

Compliments of Jodee Harris

essential living

August 2026



Your Passport to
Street Food
at Home



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Summer is the perfect time to add a little adventure to your life. We start with a whirlwind 48-hour trip to Music City, Nashville, where legendary music, iconic eats and vibrant streets make for an unforgettable weekend.

That same energy doesn't have to end when you unpack your carry-on. Discover how microadventures can turn any day into a memorable escape, starting right at your front door!

After all that exploring, keep the excitement going in the kitchen with bold street food recipes. From smoky elote to perfectly spiced samosas, these dishes bring bold, street-side flavors straight to your kitchen.

This summer, embrace curiosity, try something new and let every day offer a spark of excitement.

— From the Publisher



What article from this issue moved you the most?

Scan the QR code to cast your vote!



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Lemon Blueberry Mug Cake

- ¼ c. all-purpose flour
- 1 tbsp. lemon juice
- 1 tbsp. maple syrup
- ¼ tsp. baking powder
- 1 tbsp. coconut oil,
melted
- 4 tbsp. milk
- 1 tbsp. sugar
- 2 tbsp. blueberries

1. In a small mixing bowl, add your dry ingredients and mix well.
2. In a microwave-safe mug, mix lemon juice, coconut oil, maple syrup and milk. Add in the dry ingredients and mix well. Fold in the blueberries.
3. Microwave for 1-2 minutes, or until a toothpick comes out clean from the center. Allow to cool for 2-3 minutes and enjoy!

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STREET FOODS YOU CAN MAKE AT HOME

Street food is a whirlwind of flavor, color and culture, turning every bite into a global experience. It's the kind of food that brings people together, sparks conversation and reflects the spirit of its city. From smoky elote to golden samosas, these recipes bring that same energy and excitement into your own kitchen.



ELOTE

Elote is a beloved Mexican street food with charred corn coated in a creamy, tangy sauce and finished with chili, lime and cheese.

PREP TIME
10 MINUTES

COOK TIME
15 MINUTES

YIELD
4 SERVINGS

INGREDIENTS

- 4 ears fresh corn, husked
- 3 tbsp. mayonnaise
- 3 tbsp. sour cream or Mexican crema
- ½ c. crumbled cotija cheese
- 1 garlic clove, minced
- 1 lime, zested and juiced
- ½ tsp. chili powder, plus more for topping
- ¼ tsp. smoked paprika
- ¼ tsp. salt
- 2 tbsp. chopped cilantro

INSTRUCTIONS

1. Heat an outdoor grill or grill pan over medium-high heat. Brush the grates lightly with oil.
2. Place the husked corn directly on the grill. Cook for 10–12 minutes, turning occasionally, until the kernels are charred and tender. Remove from heat and let cool slightly.
3. In a small bowl, combine mayonnaise, sour cream, minced garlic, lime zest, lime juice, chili powder, smoked paprika and salt. Stir until smooth.
4. Using a brush or spoon, spread the sauce mixture evenly over each ear of grilled corn.
5. Sprinkle generously with crumbled cotija cheese, extra chili powder and chopped cilantro.
6. Serve warm with lime wedges for squeezing and extra cheese or chili powder on the side.

SOFT PRETZELS

Perfectly crisp on the outside and doughy on the inside, these soft pretzels are best enjoyed warm with your favorite dip.

INGREDIENTS

- 1½ c. warm whole milk (about 110° F)
- 1 tbsp. light brown sugar
- 2¼ tsp. active dry yeast (1 packet)
- 4 c. all-purpose flour, plus extra for dusting
- 2 tsp. kosher salt
- 4 tbsp. unsalted butter, melted
- 8 c. water
- ⅓ c. baking soda
- 1 large egg, beaten
- Coarse sea salt, for topping
- ½ c. grated Parmesan or shredded cheddar

INSTRUCTIONS

1. Pour the warm milk into a medium bowl and stir in the brown sugar.
2. Add the active dry yeast to the milk mixture, stir gently and let sit for about 10 minutes, until foamy.
3. In a large bowl, whisk together the flour and salt, then set to the side.
4. Once the yeast mixture is foamy, pour it into the bowl with the dry ingredients. Add the melted butter.
5. Mix (by hand or with dough hook) until the dough comes together; knead for about 4–5 minutes until it's smooth and slightly wet, but not sticky.
6. Cover the bowl with a tea towel or plastic wrap and let the dough rise for 1½–2 hours, until doubled in size.
7. After rising, preheat your oven to 450° F and line two baking sheets with parchment paper.
8. Divide the dough into 16 equal portions. Dust your work surface with flour and roll each portion into a rope about ½ inch thick and 16–20 inches long.
9. Shape each rope into a "U," twist the ends together twice, then fold the ends over and press them onto the bottom of the "U" to form the classic pretzel shape.
10. In a large pot, bring eight cups water and ⅓ cup baking soda to a boil.
11. Once boiling, use a spatula to carefully lower each pretzel into the baking soda bath for about 20 seconds, then remove and place on the prepared baking sheets.
12. Brush each pretzel with the beaten egg whites and sprinkle with coarse sea salt.
13. Bake for 15 minutes. After 15 minutes, remove the trays and sprinkle generous amounts of Parmesan over each pretzel. Return to the oven and bake for another five minutes, until golden and cheese has melted.
14. Let the pretzels cool for about 10 minutes before serving.

PREP TIME

20 MINUTES

COOK TIME

20 MINUTES

INACTIVE TIME

90 – 120 MINUTES

YIELD

16 PRETZELS



BEIGNETS

Light as air and delicately crisp at the edges, these pillowy beignets are best enjoyed warm beneath a generous snowfall of powdered sugar.

PREP TIME

30 MINUTES

COOK TIME

15 MINUTES

INACTIVE TIME

2 HOURS

YIELD

3 DOZEN

INGREDIENTS

- 1½ c. warm water, 110° F
- ⅔ c. granulated sugar
- 2¼ tsp. active dry yeast
- 2 large eggs, room temperature
- 1 c. evaporated milk
- 2½ tsp. vanilla extract
- 7 c. bread flour
- 1½ tsp. salt
- 5 tbsp. unsalted butter, room temperature
- 4 c. peanut oil, for deep frying
- 2 c. powdered sugar

INSTRUCTIONS

1. In a medium-sized bowl, add the warm water, sugar and yeast and whisk well to combine. Set aside until the mixture becomes foamy, about 10 minutes.
2. In a large bowl, beat the eggs until smooth. Add the vanilla and evaporated milk, mixing until fully combined. Gradually incorporate 3½ cups of the flour, beating until the mixture is smooth. Reduce the mixer speed to low and slowly pour in the yeast mixture, mixing until smooth. Add the butter and continue beating until fully incorporated. Add the remaining 3½ cups of flour along with the salt, and mix until a smooth, cohesive dough forms, about two minutes.
3. Transfer the dough to a large, lightly oiled bowl then cover and allow to rise in a warm place until it has doubled in size, about two hours.
4. In a large enameled cast-iron pan, heat three inches of oil to 360° F. Cover a wire cooling rack with paper towels and set aside.
5. On a lightly floured surface, roll the dough out into a ½ inch thick rectangle. Cut the dough into 2½-inch squares using a pizza cutter.
6. In batches of 3-4, fry the dough until the bottom is puffed and golden, then flip over and fry until the other side is golden. Using a slotted spoon, transfer the beignets to the prepared wire rack and repeat with remaining dough.
7. Dust with powdered sugar and enjoy!





BÁNH MÌ

This vibrant Vietnamese sandwich features marinated pork with tangy pickles, crisp veggies and fresh herbs on a toasted baguette.

PREP TIME
30 MINUTES

COOK TIME
15 MINUTES

YIELD
4 SANDWICHES

INGREDIENTS

FOR THE PORK MARINADE

- 10 oz. pork tenderloin, thinly sliced
- ¼ c. hoisin sauce
- ¼ c. rice wine vinegar
- 3 tbsp. soy sauce
- 3 tbsp. brown sugar
- 3 garlic cloves, grated
- 2 tbsp. fish sauce
- 1 tbsp. grated ginger
- 1 tbsp. lemongrass paste
- 2 tsp. chili garlic paste
- ½ tsp. salt
- 1 tbsp. cornstarch

FOR THE SANDWICH

- 2 12" baguettes, sliced in half
- 3 tbsp. mayonnaise
- 1 tbsp. chili garlic paste
- 1 medium carrot, shredded
- 1 medium cucumber, sliced
- ½ c. fresh cilantro leaves
- ¼ c. Thai basil leaves
- ¼ c. red onion, sliced
- 1 tbsp. sesame seeds

INSTRUCTIONS

1. Place the sliced pork in a large bowl. Add hoisin sauce, rice wine vinegar, soy sauce, brown sugar, garlic, fish sauce, ginger, lemongrass paste, chili garlic paste and salt. Toss well to coat. Cover and refrigerate overnight.
2. Preheat the oven to 425° F and line a baking sheet with parchment paper.
3. Heat a large skillet over medium heat. Add the pork and marinade, cooking for about 4–5 minutes per side until browned and cooked through. Remove the pork from the pan.
4. Bring the remaining marinade to a gentle boil. Whisk in the cornstarch and cook until slightly thickened, about 1–2 minutes. Set aside as a dipping sauce.
5. Slice the baguettes horizontally. Mix mayonnaise and chili garlic paste, then spread evenly inside the baguettes. Bake for 5–8 minutes or until golden and crisp.
6. Layer cilantro, Thai basil and red onions on the bottom halves of the baguettes. Add the cooked pork, shredded carrot, cucumber and jalapeño slices.
7. Top with the other half of the baguette. Serve immediately with the reserved dipping sauce on the side.

SAMOSAS

Crispy on the outside and bursting with a spiced potato and pea filling, these golden samosas are a classic Indian snack that's perfect for sharing.

PREP TIME
45 MINUTES

COOK TIME
25 MINUTES

YIELD
12 SAMOSAS

INGREDIENTS

FOR THE DOUGH

- 2 c. all-purpose flour
- 4 tbsp. vegetable oil or ghee
- ½ tsp. salt
- ½ c. warm water (plus more as needed)

FOR THE FILLING

- 2 tbsp. vegetable oil
- 1 tsp. cumin seeds
- 1 tsp. grated ginger
- 1 green chili, finely chopped (optional)
- ½ c. green peas

- 2 medium russet potatoes, boiled and diced
- 1 tsp. ground coriander
- 1 tsp. garam masala
- ½ tsp. turmeric
- ½ tsp. chili powder

- ½ tsp. salt
- Juice of ½ lime
- 2 tbsp. chopped cilantro

FOR FRYING

- Vegetable oil, for deep frying

INSTRUCTIONS

1. In a large bowl, combine the flour and salt. Add the oil or ghee and rub it into the flour with your fingertips until the mixture resembles coarse crumbs. Gradually add warm water, mixing until a firm but pliable dough forms. Cover with a damp towel and let rest for 30 minutes.
2. Heat oil in a skillet over medium heat. Add cumin seeds and cook until fragrant, about 30 seconds.
3. Stir in ginger and green chili. Add peas and boiled potatoes, then mix in coriander, garam masala, turmeric, chili powder and salt. Cook for 3–4 minutes, stirring occasionally. Remove from heat; add lime juice and cilantro and let cool.
4. Divide the dough into six equal balls. Roll each into a thin oval, about six inches long. Cut each oval in half to create two semicircles. Brush the straight edge lightly with water, then fold into a cone shape, pressing the seam to seal. Fill each cone with 1–2 tablespoons of the potato mixture. Pinch the top edges closed firmly to seal.
5. Heat about two inches of oil in a deep skillet or pot over medium heat. Fry 3–4 samosas at a time for 8–10 minutes, turning occasionally, until golden brown and crisp. Remove with a slotted spoon and drain on paper towels.
6. Enjoy warm with a mint or garlic chutney.





PLANT PICKS

TO MATCH YOUR HOME'S VIBE

The right plant does more than brighten a corner. The right greenery can soften sharp edges, add a splash of personality or tie together the colors and textures already in your space. Whether your style leans modern and minimal or warm and eclectic, there's a perfect plant to match.

MODERN MINIMALIST

Clean lines, neutral tones and uncluttered layouts pair beautifully with plants that feel sculptural and intentional.

- **ZZ Plant** – Its glossy leaves look polished and modern, perfect for an area that relies on subtle details. It thrives on infrequent watering and indirect light.
- **Monstera Deliciosa** – With broad leaves and stem splits, this plant gives the room a modern, organic feel. It prefers bright, indirect light and appreciates an occasional wipe to keep its leaves shiny.
- **Snake Plant** – Thanks to its upright leaves, this plant has a sleek, architectural vibe that mirrors minimalist design. It's famously low-maintenance and handles low light and irregular watering with no complaints.



SCANDINAVIAN COZY

If your style leans toward soft textiles, light woods and a calm, airy palette, look for plants with delicate leaves and a relaxed, flowing form.

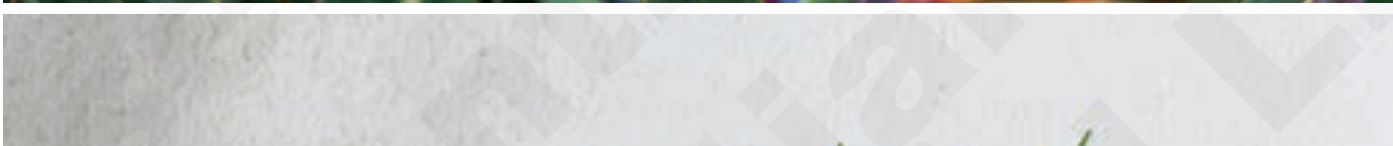
- **Pothos** – Trailing vines draped across shelves or cabinets add movement and warmth. It grows easily in most lighting and forgives the occasional missed watering.
- **Parlor Palm** – Its long, arching leaves give any corner a relaxed, calming feel. It thrives in lower light and likes evenly moist soil.
- **Rubber Fig** – The smooth leaves and compact growth add subtle structure. It prefers bright, indirect light and steady watering that keeps the soil lightly moist.



BOHEMIAN ECLECTIC

In a space layered with patterns, colors and collected treasures, plants can be playful and a little wild.

- **String of Pearls** – This plant's cascading strands of bead-like leaves are whimsical and full of personality. It needs bright light and careful watering since it behaves more like a succulent.
- **Bird of Paradise** – With dramatic, fan-like leaves, it brings instant drama and a tropical flair. It loves bright light and grows stronger with consistent watering.
- **Calathea** – Its patterned leaves look like hand-painted artwork in plant form. It thrives in humidity, prefers distilled water and likes its soil lightly moist.



MID-CENTURY MODERN

This retro-meets-modern style shines with plants that have statement leaves and defined shapes.

- **Fiddle Leaf Fig** – Oversized, violin-shaped leaves make it an instant statement piece. It prefers bright, indirect light and steady watering once the top inch of soil dries.
- **Aloe Vera** – Its clean, sculpted form fits easily on sideboards or window ledges. It loves bright light and requires minimal watering thanks to its succulent nature.
- **Aglaonema** – With tidy growth and subtle variegation, it blends seamlessly with geometric décor. It handles low to medium light and is easy to grow.



TRADITIONAL CLASSIC

Refined, timeless interiors pair well with plants that have a polished and graceful form.

- **Amaryllis** – Dramatic, trumpet-shaped flowers add elegance to any room. It enjoys bright light and should be watered moderately while it's growing. A period of cool, dry dormancy is needed to re-bloom.
- **Boston Fern** – Full, arching fronds add texture without overpowering the room. It thrives in humidity and likes its soil to stay consistently moist.
- **Dracaena** – Tall and statuesque, it adds height and structure to classic interiors. It tolerates a variety of lighting conditions and prefers lightly moist soil.



COASTAL CASUAL

Breezy, beach-inspired spaces feel complete with plants that are leafy and softly textured.

- **Kentia Palm** – Its flowing fronds bring easy, coastal elegance to any room. It grows well in moderate light and prefers evenly watered but not soggy soil.
- **Spider Plant** – Striped, arching leaves give a bright, cheerful look that fits perfectly with coastal décor. It's easygoing, adaptable and sends out baby plants when happy.
- **Ponytail Palm** – Long, slender leaves echo beachy breezes. It tolerates bright light and infrequent watering.





9 EPIC BACKYARD WATER GAMES

WHO SAYS YOU NEED A POOL TO STAY COOL?

With a little creativity, your backyard
can transform into a full-on
water playground.



1

WATER BALLOON TOSS

Partner up and start close together, gently tossing a balloon back and forth. After each successful catch, both players take a step back. The last dry duo standing wins bragging rights.



3

DRIP, DRIP, DRENCH

A wet twist on Duck, Duck, Goose. Players sit in a circle while one person walks around with a cup of water, lightly dripping a bit on each person while saying "drip." When they choose someone and shout "drench," they dump the whole cup on that person's head, then race around the circle before that player can catch them.



2

SPRINKLER OBSTACLE RUN

Set up multiple sprinklers along a course with hula hoops, pool noodles and lawn chairs. Race through without touching obstacles or getting wet — trickier than it sounds!





4

CAPTURE THE FLAG

Divide into teams and try to steal the other team's flag while dodging water balloons. Getting hit means you're frozen until a teammate tags you back in. The soaking-wet chaos is half the fun.

BALLOON PIÑATA

5

String up water balloons from a tree branch at varying heights. Blindfold players, spin them around and let them swing away with a plastic bat. It's a refreshing twist on a party classic.



6

LIMBO

Grab your garden hose and challenge everyone to bend backward under the stream without getting wet. Lower it after each round until only the most flexible and driest survivor remains.



7

SPONGE RUN

Carry a soaked sponge from one bucket to another and squeeze out as much water as you can. The first team to fill their bucket wins.

**CUP RELAY**

8

Balance a water-filled cup on your head and race to the finish line. Spill too much and you'll need to head back to the start to refill.



9

WATER BALLOON WADDLE

Clutch a water balloon between your knees and waddle to your teammate without popping it. Looking ridiculous is the name of the game!



48 HOURS IN **NASHVILLE**



Nashville is a city that buzzes with music, history and southern charm. Even a short weekend gives you plenty of time to soak in its legendary landmarks and lively atmosphere. Here's how to make the most of 48 hours in Music City.

DAY ONE: MUSIC AND HISTORY IN THE HEART OF THE CITY



Start your weekend at the Country Music Hall of Fame and Museum, where exhibits celebrate legends from Hank Williams to Dolly Parton. Explore interactive galleries and marvel at the vast collection of instruments and memorabilia. Rotating exhibitions make it a captivating stop for both longtime fans and newcomers.



Just a short walk away is the Ryman Auditorium, often called the “Mother Church of Country Music.” Step inside and feel the history in every balcony and beam, imagining the countless legendary performances that have shaped Nashville’s musical legacy. Even if you don’t catch a show, the guided tour gives you a sense of its storied past and incredible acoustics.

Spend the afternoon wandering Broadway, Nashville’s bustling entertainment hub. Honky-tonks line the streets, offering live music from morning until night. For a true Nashville experience, stop by historic venues like Tootsie’s Orchid Lounge or catch a show at the Grand Ole Opry, an essential landmark that has hosted generations of country music stars.



DAY TWO:

NEIGHBORHOOD CHARM



Begin your day in East Nashville, a vibrant neighborhood known for its artsy vibe and local shops. Grab breakfast at the Pancake Pantry, famous for its long lines and sweet potato pancakes that are well worth the wait. Spend the morning exploring murals, antique shops and record stores. Next, venture to 12South and the Gulch, neighborhoods that showcase Instagram-worthy murals, trendy restaurants and plenty of boutique shopping.





In the afternoon, take the RCA Studio B tour and walk in the footsteps of Elvis Presley, the Everly Brothers and other music legends to see behind the scenes where some of Nashville's most iconic hits were recorded. Stop for lunch at Hattie B's, home to Nashville's legendary hot chicken — spicy, crispy and unforgettable.

Round out the day with a stroll through Nashville's green side at Centennial Park, home to the full-scale replica of the Parthenon, a nod to the city's nickname "Athens of the South." The park is perfect for a leisurely walk, a picnic or simply soaking in the greenery before heading back into the city.

Beat the Bugs



Warm evenings are perfect for outdoor fun, but pesky mosquitoes and other bugs can quickly put a damper on things. Luckily, a few simple strategies can help you enjoy the outdoors without any uninvited guests.



MAKE IT BREEZY

Mosquitoes are weak fliers, so a gentle breeze can make it hard for them to reach you. Place fans around patios, decks or outdoor dining areas.



USE MESH SCREENS

Install fine mesh around pergolas or seating areas to block mosquitoes while still enjoying the fresh air.

CREATE NATURAL SPRAYS

Combine a few drops of essential oils such as eucalyptus, peppermint or tea tree with water. Lightly mist your outdoor seating area to create another layer of protection.

LIGHT SMARTLY

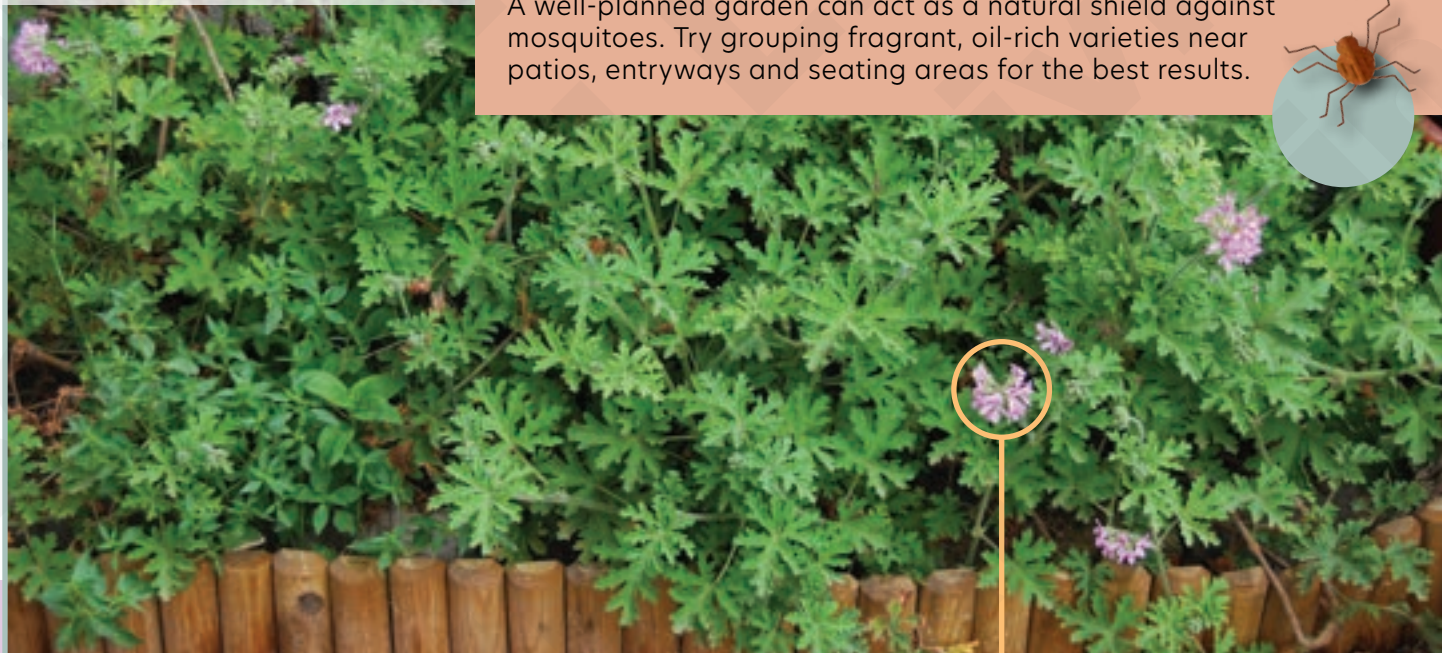
Bugs are attracted to bright white lights, so choose soft yellow bulbs for your outdoor spaces.

CLEAR OUT STANDING WATER

Mosquitoes breed in stagnant water, so check your yard regularly. Empty birdbaths, clogged gutters and any containers that collect rainwater. Even a small amount can attract insects.

grow a *Mosquito-Repellent Garden*

A well-planned garden can act as a natural shield against mosquitoes. Try grouping fragrant, oil-rich varieties near patios, entryways and seating areas for the best results.

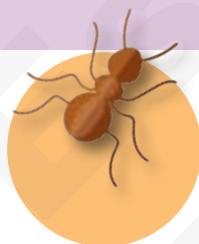


LEMON BALM

A fast-growing herb with a bright, citrusy scent that mosquitoes are known to hate.

MARIGOLDS

These bright flowers repel a variety of pests and can be planted along borders or mixed with vegetables for added protection.

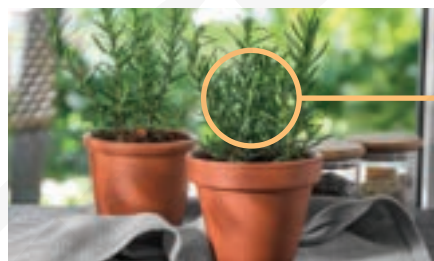


LAVENDER

Prefers sunny spots and well-drained soil. Plant it along walkways for a calming aroma.

MINT

Best grown in pots and grows quickly. Crush a few leaves before placing the pot near a seating area to help release its refreshing scent.



CITRONELLA

One of the most recognizable mosquito-repelling plants. Choose the true citronella grass rather than scented geraniums for the best effect. Plant it in large containers so you can move it closer to patios during peak mosquito hours.

ROSEMARY

Great for keeping mosquitoes away and adding fresh flavor to your meals.

The Joy of Everyday

Microadventures



You don't need a passport, plane ticket or weekend getaway to experience adventure. Microadventures are simple experiences that inject curiosity and excitement into everyday life. They fit seamlessly into your routine, helping you break free from autopilot and rediscover the world around you. The best part? They start right at your front door.



START SMALL AND LOCAL

You don't need to travel far or plan extensively. Begin with what's within walking or biking distance. The goal is to lower the barrier to entry, so you actually do it, not to create another overwhelming item on your to-do list.

GET OUT OF YOUR COMFORT ZONE

Challenge yourself in small ways during your everyday activities. Try a new dish at your favorite restaurant. Wear that bold jacket you've been saving. Start a conversation with a neighbor or shopkeeper. These tiny acts build confidence and make ordinary days feel more alive.

GO ON A SCAVENGER HUNT

Pick a theme like street art, historic markers or quirky storefronts and see how many you can find within an hour. Take photos, make notes or turn it into a friendly competition with friends or family. It's a playful way to notice the details in the city you walk past every day.

EXPLORE THE UNFAMILIAR

Pull up a map and identify areas you rarely visit. Spend an afternoon wandering through a new neighborhood, browse the local shops or relax at a park you've never been to. You'll gain a fresh perspective on your city and might stumble upon a new favorite spot.





TAKE THE LONG WAY HOME

Break your commute routine by choosing a longer route home. You might discover a vibrant mural or a scenic overlook you never knew existed.

MAKE AN "ADVENTURE JAR"

Write down ideas for microadventures on slips of paper and drop them into a jar. Pull one out whenever you're looking for something fun to do.

SAY YES MORE OFTEN

When you see a flyer for a free concert, hear about a pop-up market or spot a shop you're curious about, go for it. Microadventures thrive on spontaneity. The best experiences often come from simply saying "why not?" instead of "maybe later."

ATTEND AN EVENT

Seek out experiences that pique your curiosity, like a neighborhood festival, a free museum night or a community workshop. Being part of these gatherings can introduce new ideas, connect you with your community and offer unexpected inspiration.

NOTICE THE EVERYDAY

Bringing adventure into your day can be as simple as noticing something new. Take a different route home, stop by a shop you've never explored or try a new café for your morning coffee. These small choices can transform ordinary moments into memorable experiences. Once you begin paying attention to the possibilities around you, it becomes easy to find fresh ways to explore your surroundings.



Killer Cereal

DESSERTS

There's more to cereal than morning bowls and spoons. Its light crunch and sweet flavor make it the perfect starting point for fun, delicious desserts. From gooey Scotcheroos to creamy Fried Ice Cream Dessert Bars, these recipes bring a little creativity to the familiar flavors you already love.



Fried Ice Cream

DESSERT BARS

These dessert bars are the perfect balance of crisp and creamy, making them impossible to resist.

INGREDIENTS

- 1 c. unsalted butter, cubed
- 4 c. cornflakes, crushed
- 3 tsp. ground cinnamon
- ¼ c. granulated sugar
- 114-oz. can sweetened condensed milk
- 1 pt. heavy whipping cream
- ¼ c. evaporated milk
- 2 tsp. vanilla extract
- ¼ tsp. salt
- ¼ c. honey
- Optional toppings: whipped cream, extra honey drizzle, maraschino cherries

INSTRUCTIONS

1. Line a 9x13-inch baking dish with parchment paper and set aside.
2. In a large saucepan, melt the butter over medium heat.
3. Turn up the heat to medium-high and add the sugar. Stir until fully combined and starting to bubble.
4. Stir in the crushed cornflakes and cinnamon, stirring constantly until lightly toasted or golden, about 6–8 minutes.
5. Spread half of the cornflake mixture (about two cups) evenly across the bottom of the prepared baking dish and press gently to form a crust. Set aside.
6. In a large mixing bowl, beat the heavy whipping cream, evaporated milk and salt until thickened, about five minutes. Add the sweetened condensed milk and vanilla extract, beating until smooth and airy.
7. Pour the creamy mixture over the crust, using a spatula to evenly coat. Cover and freeze for at least one hour, or until the ice cream layer is partially set.
8. Once the filling is firm enough to hold its shape, drizzle ¼ cup of honey evenly over the surface. Sprinkle the remaining cornflake mixture on top, pressing lightly so it adheres.
9. Cover again and freeze for at least eight hours or overnight until fully set.
10. Cut into bars and serve straight from the freezer. Top with whipped cream, an extra drizzle of honey or maraschino cherries if desired.

Prep Time: 20 minutes
Cook Time: 10 minutes
Inactive Time: 12 hours
Yield: 16 bars

Black Sesame

CRISPY RICE TREATS

A toasty, nutty twist on the nostalgic classic.

Prep Time: 5 minutes

Cook Time: 10 minutes

Yield: 16 squares

INGREDIENTS

- 3 tbsp. unsalted butter
- 6 oz. mini marshmallows
- 2 tbsp. black sesame paste
- 1 tsp. vanilla extract
- 1 tbsp. honey
- 3½ c. crispy rice cereal
- 2 tbsp. toasted black sesame seeds

INSTRUCTIONS

1. Prepare an 8x8-inch baking dish with parchment paper and set aside.
2. In a large saucepan, melt the butter over low heat until smooth.
3. Stir in the marshmallows and cook gently, stirring often, until almost fully melted.
4. Add black sesame paste, vanilla extract and honey. Stir until completely blended and smooth.
5. Remove from heat. Add crispy rice cereal and toasted black sesame seeds, folding until evenly coated.
6. Press the mixture into the prepared baking dish, using a spatula to create an even layer.
7. Let the treats sit at room temperature for about 30 minutes. Once firm, cut into squares and serve.



CHOCOLATE *Scotcheroos*



Prep Time: 15 minutes
Inactive Time: 1.5 hours
Yield: 16 bars



A nutty, chewy base topped with a luscious chocolate-butterscotch topping.

INGREDIENTS

- 1 c. unsalted butter, cubed
- 1¼ c. light corn syrup
- 1¼ c. granulated sugar
- ¾ c. creamy peanut butter
- 2 tsp. pure vanilla extract
- ¼ tsp. salt
- 7 c. crispy rice cereal
- 1½ c. semi-sweet chocolate chips
- 1½ c. butterscotch chips
- 2 tbsp. heavy cream
- Sea salt for topping, optional

INSTRUCTIONS

1. Line a 9×13-inch baking pan with parchment paper, leaving an overhang around the sides.
2. Melt the butter in a saucepan over medium heat. Add in the corn syrup and sugar, stirring constantly until the sugar dissolves and the mixture is hot but not boiling.
3. Remove the saucepan from heat. Stir in the peanut butter, vanilla extract and salt until smooth.
4. Add the crispy rice cereal to a large bowl and pour the syrup mixture over it. Stir gently until all the cereal is evenly coated.
5. Transfer the coated cereal to the prepared pan and press it firmly and evenly into the bottom.
6. Cover the pan and place it in the freezer for 30 minutes or until firm.
7. In a microwave-safe bowl, combine the chocolate chips, butterscotch chips and heavy cream. Microwave in 20–30 second intervals, stirring after each, until the mixture is fully melted and smooth.
8. Remove the pan from the freezer. Pour the melted topping over the firm cereal base, spreading evenly to cover. Top with sea salt if desired.
9. Return to the freezer for at least 60 minutes, or until the topping is fully set and can be pressed gently without sinking.
10. Use the parchment overhang to lift the block of bars out. Place on a cutting board and slice into squares with a sharp knife. Then, serve and enjoy!

CEREAL Sushi

A fun, crunchy snack that's delightfully sweet in every bite.

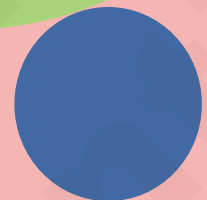
Prep Time: 10 minutes
Inactive Time: 1.5 hours
Yield: 1 roll/8 pieces

INGREDIENTS

- 1 large banana
- $\frac{1}{4}$ c. creamy peanut butter
- $\frac{1}{2}$ c. Fruity Pebbles cereal
- 3 tbsp. dark chocolate chips
- 1 tsp. coconut oil

INSTRUCTIONS

1. Peel the banana and place it on a work surface.
2. Use a butter knife to evenly coat the banana with creamy peanut butter.
3. Pour the Fruity Pebbles cereal into a shallow dish. Roll the peanut-buttered banana in the cereal until it's fully coated.
4. Place the coated banana on a tray or plate and freeze for about 30 minutes, to firm the peanut butter.
5. Meanwhile, melt the dark chocolate chips with coconut oil in the microwave, stirring until smooth. After the banana has chilled, drizzle the melted chocolate over the top.
6. Freeze for one hour. Remove from the freezer and slice into bite-sized pieces to serve immediately.



A VISUAL GUIDE TO **SHARKS**

Sharks have been around for hundreds of millions of years, even long before dinosaurs walked the Earth. Today, more than 500 species roam the seas, from tropical waters to the icy depths. Dive in and discover what makes these ancient predators so remarkable.



WHAT MAKES A SHARK ...

A SHARK?

- **SOFT SKELETONS**

Unlike bony fish, sharks have skeletons made of cartilage.

- **MULTIPLE GILL SLITS**

Sharks have 5–7 gill slits on each side of their body.

- **TOOTH TURNOVER**

New teeth are constantly growing to replace lost ones, keeping sharks ready for their next bite.

- **FINS THAT DO IT ALL**

Sharks use their fins like a built-in control system: the **tail** propels them, the **pectorals** lift and steer and the **dorsal** keeps them stable and upright.

Sharks have small pore-like **spots** on their heads called ampullae of Lorenzini. They are electroreceptor organs that can detect faint electrical fields, including the heartbeat of prey hiding in the sand.

The rough texture of **shark skin** comes from placoid scales, or dermal denticles, which reduce friction as they swim and protect them from injury and parasites.

SMALLEST SPECIES

The **dwarf lanternshark** measures only about 6 inches long. It even glows in the dark thanks to bioluminescent organs.

LARGEST SPECIES

The **whale shark** holds the title, reaching up to 60 feet long. Despite its size, it's a gentle giant that feeds mostly on plankton and small fish.

FANTASTIC SHARKS

SLOWEST SWIMMER

The **greenland shark** cruises at under 1 mph. With lifespans estimated to be over 400 years, it's the longest-living vertebrate and the ultimate master of slow living.



MOST ADAPTIVE

Found in shallow coral reefs, **epaulette sharks** have adapted their pectoral fins as primitive legs, allowing them to "walk" across the seafloor. They can also survive extended periods with little to no oxygen.

MOST UNIQUE

With a long, protruding snout, a jaw that shoots out when hunting and nearly translucent skin, there's no guessing how the **goblin shark** got its name.

MOST IMPRESSIVE BITE

The cookiecutter shark may be small, but their bite leaves a perfect cookie cutter circle in larger marine life they feed on.



FASTEST SWIMMER

The **shortfin mako** shark can clock speeds of up to 46 mph, making it the fastest shark in the ocean.





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couscous salad

Ingredients

- ½ c. couscous
- 6 ¾ oz. vegetable stock, hot
- 2 spring onions
- 1 red pepper
- ½ cucumber
- ½ c. feta cheese
- 2 tbsp. pesto
- 2 tbsp. pine nuts

Instructions

1. Tip the couscous into a large bowl and pour over the stock. Cover, then leave for 10 minutes until fluffy and all the stock has been absorbed.
2. Slice the onions and pepper, and dice the cucumber. Add these to the couscous and fork through the pesto. Sprinkle the crumbled feta and pine nuts on top before serving.

5 WAYS TO CREATE A Welcoming Entryway



1. Use a mix of ambient, accent, and task lighting for warmth.
2. Add functional storage for keys, mail, and essentials.
3. Add a rug that complements your décor.
4. Place a small bench or chair for putting on shoes.
5. Include fresh flowers or a potted plant for a touch of nature.



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3 House Plants

THAT WILL THRIVE IN YOUR KITCHEN

ALOE VERA

Prefers bright, indirect light. Water sparingly, allowing soil to dry out between watering.

SPIDER PLANT

Prefers indirect light and can tolerate a bit of neglect. Water when soil feels dry.

POTHOS

Allow the soil to dry between waterings and avoid direct sunlight.



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