

NOVEMBER 18



DECEMBER 2



Chocolate Chip Oatmeal Quick Bread

1. In a large bowl, mix the contents of this bottle: 2 cups all-purpose flour, 1 cup rolled oats, 1/2 cup granulated sugar, 1/2 cup brown sugar, 2 teaspoons baking powder, 1 teaspoon baking soda, 1/2 teaspoon cinnamon, 1/2 teaspoon salt, 1/2 cup chopped walnuts, and 1/2 cup miniature chocolate chips.
2. In a small bowl, beat 1 1/2 cups buttermilk, 2 large eggs, and 1/4 cup melted butter.
3. Stir wet mixture into dry ingredients just until evenly moistened (batter will be lumpy).
4. Scrape into a buttered and floured 9x5-inch loaf pan (with a 9-cup capacity), and bake in a 350° oven until a wooden skewer inserted in the center comes out clean, about 50 minutes.

VANILLA CHAI TEA MIX

(SHOUT OUT TO SOJUSTINE ON YOUTUBE)

- 1 3/4 cups powdered milk
- 1/2-3/4 cup powdered sugar
- 1 1/2 cups white sugar
- 2 tsp vanilla powder
- 2 tsp cinnamon
- 1 tsp ginger
- 1 tsp allspice
- 1 tsp nutmeg
- 1 tsp ground cardamom
- 1 tsp cloves
- 1/4 tsp white pepper (optional)

Grind mix half of a cup at a time in a coffee grinder if available. Divide between two pint size mason jars. Mix 2-3 TBSP into 6-8 oz of hot water. Enjoy! :)

○
Exercise
BLOCK

1. Change into clothing and shoes appropriate for exercise
2. Place block in the middle of the floor
3. Walk clockwise around block 4-6 times
4. Drink plenty of water during routine
5. Now rest, you have just walked around the block 6 times

The Little
Fit Doll

I am here to help you,
So please don't despair.
When your temper's flaring,
Or when you need a breath of air,
When your blood pressure's rising,
And you're mad as you can get.
Go ahead... Just pick me up,
AND THROW A LITTLE FIT.

○
Camp Hair Dryer

1. Fill with hot air by blowing into the balloon
2. Point at hair
3. Repeat process until desired outcome is accomplished

○
spice
MUFFINS

1. Yellow cake mix
2. 4 bananas, mashed very fine
3. Mix dried cake mix with bananas
4. Bake at 350° for 12-15 mins in cupcake pans

Glam Glow
MUD MASK

- 1/4 cup bentonite clay
 - 2 tablespoons coconut oil (not the liquid kind)
 - 8 capsules of activated charcoal, open and pour in powder.
 - 1 tablespoon aloe vera jelly
 - 3 drops peppermint essential oil
 - 2 drops tea tree essential oil
- Mix with 4 oz of chamomile tea. Store in a small glass container.

Pumpkin Spice Pecan
Waffle Mix

- 6 cups flour
 - 3 tbs baking powder
 - 1 1/2 tsp salt
 - 2 tsp vanilla powder
 - 2 tsp pumpkin pie spice
 - 1/3 cup sugar
 - 1 1/2 cups chopped pecans
- Mix and divide between two Gallon Sized Freezer bags or two wide mouth quart sized mason jars. Add 1 egg, 1 cup of milk and 1/4 cup oil. Stir until just moistened. Bake in Waffle Iron or spoon onto hot griddle for fresh pancakes. Enjoy!

○
Pumpkin
MUFFINS

1. Yellow cake mix
2. Small can of pumpkin
3. Mix dry cake mix with pumpkin
4. Bake at 350 for 15 mins in cupcake pans

SUGAR SCRUB

(SHOUT OUT TO DEBBIE FOR ONELITTLEPROJECT ON YOUTUBE.
SHE WRITES BOOKS FOR CRAFTS FOR CHILDREN)

1 cup granulated sugar

4 tablespoons organic coconut oil

10 to 15 drops essential oil
(lemon and/or lavender)

5 drops liquid food coloring
(purple and/or yellow)

Scoop 4 tablespoons of coconut oil into a microwave safe bowl and microwave it on high until it's completely melted (about 25 seconds).

Pour the melted coconut oil into the sugar and mix well to combine. If it's too wet, add small amounts of sugar and mix until you get a consistency you like.

Add food coloring and mix well until the color is consistent.

Add drops of essential oils and mix until well combined.

Scoop it into a small glass mason jar and cover with a tight fitting lid.

Jar Of Nothing

DID YOU SAY NOTHING?

When you said you were asked what you wanted for your Birthday, Wedding Anniversary, Graduation Christmas,

Don't you remember saying NOTHING?

Well this time someone heard you.

I searched high and low and found this perfect gift.

FREE TICKET

Good for:
ONE FREE TICKET
IT'S NOT GOOD FOR ANYTHING...
IT'S JUST FREE.