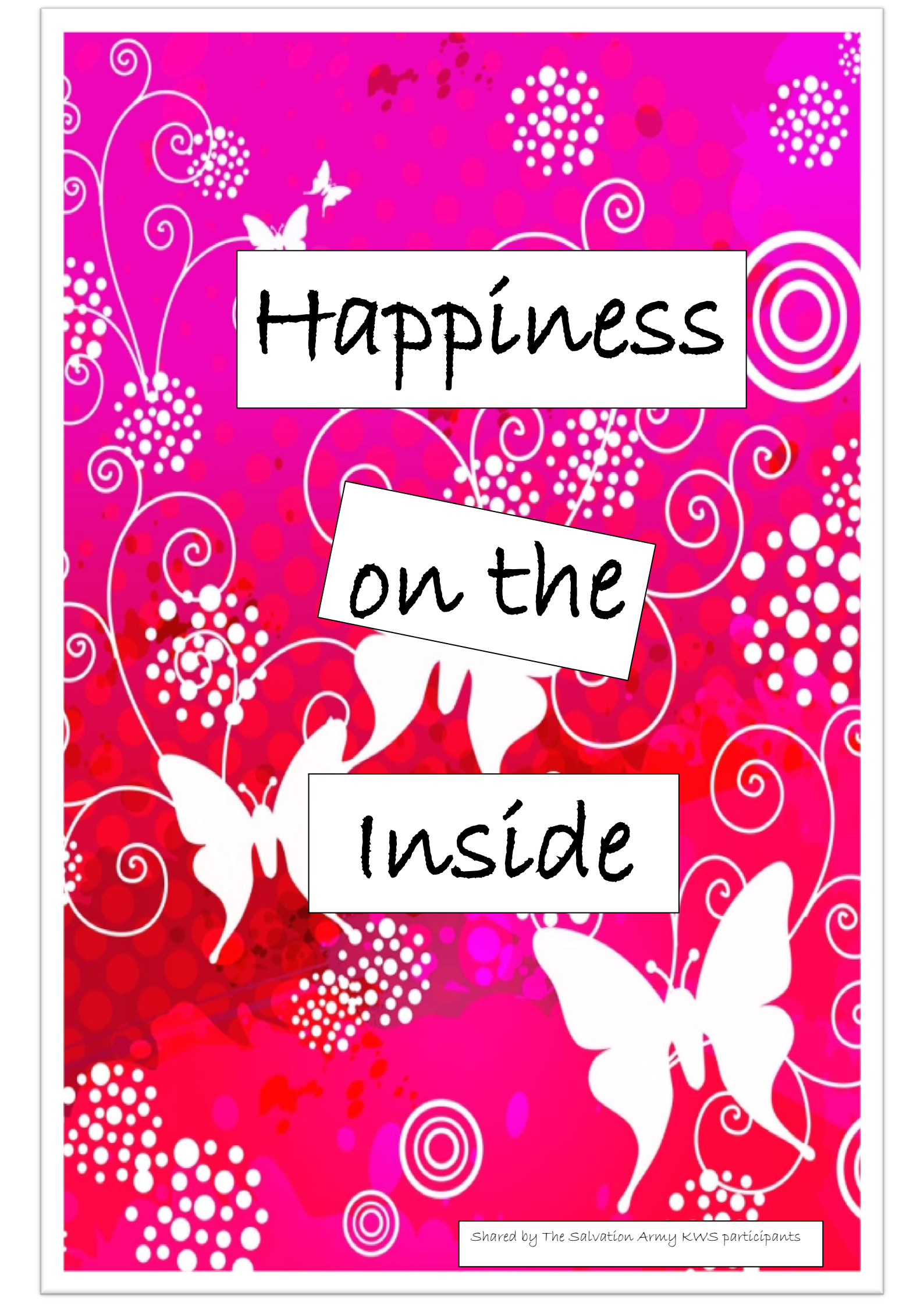




Happiness

on the

Inside

STOP THE VIOLENCE AGAINST WOMEN

To highlight 2012 Month of Action Against Family Violence the staff and clients of Kardinia Women's Service have compiled "Happiness on the Inside." This is a cookbook with a difference that has recipes, pictures drawn from children and quirky quotes and sayings guaranteed to put a smile on your dial.

This cookbook was possible due to the response from women who have experienced Family Violence during their lifetime. It's packed with favourite recipes and memories which have helped when times are tough. We hope that you will treasure this book and say **NO TO FAMILY VIOLENCE.**

What is family violence?

Family Violence is harmful behaviour that occurs when someone threatens or controls a family member through fear. It can include physical harm, sexual assault, emotional and economic abuse and may involve any or all of the following:

Unreasonably controlling a person by withholding money for reasonable living expenses where a person is dependent on them for financial support.

Threatening to harm another family member or pet in order to intimidate

Racial taunts that inflict emotional harm

Preventing contact with other family members or friends in order to torment the person.

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Bacon and Herb Muffins

Ingredients:

6 rashers of bacon
3 cups SR flour
60g butter
1 tbs fresh chopped basil
2 tbs fresh chopped chives
2 tbs fresh chopped oregano
 $\frac{3}{4}$ cup grated parmesan cheese
2 eggs lightly beaten
1 cup milk

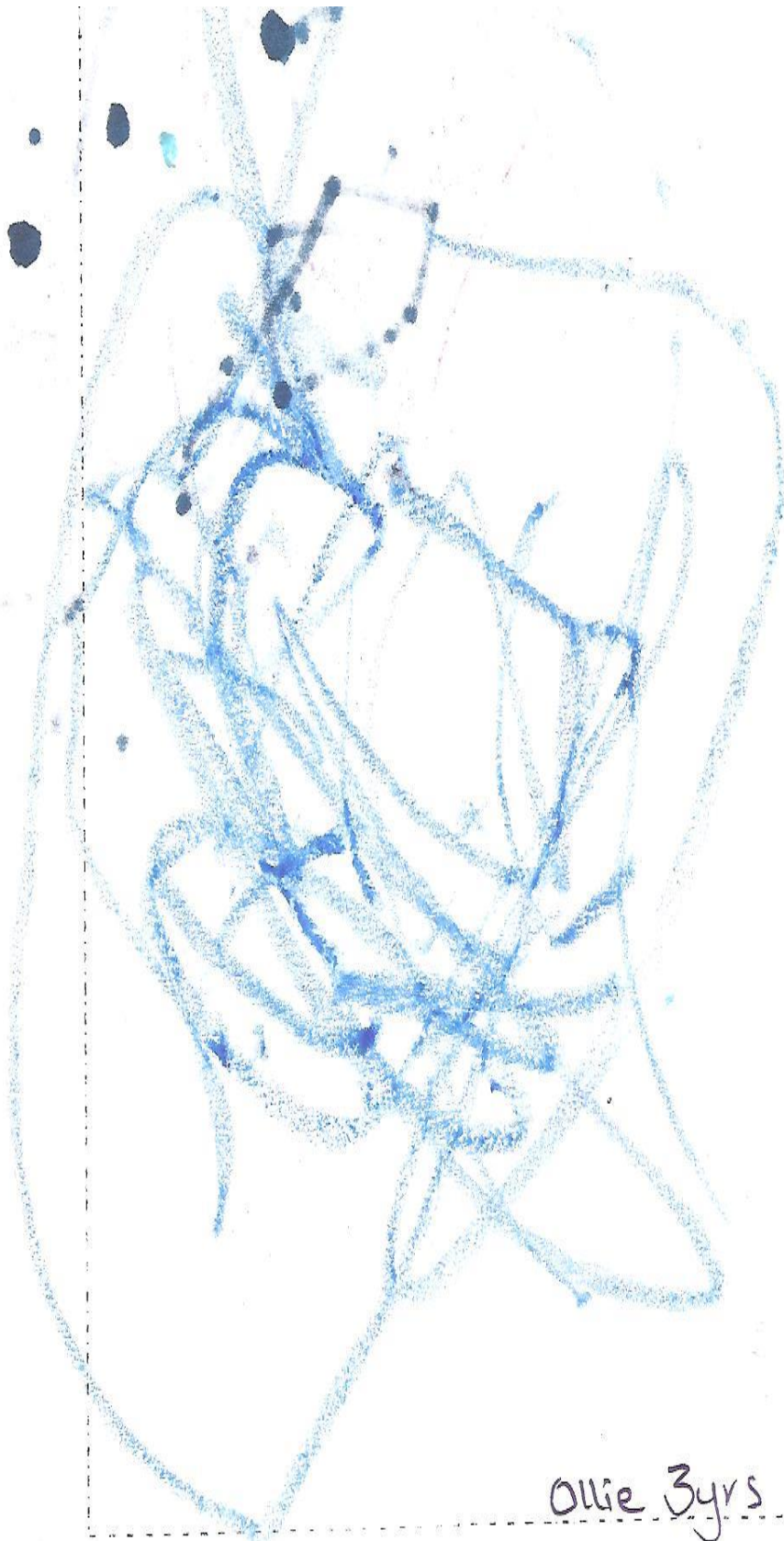
Method:

Chop bacon, fry and drain. Sift flour, rub in butter, then add bacon, cheese and herbs. Add egg and milk combination and mix roughly.

Put mixture into greased muffin tin and bake in hot oven for 20 minutes.

Makes 12.





Ollie 3yrs

Philly Wrapped in Crispy Prosciutto

Serves 8

Ingredients:

250g block Philly cheese

4 slices prosciutto

4 sage leaves

Method:

Lay prosciutto slices onto a board slightly overlapping on the long side.

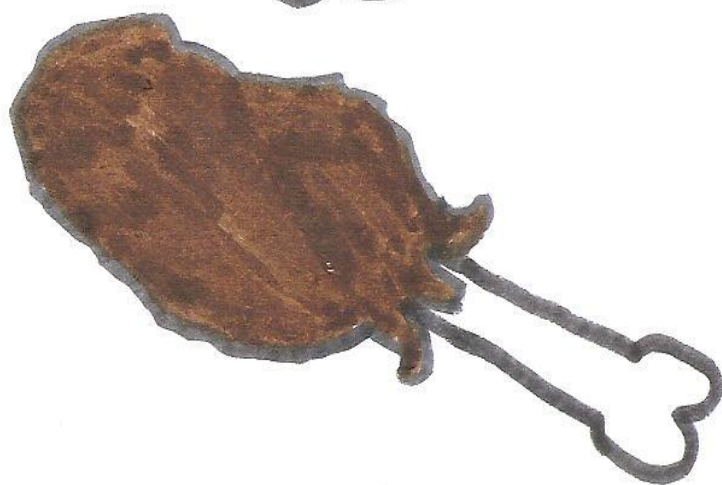
Place sage leaves along the centre of the prosciutto and top with the Philly block.

Enclose in the prosciutto and turn up the other way.

Place the Philly block on a lined oven tray and bake at 200 degrees for 10-12 minutes, until prosciutto is crispy.

Serve on a platter with crispy bread and apple slices.

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Creamy Cauliflower Soup

Ingredients:

1 tablespoon olive oil
2 tablespoons unsalted butter
1 onion, coarsely chopped
2 (about 2 kg each) cauliflowers, trimmed, coarsely chopped
750ml (3 cups) milk
250ml (1 cup) chicken stock
80ml (1/3 cup) pure cream
Sea salt and ground black pepper, to taste
Chives, to serve
Baguette, toasted, to serve
Gorgonzola, to serve

Method:

Heat the olive oil and butter in a large saucepan over medium heat. Add the onion and cook, stirring for 5 minutes or until softened. Add the cauliflower and cook further 5 minutes, stirring occasionally. Pour in the milk and chicken stock, adjust the heat to high and bring the cauliflower mixture to the boil. Reduce the heat to medium and cook, stirring occasionally, for 25 minutes or until the cauliflower is tender. Transfer the cauliflower mixture, in batches, to a food processor and process until smooth and combined. Return the mixture to the saucepan over medium-low heat. Add the cream and stir until combined and heated through. Season to taste.

To serve, ladle the soup into 6 warm soup bowls. Sprinkle with the chives, then serve accompanied by the toasted baguettes and gorgonzola. Makes about 1.75 litres. Serves 6

Personal Bill of Rights

1. I have the right to ask for what I want.
2. I have the right to say no to requests or demands I can't meet.
3. I have the right to express all of my feelings, positive or negative.
4. I have the right to change my mind.
5. I have the right to make mistakes and not have to be perfect.
6. I have the right to follow my own values and standards.
7. I have the right to say no to anything when I feel I am not ready, it is unsafe or it violates my values.
8. I have the right to determine my own priorities.
9. I have the right not to be responsible for others' behaviour, actions, feelings or problems.
10. I have the right to expect honesty from others.
11. I have the right to be angry at someone I love.
12. I have the right to be uniquely myself.
13. I have the right to feel scared and say "I'm afraid."
14. I have the right to say 'I don't know'.
15. I have the right not to give excuses or reasons for my behaviour.
16. I have the right to make decisions based on my feelings.
17. I have the right to my own needs for personal space and time.
18. I have the right to be playful and frivolous.
19. I have the right to be healthier than those around me.
20. I have the right to be in a non-abusive environment.
21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my needs and wants respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to be happy.



Leek, Bacon and Potato Soup

Ingredients:

2 tablespoons olive oil
1 Litre vegetable stock
4 rashers rindless bacon, chopped
3 stalks celery, thinly sliced
1 teaspoon of ground coriander
2 medium leeks, trimmed, washed and thinly sliced
3 large potatoes (750g) peeled and cut into cubes
Freshly ground black pepper to taste
Toasted crusty bread to serve

Method:

Heat oil in large saucepan over a medium heat. Add bacon, celery, leeks and coriander. Cook, stirring for 3 to 4 minutes or until bacon is cooked.

Add potatoes, Cook, stirring for 1 to 2 minutes or until potatoes are well coated in the coriander.

Blend in stock. Bring to the boil over a high heat. Reduce heat to medium. Simmer, covered for 10-15 minutes or until potatoes are tender.

Puree until smooth with a hand blender or in the food processor. Reheat soup, adding pepper to taste.

Serve immediately with bread.





Levi 2yrs

Chicken and Sweet corn Soup

Ingredients:

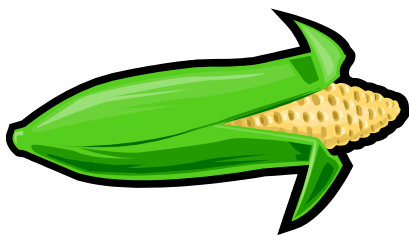
1 chicken fillet, skin and any fat, removed
310g can creamed corn
2 tablespoons cornflour
2 egg whites (optional)
1-2 chicken stock cubes or 1 – 2 tablespoons chicken stock powder
4 cups water
1 spring onion
Light salt reduced soy sauce

Method:

In the selected container put the corn, cornflour and soup cubes/powder and the water. Bring to the boil about 8 -10 minutes on high, stir a few times, it should start to thicken. Meantime pound the chicken to make it tender and chop finely or mince. Add to the soup with lightly chopped spring onion and cook for a further 5 minutes or until chicken is tender and cooked.

If using egg whites and soy sauce, whisk the whites lightly with the sauce and pour into the hot soup. Stir well. Heat from the soup will cook the egg whites.

This recipe is based on an authentic Chinese recipe and the egg whites are important if a Chinese soup is required. This will feed two people generously.



Life is a succession of lessons
which must be lived to understand...

Ralph Waldo Emerson



Twenty years from now you will be more
disappointed by the things that you didn't
do than by the ones you did do. So throw
off the bowlines. Sail away from the safe
harbor. Catch the trade winds in your
sails. Explore. Dream. Discover.

Mark Twain

Cheese Scones



Ingredients:

450 Gr Wholemeal Flour

2 tbs Baking Powder

Pinch salt

Pinch Cayenne

50 gr butter

300 gr Grated Cheese

284 mls Milk

Method:

Put flour, baking powder, salt and cayenne in a bowl and rub in butter. Stir in 225 gr grated cheese and add enough milk to make soft dough. Knead gently. Roll and cut out with scone cutter. Brush with milk and sprinkle with remaining cheese. Bake at 200C for about 20 minutes until golden.

Cool on a wire tray and then enjoy!!

Strength and Courage

Author: Sylvia Kelly

It takes strength to be certain,
It takes courage to have doubts.

It takes strength to fit in,
It takes courage to stand out.

It takes strength to share a friend's pain,
It takes courage to feel your own pain.

It takes strength to hide your own pain,
It takes courage to show it and deal with it.

It takes strength to stand guard,
It takes courage to let down your guard.

It takes strength to conquer,
It takes courage to surrender.

It takes strength to endure abuse,
It takes courage to stop it.

It takes strength to stand alone,
It takes courage to lean on a friend.

It takes strength to love,
It takes courage to be loved.

It takes strength to survive,
It takes courage to live.

Pumpkin Soup

Ingredients:

750g pumpkin

2 large onions

375g potatoes

4 cups chicken stock

¼ cup cream (optional)

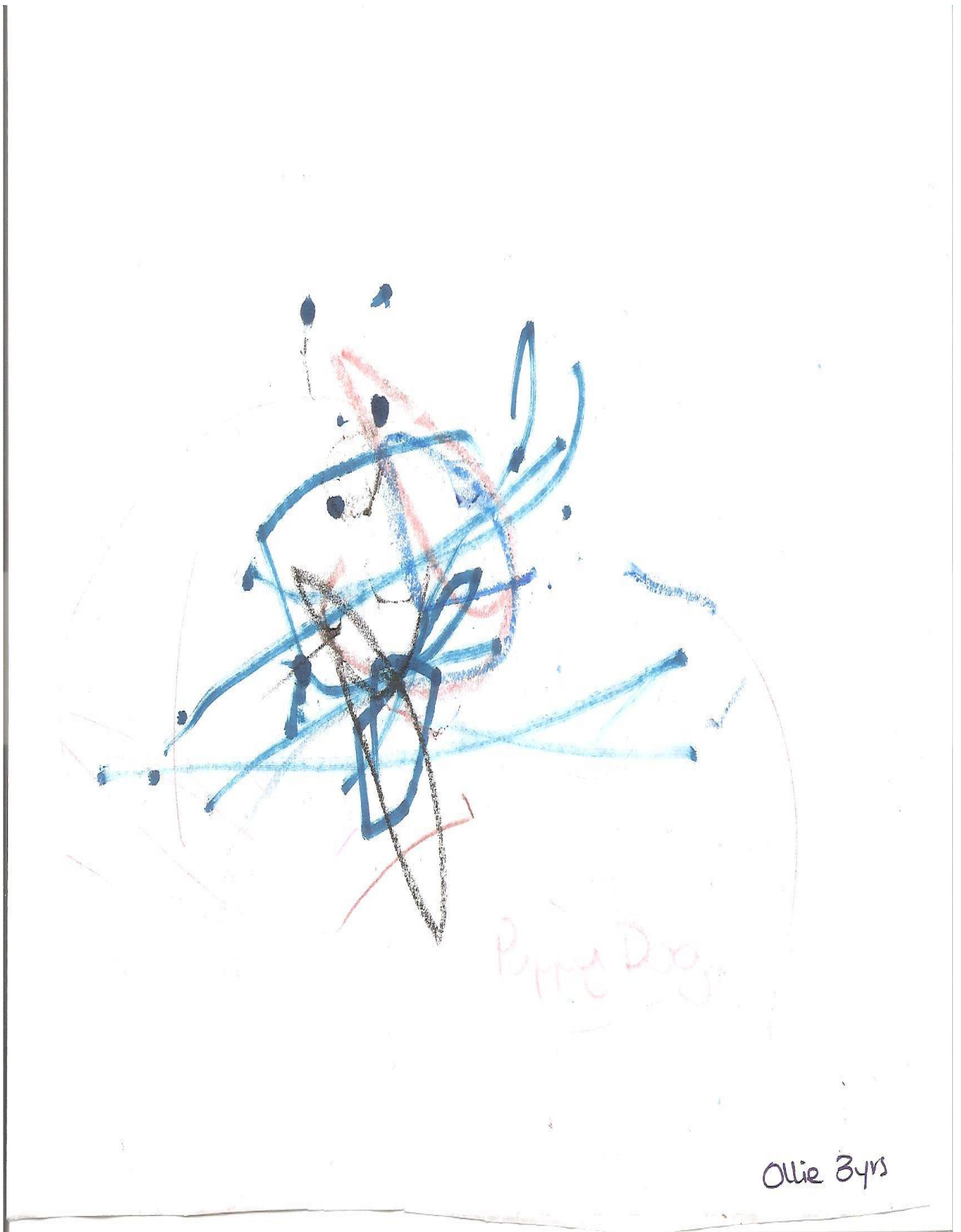
Method:

Cut pumpkin, onions and potatoes and add to chicken stock.

Bring to boil, reduce heat, simmer for 25 minutes until vegies are soft.

Use potato masher to vitamise, serve with cream.





PUPPY DOGS

Minestrone Soup

Ingredients:

2 tsps olive oil
2 onions, diced
2 carrots, diced
2 sticks celery, diced
½ capsicum, diced
2 medium sized potatoes, diced
125 g green beans, sliced
1 cup shredded cabbage
4 large tomatoes, diced
1 cup haricot or cannellini beans
3 bay leaves
1 tsp dried mixed herbs
Juice of ½ lemons
Salt and pepper

Method:

Heat the olive oil in a saucepan. Add the onions and cook until lightly browned. Add the carrots, celery, capsicum and potatoes and cook until lightly coloured. Now add the green beans, cabbage and tomatoes, and cook for a further 10 minutes or so, until just tender. Add the beans to the pan with 4 cups of water, the bay leaves, herbs and lemon juice. Simmer with the lid on. Check soup for flavour and add salt and pepper to taste if needed.

*My children love this, it's a meal in one; they get all the nutrition needed.
Karen.*

A child's drawing of a bowl. The bowl is outlined in black and is filled with green and red food. Above the bowl, there are several red and orange shapes, possibly representing a sun or a fire.

Cheese and Bacon potato skins

Makes 20

Ingredients

5 large (1kg total) unwashed potatoes, scrubbed

12 bacon shortcuts, chopped

6 spring onions sliced

40g butter, melted

1 cup grated cheddar cheese

Sour cream and sweet chilli sauce, to serve

Method

Preheat oven to 180c. Place potatoes onto middle shelf of oven. Bake for 45 minutes to 1 hour, or until tender. Cool.

Heat a non-stick frying pan over medium-high heat. Cut potatoes into quarters, ensuring skin remains intact. Scoop out flesh, leaving a 5mm layer of potato. Place skins onto a baking tray, flesh-side down. Brush with half the butter. Grill for 3 minutes, or until golden. Turn, brush with remaining butter. Grill for a further 3 minutes, or until golden.

Spoon combined bacon and spring onion mixture into skins. Top with cheese. Grill for a further 5 minutes, or until cheese is melted. Serve with sour cream and sweet chilli sauce.

I was bullied a lot at school and my mother would make potato skins as a treat to cheer me up when I got home. Danielle.

Remember, there are no mistakes, only lessons. Love yourself, trust your choices, and everything is possible.

Cherie Carter-Scott

We can let the circumstances of our lives harden us so that we become increasingly resentful and afraid, or we can let them soften us, and make us kinder. We always have the choice.

Dalai Lama

It really doesn't matter if the person who hurt you deserves to be forgiven. Forgiveness is a gift you give yourself. You have things to do and you want to move on.

Author Unknown



Pita Bread Pizza

Ingredients:

Tomato sauce

Pita bread

Ham, bacon, salami, cheese

Mushrooms

Olives

Onion

Method:

Spread tomato sauce on pita bread. Sprinkle a little cheese then add your toppings layer by layer, finishing off with more cheese.

Twist: try pieces of roast chicken and a bbq sauce base with cheese, onion and pineapple.

Tip: use vegetable toppings that your kids love to eat.

Place in oven at 180 degrees for 10 minutes or until cheese is melted and golden brown.

The kids can get involved to build their own pizza.

Linda



PIZZA!



Meatloaf

Ingredients:

1 kg beef mince

500g sausage mince

1 diced onion

1 grated carrot

1 teaspoon of season all

Pinch of salt and pepper

2 eggs

Squirt of tomato sauce and bar-b-que sauce

Method:

Spray tin with olive oil spray

Mix well and place in meat loaf tin.

Cook for 1½ - 2 hours in a 190 degree oven.

Half an hour before taking it out of the oven, top with sliced tomato and grated cheese.

Kristy



Take the first step in faith. You don't have to see the whole staircase, just take the first step.

Dr. Martin Luther King Jr.

Obstacles are those frightful things you see when you take your eyes off your goals.

Henry Ford

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

Dale Carnegie

What lies behind us and what lies before us are tiny matters compared to what lies within us.

Ralph Waldo Emerson

“The journey of a thousand miles must begin with a single step.” Lao Tzu



Spaghetti

Ingredients

500g Mince

1 onion

1 beef stock cube

500g pasta

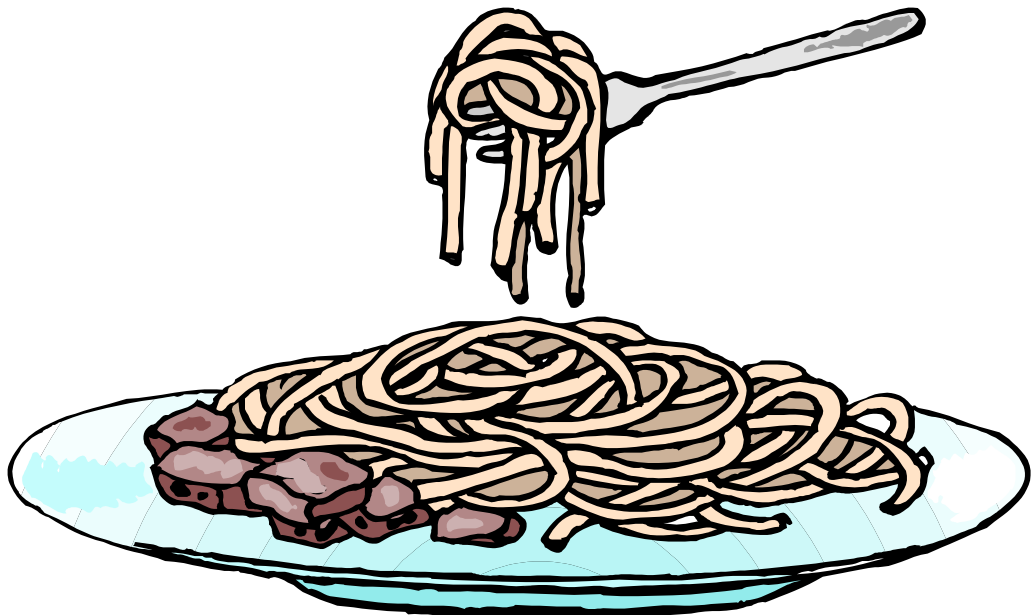
Tin of spaghetti sauce

Method

Brown mince and onion in a fry pan, add beef stock and spaghetti sauce to this and simmer.

Boil a pot of water and add packet of pasta and pinch of salt.

When cooked, drain pasta and combine to meat sauce mixture.
Serve and enjoy.



It's simple and yum



Ella 4yrs

Creamy Mustard Chicken

Ingredients:

1kg chicken breasts
4 tbs mustard powder
1 large leek
½ cup white wine
½ cup mushrooms
100ml cream
1 tbs whole grain mustard
Salt and pepper
4 cloves garlic

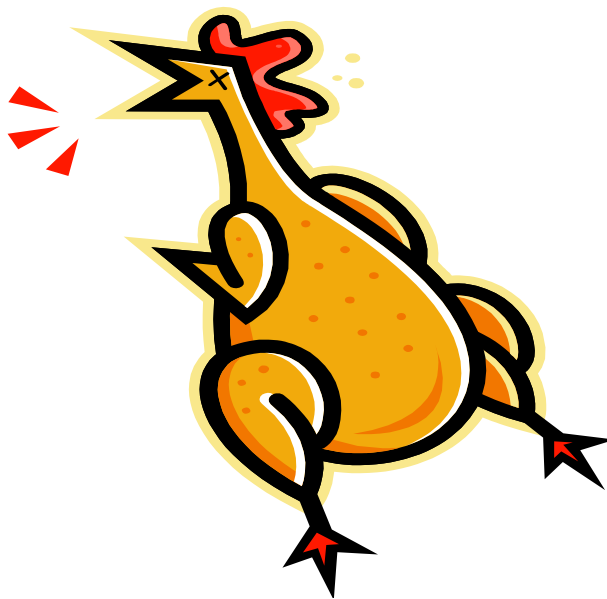
Method:

Cover chicken fillets in 1 tbs of mustard, salt and pepper.

Cook in frypan for 2 min each side.

Add cream, mustard, garlic, mushrooms, chopped leek, wine and mustard.

Cover pan with foil and cook in medium oven for 45 mins.



It is delicious.



Dragon

Helen

Meat Cannelloni

Ingredients:

Meat Filling

4 tablespoons oil or butter

500g minced steak

1 medium onion

Parmesan cheese (75g)

50-75g Breadcrumbs

½ teaspoon garlic

1 grated carrot

1 egg

Mix together then stuff your cannelloni

Pkt cannelloni pasta

Sauce:

1 tin tomato puree

Little bit of oil

Basil

Salt and pepper (black)

Bay leaf

¾ can water

Method:

Mix together, pour over stuffed cannelloni, cook in mod oven for ½ to ¾ hour or until cannelloni is soft. Put in baking dish and cover with tin foil.

It contains pasta and all food from Italy is great. It is also a favourite of my children and when they are happy so am I

"Don't Quit," Author Unknown

When things go wrong as they sometimes
will;

When the road you're trudging seems all
uphill;

When the funds are low, and the debts
are high

And you want to smile, but have to sigh;

When care is pressing you down a bit-

Rest if you must, but do not quit.

Success is failure turned inside out;

The silver tint of the clouds of doubt;

And you can never tell how close you are

It may be near when it seems so far;

So stick to the fight when you're hardest

hit-

It's when things go wrong that you must
not quit.

Chicken Surprise

Ingredients:

- 1 Chicken (boiled)
- 2 medium onions
- 1 Pint chicken stock (2 stock cubes to 2 ¼ cups water)
- Smear of oil for frying
- 1 heaped dessertspoon cornflour
- 1 dessertspoon soya sauce
- 2 packets chicken noodle soup mix with 1 pint of boiling water (2 ¼ cups)
- 1 tin mushrooms
- 4 handfuls mixed vegetables
- 2 handfuls rice

Method:

Cut chicken into small pieces and fry with onion. Add chicken stock with half pint boiling water to 2 stock cubes. Mix cornflour with a little cold water and add soya sauce. Mix soup mix with boiling water and add to casserole with hand full of rice and a tin of mushrooms and vegetables.

Cook in oven until hot.

It was the first casserole I made for my new husband – passed on from my mum. Easy, quick, cheap and tasty.



Makaylah 2/15

Ginger-Apricot Chicken Breasts

Prepared under 30 minutes, this dish is easy to prepare, easy on the budget and very easy on your waistline. It's also easy to customise to your particular taste. Substitute orange marmalade for the apricot preserves, balsamic or apple cider vinegar for the red wine vinegar, minced garlic for the ginger; let your creativity flow.

Ingredients:

- ½ cup apricot preserves
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon minced fresh ginger
- 4 skinless, boneless chicken breast halves
- ½ teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper
- Vegetable cooking spray
- ½ teaspoon chopped fresh rosemary leaves

Method:

Preheat oven to 350 degrees F. In a small saucepan put over medium heat, combine apricot preserves, vinegar, mustard and ginger and cook until mixture just comes to a simmer.

Remove from heat and set aside.

Spray a large oven-proof skillet with vegetable cooking spray and place over medium-high heat. Pat chicken dry and sprinkle with salt and pepper. Place in skillet and cook 2-3 mins or until browned. Turn chicken and pour apricot mixture over chicken breasts and sprinkle with rosemary. Bake uncovered, 10-15 minutes or until chicken is cooked through. Serves 4

Karen



Chicken Pot Pie

Ingredients:

1 pound skinless, boneless chicken breast halves – cubed
1 cup sliced carrots & 1 cup frozen green peas (Or 16 oz. bag of frozen carrots and peas. Much easier.)
½ cup sliced celery, ½ cup butter, ½ cup chopped onion
1/3 cup all-purpose flour, ½ teaspoon salt, ¼ teaspoon black pepper, ¼ teaspoon celery seed,
32 oz. carton chicken broth for boiling (reserve 1 ¾ cups chicken broth for sauce), 2/3 cup milk, 2 (9 inch) unbaked pie crusts.

Method:

Preheat oven to 425 degrees F (220 degrees C)

In a pot, combine chicken, carrots, peas and celery. Add carton of chicken broth to cover, boil for 15 minutes. Remove from heat, drain (reserving 1 ¾ cup of chicken broth for filling and set aside.

In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper and celery seed. Slowly stir in chicken broth and milk.

Simmer over medium-low heat until thick. Remove from heat and combine with the chicken, carrots, peas, and celery mixture. Here you can add more chicken broth if you like, depending how runny you want your filling.

Place the chicken filling in bottom crust. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 25-30 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

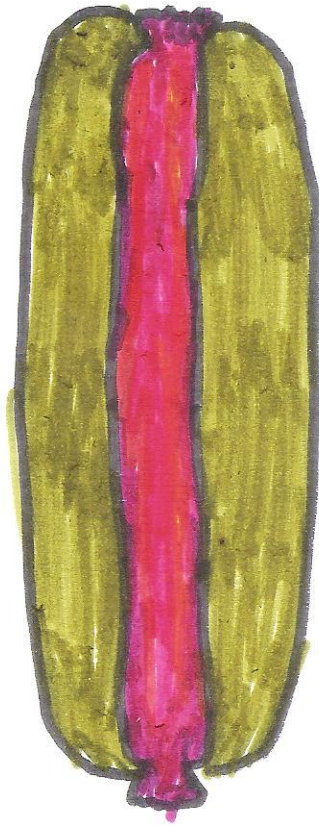
Recipe Notes:

I like to slightly bake the bottom crust before filling the pie so it isn't soggy. Just bake for 5 – 6 minutes at 425 degrees.

Mum used to cook for us children as it was tasty and a good change.

Karen

HOTDOG!



Quick East Spag Bol

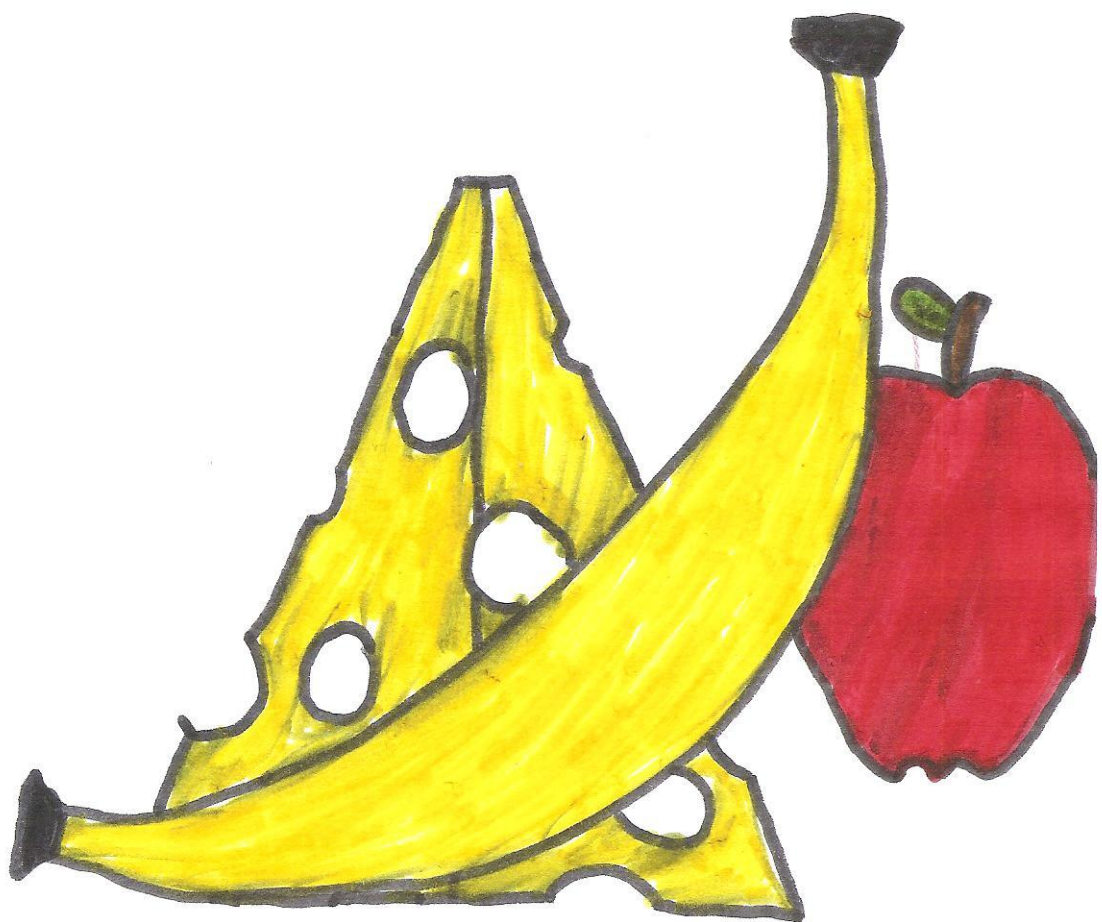
Ingredients:

½ tablespoon vegetable oil
1 small onion sliced
1 garlic clove
1 (15 oz) can tomatoes
1 tablespoon flour
250g minced meat
300g spaghetti
1 teaspoon mixed herbs
1 teaspoon garlic salt
Salt and pepper

Method:

Heat oil in heavy saucepan over gentle heat
Add onion and garlic and toss until coated
Keep on gentle heat
Add meat turn heat up high, stir until browned
Add flour if using
Add tomatoes with juice
Add Italian stock cube, mixed herbs, garlic salt and pepper and salt
Cook tomato mixture uncovered for approx. 30 min
Cook spaghetti

It's good for my mental health, Easy to make and always fills you when you're hungry. Kerry-Lee



Impossible Pie

Ingredients:

2 cups milk
1 cup flaked coconut
4 eggs
1 teaspoon vanilla essence
½ cup all-purpose flour
6 tablespoons margarine
¾ cup white sugar
½ teaspoon ground nutmeg

Method:

Place milk, coconut, eggs, vanilla, flour, margarine and sugar in blender. (Bowl and hand mixer will do)

Pour into a greased and floured 10 inch pie plate. Sprinkle nutmeg on top
Bake at 350F or 175C for 45 minutes or until top is golden brown.

Serve and enjoy. Serve with ice-cream or cream or custard.



It is simple, easy and amazing the way it turns out. Has been through generations of the family. Childhood dessert absolutely delicious. Hope you like it as much as I do. Tracey (Chucky)

The adventure of life is to learn. The purpose of life is to grow. The nature of life is to change. The challenge of life is to overcome. The essence of life is to care. The opportunity of life is to serve. The secret of life is to dare. The spice of life is to befriend. The beauty of life is to give. The joy of life is to love.

William Arthur Ward



Live life fully while you're here. Experience everything. Take care of yourself and your friends. Have fun, be crazy, be weird. Go out and screw up! You're going to anyway, so you might as well enjoy the process. Take the opportunity to learn from your mistakes: find the cause of your problem and eliminate it. Don't try to be perfect; just be an excellent example of being human.

Anthony Robbins

Lemon Meringue Pie

Serves 6-8

Preparation time: 15 minutes or less

Ingredients:

180g plain biscuits, crushed

90g butter or substitute, melted

1 x 400g can condensed milk

½ cup fresh lemon juice

3 eggs, separated

½ cup caster sugar

Method:

Combine crushed biscuits and melted butter

Press into a 23 cm pie plate and refrigerate

Blend condensed milk and lemon juice. Add lightly beaten egg yolks and combine well.

Pour evenly into chilled crumb crust.

Beat egg whites until stiff, then gradually beat in caster sugar. Spoon meringue on top of the filling

Bake in preheated oven at 160c for 10-15 minutes, until meringue is golden.

Let pie cool before serving

*A few scrapings of lemon zest added on the top looks attractive before serving. To crush biscuits, put in a plastic bag and roll them with a rolling pin. Use unsweetened condensed milk if preferred. I used Marie biscuits in the base, and cooked the base and filling for ten minutes before adding the meringue mixture. **My grandmother used to make this – best lemon meringue pie I have ever had - Karen***



Ella 4y5

Apple Crumble

Preparation Time: 30 minutes

Cooking time: 25 minutes

Ingredients: (serves 4)

150g (1 cup) plain flour

100g (1/2 cup firmly packed) brown sugar

100g chilled butter, chopped

50g (1/2 cup) rolled oats

60g (1/2 cup) chopped walnuts

1 x 180g can baker's apple

Vanilla ice-cream, to serve

Method:

Preheat oven to 180C. Combine the flour, sugar, butter and oats in a bowl. Use your fingertips to rub the butter into the flour mixture until the mixture resembles fine breadcrumbs. Stir in the walnuts.

Spoon the apple into a 1.5L (6 cup) capacity ovenproof dish. Scatter the walnut mixture evenly over the apples. Bake in oven for 20-25 minutes or until golden. Spoon the apple crumble into serving bowls. Serve with ice-cream.

We use to pick apples from my old uncle's apple orchard and make apple crumble with my mum and nan. Vicki



"You are never given a wish
without also being given the power
to make it true.

You may have to work for it,
however."

✦ RICHARD BACH.

Cinnamon Teacake

Ingredients:

60g butter

½ cup castor sugar

1 egg

1 teaspoon vanilla essence

1 cup self-raising flour

1/3 cup milk

Topping – 15g butter extra, 1 tablespoon sugar extra and 1 teaspoon cinnamon

Method:

Have butter and egg at room temperature

Cream butter, sugar and egg and vanilla until light and creamy

Stir in flour and milk, beat lightly until smooth

Spread mixture into a well-greased tin and bake in a moderate oven for 15 – 20 minutes.

Turn onto wire rack, sprinkle with the extra combined melted butter, sugar and cinnamon.



It is quick and easy and a nice treat for my daughter and I especially for my love of cinnamon. Emily

Easy Chocolate mousse

Preparation Time 20 minutes

Cooking Time 20 minutes

Ingredients: (serves 8)

250g good quality dark chocolate broken into pieces

1 x 600ml ctn Dairy Farmers Thick Custard

1 x 300ml Dairy Farmers Thickened Cream

White chocolate, thickly grated, to serve

Method:

Place the chocolate and custard in a heatproof bowl over a saucepan of simmering water (make sure the bowl doesn't touch the water). Use a metal spoon to stir until chocolate melts and mixture is smooth. Set aside for 15 minutes to cool.

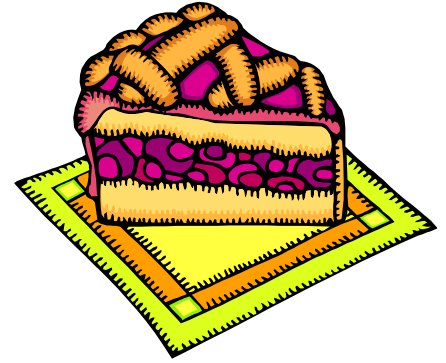
Use an electric beater to whisk the cream in a bowl until soft peaks form. Add to the chocolate mixture and gently fold until just combined. Spoon evenly among eight 200ml capacity serving glasses. Cover with plastic wrap and place in the fridge for 1 hour or until set. Sprinkle with grated white chocolate to serve.

Chocolate Mousse makes me smile as my Nan used to make it for me when I was young, when I was good or did something good at school.



She used to serve it with cookies. Mark

Fruit Pie



Ingredients:

1/3 cup of pie apples
1 tb frozen blueberries
1 ts white sugar

Crumble:

1 tb butter
2 tb self-raising flour
2 tb brown sugar
2 tb coconut
1 tb rolled oats

Method:

Pre heat oven to 200C

Gently combine fruit and sugar. Place in dish

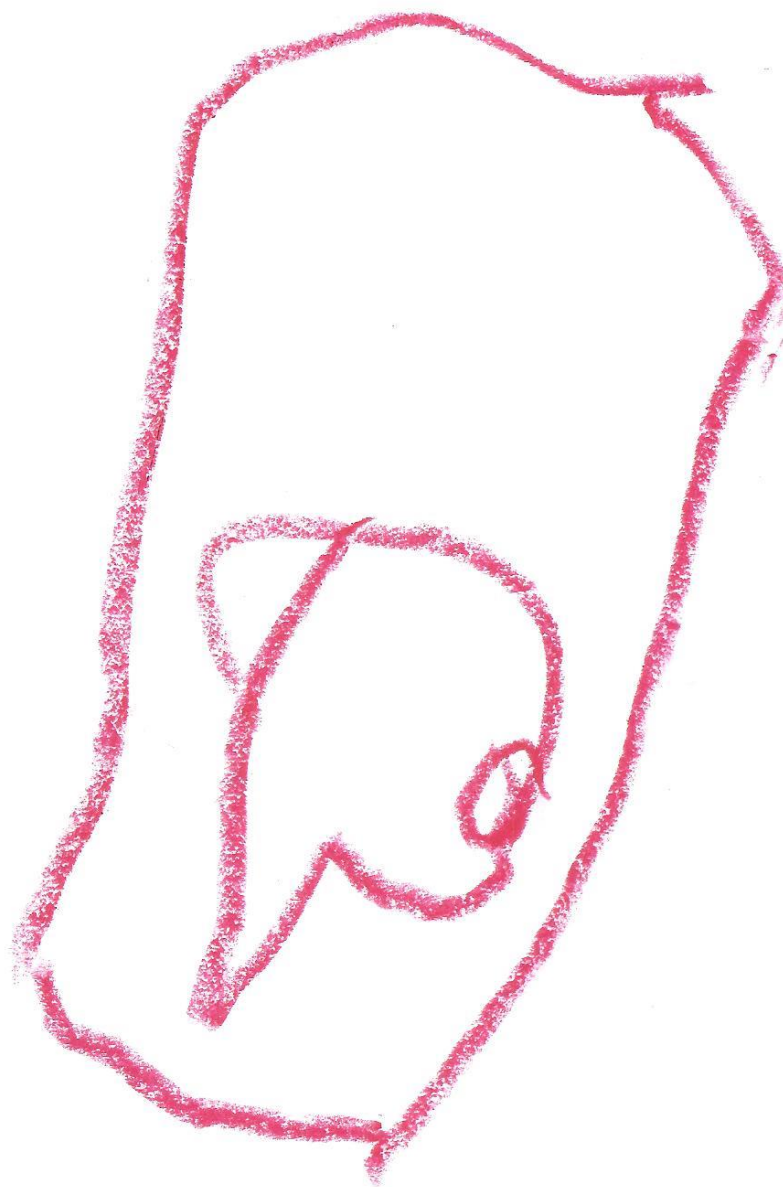
Using your fingertips, rub the butter into crumble ingredients

Sprinkle on the top of fruit

Bake for approx. 15 minutes or until top is golden

Serve with cream, ice-cream or custard.

It is quick and easy for me and the kids to make together. Kirsty



Ella 4yrs

Skye's No Bake Cheesecake

Ingredients:

200g plain biscuits (butternut snap)
110g unsalted butter
397g sweetened condensed milk
400g cream cheese
80 mls 1/3cup lemon juice
10 mls (2 tsp) vanilla essence

Method:

Base – Crush plain biscuits. Melt butter allow to cool, mix biscuits in. Press mixture firmly into a greased 20 cm spring tin.

Filling:

Using electric beaters mix cream cheese and condensed milk until consistent and fluffy, add lemon juice and vanilla essence, mix until smooth. Pour over prepared crust.

Place in fridge for at least 4 hours, best overnight.

I love sweet food cakes/slices. This cheesecake is so easy to make and is best made the day before the “party” so makes everything easier on the day. One less thing to organise. Skye

Affirmations for Women

What others think of me is their choice

What I think of me is mine!

Every breath I inhale calms me and every breath I exhale
takes away tension.

I live in the present and am confident of the future.

I radiate love and respect and in return I get love and respect.

I choose to experience kindness and compassion

**I am a unique and a very special person and worthy of
respect from others.**

I am free to make my own choices and decisions.

It matters little what others say. What matters is how I
react and what I believe.

**I deserve all that is good. I release any need for
misery and suffering.**

I release the need to prove myself to anyone as I am my own self
and I love it that way.

Blueberry Pound Cake

Ingredients:

15 ozs cake mix yellow
8 ozs cream cheese
Half cup vegetable oil
3 large eggs
2 cups blueberries drained
1 lemon – juice (optional)
1 cup icing sugar (optional)

Method:

Preheat oven to 350 F
Mix first 4 ingredients well.
Fold in blueberries (these may be dusted with icing sugar or flour to keep them from all sinking to the bottom.)
Bake for 1 hour in a log tin which has been greased and floured.
Allow cake to cool
Mix the glaze and drizzle over cake.

I would always ask my daughter Emily Jane what kind of cake she would like for her birthday. It has always been this cake since she was 8 years of age. Very moist. Karen



ICE
CREAM



M & M Cookies

Ingredients:

1 ¼ cups brown sugar
185g (6oz) butter
1 tsp vanilla essence
2 eggs beaten
2 ¼ cups plain flour
180g (6oz) m & m's
½ cup chopped unsalted nuts
1 tsp baking soda

Method:

Preheat oven to 180c (360f). Grease baking trays.

Cream together sugar and butter until well combined.

Beat in beaten eggs and vanilla. Stir in sifted flour and baking soda. Add nuts and M & M's. Roll into balls by teaspoons or mixture. Bake until light brown approx. 10-12 minutes. Cool slightly on trays then remove and place on wire rack to cool.

Makes approx. 15



When I was sad I would go into the kitchen with my children and cook this with them. My kids.

Things not to forget...

I wish I was a glow worm,
A glow worm's never glum.
'Cos how can you be grumpy
When the sun shines out your bum!
~Author unknown

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. ~Herm Albright,

We are all in the gutter, but some of us are looking at the stars. ~Oscar Wilde

You can't stop the waves, but you can learn how to surf.
Jon Kabat-Zinn

A friend will remind you that assumptions born of malice are better dealt with by gleefully sticking your tongue out. ~Dodinsky

Enjoy the little things, for one day you may look back and realize they were the big things. ~Robert Brault

Lattice Cheesecake slice

Ingredients:

2 pkt lattice biscuits
250g Philly cheese
250g unsalted butter
250g castor sugar
1 dessert spoon gelatine
¼ cup hot water

Method:

Cream butter, sugar and Philly until smooth. Dissolve gelatine in hot water and add mixture last of all. Lay out biscuits in tray lined with foil. Add cheesecake mixture then top with another layer of biscuits. Chill until set.

Makes approx. 18 slices

This recipe came from my mum and it is a great comfort food as it includes sugar and cheese – a match made in heaven.





Life is not about how fast you run, or how high you climb, but how well you bounce.

- Unknown

Remember, today is the tomorrow you worried about yesterday.

- Dale Carnegie

We don't stop playing because we grow old; we grow old because we stop playing. ~ *George Bernard Shaw*

If at first you don't succeed, then skydiving definitely isn't for you. ~ *Author Unknown*

"I know God will not give me anything I can't handle. I just wish that He didn't trust me so much."

Mother Teresa

Hot Chocolate in a Jar

Ingredients:

½ cup white sugar
½ cup drinking chocolate
½ cup skim milk powder
¼ cup 70% dark chocolate chopped
¼ cup mini marshmallows (classic)
¼ cup instant coffee (Mocha)
¼ cup crushed candy cane (choc mint)
¼ cup chopped jersey caramels
(Choc caramel)

Layer in jars



Five Cup Salad

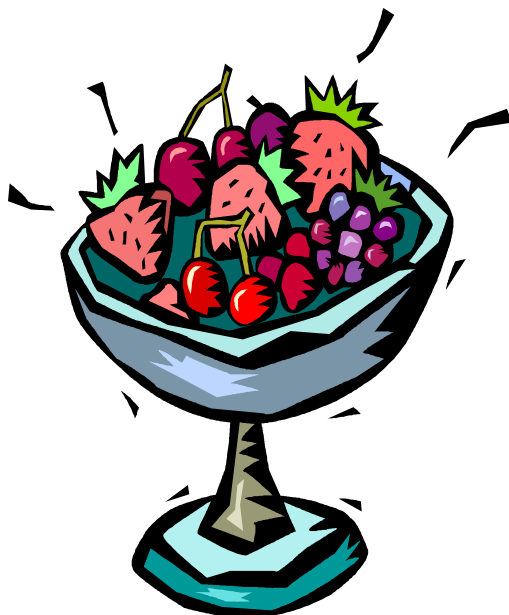
Ingredients:

- 1 cup of Pineapple pieces (drained if using tinned)
- 1 cup of mandarins (drained if using tinned)
- 1 cup of shredded coconut
- 1 cup of sour cream
- 1 cup of marshmallows

Method:

Cut marshmallows and mandarins in half. Mix all ingredients together. Place into a serving bowl and refrigerate until required.

This is a really sweet salad and the kids love it. It is also a family favourite. Hope you enjoy it as much as we do.



Recipe for Disaster (Dorothy Aitkin)

I didn't have potatoes,
So instead I used some rice.

I didn't have paprika,
So I used some other spice.

I didn't have tomato sauce.
So I used tomato paste.

The whole can, not half,
I don't believe in waste.

A friend gave me the recipe,
She said you couldn't beat it.

There must be something wrong with her,
I couldn't even eat it !!!!



My Recipe

My Recipe

My Recipe

My Recipe

My Recipe

My Recipe

My Recipe

Conversion Charts

Ounces to grams Conversion Table

1 ounce = 28.349 grams	9 ounces = 255.146 grams
2 ounces = 56.699 grams	10 ounces = 283.495 grams
3 ounces = 85.049 grams	11 ounces = 311.845 grams
4 ounces = 113.398 grams	12 ounces = 340.194 grams
5 ounces = 141.748 grams	13 ounces = 368.544 grams
6 ounces = 170.097 grams	14 ounces = 396.893 grams
7 ounces = 198.447 grams	15 ounces = 425.243 grams
8 ounces = 226.796 grams	16 ounces = 453.592 grams

Temperature	Celsius	Fahrenheit	Gas Mark
Very Slow	120	250	1/2
Slow	150	300	2
Warm	170	325	3
Moderate	180	350	4
Moderate Hot	190	375	5
Moderate Hotter	200	400	6
Hot	220	425	7
Very Hot	230	450	

Pints to Litres – Liquid

1= 0.56826125

2= 1.1365225

5= 2.84130625

10= 5.6826125

25= 14.20653125

50= 28.4130625

