

ALWAYS BRAVE, SOMETIMES KIND MENU

APPETIZER

ARENA POUTINE FROM LACEY'S WOULD-BE BLOG, *MARVELLOUS MOTHERHOOD*



INGREDIENTS

- Frozen french fries
- Canola oil
- Gravy
- Cheese curds

DIRECTIONS

1. Fry frozen French fries in vat of oil (wear apron to keep from splattering oil all over front of clothes like how that old witch Mariam the Canteen Lady used walk around wearing).
2. Heat up the canned gravy (I'd usually make this from scratch, but now that the boys aren't at home, I'm not making many roasts, so no drippings).
3. Put fries in bowl with cheese curds and salt the whole thing. Mix 'em all up! Put on a plate and smother with gravy. YUM!

MAIN COURSE

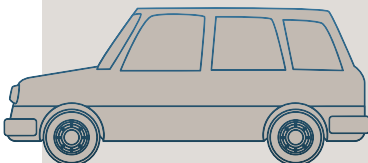
MAPLE PULLED PORK SAMMIES FROM LACEY'S WOULD-BE BLOG, *MARVELLOUS MOTHERHOOD*

INGREDIENTS

- Pork tenderloin
- Bottle of Root Beer
- Maple syrup (lots!)
- Bottle of Barbecue Sauce
- 1 onion (chopped)
- Hamburger buns

DIRECTIONS

1. Place pork in slow cooker.
2. Pour root beer over the pork.
3. Cover and cook on low. Get your glue gun out to pass the time with some crafting because 13 hours these bad boys roast!
4. Drain liquid from slow cooker.
5. Shred pork (Here's a tip: Use an electric whisk! Easy!).
6. Add bbq sauce and maple syrup to pork and mix it up.
7. Continue heating for a little bit longer, until the boys are ready to eat.
8. Serve on hamburger buns. If transporting, place in Tupperware but keep lid off to make sure the buns don't get soggy. DO NOT let that little shit Taylor Anderson anywhere near them!



SIDE

CLEAN EATING HEALTHY CHICKEN SALAD (NO MAYO)* FROM YASMIN'S BLOG, AIDING ADOLESCENCE

*With herbs. Paleo. Gluten Free. Low Carb.

Note: Low carb chicken salad is definitely a staple at our house. Few things are as important as my family's health, and protein plays a big role in supporting that! Even though my husband isn't a huge fan, I love the convenience of this recipe. And perhaps more importantly, it's one of the few solid foods my baby daughter will actually eat. After noticing all the junk most of the mother's on my son's hockey team feed their kids, I knew I had to share my easy chicken salad recipe with you. I mean, we only get 18 years to raise them, right? Our family values health.

INGREDIENTS

- Pulled chicken
- Avocado Mayo (lots of recipes for this online!)
- Mustard (look to make sure it's low sodium, or – better yet! – make it yourself!)
- Fresh dill (organic)
- Fresh parsley (organic)
- Garlic (organic)
- Green onions (organic – see my post about growing this kitchen staple on your own window sill!)

DIRECTIONS

1. Just mix the ingredients together! That's it! Super easy, right?



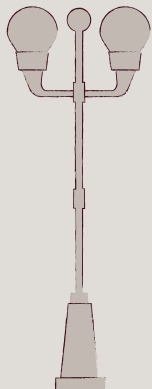
DESSERT

SANDRA'S BIRTHDAY CUPCAKES

INGREDIENTS

DIRECTIONS

1. Just grab them from the bakery section of the grocery store before your clinic shift. Pair with staff room coffee. You don't drink coffee yet? Oh kid, so young. You will.



BEVERAGES

SHANNON'S COFFEE

Black, no sugar.

KAREN'S ROSE

Chilled.

KOHKUM'S TEA

Strong, sweet, and warm – just like her.



PARTY FAVOURS

KOHKUM'S ROSE WATER

INGREDIENTS

- Distilled water
- Wild rose petals (fresh or dried)
- Witch hazel

DIRECTIONS

1. Boil water.
2. Remove from heat, add two handfuls of wild rose petals.
3. Let them seep and enjoy a cup of tea. Maybe listen to the news.
4. Drain and cool the rose water. Add ¼ cup of witch hazel.
5. Store in misting bottle. Take an extra home to the granddaughter. Twinsies!

OTHER PARTY IDEAS

- Decorate the meeting space with Zoe and Jude's dried rose petals.
- Break the ice with a tarot card reading (extra points if the psychic's a hunk!).
- Listen to the ABSK Novel Spotify Playlist.
- Invite author Katie Bickell (katiebickell.com) to join the party through Zoom.
- Take a photo of the fun and be sure to take @katiebickell on Instagram.