cat-box odors or freshen the air in your bathroom. Just cut a couple of lemons in half. Then place them, cut side up, in a dish in the room, and the air will soon smell lemon-fresh.

44. Deodorize a Humidifier

When your humidifier starts to smell funky, deodorize it with ease: Just pour 3 or 4 teaspoons lemon juice into the water. It will not only remove the off odor but will replace it with a lemon-fresh fragrance. Repeat every couple of weeks to keep the odor from returning.

45. Reduce Asthma Symptoms

In addition to a general detoxifying diet, 2 tablespoons of lemon juice before each meal, and before retiring can reduce asthma symptoms.

* If you do consume lemon peel, stick to organic lemons to reduce your pesticide exposure.



45 Uses for Vinegar

Unleash the power of white vinegar—an all-purpose cleaner, brightener, herbicide and more. Just a bit of this multitasker, straight up or mixed with water, can replace many pricier products huddled under your sink. Try these tips to see how vinegar can make your life cheaper and easier.

1. Freshen up the fridge. Clean the shelves and walls with a solution of half water and half vinegar.
2. Brighten coffee cups and teacups. Gently scrub stains with equal parts vinegar and salt (or baking soda).
3. Eliminate odors. Swab plastic containers with a cloth dampened with vinegar.
4. Kill bathroom germs. Spray full-strength vinegar around the sink and tub. Wipe clean with a damp cloth.
5. Save a garment. To remove light scorch marks on fabrics, rub gently with vinegar. Wipe with a clean cloth. This technique also works on antiperspirant stains.
6. Tidy up a toilet. Pour a cup or more of diluted white distilled vinegar into the bowl. Let sit several hours or overnight. Scrub well with a toilet brush and flush.
7. Lose the carpet stain. Make a paste of 2 tablespoons white distilled vinegar and ¼ cup salt or baking soda. Rub into the stain and let dry. Vacuum the residue the next day. (Always test an out-of-sight part of the carpet first.)
8. Renew paint brushes. To remove old paint, place brushes in a pot with vinegar. Soak for an hour, then turn on the stove and bring the vinegar to a simmer. Drain and rinse clean.
9. Wipe off a dirty faucet. To get rid of lime buildup, make a paste of 1 teaspoon vinegar and 2 tablespoons salt. Apply to sink fixtures and rub with a cloth.

10. Stop static cling. Add ½ cup of white distilled vinegar to your wash cycle. The acid reduces static and keeps dryer lint from sticking to your clothes.
11. Make old socks look new. Get the stains out of old socks and sweaty gym clothes by soaking them in a vinegar solution. Add 1 cup of white distilled vinegar to a large pot of water, bring to a boil and drop in the stained clothes. Let them soak overnight, and in the morning stained clothes are fresh and bright.
12. Restore handbags and shoes. Wipe white distilled vinegar on scuffed leather bags and shoes. It will restore their shine and help hide the marks.
13. Banish weeds. Pour white distilled vinegar on the weeds growing in the cracks of your walkway and driveway. Saturate the plant so the vinegar reaches the roots.
14. Liven droopy flowers. Don't throw out cut flowers once they start to wilt. Instead, add two tablespoons of white vinegar and one teaspoon of sugar to a quart of water. Pour the solution into your vase, and the flowers will perk up.
15. Put an end to itching. Dab a cotton ball soaked in white vinegar on mosquito bites and insect stings. It will stop them from itching and help disinfect the area so they heal faster.
16. Whiten your teeth. Brush your teeth once a week with white distilled vinegar. Dip your toothbrush into the vinegar and brush thoroughly. It will help prevent bad breath, too.
17. Make nail polish last longer. Before you apply your favorite polish, wipe your nails with a cotton ball soaked in white distilled vinegar. The clean surface will help your manicure last.
18. Keep car windows frost-free. Prevent windows from frosting over in a storm by coating them with a solution of three parts white distilled vinegar to one part water. The acidity hinders ice, so you won't have to wake up early to scrape off your car.
19. Let your dog shine. Spray your dog with one cup white distilled vinegar mixed with one quart water. The solution is a cheap alternative to expensive pet-care products, plus the vinegar will help repel pests like fleas and ticks.
20. Battle litter-box odor. Cat litter can leave behind an unwelcome smell. Eliminate it by pouring a half-inch of white distilled vinegar into the empty litter box. Let stand for 20 minutes, then rinse with cold water.
21. Kill bacteria in meat. Marinating in vinegar knocks out bacteria and tenderizes the meat. Create a marinade by adding ¼ cup balsamic vinegar for every 2 pounds of meat to your own blend of herbs and spices. Let the meat sit anywhere from 20 minutes to 24 hours, depending on how strong you want the flavor, then cook it in the morning without rinsing.
22. Prevent cracked eggs. Prevent eggs from cracking as they hard-boil by adding two

tablespoons of white vinegar to the water. The eggs will stay intact, and the shells will peel off more easily when you're ready to eat them.

23. Steam away a microwave mess. Fill a small bowl with equal parts hot water and vinegar, and place it in the microwave on high for 5 minutes. As the steam fills the microwave, it loosens the mess, making clean up a breeze.

24. Repair DVDs. If you have a worn DVD that skips or freezes, wipe it down with white distilled vinegar applied to a soft cloth. Make sure the DVD is completely dry before reinserting it into the player.

25. Get those last drops. If you can't get that final bit of mayonnaise or salad dressing out of the jar, dribble in a few drops of vinegar. Put the cap on tightly and shake. The remaining condiments will slide out.

26. Rinse fruits and vegetables. Add 2 tablespoons white distilled vinegar to one pint water. Use the mixture to wash fresh fruits and vegetables, then rinse thoroughly. The solution kills more pesticide residue than does pure water.

27. Brighter Easter eggs. Before your kids dye Easter eggs, mix 1 teaspoon of vinegar with ½ cup of hot water, then add food coloring. The vinegar keeps the dye bright and prevents the color from streaking.

28. Loosen a rusted screw. Pour vinegar onto the screw, and it will easily unstick.

29. Remove gum. To remove gum from fabric or hair, heat a small bowl of vinegar in the microwave. Pour the warm vinegar over the gum, saturating the area. The gum will dissolve.

30. Keep cheese from molding. Wrap cheese in a vinegar-soaked cloth, then place in an airtight container and refrigerate.

31. Renew a loofah. Soak your loofah in equal parts vinegar and water for 24 hours to dissolve soap residue, then rinse in cold water.

32. Remove wax. If you get melted candle wax on your wood furniture or floors, gently wipe it away with a cloth soaked in a solution of equal parts white vinegar and water.

33. Take a relaxing bath. Add ½ cup of vinegar to warm bath water for a cheap spa session at home. The vinegar removes dead skin, leaving you feeling soft and smooth.

34. Brighten your hair. Remove hair product buildup by rinsing a tablespoon of vinegar through your hair once a month.

35. Freshen fabrics. Fill a spray bottle with white vinegar and spritz your home to neutralize odors in fabrics, carpets, shoes or any sprayable surface.

36. Erase crayon. If your kids get crayon marks on the walls or floor, dip a toothbrush in

white vinegar and gently scrub. The vinegar breaks down the wax, making for an inexpensive, nontoxic way to clean up after children.

37. Sticky stickers. Don't scratch at the residue left by stickers or price tags. Instead, apply vinegar to the gunk, let it sit for a few minutes, then wipe the glue away.

38. Clean the dishwasher and coffee pot. Reduce soap buildup and food residue by pouring a cup of vinegar into your empty dishwasher or coffee pot once a month and letting it run a full cycle.

39. Sanitize pet accidents. You can remove the stain—and smell—of your pet's accident by mixing $\frac{1}{4}$ cup vinegar with a quart of water and blotting the mixture onto the mess with a washcloth. Continue dabbing until the spot is gone.

40. Prep for summer grilling. To remove charcoal buildup from your grill, spray white distilled vinegar on balled up aluminum foil and scrub the grate thoroughly.

41. Restore shower head pressure. If your shower head gets clogged with mineral deposits, soak it for 15 minutes in a mixture of $\frac{1}{2}$ cup vinegar and 1 quart water.

42. Clean your scissors. When your scissor blades get sticky, wipe them down with a cloth dipped in full-strength white vinegar. Unlike soap and water, vinegar won't ruin the blades or rust the metal.

43. Unclog drains. For a natural, nontoxic way to clean clogged pipes, pour one cup of baking soda, followed by one cup of white vinegar, down the drain. Let the products bubble and foam, then flush the pipes with a pot of boiling water.

44. Eliminate dandruff. If your scalp is feeling dry or flaky, vinegar can be a simple at-home remedy. Once a week, pour one cup of apple cider vinegar over your scalp, and let it sit for 15 minutes. Rinse thoroughly with cool water.

45. Soften your feet. Summer sandals leaving you with cracked heels and calluses? Soak your feet for 20 minutes a day in one part vinegar to two parts warm water. The vinegar removes dead skin, leaving your feet soft and smooth.



Homemade Diaper Wipes!

Supplies:- Tall, round 3 Quart container with a lid

- Better quality paper towels (the cheap paper towels don't work well on a dirty bottom)
- Knife to cut the paper towel roll in two
- Baby shampoo
- Baby oil

Directions:

1. Cut a paper towel roll in half so you have two short rolls.
2. Set one roll inside the canister. Set the other half aside for next time.
3. Combine and stir together:
1 1/2 cup hot tap water
2 Tablespoon baby shampoo
2 Tablespoon baby oil
4. Pour the liquid mixture over the top of the paper towel roll. As the liquid soaks through, the moisture will loosen the cardboard center making it easy to pull out. If you get lucky, it will bring with it the end of the paper towel roll. If not, carefully pull on the wipes in the center to get the sequence going.
5. Pull out the amount of paper towels (from the center) that are needed. Reseal after each use.
6. If the wipes are not wet enough or the lid doesn't get put back on, just add more water. If the wipes are too moist, leave the lid off for a little while.

**If you are out of the diaper stage, these work great for cleaning up messy hands and faces when you are on the go. You can also use this mixture to re-wet purchased baby wipes!



We all put our feet through a lot each day..... Here are a few great vinegar foot soak remedies.

Once you return home after a busy and tough day, relaxing or surfing the television channels, is a common routine. So, how about keeping your feet soaked in warm water while you relax? A mixture of warm water and vinegar is the best one for relaxing your tired feet. Moreover, soaking feet in vinegar is known to cure various feet problems. Here are a few foot soak recipes which you must try.

Foot Soak Recipe for Regular Care

Mix 1 cup white vinegar and 2 gallons warm water together and a few drops of essential oil. Soak your feet for 45 minutes in this mixture. Now use a pumice stone to remove the skin from heels and callused areas of your feet. Take a soft brush and rub your upper foot area and toes. Doing this once or twice a week, followed by application of a moisturizer is sure to help you have soft and supple feet. This is one of the best solution for smelly feet and nail fungus. Make sure that you do not use the same solution more than once.

Vinegar Foot Soak for Tired Feet

In order to make this foot soak, you need 1 cup sea salt, 1 cup Epsom salt, 1 cup vinegar and 1/2 cup dried lavender. Now heat enough quantity of water till it is hot, yet bearable for soaking your feet. Pour this water into a tub which is wide and deep enough for soaking your feet properly. Now put all the above-mentioned ingredients in warm water and stir the water for a minute. Just sit in a relaxing chair and put your feet in the tub. Soak them for at least 20 minutes and see how great it feels.

Foot Soak for Athlete's Foot

Most of you must be aware that vinegar can cure athlete's foot. You can try soaking feet in this solution for the same. Prepare a foot soak by mixing 1/2 cup vinegar, 2 teaspoon of salt and enough warm water to cover your feet. Apart from this remedy, you can also apply white distilled vinegar to the affected areas for curing athlete's foot. Saturate a cotton ball with vinegar and rub it over the affected areas. Remember that you will have to do this for a few weeks even after the symptoms disappear as the fungus might affect

again. Both the methods, soaking feet in vinegar solution or applying it vinegar directly on the problem area are very effective in treating this foot problem.

You can soak your feet in a solution made of equal parts of apple cider vinegar and water as the same is also effective in curing athlete's foot. Soak your feet in this mixture for 10 minutes daily for ten days or until the symptoms disappear. Moreover, this also relieves itching and peeling caused due to athlete's foot.

Foot Soak for Toenail Fungus

Vinegar cure for toenail fungus is very popular. Soaking feet in vinegar and water for at least 30 minutes, twice a day or more will help kill the fungus. The acidity of vinegar restores pH balance of nails and helps in soothing the discomfort caused due to toenail fungus. Though most types of vinegar can be used in toenail fungus treatment, apple cider vinegar is known to be most effective. You can also soak a cotton ball in apple cider vinegar and apply it directly to the nail, but ensure that vinegar stays on your nails for a significant amount of time. Let me tell you that apple cider vinegar is the most commonly used solution for curing fungal infections. It is a strong astringent and has anti-fungal properties. It is also known to reduce inflammation and pain linked with some stages of fungal infections. Combining vinegar with hydrogen peroxide forms a solution effective in wiping out bacteria and viruses.

Apart from curing foot problems there are many other uses and health benefits of vinegar. The best way to have soft hands is by soaking them in vinegar and water solution. Vinegar can also be used as an after-shave lotion. It is best for curing itchy skin, dry skin, varicose veins and skin warts. Soaking feet in vinegar is the best way to energize and relax your aching feet. So take a perfect size tub, make a vinegar foot soak, dip your feet and experience the pleasure.

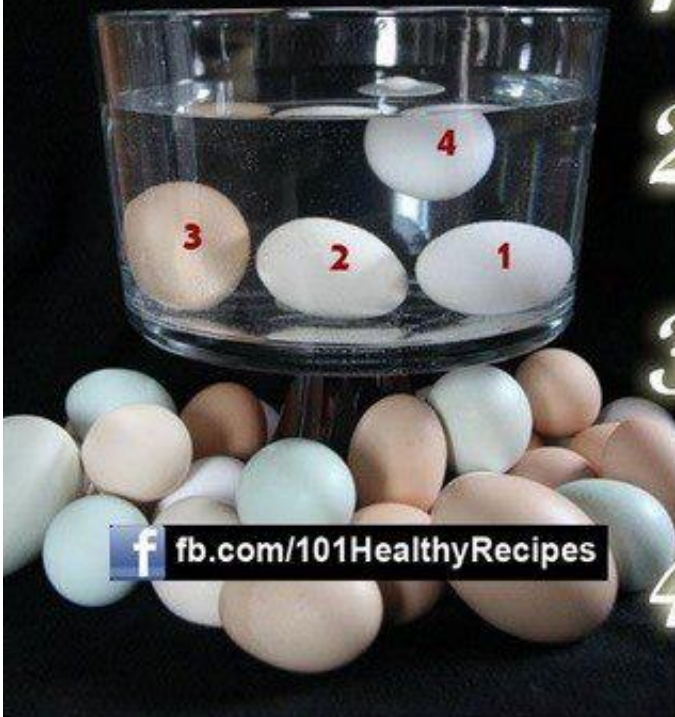


CHECK this out!! We all know the microwave can get out of hand!! Who loves to scrub that bad boy?? NOT THIS GIRL!

Try this! --- SHARE IT TO KEEP IT ON FILE!!!

1 c vinegar + 1 c hot water + 10 min microwave = steam clean! Totally works. No more scum, no funky smells.

How to Determine if an Egg is Fresh



1

VERY FRESH

A very fresh egg will sink to the bottom and lay on it's side.

2

WEEK OLD

Week old eggs will rest on the bottom but the fat end of the egg will rise up slightly.

3

3-WEEK OLD

Three week old eggs will be balanced on pointy end with the fat end sticking up.

4

BAD EGGS

Old eggs will be floating, bobbing along the surface of the water. These floaters should be tossed as they aren't any good to eat.



I love this

Make your own Ranch, Dry Onion Soup Mix and Taco Seasoning and store in small mason jars....This is soooo much HEALTHIER than those you buy at thestore!! They contain a TON of stuff that is not good for you!!

Hit Share to save it on your Timeline and make Later!!

Taco Seasoning:

- 1/2 cup chili powder
- 1/4 cup onion powder
- 1/8 cup ground cumin
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon sea salt

Put ingredients into a jar and shake.

Dry Onion Soup Mix:

- 2/3 cup dried, minced onion
- 3 teaspoons parsley flakes
- 2 teaspoons onion powder
- 2 teaspoons turmeric
- 1 teaspoon celery salt
- 1 teaspoon sea salt
- 1 teaspoon sugar
- 1/2 teaspoon ground pepper

Mix all ingredients in a jar, then give the jar a good shake. I'd recommend shaking the jar to mix the ingredients well before each use.

Use 4 tablespoons in a recipe in place of 1 packet of onion soup mix. Store this in a dry, cool place.

Ranch:

- 5 tablespoons dried minced onions
- 7 teaspoons parsley flakes
- 4 teaspoons salt
- 1 teaspoon garlic powder

Mix together and store in an air tight container.

For dressing: Mix 2 tablespoons dry mix with 1 cup mayonnaise and 1 cup buttermilk or sour cream.

For dip: Mix 2 tablespoons dry mix with 2 cups sour cream.

Mix up a few hours before serving, so the flavors all blend.



When was the last time you REALLY cleaned that stove? This is an easier way to do a chore everyone hates! Be sure to SHARE this so you can keep the instructions on your timeline. ♥

~ CLEANING THE OVEN ~

Begin by preheating the oven to 150 degrees F. While the oven is heating, put on a pot of water to boil. Once the oven has reached 150 F, turn it off and pour 1 cup of ammonia into a heat safe bowl or baking dish and place it on the top rack of the oven. Place the pot of boiling water on the bottom rack, close the oven door, and leave them both in the oven overnight.

The next morning, open the oven and remove both the bowl of ammonia and the pot of water. Don't dispose of the ammonia; you'll want to use it later. Remove the racks and leave the oven door open to air out for 15 minutes. Add 1-2 teaspoons of liquid dish soap to the ammonia, along with a quart of warm water, and using a heavy-duty nylon scrubbing pad dipped in the ammonia mixture, begin to wipe away the softened grease and grime along the sides and bottom of the oven. It should be a fairly easy job at this point. Wear some kitchen gloves, since ammonia can be caustic to skin. However, I found it interesting that the ammonia was WAY LESS powerful smelling after having sat overnight in the oven.

For more tips and recipes, check out >> <http://bit.ly/Motivate-Me>

20 Pain Killers in your Kitchen

A GREAT ALTERNATIVE TO TAKING MEDICATION!!!!

20 Painkillers in Your Kitchen

Make muscle pain a memory with ginger

When Danish researchers asked achy people to jazz up their diets with ginger, it eased muscle and joint pain, swelling and stiffness for up to 63 percent of them within two months. Experts credit ginger's potent compounds called gingerols, which prevent the production of pain-triggering hormones. The study-recommended dose: Add at least 1 teaspoon of dried ginger or 2 teaspoons of chopped ginger to meals daily.

Cure a toothache with cloves

Got a toothache and can't get to the dentist? Gently chewing on a clove can ease tooth pain and gum inflammation for two hours straight, say UCLA researchers. Experts point to a natural compound in cloves called eugenol, a powerful, natural anesthetic. Bonus: Sprinkling a ¼ teaspoon of ground cloves on meals daily may also protect your ticker. Scientists say this simple action helps stabilize blood sugar, plus dampen production of artery-clogging cholesterol in as little as three weeks.

Heal heartburn with cider vinegar

Sip 1 tablespoon of apple cider vinegar mixed with 8 ounces of water before every meal, and experts say you could shut down painful bouts of heartburn in as little as 24 hours. "Cider vinegar is rich in malic and tartaric acids, powerful digestive aids that speed the breakdown of fats and proteins so your stomach can empty quickly, before food washes up into the esophagus, triggering heartburn pain," explains Joseph Brasco, M.D., a gastroenterologist at the Center for Colon and Digestive Diseases in Huntsville, AL.

Erase earaches with garlic

Painful ear infections drive millions of Americans to doctors' offices every year. To cure one fast, just place two drops of warm garlic oil into your aching ear twice daily for five days. This simple treatment can clear up ear infections faster than prescription meds, say experts at the University of New Mexico School of Medicine. Scientists say garlic's active ingredients (germanium, selenium, and sulfur compounds) are naturally toxic to dozens of different pain-causing bacteria. To whip up your own garlic oil gently simmer three cloves of crushed garlic in a half a cup of extra virgin olive oil for two minutes, strain, then

refrigerate for up to two weeks, suggests Teresa Graedon, Ph.D., co-author of the book, *Best Choices From The People's Pharmacy*. For an optimal experience, warm this mix slightly before using so the liquid will feel soothing in your ear canal.

Chase away joint and headache pain with cherries

Latest studies show that at least one in four women is struggling with arthritis, gout or chronic headaches. If you're one of them, a daily bowl of cherries could ease your ache, without the stomach upset so often triggered by today's painkillers, say researchers at East Lansing 's Michigan State University . Their research reveals that anthocyanins, the compounds that give cherries their brilliant red color, are anti-inflammatories 10 times stronger than ibuprofen and aspirin. "Anthocyanins help shut down the powerful enzymes that kick-start tissue inflammation, so they can prevent, as well as treat, many different kinds of pain," explains Muraleedharan Nair, Ph.D., professor of food science at Michigan State University . His advice: Enjoy 20 cherries (fresh, frozen or dried) daily, then continue until your pain disappears.

Fight tummy troubles with fish

Indigestion, irritable bowel syndrome, inflammatory bowel diseases...if your belly always seems to be in an uproar, try munching 18 ounces of fish weekly to ease your misery. Repeated studies show that the fatty acids in fish, called EPA and DHA, can significantly reduce intestinal inflammation, cramping and belly pain and, in some cases, provide as much relief as corticosteroids and other prescription meds. "EPA and DHA are powerful, natural, side effect-free anti-inflammatories, that can dramatically improve the function of the entire gastrointestinal tract," explains biological chemist Barry Sears, Ph.D., president of the Inflammation Research Foundation in Marblehead , MA . For best results, look for oily fish like salmon, sardines, tuna, mackerel, trout and herring.

Prevent PMS with yogurt

Up to 80 percent of women will struggle with premenstrual syndrome and its uncomfortable symptoms, report Yale researchers. The reason: Their nervous systems are sensitive to the ups and downs in estrogen and progesterone that occur naturally every month. But snacking on 2 cups of yogurt a day can slash these symptoms by 48 percent, say researchers at New York 's Columbia University . "Yogurt is rich in calcium, a mineral that naturally calms the nervous system, preventing painful symptoms even when hormones are in flux," explains Mary Jane Minkin, M.D., a professor of gynecology at Yale University .

Tame chronic pain with turmeric

Studies show turmeric, a popular East Indian spice, is actually three times more effective at easing pain than aspirin, ibuprofen or naproxen, plus it can help relieve chronic pain for 50 percent of people struggling with arthritis and even fibromyalgia, according to Cornell researchers. That's because turmeric's active ingredient, curcumin, naturally shuts down cyclooxygenase 2, an enzyme that churns out a stream of pain-producing hormones, explains nutrition researcher Julian Whitaker, M.D. and author of the book, *Reversing Diabetes*. The study-recommended dose: Sprinkle 1/4 teaspoon of this spice daily onto any rice, poultry, meat or vegetable dish.

End endometrial pain with oats

The ticket to soothing endometriosis pain could be a daily bowl of oatmeal. Endometriosis occurs when little bits of the uterine lining detach and grow outside of the uterus. Experts say these migrating cells can turn menstruation into a misery, causing so much inflammation that they trigger severe cramping during your period, plus a heavy ache that drags on all month long. Fortunately, scientists say opting for a diet rich in oats can help reduce endometrial pain for up to 60 percent of women within six months. That's because oats don't contain gluten, a trouble-making protein that triggers inflammation in many women, making endometriosis difficult to bear, explains Peter Green, M.D., professor of medicine at Columbia University .

Soothe foot pain with salt

Experts say at least six million Americans develop painful ingrown toenails each year. But regularly soaking ingrown nails in warm salt water baths can cure these painful infections within four days, say scientists at California 's Stanford University . The salt in the mix naturally nixes inflammation, plus it's anti-bacterial, so it quickly destroys the germs that cause swelling and pain. Just mix 1 teaspoon of salt into each cup of water, heat to the warmest temperature that you can comfortably stand, and then soak the affected foot area for 20 minutes twice daily, until your infection subsides.

Prevent digestive upsets with pineapple

Got gas? One cup of fresh pineapple daily can cut painful bloating within 72 hours, say researchers at California 's Stanford University . That's because pineapple is naturally packed with proteolytic enzymes, digestive aids that help speed the breakdown of pain-causing proteins in the stomach and small intestine, say USDA researchers.

Relax painful muscles with peppermint

Suffering from tight, sore muscles? Stubborn knots can hang around for months if they aren't properly treated, says naturopath Mark Stengler, N.D., author of the book, *The Natural Physician's Healing Therapies*. His advice: Three times each week, soak in a warm tub scented with 10 drops of peppermint oil. The warm water will relax your muscles, while the peppermint oil will naturally soothe your nerves -- a combo that can ease muscle cramping 25 percent more effectively than over-the-counter painkillers, and cut the frequency of future flare-ups in half, says Stengler.

Give your back some TLC with grapes

Got an achy back? Grapes could be the ticket to a speedy recovery. Recent studies at Ohio State University suggest eating a heaping cup of grapes daily can relax tight blood vessels, significantly improving blood flow to damaged back tissues (and often within three hours of enjoying the first bowl). That's great news because your back's vertebrae and shock-absorbing discs are completely dependent on nearby blood vessels to bring them healing nutrients and oxygen, so improving blood flow is essential for healing damaged back tissue, says Stengler.

Wash away pain injuries with water

Whether it's your feet, your knees or your shoulders that are throbbing, experts at New York 's Manhattan College , say you could kick-start your recovery in one week just by drinking eight 8-ounce glasses of water daily. Why? Experts say water dilutes, and then helps flush out, histamine, a pain-triggering compound produced by injured tissues. "Plus water is a key building block of the cartilage that cushions the ends of your bones, your joints' lubricating fluid, and the soft discs in your spine," adds Susan M. Kleiner, Ph.D., author of the book, *The Good Mood Diet*. "And when these tissues are well-hydrated, they can move and glide over each other without causing pain." One caveat: Be sure to measure your drinking glasses to find out how large they really are before you start sipping, she says. Today's juice glasses often hold more than 12 ounces, which means five servings could be enough to meet your daily goal.

Heal sinus problems with horseradish

Latest studies show sinusitis is the nation's number one chronic health problem. And this

condition doesn't just spur congestion and facial pain, it also makes sufferers six times more likely to feel achy all-over. Horseradish to the rescue! According to German researchers, this eye-watering condiment naturally revs up blood flow to the sinus cavities, helping to open and drain clogged sinuses and heal sinus infections more quickly than decongestant sprays do. The study-recommended dose: One teaspoon twice daily (either on its own, or used as a sandwich or meat topping) until symptoms clear.

Beat bladder infections with blueberries

Eating 1 cup of blueberries daily, whether you opt for them fresh, frozen or in juice form, can cut your risk of a urinary tract infection (UTIs) by 60 percent, according to researchers at New Jersey's Rutgers University. That's because blueberries are loaded with tannins, plant compounds that wrap around problem-causing bacteria in the bladder, so they can't get a toehold and create an infection, explains Amy Howell, Ph.D. a scientist at Rutgers University .

Heal mouth sores with honey

Dab painful canker and cold sores with unpasteurized honey four times daily until these skin woes disappear, and they'll heal 43 percent faster than if you use a prescription cream, say researchers at the Dubai Specialized Medical Center in the United Arab Emirates . Raw honey's natural enzymes zap inflammation, destroy invading viruses and speed the healing of damaged tissues, say the study authors.

Fight breast pain with flax

In one recent study, adding 3 tablespoons of ground flax to their daily diet eased breast soreness for one in three women within 12 weeks. Scientists credit flax's phytoestrogens, natural plant compounds that prevent the estrogen spikes that can trigger breast pain. More good news: You don't have to be a master baker to sneak this healthy seed into your diet. Just sprinkle ground flax on oatmeal, yogurt, applesauce or add it to smoothies and veggie dips.

Cure migraines with coffee

Prone to migraines? Try muscling-up your painkiller with a coffee chaser. Whatever over-the-counter pain med you prefer, researchers at the National Headache Foundation say washing it down with a strong 12- ounce cup of coffee will boost the effectiveness of your

medication by 40 percent or more. Experts say caffeine stimulates the stomach lining to absorb painkillers more quickly and more effectively.

Tame leg cramps with tomato juice

At least one in five people regularly struggle with leg cramps. The culprit? Potassium deficiencies, which occur when this mineral is flushed out by diuretics, caffeinated beverages or heavy perspiration during exercise. But sip 10 ounces of potassium-rich tomato juice daily and you'll not only speed your recovery, you'll reduce your risk of painful cramp flare-ups in as little as 10 days, say UCLA researchers.



Skinny Body Fat Flush and Detox

- 1 cucumber
- 1 lemon
- 2 limes
- 1 bunch of mint

Slice them all and divide the ingredients between four 24 oz water bottles and fill them up with filtered water. Drink daily Not only does this taste delicious and help flush fat, but it also counts toward your daily water intake!

Lemons: Help in the absorption of sugars and calcium and cuts down your cravings for sweets.

Cucumbers act as a diuretic and flush fat cells. It is alkalizing to the body (if you have an alkaline body, no diseases can live there), and increase your energy levels.

Limes promote a healthy digestive tract.

Mint is a natural appetite suppressant that also aids in digestion.

Ramon Reyes's photo.



HEALTH - LEARN TO MAKE A SIMPLE TRAP MOSQUITOES AND AGAINST DENGUE mosquitoes.

Items needed:

What we need is basically:

200 ml water

50 grams of brown sugar,

1 gram of yeast (yeast bread, found in any supermarket) and a 2-liter plastic bottle. [...]

How to:

One. Cut the plastic bottle (PET type) in half. Storing the neck portion:

2nd. Mix brown sugar with hot water. Let cool. When cold, pour in the bottom half of the bottle.

3rd. Add the yeast. No need to mix. It creates carbon dioxide.

4th. Place the funnel part, upside down, into the other half of the bottle.

5th. Wrap the bottle with something black, minus the top, and put in some corner of your house.

In two weeks you will see the amount of mosquitoes and mosquitoes who died inside the bottle.

In addition to cleaning their homes, breeding sites of mosquitoes and mosquitoes, we can use this method very useful in: Schools, Nurseries, Hospitals, homes, ranches, farms, ranches, nurseries. etc. Do not forget Dengue in the coming months: this mosquito can kill a person! from salve o planeta (spanish)



Tick Removal

A nurse discovered a safe, easy way to remove ticks where they automatically withdraw themselves when you follow her simple instructions. Read this one as it could save you from some major problems.

Spring is here and the ticks will soon be showing their heads. Here is a good way to get them off you, your children, or your pets. Give it a try.

A School Nurse has written the info below--good enough to share--and it really works!

"I had a pediatrician tell me what she believes is the best way to remove a tick. This is great because it works in those places where it's sometimes difficult to get to with tweezers: between toes, in the middle of a head full of dark hair, etc."

"Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20); the tick will come out on its own and be stuck to the cotton ball when you lift it away.

This technique has worked every time I've used it (and that was frequently), and it's much less traumatic for the patient and easier for me.."

Also, if you just pull a tick off, their heads sometimes break off and are left under the skin so this is much safer. Be aware

also that a tick with a white speck on its back is a Deer Tick, these can cause Tick Fever so check yourself and your family good if you see any of these!

"Unless someone is allergic to soap, I can't see that this would be damaging in any way.
Please pass on. Everyone needs this helpful hint.

"Did You Know?" by amgshots.com's photo.



DID YOU KNOW?

What IS The Main Ingredient of WD-40?

Before you read to the end, does anybody know what the main ingredient of WD-40?
No Cheating.....

WD-40 ~ Who knew!

I had a neighbor who bought a new pickup.

I got up very early one Sunday morning and saw that someone had spray painted red all around the sides of this beige truck (for some unknown reason).

I went over, woke him up, and told him the bad news.

He was very upset and was trying to figure out what to do....

probably nothing until Monday morning, since nothing was open.

Another neighbor came out and told him to get his WD-40 and clean it off.

It removed the unwanted paint beautifully and did not harm his paint job that was on the truck. I was impressed!

WD-40 who knew?

"Water Displacement #40".

The product began from a search for a rust preventative solvent and degreaser to protect missile parts.

WD-40 was created in 1953, by three technicians at the San Diego Rocket Chemical Company.

Its name comes from the project that was to find a 'Water Displacement' Compound.

They were finally successful for a formulation, with their fortieth attempt, thus WD-40.

The 'Convair Company' bought it in bulk to protect their atlas missile parts.

Ken East (one of the original founders) says there is nothing in WD-40 that would hurt you.

When you read the 'shower door' part, try it.

It's the first thing that has ever cleaned that spotty shower door.

If yours is plastic, it works just as well as on glass.

It's a miracle!

Then try it on your stovetop.

It's now shinier than it's ever been.

You'll be amazed.

WD-40 Uses:

1. Protects silver from tarnishing.
2. Removes road tar and grime from cars.
3. Cleans and lubricates guitar strings.
4. Gives floor that 'just-waxed' sheen without making them slippery.
5. Keeps the flies off of Cows, Horses, and other Farm Critters, as well. (Ya gotta love this one!!!)
6. Restores and cleans chalkboards.
7. Removes lipstick stains.
8. Loosens stubborn zippers.
9. Untangles jewelry chains.
10. Removes stains from stainless steel sinks.
11. Removes dirt and grime from the barbecue grill.
12. Keeps ceramic / terracotta garden pots from oxidizing.
13. Removes tomato stains from clothing.
14. Keeps glass shower doors free of water spots.
15. Camouflages scratches in ceramic and marble floors.
16. Keeps scissors working smoothly.
17. Lubricates noisy door hinges on both home and vehicles doors.
18. It removes that nasty tar and scuff marks from the kitchen flooring.
It doesn't seem to harm the finish and you won't have to scrub nearly as hard to get them off.

Just remember to open some windows if you have a lot of marks.

19. Remove those nasty Bug guts that will eat away the finish on your car if not removed quickly!
20. Gives a children's playground gym slide a shine for a super fast slide.
21. Lubricates gearshift and mower deck lever for ease of handling on riding mowers...
22. Rids kids rocking chair and swings of squeaky noises.
23. Lubricates tracks in sticking home windows and makes them easier to open.
24. Spraying an umbrella stem makes it easier to open and close.
25. Restores and cleans padded leather dashboards in vehicles, as well as vinyl bumpers.
26. Restores and cleans roof racks on vehicles.
27. Lubricates and stops squeaks in electric fans.
28. Lubricates wheel sprockets on tricycles, wagons, and bicycles for easy handling.
29. Lubricates fan belts on washers and dryers and keeps them running smoothly.
30. Keeps rust from forming on saws and saw blades, and other tools.
31. Removes grease splatters from stovetops.
32. Keeps bathroom mirror from fogging.
33. Lubricates prosthetic limbs.
34. Keeps pigeons off the balcony (they hate the smell).
35. Removes all traces of duct tape.
36. Folks even spray it on their arms, hands, and knees to relieve arthritis pain.
37. Florida's favorite use is: 'cleans and removes love bugs from grills and bumpers.'
38. The favorite use in the state of New York, it protects the Statue of Liberty from the elements.
39. WD-40 attracts fish. Spray a little on live bait or lures and you will be catching the big

one in no time. Also, it's a lot cheaper than the chemical attractants that are made for just that purpose.

Keep in mind though, using some chemical laced baits or lures for fishing are not allowed in some states.

40. Use it for fire ant bites. It takes the sting away immediately and stops the itch.

41. It is great for removing crayon from walls. Spray it on the marks and wipe with a clean rag.

42. Also, if you've discovered that your teenage daughter has washed and dried a tube of lipstick with a load of laundry, saturate the lipstick spots with WD-40 and rewash. Presto! The lipstick is gone!

43. If you spray it inside a wet distributor cap, it will displace the moisture, allowing the engine to start.

P.S.

As for that Basic, Main Ingredient.....

Well.... it's FISH OIL....

This is a favourite ☐





Natural Mosquito Repellent!

Have a mosquito problem??? At your next outdoor gathering try this SAFE and EFFECTIVE method of keeping mosquitoes at bay! Simply slice a lime in half and press in a good amount of cloves for an ALL NATURAL mosquito repellent..



For camping or late nights at the beach? Leave 1/4 of Mountain dew in bottle (just dont drink it all), add a tiny bit of baking soda and 3 caps of peroxide. Put the lid on and shake - walla! Homemade glow stick (bottle) solution. Super cool



The "miracle" of baking soda and peroxide. Put 1/4 cup of baking soda in a bowl.....add enough peroxide to make a paste. Rub on with fingers or sponge.

Cleans EVERYTHING! Stove, oven, pans, stainless steel appliances, even the white handles of the refrigerator door.

The plum, leather and cocoa bouquet of [San Valencia Old Vine Tawny Dessert Wine](#) is perfectly suited to these Chocolate-Dipped [Peanut Butter](#)-Stuffed Banana Bites.



CLEAN YOUR KIDNEYS

Years pass by and our kidneys are filtering the blood by removing salt, poison and any unwanted entering our body. With time, the salt accumulates and this needs to undergo cleaning treatments and how are we going to overcome this?

It is very easy, first take a bunch of parsley or Cilantro (Coriander Leaves) and wash it clean

Then cut it in small pieces and put it in a pot and pour clean water and boil it for ten minutes and let it cool down and then filter it and pour in a clean bottle and keep it inside refrigerator to cool.

Drink one glass daily and you will notice all salt and other accumulated poison coming out of your kidney by urination also you will be able to notice the difference which you never felt before.

Parsley (Cilantro) is known as best cleaning treatment for kidneys and it is natural!

Ingredient Substitutions



Sometimes we just run out of ingredients. It happens – but lets not rush back to the shop – have a look here first and see what you can use instead!!! You might just create something better than the original – and save dollars by avoiding the shops at the same time (especially with Christmas so close!!!). Here are the more common ingredients we run out of – we’ll add to them as we hear of new ones!

Baking Powder:

Baking Powder is a rising agent for cakes and biscuits. To make your own baking powder – mix together one part bicarb, with two parts cream of tartar.

Breadcrumbs:

Have no breadcrumbs? It’s easy to make your own – just use fresh or day old bread in a food processor and blend until you reach the required consistency. If you have no bread at all, replace with cornflakes, rolled oats, oat bran, savoury biscuits such as Jatz or Sao’s, potato chips or even coconut!

Brown Sugar:

To replace brown sugar use one cup of normal sugar with a tablespoon of golden syrup.

Butter:

Well the most obvious substitute is margarine. Oils can also be used but sparingly – Olive Oil in particular can affect the taste of what you are trying to make – so judge accordingly. Other substitutes for butter can include apple sauce, Nuttlex (dairy free). Actually in the health food section of your supermarket are some wonderful nut replacements – they can be expensive though! If it’s just for toast in the morning – consider leaving it out altogether – and just enjoy the flavoring of the topping!

Buttermilk:

Buttermilk is available in the dairy section of your supermarket – but as it expires quickly – its not something most people have on hand day to day (although it does freeze well so don’t let it go to waste if you do have it!). To make your own at home, take a normal cup of milk and add two teaspoons of lemon juice or vinegar and let it stand in a warm place for five minutes. If your out of milk too, try using sour cream or natural yoghurt.

Condensed Milk:

Condensed milk can be made at home. Combine one cup of powdered milk with 3/4 cup white sugar and 1/2 cup warm water. Mix until well combined and store in the fridge. Makes the equivalent of one standard can of milk!

Cream:

Cream can be replaced with evaporated milk (and use some cornflour to thicken if required). Evaporated milk is great to keep on hand! Another replacement is 3/4 cup of full cream milk and 1/4 cup of butter. If you are making something savoury, sour cream, Greek yoghurt or creamed cheese makes a great substitute.

Cream of Tartar:

Cream of Tartar can be substituted in really small amounts (1/2 teaspoons) with lemon juice or white vinegar.

Eggs:

Eggs are tricky and it depends on what you are making. For sweet recipes – one tablespoon of custard powder per egg works a treat. For a dairy free version try 1 small mashed banana or 1/2 cup apple sauce (apple sauce is also a great sugar replacement!).

For savoury dishes, try 2 tablespoons of cornflour per egg.

Honey:

Depending on what you are making, golden syrup, treacle or molasses make a good honey substitute.

Lemon Juice:

If you need a substitute for taste, orange or lime juice make a great substitute. For other uses, use white vinegar.

Self Raising Flour:

Self Raising Flour can be replaced with Plain Flour with the addition of a two teaspoons of baking powder per cup of Plain Flour. If you have no Baking Powder – refer to the post above for a replacement!

Sugar:

White sugar can be replaced with caster sugar. Brown sugar is also a good replacement and will make the dish you are making richer! Honey is also a good replacement.

See we can substitute where need by – if your really stuck – try a good old fashioned neighbor - it's good to get acquainted like the good old days!

Wine

Wine can be substituted with chicken or vegetable stock (for white wine) and beef stock for red wine.



ORANGE CANDLE! So clever!

Just take an orange/lemon/grapefruit, cut in half, eat the middle portion, leave the center core-like stem intact. Pour a kitchen oil (veg oil,olive oil, etc) into orange just below the top of the stem. Light stem. It will burn for hours and smell amazing.



GREAT INFORMATION !

Drug companies won't like this one getting around. Facts on Honey and Cinnamon:
It is found that a mix of honey and cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also note honey as very effective medicine for all kinds of diseases. Honey can be used without side effects which is also a plus. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients. Researched by western scientists:

HEART DISEASES: Make a paste of honey and cinnamon powder, put it on toast instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol and could potentially save one from heart attack. Also, even if you have already had an attack studies show you could be kept miles away from the next attack. Regular use of cinnamon honey strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and the veins.

ARTHRITIS: Arthritis patients can benefit by taking one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken daily even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain -- and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder....who knew?

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the

level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol-could be cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and, clear the sinuses, and it's delicious too!

UPSET STOMACH: Honey taken with cinnamon powder cures stomach ache and also is said to clear stomach ulcers from its root.

GAS: According to the studies done in India and Japan, it is revealed that when Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals

INFLUENZA: A scientist in Spain has proved that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of boiling water to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old.

RASPY OR SORE THROAT: When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.

PIMPLES: Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

SKIN INFECTIONS:Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin Infections.

WEIGHT LOSS:Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.

FATIGUE: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

BAD BREATH: People of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

HEARING LOSS: Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing.

Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!



THE ULTIMATE ENERGY DRINK

No it's not Red Bull; in fact it's not anything you can buy from a can or a plastic bottle. It doesn't promise instant energy, mental alertness or a quick fix yet it delivers them all in abundance. Best of all the ultimate energy drink doesn't contain refined sugar, artificial sweeteners or caffeine; it's completely natural, totally healthy, and very affordable.

So what is the ultimate energy drink?

Freshly juiced vegetables and fruit!

The benefits of raw vegetable and fruit juicing go way beyond energy and vitality: They include elimination of toxic waste from the bowels, efficient uptake of nutrients, loads of easily accessible vitamins and minerals, and an endless list of long term health benefits.

Fresh juicing has been recognised as an effective cleansing and detoxifying tool for the last 100 years and has become even more important in a society where our vegetables and fruits are so much lower in essential nutrients than they used to be.

Juicing removes the fibre portion of the plant, allowing for optimal digestion and absorption of the vitamins, minerals, antioxidants, and other micro nutrients. The vegetable juice travels from your digestive tract into the blood stream nourishing, cleansing and healing every area of the body. Juicing also helps to dislodge any toxic waste which has been built up in the bowls from unhealthy food choices. Best of all it offers an instant kick of pure energy, and a boost of vitality that can only be found in consuming live food!

The best time to have a vegetable juice is in the morning before eating anything else. For the most kick out of your juice have it first thing and drink it within a couple of minutes of preparation to avoid oxidation. A 200 ml glass of vegetable and fruit juice is enough to clear the head and sharpen the brain better than any coffee.

Aim to limit using fruit in your juices to minimise fructose overload which can put pressure on the liver. Use a range of seasonal, pesticide free vegetables.

Try a selection of the following vegetables:

Carrots, celery, spinach, silver beet, cabbage, beetroot, tomatoes, broccoli, cauliflower, cucumber, kale.

Add a small amount of one or two of the following:

Mint, lemon, lime, ginger, fennel or any other herb that you enjoy.

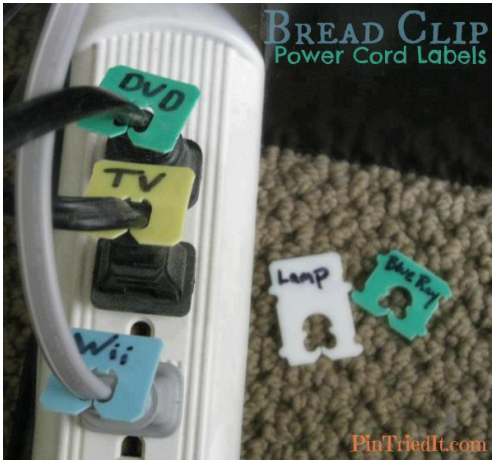
Energy juice example: Carrot, apple, lemon and ginger.

If you don't own a juicer head off to a health or appliance store and grab one, there are a huge range of juicers available. The less wet the fibre waste, and the less heat involved, the better the juicer. I recommend an Oscar Juicer which you can buy second hand off ebay. If these are too expensive George Foreman does a really great little Juicer which "Knocks out the juice!" for around \$50 at Target. Otherwise places like Boost Juice and health cafe's can help you out when you're in a rush.

A fresh juice will boost energy and vitality with the added bonus of bright eyes, great complexion, and a stronger immune system.

Swap your coffee/Red Bull for a fresh vegetable and fruit juice and cleanse yourself healthy with the ultimate energy drink!

This is a favourite





Twelve Surprising Uses for Vicks VapoRub

1. Decongest Your Chest

The most common use of Vicks is to decongest your chest and throat area. When applied to the upper chest, it provides excellent relief of cough and congestion symptoms.

2. On Your Tootsies

Applying Vicks to your feet provides nighttime cough relief. Generously rub VapoRub all over your feet and cover them with socks. Your cough will subside.

3. Achy Breaky Muscles

Vicks relieves sore, overworked muscles. It increases circulation and provides almost instant aid. Use a generous portion and apply it over the aching area.

4. Get Rid of Nasty Nail Fungus

Rub VapoRub on your toenails if you suspect you have a fungus. Within days, the nail will turn dark—this means the Vicks is killing the fungus. As your toenail grows out, the dark part will grow off and you will have fungus-free feet. Keep applying the ointment over a period of two weeks to fully cleanse nail beds of any remaining bacteria.

5. Stop Your Cat from Scratching

To prevent Miss Kitty from ruining your doors, walls, and windows, apply a small amount of VapoRub to these areas. Cats detest the smell and will steer clear. Vicks can also be applied to your arms and legs if your kitty is prone to scratching you.

6. Pet Pee-Pee Deterrent

If your dog or cat is not yet potty trained, put an open bottle of Vicks on the area he or she likes to mark as their territory. The smell will discourage them from lifting their legs and wetting your rug.

7. Headaches Be Gone

Rub a small amount of Vicks VapoRub on your temples and forehead to help relieve headaches. The mentholated scent will release pressure in your head and instantly relieve pain.

8. Humidify Your Sleep

Vicks VapoRub can be used in special types of humidifiers and vaporizers. Ensure your humidifier has an aromatherapy compartment before using. The humidifier will circulate

Vicks throughout the air and keep you breathing easy all night long.

9. Paper Cuts and Splinters

To prevent infection and speed up healing time, dab a small amount of Vicks on any small cut or splinter.

10. Ticks and Bugs

If you get bitten by a tick, apply Vicks immediately. The strong odor might help get the critter to release itself and stop bugging you.

11. Reek-free Racehorses

Professional racers smother VapoRub under the nostrils of racehorses on race day. The strong stench deters the stallions from the alluring odor of the female pony and keeps them focused on the race.

12. Go Away Mosquitoes

Apply small dabs of Vicks VapoRub to your skin and clothes and mosquitoes will steer clear. If you do get bitten, apply Vicks to the area and cover it with a Band-Aid to relieve itching.



What an amazing idea for wine glasses and perfect for your special occasion. Dip them in chalk paint and then name them! Great for a wedding or any time at all!

For loads more things to make and bake drop in on The WHOot now
[..www.thewhoot.com.au](http://www.thewhoot.com.au)



~~~HOMEMADE AIR FRESHENERS~~~

These gel air fresheners are the perfect project! they take a total of five minutes to make, are highly economical, and each jar should last you about a month. These would also make great gifts!

To make these little beauties, you first need heat-proof jars, food coloring, and essential oil. You can find inexpensive essential oils of various scents at craft stores and some grocery stores. I chose a raspberry scented oil...it smells delightful!

Into each jar, drop a few drops (I repeat...a few...it doesn't take more than 2 or 3) of food coloring.

Then, put in about 30 drops of essential oil, give or take. The more essential oil you put in, the stronger the smell.

Now for the fun part. Gather up 4 envelopes of unflavored gelatin, a tablespoon of salt, and 2 cups of cold water.

Why salt? Salt (or vodka) apparently help to keep the gel from molding. Interesting fact, isn't it?!?

Get one cup of water boiling on the stove. When it begins to boil, whisk in the gelatin, stirring until it's all dissolved.

Then, pour in the other cup of cold water and the salt, stirring until the salt is dissolved.

Quickly pour the hot gelatin mixture in each of your jars, and then use a disposable stick or spoon to stir it into the oil and food coloring.

Let these gel overnight, and then voila! Air freshener!

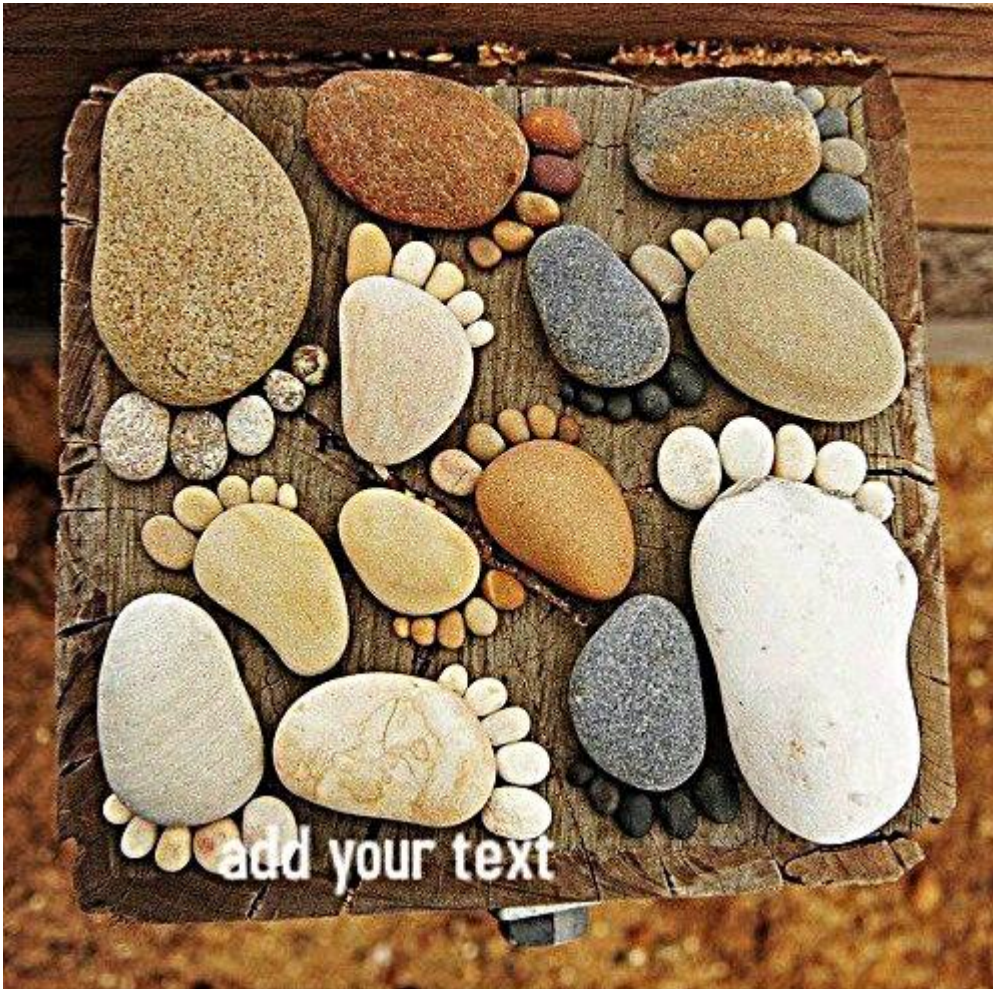


Calm the nerves instead of focussing on the anger? Whether you do Time-Out or Time-In, this COULD be a good option.

Time-Out/Time-In bottles.

Fill a bottle with 75% water, one bottle of glitter glue, & ultra fine glitter. Then send this bottle with your child to Time-Out/Time-In and they can watch it settle to calm them. Once the glitter is settled their time is up!

If they mess with the bottle their time out time is longer. I'd suggest super-gluing the bottle top on.



We can never judge the lives of others, because each person knows only their own pain and renunciation. It's one thing to feel that you are on the right path, but it's another to think that yours is the only path.

- Paulo Coelho



By Request. A friend has a few very old Heirloom Rose bushes and she asked how to Propagate them. Marie this is an ECO~Friendly and \$\$\$ Saving Tip just for you. Hopefully others will SAVE by asking friends and neighbors for cuttings instead of going out and paying the ridiculous prices some of the nurseries are asking for rose bushes.

- ~Cut a piece of rose bush stem 6 to 8 inches long with a sharp, clean knife or pruning shears. If collecting multiple cuttings, keep them in the shade until you are ready to begin the next step.
- ~Cut off the spent blooms, hips and lower leaves. Do not cut the nodes, or eyes, above the leaves.
- ~Fill the nursery pot 1/3 full with potting soil and place on a plate or drainage pan.
- ~Punch a hole 3 inches deep into a healthy potato using a screwdriver.
- ~Insert the bottom end of the cutting into the potato hole.
- ~Place inside the nursery pot and cover with soil so that about 3 inches of the cutting sticks out.
- ~Place in indirect sunlight and keep surrounding soil moist but well drained for two months. Transplant into a permanent place outdoors in the spring.



What a great idea! Especially if you have a puppy that likes to chew and finds things in your yard you had NO IDEA was ever there! :/

.Summers is coming!! Perfect!! Freeze water and chicken stock with toys, carrots, treats, etc to keep dogs from getting bored and overheated in the backyard. For all our dog friends!!! Probably share this one over and over its so good.



Give this a try.....it is great as a clarifying shampoo! It will remove all residue and product build up from your hair but be careful using it on coloured hair as it is a natural hair lightener. It will leave it feeling really clean and with more body! Great for blonde hair with product build up.



What a great, inexpensive way to clean your mattress! Be sure and share the post so you can save it to your timeline!

CLEAN YOUR MATTRESS:

Pour about 1 cup of baking soda into a Mason jar & drop in 4 drops of lavender essential oil. Put on lid & shake jar. Using a kitchen strainer, sprinkle the baking soda mixture all over the mattress & let it sit for an hour or more. Thoroughly vacuum the mattress. Bye, bye dust mites, & other nasty things. The baking soda helps draw up any moisture & deep dirtiness. It deodorizes & leaves the mattress smelling fresh & clean.



Homemade Tick Repellents For Humans & Dogs...

Ticks can be troublesome outdoor pests, as they feed off the blood of mammals, and can carry and transfer bacteria and disease such as Lyme disease. Some retail products are designed to repel ticks, but these are many times high-priced items and no more effective than a simple homemade solution.

Repellent for Pets

For pets, add 1 cup of water to a spray bottle, followed by 2 cups of distilled white vinegar. Ticks hate the smell and taste of vinegar, and will be easily be repelled by this ingredient alone. Then, add two spoonfuls of vegetable or almond oil, which both contain sulfur (another natural tick repellent). To make a repellent that will also deter fleas, mix in a few spoonfuls of lemon juice, citrus oil, or peppermint oil, which will all repel ticks and fleas while also creating a scented repellent.

Spray onto the pet's dry coat, staying away from sensitive areas including eyes, nose, mouth, and genitals. When outdoors for an extended period, spray this solution on two to three times per day. When pets are outdoors generally to use the restroom only, spray the solution onto the animal's coat once per day.

Repellent for Humans

A simple homemade repellent can be made with a few inexpensive household ingredients. In a spray bottle, mix 2 cups of distilled white vinegar and 1 cup of water. To make a scented solution so you do not smell like bitter vinegar all day, add 20 drops of your favorite essential oil or bath oil. Eucalyptus oil is a calm, soothing scent that also works as a tick repellent, while peppermint and citrus oils give off a strong crisp scent that also repel ticks.

After mixing the solution, spray onto clothing, skin, and hair before going outdoors. Reapply every four hours to keep ticks at bay, and examine the skin and hair when returning home to make sure no ticks are on the body.



Ideal to help with those crusty feet!! Get it right ladies!! Summer is approaching..

Listerine: the BEST way to get your feet ready for summer. Sounds crazy but it works! Mix 1/4c Listerine (any kind but I like the blue), 1/4c vinegar and 1/2c of warm water. Soak feet for 10 minutes and when you take them out the dead skin will practically wipe off!

FRESHEN UP YOUR HOME!

MAKE YOUR OWN HOMEMADE DEODORIZING DISKS



These would also work well behind a toilet, under a sink, or anywhere that could use a little freshening.

And...they are **SO SIMPLE** to make! You probably already have everything you need on hand right now. The **ONLY** difficult thing about this idea (at least for me!) was waiting for the disks to dry and harden.



DIY Deodorizing Disks

- 2 cups baking soda
- 1 – 2 cups distilled water (or you can boil your water for 10 minutes.)
- Lavender essential oil (or whatever oil you choose. Citrus would be good too!)
- [Silicone mold](#) or muffin pan

I decided to use [these cute flower-shaped silicone molds](#). I thought they were appropriate. [Flowers vs. Stink](#). :-)

This is a favourite ☐



Add a **3 to 4 drops of essential oil** to approximately 1/2 cup water. Pour the water/oil mixture into the baking soda and mix well. Continue to add water until you have a **THICK** paste. Divide the mixture into your molds or muffin tin cups.



Let dry **24 to 48 hours** until completely hardened. Mine took about 24 hours...but live in an **uber dry state!** So depending on where you live...it could take a little longer. I love the way they turned out. **Cute design** for a **practical purpose!** And they **smell SO good!**

This is a favourite ☐



According to [Jennifer](#) at Diapers, Dirt, etc...each disk should last about a month in a diaper pail. I'm guessing a month is also long enough to leave them in a smelly trashcan or compactor. Then when you are ready to replace it, take the OLD disk and crumble it into a load of laundry to help deodorize there as well. Now go forth and [make the world a better smelling place](#) to dwell!

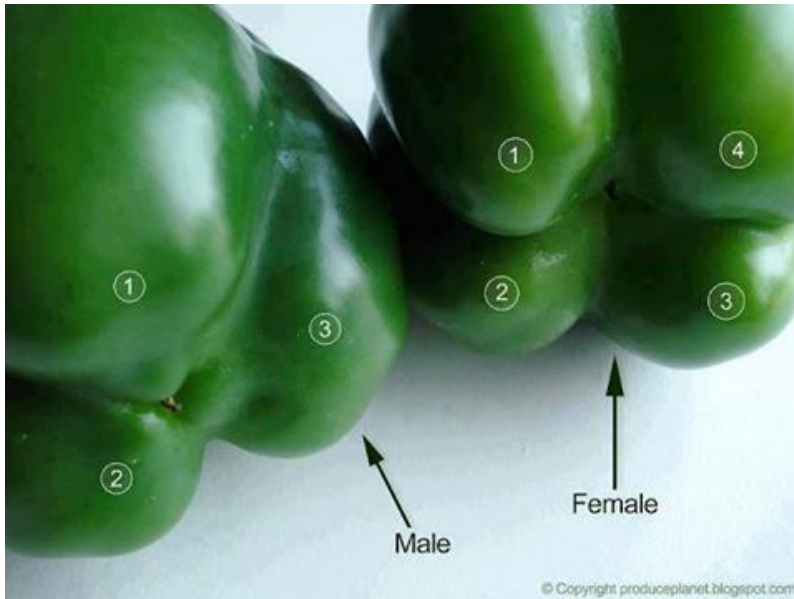


This is a favourite ☐



As a mother of a little girl and who has hardwood floors, this will come in VERY handy!!!
Please share to keep!

Did you know that pouring Sugar on a dropped bottle of nail polish, will make it clump and you can sweep it right up?



Who knew?!? Not me!!!

Flip the bell peppers over to check their gender. The ones with four bumps are female and those with three bumps are male. The female peppers are full of seeds, but sweeter and better for eating raw and the males are better for cooking.



MAGIC! Easy way to remove stains, even old ones.

Instructions

- 1 Combine equal parts ammonia and water, or use Windex. If you use Windex, use clear or yellow solution. The blue solution should not stain the carpet, but watch it carefully.
- 2 Heat up an iron to the highest cotton setting.
- 3 Soak the stain with the solution of your choice. If the stain is large, work in small sections.
- 4 Place a white towel on the section you're cleaning. Do not use a colored towel, or the color may transfer to the carpet.
- 5 Iron over the towel in ten-second increments. It may take a few applications, but the spot will be soaked into the towel within minutes. If you don't see the desired effects after the first three applications of the iron, soak the spot and try again. If it isn't wet enough, the solution will not come up. A sizzling noise is completely normal when the spot is saturated.

Tips & Warnings

Do not sit the iron down without moving it, or you will burn the carpet. Keep the iron moving, even if sticks some. As the liquid is absorbed into the towel, the iron will move more smoothly.





FINALLY...HERE IT IS!

How to clean your cookie sheets--Kitchen "Miracle" Cleaner! You put about 1/4 cup of baking soda in a small glass bowl and squirt in hydrogen peroxide until it makes a nice paste. Then you rub it on the offending dirt/stain/grease...whatever! You can usually just use your fingers...but you can also use a small sponge as well.



homemade finger paints

3 tbs sugar
1/2 tsp salt
1/2 cup corn starch
2 cups water

combine ingredients in
small saucepan. warm until
mixture thickens.
cool & pour in
containers. add food
coloring
to create
desired colors.
enjoy!

easie peasie

6



Homemade Weed Killer 1 gallon of white vinegar, 1/2 cup salt, Liquid dish soap (any brand), Empty spray bottle. Put salt in the empty spray bottle and fill it the rest of the way up with white vinegar. Add a squirt of liquid dish soap. This solution works best if you use it on a hot day. Spray it on the weeds in the morning, and as it heats up it will do its work.



Homemade Face Paint

1 tsp. corn starch
1/2 tsp. water
1/2 tsp. cold cream
food colouring

Mix all ingredients together in an old muffin pan and you are ready to paint. This amount makes one colour.



NEVER BUY JEWELLERY CLEANER AGAIN!

I GET ABOUT 100 MESSAGES A DAY REQUESTING THIS... SO HERE IT IS AGAIN!

remember to like & share to keep this on your timeline!

- 1 tablespoon salt
- 1 tablespoon baking soda
- 1 tablespoon dish detergent
- 1 cup water
- 1 piece aluminum foil

Directions:

1. Heat water in the microwave for 1 or 2 minutes.
2. Cut a piece of aluminum foil that roughly covers the bottom of a small bowl (like a cereal bowl).
3. Pour hot water into bowl. Place salt, soda, and dishwashing liquid into bowl. Place jewelry on top of foil and let it sit for 5 to 10 minutes. Rinse jewelry in cool water and dry jewelry completely with soft cloth. Discard solution after use and make a new batch next time.
4. According to wire-sculpture.com, "this works well for gold-filled, brass, german (nickel) silver, and sterling silver. I have even cleaned jewelry with freshwater pearls, shell cameos and mother of pearl with no problem."



I have been asked to repost this again. Please, be sure to SHARE in order to SAVE to your timeline so you can return to it, when needed! :)

Naturally Repair Wood With Vinegar and Canola Oil. So, for a super cheap, use 3/4 cup of oil, add 1/4 cup vinegar. white or apple cider vinegar, mix it in a jar, then rub it into the wood. You don't need to wipe it off; the wood just soaks it in.



Share this on your wall so it's saved for future reference!

My pastor's house always had the clearest windows I had ever seen. One day, to learn his secret, I came over to help with some spring-cleaning chores. Being a do-it-yourself sort of fellow, he didn't use a single paper towel or commercial cleaning product to clean. Instead, he mixed 2 cups of hot water with 1/4 cup of vinegar and a tablespoon of cornstarch.

"The vinegar gets anything off the window," he beamed, proud of his homemade window cleaner. "But it's that little bit of cornstarch that really gives it the shine!"

After shaking the solution up in a spray bottle and spritzing the windows, we wiped them down with crumpled newspaper. Unlike paper or cloth towels, newspaper is absorbent without leaving lint behind. Those windows sparkled in spectacular fashion!

From that day on, I have used this method to clean the windows in my own home. It works like nothing else and keeps my windows shined to perfection.

Here's what I do.

I mix the 2 cups of hot water in a pitcher with the corn starch first, and then I add the vinegar last. Then I pour it in the spray bottle and shake it up. And seriously, the newspaper trick really does work! Streak free every time
If you don't have a old news paper try a coffee filter...



Share this to save to your wall.... you will be glad you did someday....
Cucumbers are cooler than you think...

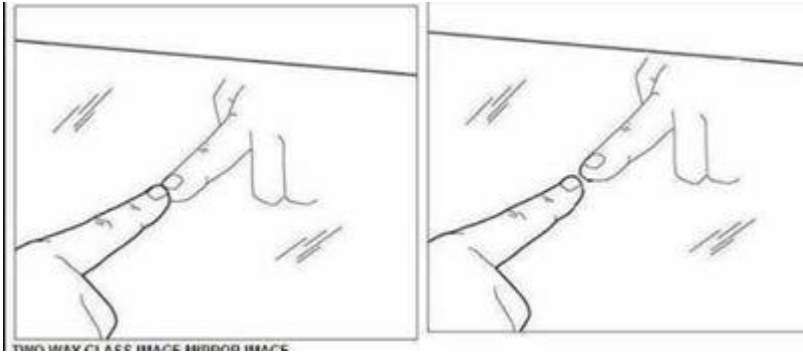
1. Fat busting: Do you ever wonder why women put cucumbers on their eyes to relieve puffiness? The photochemical in cucumbers makes the collagen in your skin tighten, thus the lack of puffiness. Did you know that you can rub a cucumber on a problematic spot of cellulite anywhere on your body to lessen the visibility of it? Did you also know that it has the same effect on wrinkles? Wow, it makes purchasing those fifty dollar creams seem a little silly, doesn't it? You can also rub a little bit under your kiddo's eyes after a long bout of crying to avoid that puffy 'I cried for an hour straight' look.

2. Defogger: Do you get annoyed when you get out of the shower and you have to fight the fog on the mirror? Who has time for that when the kids will be awake at any moment? Try rubbing a slice of cucumber on the mirror before you hop in and not only will you get a fog-free mirror, but you'll have a nice smell that will boost your mood.

3. Headaches: If you suffer from headaches from chasing your babies all day, or had a little too much wine with dinner and want to avoid a hangover, eat half of a cucumber before bed. Cucumbers are high in B vitamins, sugar, and electrolytes, and they replenish the nutrients missing in your body to help you avoid a hang over or to beat that headache that's been threatening to take over.

4. WD-40 replacement: Did you know you can get rid of a squeak by rubbing a cucumber on the hinge? Wow, now you don't have to tear your garage apart looking for that little can with the red straw, and the baby won't wake up when you slowly open the nursery door to check on him.

5. Crayon on the walls: Take an unpeeled cucumber and rub the crayon off of the walls in the event that your kiddo left you some art. You can also use this technique to erase a pen mistake.
6. Halitosis killer: Take a slice of cucumber and put it on the roof of your mouth. Hold it there with your tongue for 30 seconds. The photochemical that you love for cellulite and puff reduction will also kill the bacteria that is causing your bad breath.
7. Tarnish remover: If you're finding tarnish on your stainless steel kitchen faucets and appliances? Rub it off with a cucumber slice. Not only will it remove years of tarnish, it will leave it streak free and your hands will thank you, and your kids won't be put at risk from a dangerous chemical.
8. Energy booster: If you're feeling tired in the afternoon, don't give Starbucks your five bucks. Instead, grab a cucumber. There are just enough carbohydrates and B vitamins to give you a longer-lasting and healthier boost of energy than soda, coffee, or those health hazard energy drinks.
9. Munchy madness: Did you know that European trappers ate cucumbers for energy and to keep from starving to death? If those big burly manly men can eat a cucumber to keep from starving, you can eat one as a healthy choice when the munchies hit. Slice some up and take them in a small plastic container to the movies if your theater doesn't offer healthy alternatives to munching on butter soaked popcorn.
10. Frugal facial: Slice up a cucumber and boil it in a pot of water. The chemicals inside of the cucumber will mix with the steam. Remove the pot from heat and lean over it, letting the steam hit you. Your skin will be more radiant and healthy, and you will feel relaxed and rejuvenated.
11. Shoe polish: Cut a slice off of your cucumber and rub it on your shoe. It will not only shine it up, but it will repel water.
12. Pest control: Put three or four slices of cucumber in a small pie tin and place them in your garden. The chemicals in the cucumber have a reaction that pests hate. You won't smell it, but it will drive them from your garden all year long. Replace them periodically.
13. Sunburn: Sometimes sun block doesn't always protect your little ones from sunburn. If you have burnt little kiddos you don't have any aloe, rub some cucumber on them. Many doctors even use cucumber to treat patients with irritated skin and sunburns.
14. Blood pressure: Cucumber has been long used to treat high blood pressure. If you have it, add cucumbers to your daily diet. There is also ongoing research into the use of cucumbers for lowering cholesterol.
15. Constipation remedy: The seeds of a cucumber are a diuretic. If you're constipated, try eating a cucumber. If you suffer from chronic constipation, add cucumber to your daily diet."



SHARE THIS LADIES!!!!

I didn't know this, but i sure will remember it now

How can you tell when you are in a room, restroom, motel etc. with a mirror or a 2-way glass?

Here's how: I thought it was quite interesting! And I know in about 30 seconds you're going to do what I did and find the nearest mirror.

Do you know how to determine if a mirror is 2-way or not? A policewoman who travels all over the US and gives seminars and techniques for businesswomen passed this on.

When we visit toilets, bathrooms, hotel rooms, changing rooms, etc., how many of you know for sure that the seemingly ordinary mirror hanging on the wall is a real mirror, or actually a 2-way mirror (i.e., they can see you, but you can't see them)? There have been many cases of people installing 2-way mirrors in female changing rooms . It is very difficult to positively identify the surface by looking at it.

So, how do we determine with any amount of certainty what type of mirror we are looking at?

TWO WAY GLASS IMAGE MIRROR IMAGE

Just conduct this simple test: Place the tip of your fingernail against the reflective surface and if there is a GAP between your fingernail and the image of the nail, then it is GENUINE mirror. However, if your fingernail DIRECTLY TOUCHES the image of your nail, then BEWARE! IT IS A 2-WAY MIRROR!

"No Space, Leave the Place" So remember, every time you see a mirror, do the "fingernail test." It doesn't cost you anything.

REMEMBER. No Space, Leave the Place:



GET RID OF DRY CRACKED SKIN!!!!!!!!!!

First get a bucket of warm water, not to hot, with a cup full of Epsom salt. Allow salt to dissolve before placing your feet inside. Once the salt has dissolved, place your feet inside of the water, allow to soak for up to 30 minutes. 2 Remove feet from water after 30 minutes. Scrub gently with toothbrush to remove all loose, dry skin. This only takes a small amount of time. The skin should be very easy to remove. Rinse feet with water and pat dry with towel, need for summer!



MOSQUITO REPELLENT

For those of you with Mosquito invasions. Here's an easy & pleasant repellent recipe you can make at home:

Combine in a 16 oz bottle:

15 drops lavender oil

3-4 Tbsp of vanilla extract

1/4 Cup lemon juice.

Fill bottle with water.

Shake and ready to use.

Make some extra to gift to your neighbors, family & friends. Trust me.. it'll be appreciated!



THIS IS VERY INTERESTING THOUGHT I WOULD SHARE IT.
Good thing to know!

Mayo Clinic

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

Heart Attack and Water - I never knew all of this ! Interesting...

Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor -

Gravity holds water in the lower part of your body when you are upright (legs swell).

When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Subject: FW: FW: Mayo clinic aspirin Good information.

Subject: Mayo Clinic on Aspirin - PASS IT ON

Mayo Clinic Aspirin Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of

Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.
2. FYI, Aspirin lasts a really long time in your medicine chest for years, (when it gets old, it smells like vinegar).

Please read on.

Something that we can do to help ourselves - nice to know.
Bayer is making crystal aspirin to dissolve instantly on the tongue.
They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks -

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up.
However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by.
- Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival andDO NOT LIE DOWN!



It is getting to be that season again =(FLEA REMEDY

1 cup liquid dish soap (I used Dawn for sensitive skin)

1 cup white vinegar

1 quart warm water

Directions:

1. Mix the three ingredients in a large bowl and then transfer to a leftover squeeze bottle (like an old shampoo bottle). Give it a little shake to make sure it is mixed.
2. Apply to your animal just as you would normal shampoo. It is best if you can massage it into the fur and let sit for 5 minutes.
3. Rinse your animal thoroughly with warm water. Towel dry.

Use Borax throughout the house, sprinkle it on the carpets and let sit for a few hours, then vacuum. This should kill all the fleas and ticks in your home and on your pets.



.. #HOW TO MAKE YOUR TEETH 'SNOW WHITE'

-Put a tiny bit of toothpaste into a small cup,
mix in one teaspoon baking soda plus one
teaspoon of hydrogen peroxide, and half a
teaspoon water.

Thoroughly mix then brush your teeth for two minutes. Remember to do it once a week until you have reached the results you want. Once your teeth are good and white, limit yourself to using the whitening treatment once every month or two.



HOME MADE MOSQUITO REPELLENT (ALSO FOR ANTS & FLEAS) (And free from chemicals that poison the body)

Ingredients:

1/2 litre of alcohol
100 gram of whole cloves
100 ml of baby oil or similar (almond, sesame, chamomile, lavender, fennel etc)

Preparation:

Leave cloves to marinate in alcohol four days
Stir every morning and evening
After 4 days add the oil
It's now ready to use.

How to use:

Gently rub a few drops into the skin of the arms and legs.
Observe the mosquitoes fleeing the room.
Repels fleas on pets too.



I must share this clever how-to. So clever.



How To Make Fairies In A Jar

This is something everyone will love! Just imagine the look on your child's face when they see this.

FAIRIES IN A JAR DIRECTIONS:

1. Cut a glow stick and shake the contents into a jar.
2. Add diamond glitter
3. Seal the top
4. Shake hard

This is something they will never forget so it's worth a little work on this one.



GREAT IDEA!! FOR BACKYARD FUN, NO BUGS!!

There was some discussion a while back on getting rid of mosquitos. While there's lots of products out there, here's one way to do it, have a stylish yard and keep the costs down too.

All you need is a package of Mason jars, some cotton string and some liquid citronella (find it in big jugs at any home-improvement store and even some grocery stores). Use a hammer and nail to poke a hole in the top of the lid, then pour in the citronella, put the top on and drop in the wick. Allow the string about 10 minutes to soak up some oil, then place them around your backyard and light them!



This will be good to know!
Anyone else having issues with Gnats this year? Here is a great way to get rid of them.

I know this is going to come in handy because these
GNATS-GNATS-GNATS are EVERYWHERE!!!

Feel free to *SHARE* so it will be *SAVED* to your Timeline♥

Natural Gnat Killer

What you will need:

1 small jar or bowl

1/3 cup apple cider vinegar

2 tbs water

1 drop of mild liquid dish washing detergent such as Dawn.

Instructions:

Pour apple cider vinegar into the jar/bowl. Add water then add just one drop of mild liquid dish detergent. Set the mixture in the area where gnats are a problem. The gnats are naturally attracted to the vinegar and the drop of soap kills them.



Real interesting! Something I did not know, could come in handy..

I wish when my nephew was badly burned someone had known this.

A young man sprinkling his lawn and bushes with pesticides wanted to check the contents of the barrel to see how much pesticide remained in it. He raised the cover and lit his lighter; the vapors ignited and engulfed him. He jumped from his truck, screaming.

His neighbor came out of her house with a dozen eggs and a bowl yelling: "bring me some more eggs!"

She broke them, separating the whites from the yolks.
The neighbor woman helped her to apply the whites onto the young man's face.

When the ambulance arrived and the EMTs saw the young man, they asked who had done this. Everyone pointed to the lady in charge.

They congratulated her and said: "You have saved his face."

By the end of the summer, the young man brought the lady a bouquet of roses to thank her. His face was like a baby's skin.

A Healing Miracle for Burns:

Keep in mind this treatment of burns is being included in teaching beginner fireman. First Aid consists of first spraying cold water on the affected area until the heat is reduced which stops the continued burning of all layers of the skin. Then, spread the egg whites onto the affected area.

One woman burned a large part of her hand with boiling water. In spite of the pain, she ran cold faucet water on her hand, separated 2 egg whites from the yolks, beat them slightly and dipped her hand in the solution. The whites then dried and formed a protective layer.

She later learned that the egg white is a natural collagen and continued during at least one hour to apply layer upon layer of beaten egg white. By afternoon she no longer felt any pain and the next day there was hardly a trace of the burn. 10 days later, no trace was left at all and her skin had regained its normal color. The burned area was totally regenerated thanks to the collagen in the egg whites, a placenta full of vitamins.



Fill the washer with HOT water. Add 1 quart of chlorine bleach - no detergent – and let the machine agitate for a minute, then let it sit for one hour. After one hour, allow the washer to run through its longest wash and spin cycle. Immediately fill the washer with HOT water again and add 1 quart distilled white vinegar. Let agitate for a minute, and again, let it sit for one hour.

Using the bleach and vinegar will clean away bacteria, soap scum and mineral deposits from the wash basket and hoses. This is especially important if you live in a hard water area and should be done every three months. Every washer should be cleaned at least twice per year. While it is soaking, dip a scrubber sponge in the vinegar water and detail all the nooks and crannies of your washer, including the knobs, the lid and the exterior. After an hour, run the longest wash and spin cycle again.



FORMULA:

1 GALLON VINEGAR

2 CUPS EPSOM SALT

1/4 CUP DISH SOAP

* I ALWAYS USE DAWN, THE BLUE ORIGINAL

* YOU CAN ALSO PUT IT IN YOUR ROUND-UP SPRAYER. IT WORKED FINE IN MINE.

*PUT PACKING TAPE OVER THE RECIPE ON THE SPRAYER SO IT DOESN'T GET MESSED UP!

* IT WILL KILL ANYTHING YOU SPRAY IT ON.

I HAVE BEEN USING THIS FORMULA FOR A WEEK NOW, AND I CAN HONESTLY TELL YOU... I WILL NEVER BUY ROUND-UP AGAIN. LIKE I TOLD YOU IN AN EARLIER POST, THIS STUFF WORKS. PERIOD.

JUST MIX AND SPRAY IN THE MORNING, AFTER THE DEW HAS EVAPORATED. WALK AWAY. GO BACK AFTER DINNER AND LOOK AT THE WEEDS. DEAD. PERIOD.

THIS IS SO MUCH CHEAPER THAN ANYTHING YOU CAN BUY ANYWHERE. PERIOD.

AND WITH ALL THE RAIN THAT WE'VE HAD LATELY, THE WEEDS ARE ALIVE AND THRIVING! (OR TRYING TO!)

SO TRY THIS YOURSELF... AND LET ME KNOW WHAT YOU THINK OF IT. I'M CONVINCED YOU'LL LOVE IT!

knew there was a reason i hate coke and pepsi and cola in general.



I DID NOT KNOW THIS!

Water or Coke? We all know that water is important but I've never seen it written like this before. and REMEMBER if you "SHARE" this post it will SAVE on your personal page so you can refer to it later.

WATER

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 30%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

And now for the properties of COKE

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumpled-up piece of aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

IMPORTANT INFO

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for Highly corrosive materials.
3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would you like a glass of water or coke?



Got some nasty black mold around your window sills that soap and water won't cut? Try this!

1 cup dist...

This is a favourite ☐



This is crazy. Mix 1/4 cup Listerine (any kind but I like the blue), 1/4 cup vinegar and 1/2 cup of warm water. Soak feet for 10 minutes and when you take them out the dead skin will practically wipe off.



All Natural Snake Repellent

Be sure to clear your land of excess debris and to plug or block any and all openings around the base of your home. Also, cover any openings that may remain or be necessary with mesh netting or wire mesh to keep out both snakes and their common prey, mice.

Ingredients

Clove oil

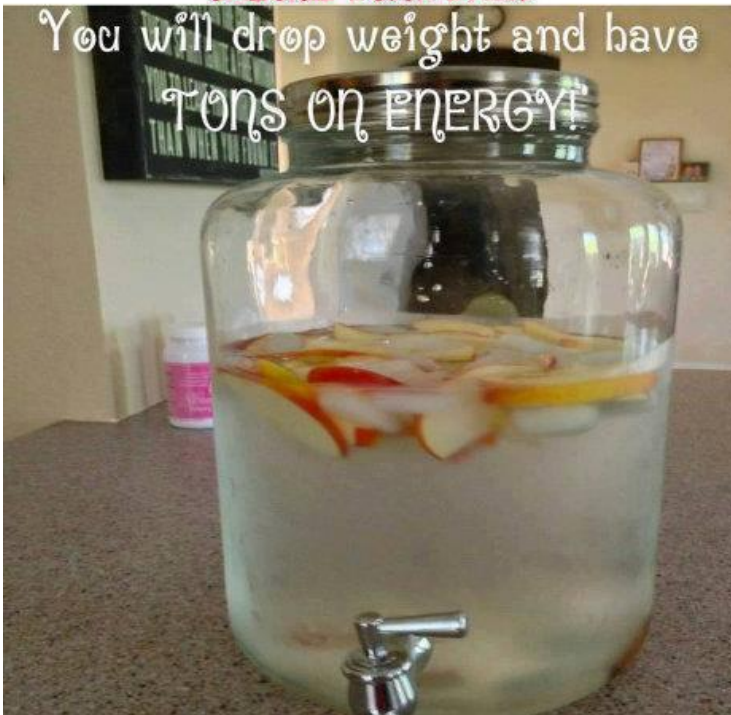
Cinnamon oil

Simply mix a 50:50 mixture of clove and cinnamon oils and spray them around the foundation of your home, dog houses, walkways, garages, doors or anywhere you want to keep snakes away from.

This is a favourite

APPLE CINNAMON WATER

Boost your metabolism naturally with this ZERO CALORIE Detox Drink.



*** APPLE CINNAMON WATER ***

Boost your metabolism naturally with this ZERO CALORIE Detox Drink. Put down the diet sodas and crystal light and try this out for a week. You will drop weight and have TONS ON ENERGY! Sounds yummy!

Makes one big pitcher, re-fill water 3-4 times before replacing apples and cinnamon.

- 1 Apple thinly sliced (whatever your favorite is)
- 1 Cinnamon Stick

Drop apple slices in the bottom of the pitcher and then the cinnamon sticks, cover with ice about 1/2 way up then add water.



Skinny Body Fat Flush and Detox

- 1 cucumber
- 1 lemon
- 2 limes
- 1 bunch of mint

Slice them all and divide the ingredients between four 24 oz water bottles and fill them up with filtered water. Drink daily Not only does this taste delicious and help flush fat, but it also counts toward your daily water intake!

Lemons: Help in the absorption of sugars and calcium and cuts down your cravings for sweets.

Cucumbers act as a diuretic and flush fat cells. It is alkalizing to the body (if you have an alkaline body, no diseases can live there), and increase your energy levels.

Limes promote a healthy digestive tract.

Mint is a natural appetite suppressant that also aids in digestion.



Please share!

1 tsp epsom salt in 4 c warm water....spray on plant and then again 10 days later.

Produces more fruit due to boost of magnesium... especially for tomatoes, peppers and roses.



****Banish Back Pain Smoothie****

I hurt my back this week so I've been enjoying variations of this anti-inflammatory cocktail blended up in my #Froothie Optimum 9200 with pineapple, kiwi fruit, ginger and turmeric. It's tangy and it really works!

Ingredients:

- 1 cup brewed green tea, chilled (OR water kefir OR water)
- 1 cup chopped pineapple
- Flesh of 1 kiwi fruit
- 1/2 medium banana
- 2cm piece of ginger, peeled
- 2cm piece of turmeric, peeled
- 1 tsp ground cinnamon
- 1 tsp magnesium powder

Blend all ingredients until smooth. Serves 1.

This is a favourite



CLEAN YOUR MATTRESS

Even if you change your sheets and pillowcases weekly, chances are you haven't thought about how to clean a mattress lately. Dust and dust mites accumulate in our bedding very quickly and can cause anywhere from mild to severe allergic reactions. Getting rid of dust mites is an ongoing battle and one effective way to fight them is to keep your mattress and bedding clean. Below are simple steps to help you clean your mattress on a regular basis

What a great, inexpensive way to clean your mattress! Be sure and share the post so you can save it to your timeline!

CLEAN YOUR MATTRESS:

Pour about 1 cup of baking soda into a Mason jar & drop in 4 drops of lavender essential oil. Put on lid & shake jar. Using a kitchen strainer, sprinkle the baking soda mixture all over the mattress & let it sit for an hour or more. Thoroughly vacuum the mattress. Bye, bye dust mites, & other nasty things. The baking soda helps draw up any moisture & deep dirtiness. It deodorizes & leaves the mattress smelling fresh & clean.



Body Flush and Detox

- 1 cucumber
- 1 lemon
- 1 or 2 oranges
- 2 limes
- 1 bunch of mint

Slice them all and divide the ingredients between four 24 oz water bottles and fill them up with filtered water. Drink daily Not only does this taste delicious and help flush fat, but it also counts toward your daily water intake!

Lemons: Help in the absorption of sugars and calcium and cuts down your cravings for sweets.

Cucumbers act as a diuretic and flush fat cells. It is alkalizing to the body (if you have an alkaline body, no diseases can live there), and increase your energy levels.

Limes promote a healthy digestive tract.

Mint is a natural appetite suppressant that also aids in digestion.



Who knew.... How Cool Is This???

Make the shape with bottle, ball and wire. Drape over cheesecloth and spray with starch. Once dry remove supports. So clever... Great project for entire family.



*** HOW TO CLEAN YOUR DISHWASHER ***

♥♥♥DON'T LOSE THIS! Tag yourself or "Share" so it is on your timeline for when you want to make it.♥♥

...

* Place a dishwasher-safe cup filled with plain white vinegar on the top rack of the dishwasher. Using the hottest water available, run the dishwasher through a cycle – except for the cup of vinegar, the dishwasher needs to be empty. The vinegar will help to wash away the loose, greasy grime, sanitizes, and helps remove the musty odor.

* After using the vinegar to sanitize the inside of the dishwasher, sprinkle a cupful of baking soda around the bottom of the tub and run it through a short but complete cycle using the hottest water. The baking soda will help freshen the smell of the dishwasher as well as brighten up the look of the inside of your appliance by removing stains.

* Now that the dishwasher is clean and running right.....here are a few IMPORTANT tips to KEEP it that way....until the next cleaning. (A routine dishwasher cleaning is a good habit to get into. And you have to admit...now that you know how it's done...it's not that hard.)

*Run the garbage disposal (if you have one) before starting the dishwasher. The dishwasher drains into the same pipe as your sink, so that drain must be clear.

*Run a bit of hot water in your sink before running the dishwasher. You will get cleaner dishes if the water starts hot. You can collect the water you run and use it for watering plants or other purposes. Run the water until what comes out of the tap feels hot.

*Make sure your water starts hot enough. Set the thermostat on your water heater to 120F (50C). Water that is cooler than this won't do a good job cleaning. Water that is hotter could scald.

*Run full loads to conserve water and energy, but don't pack dishes too tightly. Dishwashers wash dishes by spraying water over them, so the water needs to be able to get to the dishes to clean them.

*If you are inclined to pre-wash your dishes before you put them in the dishwasher, consider this. Dishwasher detergent NEEDS a certain amount of grease and dirt in order to do its job. Otherwise, it actually foams up during the cycle which is not good for your dishwasher.



My friend did this--- WOW-- it works!!!

Ant Killer

What's so cool about this is, it took them 2 minutes to find it and 5 minutes to fill up like the pic !
Wow

1 empty water bottle
(Cut it down to about 2" tall)
5 Tbsp of baking soda
5 Tbsp of sugar
3 Tbsp of water. (dry works buy I used real sugar.)

The very best way of eliminating ants is truly simple:

Take a small amount of powdered sugar (also called icing sugar) and mix it with an equal amount of baking soda (formally called sodium bicarbonate)

Powdered sugar is essential. You cannot use the larger grains of sugar for this..

Mix the two powders together and then place small amounts against the walls or other areas where you would not normally walk but where you would normally see the ants.

The ants will be attracted to the sugar and will eat some of it and collect more to take home to feed others, so all of them will get their share.

The sugar and baking soda powders are similar in size and, once mixed together, the ants cannot separate the two items, so, as they eat the sugar, they will also ingest the baking soda, which they would otherwise never touch. This is the reason for using powdered sugar.

Once the ants eat the baking soda it will react with the formic acid in their stomachs and cause gas. The bodies of ants are unlike humans and they cannot eliminate gas so it will build up inside them and cause them to literally explode.



♥ HOMEMADE GROUT CLEANER ♥

Super easy!!

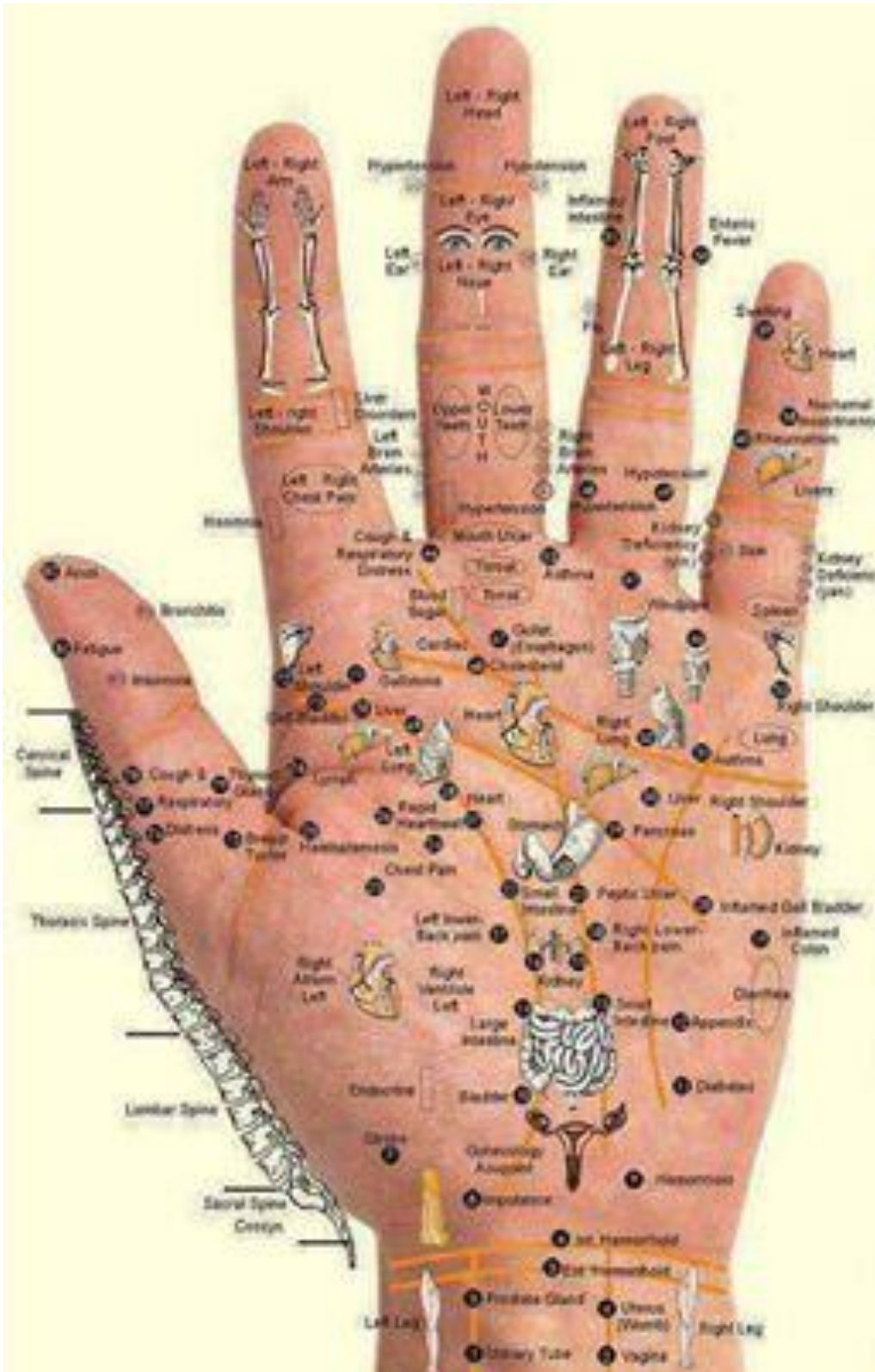
7 cups water

1/2 cup baking soda

1/3 cup lemon juice

1/4 cup vinegar

Throw in a spray bottle and spray your floor, let it sit for a minute or two... then scrub.



MUST SHARE THIS..... Great Reflexology Chart for Hand Points! Press with thumb for 5 seconds&release for 3 seconds, in the affected point. Repeat for 2-3 minutes for 5 to 10 days. u will get relief....don't forget to share...it costs nothing..it may be useful to some one



Squirmy Jelly Worms

Pack Straws into a cup and secure with a rubber band

Pour in Jelly carefully

Once Jelly is set rinse with some warm water to release the “Worms” from their straws!





If you ever wanted taco bowls, turn your muffin pan upside down, spray with cooking oil and bake tortillas for 10 minutes at 375F or 180C.

This is a favourite

Asparagus -- Who knew?

My Mom had been taking the full-stalk canned style asparagus, pureed it and took 4 tablespoons in the morning and 4 tablespoons later in the day. She did this for over a month. She is on chemo pills for Stage 3 lung cancer in the pleural area and her cancer cell count went from 386 down to 125 as of this past week. Her oncologist said she will not need to see him for 3 months.

THE ARTICLE:

Several years ago I met a man seeking asparagus for a friend who had cancer. He gave me a copy of an article, entitled "Asparagus For Cancer" printed in the Cancer News Journal, December 1979. I will share it here, just as it was shared with me: I am a biochemist, and have specialized in the relation of diet to health or over 50 years. Several years ago, I learned of the discovery of Richard R. Vensal, D.D.S. that asparagus might cure cancer. Since then, I have worked with him on his project. We have accumulated a number of favorable case histories. Here are a few examples:

Case No. 1, A man with an almost hopeless case of Hodgkin's disease (cancer of the lymph glands) who was completely incapacitated. Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.

Case No. 2, A successful businessman, 68 years old, suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he began taking asparagus. Within 3 months, examinations revealed that his bladder tumor had disappeared and that his kidneys were normal.

Case No. 3, On March 5th 1971, a man who had lung cancer was put on the operating table where they found

lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On April 5th he heard about the Asparagus therapy and immediately started taking it. By August, x-ray pictures revealed that all signs of the cancer had disappeared. He is now back at his regular business routine.

Case No. 4, A woman had been troubled for a number of years with skin cancer. She developed different skin cancers which were diagnosed by the acting specialist as advanced. Within 3 months after beginning asparagus therapy, the skin specialist said her skin looked fine with no more skin lesions. This woman reported that the asparagus therapy also cured her kidney disease, which had started in 1949. She had over 10 operations for kidney stones, and was receiving government disability payments for an inoperable, terminal, kidney condition. She attributes the cure of this kidney trouble entirely to the asparagus treatment.

I was not surprised at this result as 'The elements of materia medica', edited in 1854 by a Professor at the University of Pennsylvania, stated that asparagus was used as a popular remedy for kidney stones. He even referred to experiments, in 1739, on the power of asparagus in dissolving stones. Note the dates! We would have other case histories but the medical establishment has interfered with our obtaining some of the records. I am therefore appealing to readers to spread this good news and help us to gather a large number of case histories that will overwhelm the medical skeptics about this unbelievably simple and natural remedy.

For the treatment, asparagus should be cooked before using. Fresh or canned asparagus can be used. I have corresponded with the two leading caners of asparagus, Giant and Stokely, and I am satisfied that these brands contain no pesticides or preservatives. Place the cooked asparagus in a blender and liquefy to make a puree. Store in the refrigerator. Give the patient 4 full tablespoons twice daily, morning and evening. Patients usually show some improvement in 2-4 weeks. It can be diluted with water and used as a cold or hot drink. This suggested dosage is based on present experience, but certainly larger amounts can do no

harm and may be needed in some cases.

As a biochemist I am convinced of the old saying that 'what cures can prevent.' Based on this theory, my wife and I have been using asparagus puree as a beverage with our meals. We take 2 tablespoons diluted in water to suit our taste with breakfast and with dinner. I take mine hot and my wife prefers hers cold. For years we have made it a practice to have blood surveys taken as part of our regular checkups. The last blood survey, taken by a medical doctor who specializes in the nutritional approach to health, showed substantial improvements in all categories over the last one, and we can attribute these improvements to nothing but the asparagus drink. As a biochemist, I have made an extensive study of all aspects of cancer, and all of the proposed cures. As a result, I am convinced that asparagus fits in better with the latest theories about cancer.

Asparagus contains a good supply of protein called histones, which are believed to be active in controlling cell growth. For that reason, I believe asparagus can be said to contain a substance that I call cell growth normalizer. That accounts for its action on cancer and in acting as a general body tonic. In any event, regardless of theory, asparagus used as we suggest, is a harmless substance. The FDA cannot prevent you from using it and it may do you much good. It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the body's most potent anticarcinogens and antioxidants.

Just a side note... In case you are wondering why this has not been made public, **there is no profit in curing cancer!**

Please send this article to everyone in your Address Book.

The most unselfish act one can ever do is paying forward all the kindness one has received.

How to remove permanent marker from everything!



Clothes - hand sanitizer

Walls - toothpaste or hairspray

Wood - rubbing alcohol

Carpet - white vinegar

Dry Erase Board - dry erase marker

Furniture - Milk



NEVER ENDING DRYER SHEETS!!!

WHAT YOU NEED:

1 Container with an airtight lid (grabbed out of my pantry) 4 sponges cut in half (\$1.00 for a 4pk at the dollar store)

1 cup of your favorite fabric softener (\$0.30 worth of fabric softener)

2 cups water (free from my tap)

WHAT TO DO:

Mix the water and fabric softener into a plastic container. Add the cut sponges so they can soak in the mixture. When ready to use, squeeze the excess liquid from 1 sponge and place into the dryer with your wet clothes. Run the dryer cycle as normal. Once complete place the now dry sponge back into the container of liquid for use next time. Clothes smell good, are soft and have no static just like the expensive non-reusable dryer sheets.



NEWEST LUNCH OBSESSION!!!!!! Utterly brilliant, people. Not only does SALAD IN A JAR save space in your fridge, it also reduces food waste and gets non-salad eaters to mow down daily.

THE ARRANGEMENT:

From BOTTOM to TOP Dressing Shredded carrots Cherry tomatoes Sunflower seeds Hard boiled eggs Baby spinach

DIRECTIONS

- 1) Arrange ingredients in a large mason jar
- 2) Store in fridge for up to a week
- 3) When ready to eat: shake jar, place on a plate, and eat! You can make any arrangement you want... you can add red onion, cucumbers, radishes or peppers. Always remember to put the dressing at the bottom and the lettuce at the top—a MUST!!

This is a favourite







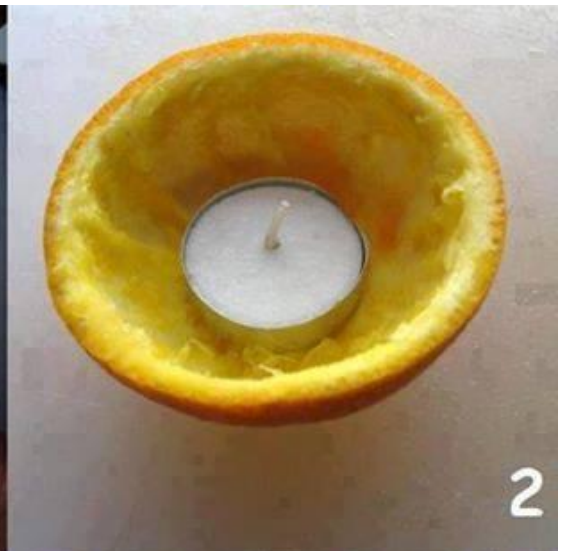
This is a favourite



This is a favourite



This is a favourite ☐



This is a favourite ☐



This is a favourite





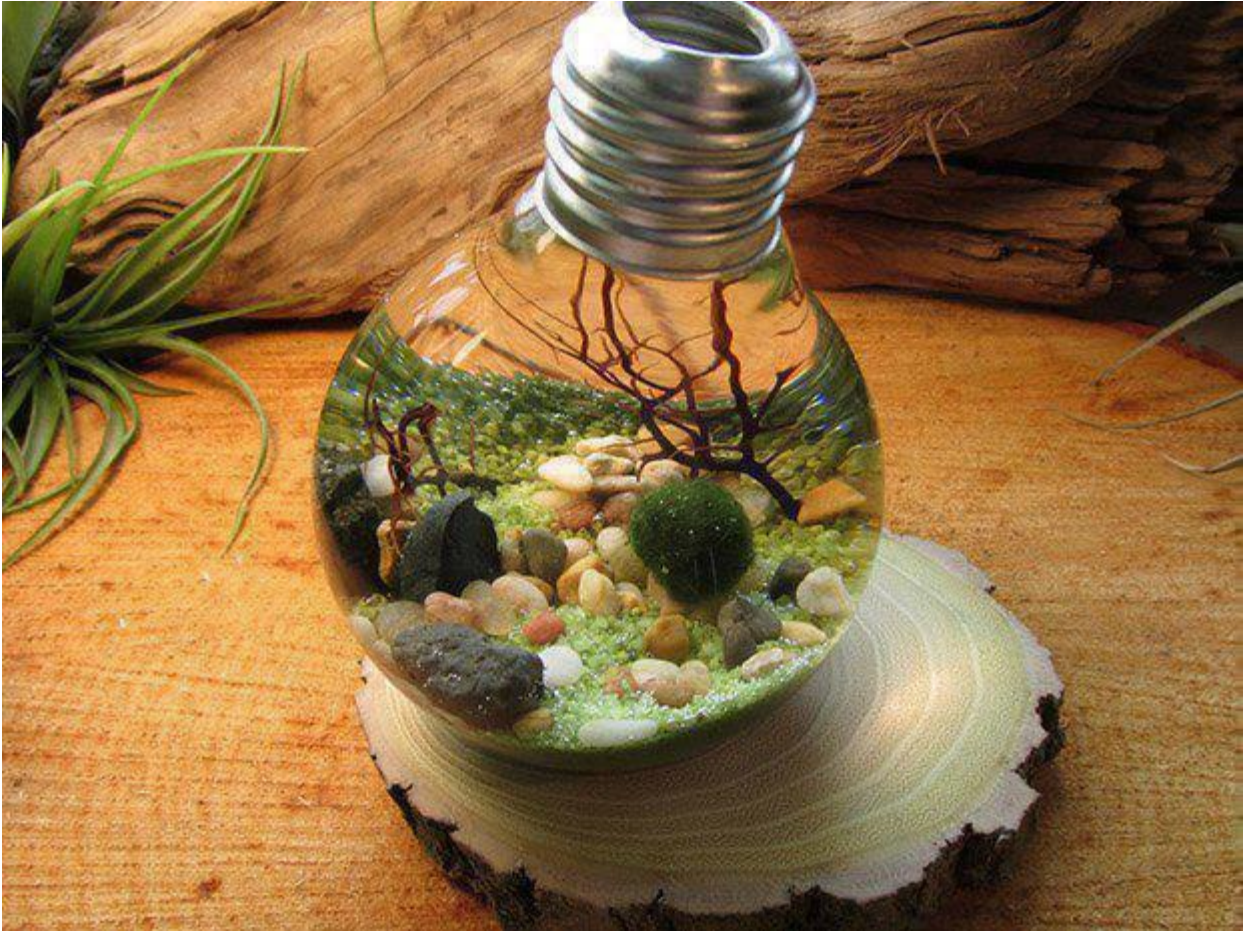
OUTDOOR TIC TAC TOE



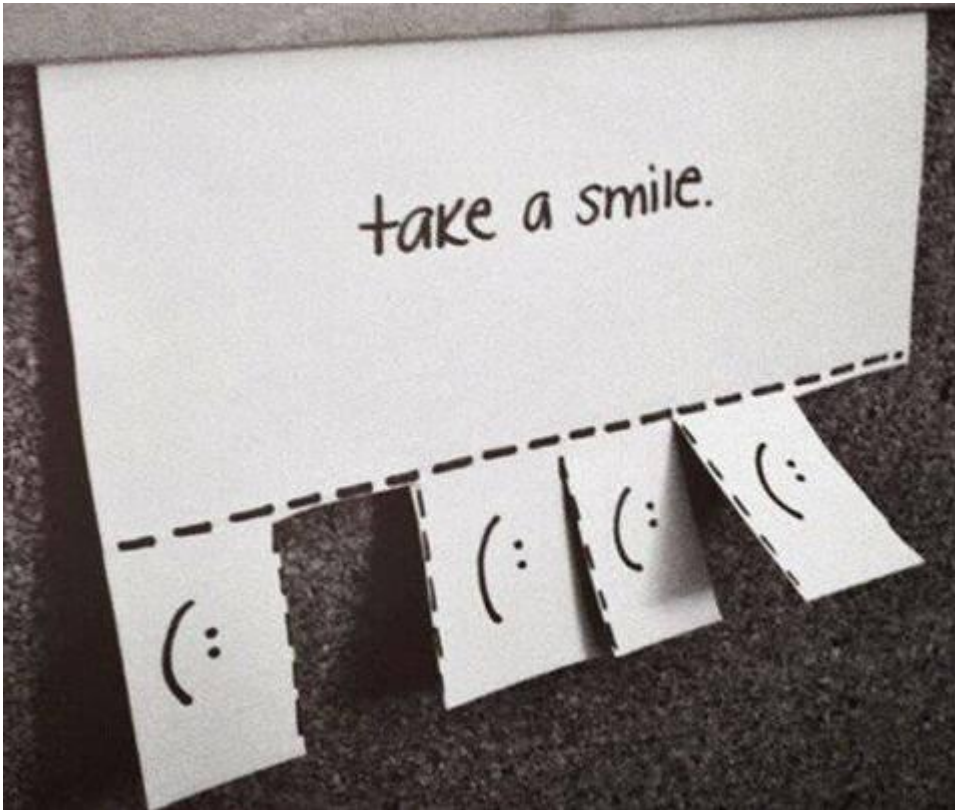


This is a favourite ☐






This is a favourite



Natural Cures Not Medicine

Want a natural spa treatment?



Once a week for 20 minutes, sit in a hot bath that contains a handful of Epsom or sea salts, 10 drops of lavender essential oil, and a half cup of baking soda. This combo draws out toxins, lowers stress-related hormones, and balances your pH levels.

Please don't forget to SHARE!



Dr. Oz's Swimsuit Slimdown Drink-

1 cup grapefruit or orange or pineapple juice,

2 tsp apple cider vinegar

1 tsp honey

Drink before each meal ... breaks down fat cells faster than anything else.



REMOVE URIC ACID CRYSTALIZATION IN JOINTS (LIKE GOUT)

Cucumber juice helps bring down body temperature, is highly alkalizing and effective for removing uric acid crystalization in joints, like in the case of GOUT. There may be a slight pain when drinking this juice - it is the stirring of the old toxins to be eliminated. The celery and ginger will help reduce inflammation during the cleansing. Perfect combo!

JUICE RECIPE: -

1 medium-sized cucumber –

2 ribs of celery –

A slice of lemon –

1-inch young ginger root

This is a favourite





Here is the bead one again for anyone who might have missed it~So simple! Layer cheap plastic beads in cake pans (no lining required), melt at 400 (200) for 20 minutes,let cool, & then just flip them out. Drill a hole in it to make it a suncatcher! Great "craft" for kids (choose the colors, arrange them in the pans) to make as gifts for grandparents or teachers. Oooh - could small ones be used as coasters? Look like glass but not breakable!



HERE'S A MAGICAL WAY TO CLEAN YOUR WINDOWS!!!

This is the best way EVER to clean your windows...

No drying is needed, and you won't have any spots or streaks on your window!

You can clean 2 big sliding glass doors and 8 large windows in minutes!!!

Here are the ingredients you need to use:

1/2 gallon warm water

1 Tablespoon of liquid "Jet Dry" (Finish Rinse Aid)

2-3 Tablespoons of liquid laundry detergent or dish washing soap

Mix all of the ingredients above.

Spray your windows down with your hose to get them wet then wipe or brush on the solution onto your windows, then immediately hose it off.

That's all there is to it and you're done.

The remaining water just sheets off and you don't need to dry it off!



I found this idea on Pinterest!

When you're freezing your ground meat put it in a Ziplock bag then gently score it with a chopstick ,pencil or another flat utensil.

You'll be able to break off pieces without defrosting the entire thing!

This is a favourite



My mom e-mailed this to me this morning. I love you, Mommy. For those days you just want to make one cookie..... 1 tbsp. butter, melted; 1 tbsp. white sugar and 1 tbsp. brown sugar; 3 drops of vanilla; pinch of salt; 1 egg yolk; 1/4 c. flour; 2 tbsp. chocolate chips - MICROWAVE 40-60 SEC IN A CUP OR BOWL. {single serving} deep dish chocolate chip cookie It's like a hug from home.



I know Easter is not for a while yet, but this is so clever!



I tell all my patients this at physical therapy! Homemade Ice packs: 1 part rubbing alcohol to 3 parts water, gets really cold, but never hardens so you can manipulate it. every athlete (or mom) should pin this!



1 tbsp of iodine 2% 1 cup of baby oil. Rub your hairy area with the mixture and let set for only 5 minutes. Then gently wipe away with a damp cloth. Viola!!!! NO MORE HAIR!

hmmm... let me try this one..

MOSQUITO BITE?

**WARM A SPOON UNDER HOT WATER
AND PLACE ON TOP OF THE BITE.**



**THE HEAT WILL DESTROY THE
PROTEIN THAT CAUSED THE REACTION
AND THE ITCHING WILL STOP.**

Notes