

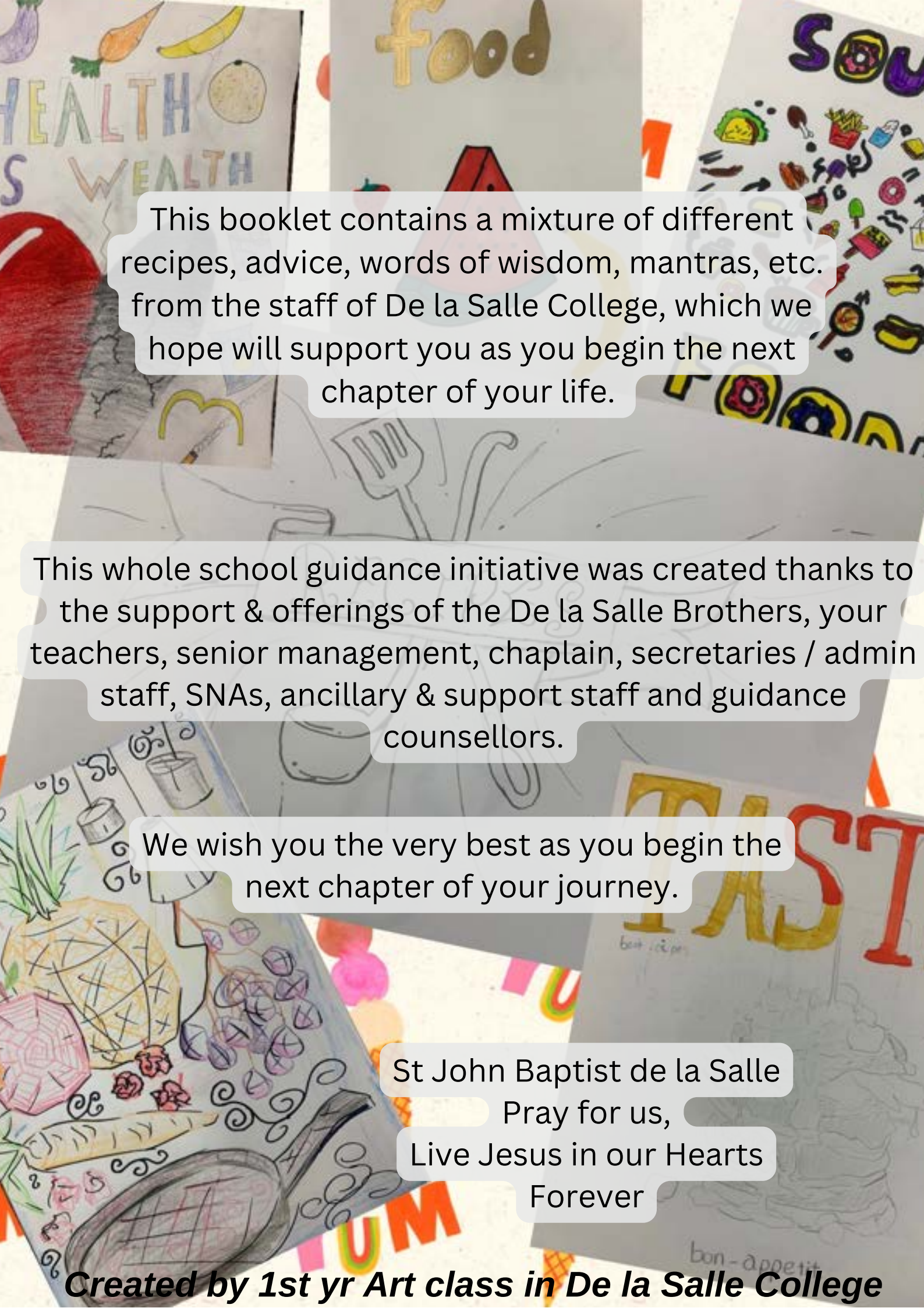


FOOD FOR THE SOUL



**Recipes & Advice to support you on
the next chapter of your journey!**

From the staff of De la Salle College



This booklet contains a mixture of different recipes, advice, words of wisdom, mantras, etc. from the staff of De la Salle College, which we hope will support you as you begin the next chapter of your life.

This whole school guidance initiative was created thanks to the support & offerings of the De la Salle Brothers, your teachers, senior management, chaplain, secretaries / admin staff, SNAs, ancillary & support staff and guidance counsellors.

We wish you the very best as you begin the next chapter of your journey.

St John Baptist de la Salle
Pray for us,
Live Jesus in our Hearts
Forever

Created by 1st yr Art class in De la Salle College



Advice & reflections which may help you stay
well on your next journey are embedded
throughout this booklet



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STAYING WELL!



Mental Health Ireland have a huge range of supports & helplines Click on the QR code for details

OATS!

Oats are an extremely versatile, cheap & healthy ingredient! Try incorporating a warm bowl of creamy porridge or tasty overnight oats into your breakfast options!



Porridge!

Ingredients

- 1/2 cup Porridge Oats
- 1 Cup of Water & / Or
- Milk of your choice

Options:

Sultanas (Soak overnight with porridge oats & water)

Top with:

- Fresh Fruit (blueberries, raspberries, strawberries, banana, etc.)
- Seeds &/or Nuts (e.g. Walnuts)

Directions

1. Add 1/2 cup of porridge oats & 1 cup of water & / milk to a large microwavable bowl
2. Cook on high in microwave for 2 minutes & stir
3. Continue to cook at 30 second intervals, stirring in between until the porridge is at your desired consistency. Add more milk to loosen if necessary

- *Porridge can be made with all Water, All Milk or a mixture of both, e.g. 50/50, depending on your taste.*
- *To quicken the cooking time you can soak the oats in the water/milk overnight, with sultanas if desired.*

STAYING WELL!


WINNING WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



Be Active!



Exercise is a great way of staying physically
and mentally healthy. Even a small amount of
activity can improve how you feel. Click the
QR code for some exercise videos to help you

get active!

Choose from:

Pilates

Yoga

Strength and Conditioning

Chair Yoga for Beginners



Overnight Oats!

Ingredients

- Porridge Oats
- Chia Seeds
- Pumpkin Seeds
- Sunflower Seeds
- Milk (regular, almond, coconut, etc.)
- Fruit / Berries of your choice (e.g. strawberries, raspberries, blueberries, blackberries)
- Flaked almonds
- Your choice of: Peanut butter / Honey . Protein Yogurt

Directions

1. Take a bag of Porridge, mix in a bag of chia seeds, pumpkin seeds and sunflower seeds. Store in lunch boxes.
2. Place 5 tablespoons of this mixture into a bowl and add a milk of your choice (Almond or coconut are great).
3. Add berries of your choice and sprinkle with flaked almonds and a dollop of peanut butter or honey, or some protein yogurt. store in the fridge overnight.





**Mental Health
Ireland**

**take
Notice**

connect

beActive

GIVE

**Keep
Learning**

FIVE WAYS TO WELLBEING

SIMPLE ACTIONS YOU CAN DO IN
YOUR EVERYDAY LIFE TO FEEL
GOOD & FUNCTION WELL

CONNECT

With the people around you at home,
work, school and in your local community.

BE ACTIVE

Step outside. Go for a walk, cycle,
garden or dance. Discover a physical
activity that suits your lifestyle.

TAKE NOTICE

Savour the moment whether you are walking,
eating or talking. Be aware of the world
around you and what you're feeling.

KEEP LEARNING

Try something new. Rediscover an old
interest. Take on new responsibilities. Fix a
bike.

Learn how to cook your favourite meal.

GIVE

Do something nice for a friend. Thank
someone. Volunteer. Join a community group.

'The Five Ways to Wellbeing' (NEF, 2008)

HSE Minding your Wellbeing Programme consists of 5x20min
videos focused on:

1. Practicing Self-Care
2. Understanding Our Thoughts
3. Exploring Emotions
4. Building Positive Relationships
5. Improving Our Resilience



Smoothies

*Add a nutritious smoothie
to your breakfast or lunch!
Try these recipes or make
your own recipe!*



Ingredients

ULTIMATE SMOOTHIE

- 2 large peaches
- 1 banana
- 200ml orange juice
- 2 teaspoons honey
- Half cup of ice cubes

BERRY HAPPY

- 4 strawberries
- 6 raspberries
- 2 bananas
- 200ml apple juice
- 2 teaspoons honey
- Half cup of ice cubes

OUTRAGEOUS ORANGE

- 1 large orange
- 4 strawberries
- 1 banana
- 200ml orange juice
- 3 teaspoons honey
- Half cup of ice cubes

FRUIT SHAKE

- 2 carrots chopped
- 1 banana- sliced
- 1 tablespoon honey
- 1 pint low fat milk
- 2 apples chopped

'B floor' BANANA

- 8 strawberries
- 2 bananas
- 200ml orange juice
- 2 teaspoons honey
- Half cup of ice cubes

KIWI FUSION

- 4 kiwis
- 1 banana
- Small tin of pineapple in own juice
- 200ml pineapple juice from tin
- 2 teaspoons honey
- Half cup of ice cubes

Directions

1. Place all ingredients in a blender and blend until smooth.
2. Refrigerate for 30 mins before drinking if preferred..

Equipment needed: Blender



STAYING WELL!

**WHEN YOU NEED MORE HELP
... TALK TO SOMEONE!**

SAMARITANS

116 123

EMAIL YOUR THOUGHTS: JO@SAMARITANS.IE

Free-text HELLO
to 50808



**SAMARITANS SELF HELP
APP - INCLUDES USEFUL
GROUNDING & RELAXATION
TECHNIQUES,**



turn2me's online offers a safe place to talk with a professional counsellor to help you understand your feelings and work together to develop the tools you need to get through tough times. 18yrs.



Video Chat

Text Chat

By Phone

Eggs!

Eggs are nutritious, inexpensive & extremely versatile! Try these recipes & experiment adding bacon, pudding, smoked salmon, avocado, tomatoes, chilli flakes, etc.
Serve with toast, brown bread, bagels.

Boiled! Place egg in a saucepan & cover with cold water. Bring to boil, reduce heat to a gentle simmer for 3-5mins depending on preference

Fried - Melt a piece of butter in a frying pan on the hob. Add egg & season with salt & pepper. Cook for approx 3mins! Make sure the white is fully cooked.

Poached! - Add a pinch of salt to a pot of boiling water. Reduce heat to a gentle boil. Crack your egg into a cup. Using a spoon swirl the water in a circular motion a few times. Drop in your egg in one motion.

Cook for approx 3mins. Make sure the white is fully cooked.



Scrambled! Melt a piece of butter in a small saucepan. In a bowl whisk 2 eggs with a 4 tablespoons of milk & a pinch of salt.

Add to saucepan & stir with a wooden spoon every 15-20secs, lifting & folding it over from the bottom of the pan. Repeat until the eggs are cooked & softly set. Remove from the heat!

Make sure you soak the saucepan in water to make washing up easier!

Tip! Fry some chopped ham with the melted butter before adding the egg mixture.

Eggy Bread! Melt butter in a frying pan until sizzling.

Make scrambled egg mixture (above) in a wide bowl. Dip half slices of bread into the mixture. Fry the egg soaked bread on the pan, pressing down a little & turning over once browned a little on one side. Cook on other side & serve.

Tip! Can be made savoury with a pinch of salt to the mixture OR can be made sweet with a half tsp of sugar to the mixture.



MINDFULNESS!

Mindfulness is a great habit to practice & can help overall wellbeing, giving you tools to relax & calm the mind. Try some of these short (less than 10mins), free clips on mindful breathing, a body scan, etc.



<https://www.padraigomorain.com/free-mindfulness-audios/>
Ones to try out include: he Mountain; Tummy Breathing; 10 minute breathing!



Try out this <15
minute Body
Scan!



3 Minute
Mindful
Breathing!

Omelette à la française

Ingédients

- 4 Oeufs
- 1 Tranche de jambon blanc
- 40g Emmental
- 20g Beurre
- 1cuil. à soupe Lait
- Sel
- Poivre

Degré de difficulté - Facile
Temps de preparation - 5 min
Temps de cuisson - 5 min
Coût - Bon marché
Nombre de personnes - 2

Étapes de préparation

1. Cassez les œufs au dessus d'un saladier et fouettez-les avec le lait et un peu de sel et de poivre.
2. Faites chauffer le beurre dans une poêle. Ajoutez les œufs battus et faites cuire sur feu moyen en ramenant les bords vers le centre.
3. Lorsque l'omelette se décolle, garnissez-la avec le jambon et l'emmental râpé et repliez-la sur elle-même. Poursuivez la cuisson quelques instants puis débarrassez sur un plat et servez.

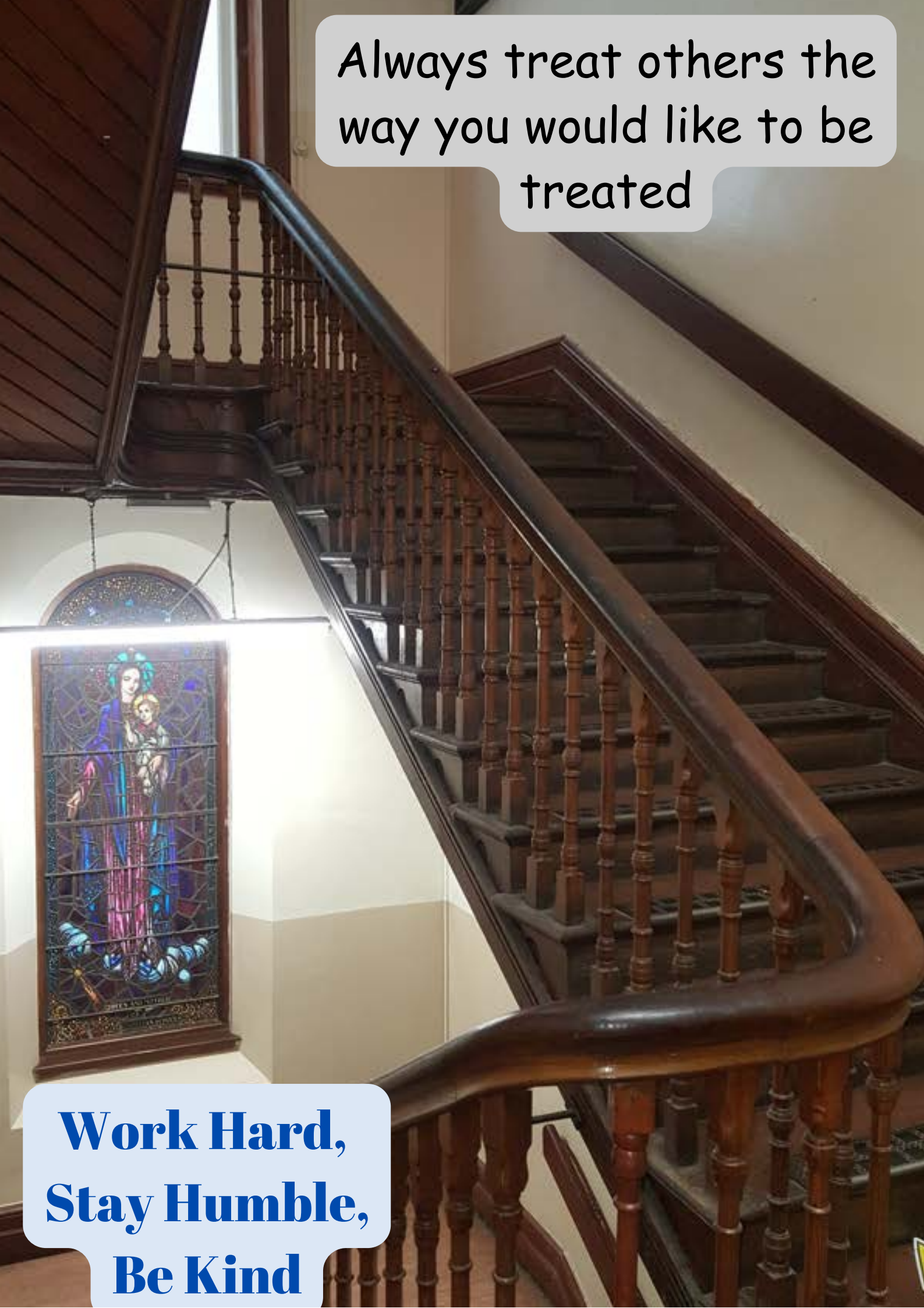
Basic French Omelette

Directions

1. Break the eggs in a bowl & whisk them with the milk, some salt & pepper.
2. Heat the butter in a pan. Add the beaten eggs and cook them on a medium heat, bringing the sides of the mixture towards the centre.
3. When the omelette starts to bubble/cook add the ham & cheese, fold it & keep cooking for another few minutes. Put on a plate and serve.

Ingredients

- 4 eggs
- 1 chunky slice of ham (chopped)
- 40g Emmental cheese (grated)
- 20g butter
- 1 soup spoon of milk
- Salt
- Pepper

A photograph of a wooden staircase with a dark wood handrail and balustrade. The staircase is set against a light-colored wall. In the background, there is a stained glass window depicting a religious scene, possibly the Virgin Mary holding the Christ Child, with a small arched window above it. The lighting is warm, and the overall atmosphere is serene.

Always treat others the
way you would like to be
treated

**Work Hard,
Stay Humble,
Be Kind**



Ham, Cheese & Tomato Omelette



Ingredients

- 2 Eggs
- 1 tsp butter
- Salt and pepper to taste
- Ham Or other cooked meat
- 1 Tomato
- Grated cheese

*Prep: 30mins Cook: 45mins
Easy! Serves 6 adults*

Directions

1. Dice up the tomato and chop up the ham. You can use any other cooked meat.
2. In a bowl or jug, crack in the eggs and season with salt & pepper.
3. Heat a teaspoon of butter in a frying pan over a medium-low heat until it starts to bubble.
4. Pour in the egg and tilt the pan to spread the mixture evenly. Leave alone to cook for about 30 seconds to a minute until it begins to set at the edges.
5. With a spatula or spoon, lift up the edges of the omelette, allowing uncooked egg to run underneath.
6. Continue to cook until the centre begins to firm up then sprinkle over the chopped ham, cheese and diced tomato.
7. Cook for a further minute before gently folding in half with a spatula to form a semi-circle.
8. Continue cooking over a low heat until the eggs are fully cooked and set and the cheese is melted.
9. Tip or use a spatula to lift onto a plate to serve.



GET YOURSELF A
REUSABLE COFFEE CUP
AND A REUSABLE
WATER BOTTLE.



St Patrick's
Pontifical University

The best way to improve
your essay writing is by
drafting, getting feedback,
and redrafting.

BRIATHAR DÉ MO LÓCHRANN



MIC

MARY IMMACULATE COLLEGE
COLÁISTE MHUIRE GAN SMÁL

NCAAD DUBLIN

National College of Art and Design



Go to your tutorials. These are often in
smaller groups & offer an opportunity to
look at & discuss the material introduced
in lectures!

Attend Orientation days! These can be
extremely useful, informative & a great way to
get to know your classmates & the campus!



DUNDALK
INSTITUTE OF TECHNOLOGY



If you don't
understand, say it.

Ask questions!

Many people in the
room are too
scared to speak up.



UNIVERSITY
OF MEDICINE
AND HEALTH
SCIENCES

RCSI

Shannon College of
Hotel Management

Egg & Chorizo Pitta



Ingredients

- 3 Eggs
- Chorizo
- Wholemeal Pitta
- Handful of spinach

Variations:

For those who do not eat pork, omit the chorizo and add in some grated cheese such as parmesan or cheddar & tomato!

Equipment needed: Frying pan!

Very quick, tasty lunch!

Directions

1. In a hot dry frying pan, add some chorizo, fry until crispy and dry off the excess oil.
2. Whisk 3 eggs (with a whisk or fork) and add this to the pan until it scrambles.
3. Pop a wholemeal pitta into the toaster for 30 seconds then cut down along one edge
4. Fill with spinach and add the mixture from the pan.



**Speak to your lecturers and tutors!
They are experts in their areas and
are often delighted to talk to you
and answer any questions.**

Going to the library with
friends during study
periods never really works.
You'll have great craic but
you'll get nothing done!



UCC

Coláiste na hOllscoile Corcaigh
University College Cork, Ireland



The **college library** is a great
resource! They often hold information
sessions on using the library, research
skills & essay writing, especially at the
start of the year! Be sure to sign up!

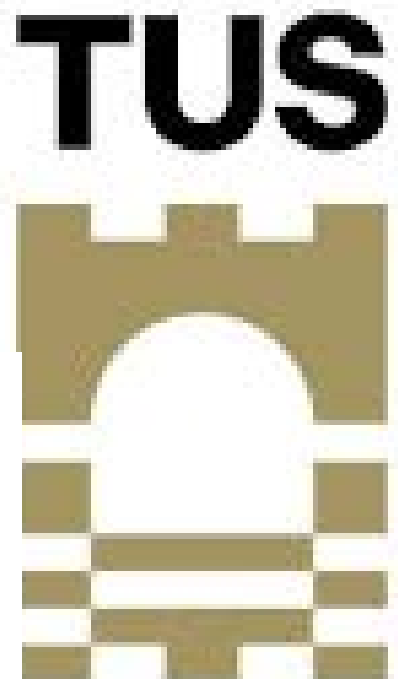


**Maynooth
University**
National University
of Ireland Maynooth



**Dungarvan
College**

***The student union can direct you to
where you need to go with any issue you
might have. Speak to them - they are
there for you***





Eggy Cheesy Waffles

The following is a quick and easy and filling "meal" with carbs in the waffles and protein in the eggs, cheese, beans and rashers (if added)

Ingredients

- 2 Frozen Potato Waffles
- 1 or 2 Eggs
- Grated Cheese
- Beans
- Rashers (optional)

Directions

1. Cook the waffles to liking in the toaster (This will take a few runs)
2. Beat the egg(s) and add in the cheese with a pinch of salt & pepper
3. Heat frying pan with some spray oil
4. Place the waffles in centre of pan
5. Add the beaten egg(s) and cheese pouring between the holes in the waffles
6. Cook on both sides, turning a couple of times
7. Heat beans in a bowl in microwave and serve with the Eggy Cheesy Waffles
8. You could fry off a couple of rashers on the pan at the same time!!



Make friends in your course!!

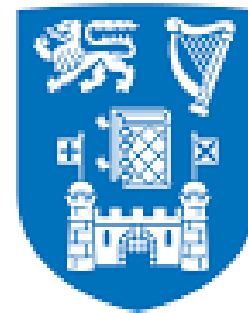
MTU

Join a Club & / Society!



**NUI Galway
OÉ Gaillimh**

If you are struggling, help is always available. Most colleges offer free counselling services that are available to you as a student. No matter is too big or too small.



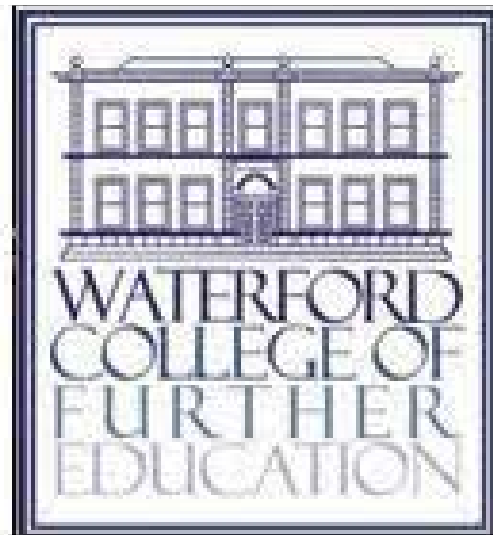
**Trinity
College
Dublin**

The University of Dublin



**GENERATION
APPRENTICESHIP**
www.apprenticeship.ie

Stay on top of your work! Get a *school journal/diary* & assign yourself homework, reading, essay drafts, etc. You will be in charge of your own learning now - use the methods that worked in 6th yr to keep on top of things!



Ollscoil
Teicneolaíochta
an Atlantaigh

Atlantic
Technological
University



Brown Bread

Ingredients

- 350g wholemeal flour
- 50g plain flour
- 50g porridge oats
- Pinch salt
- 2 level tsp bread soda
- 2 large eggs
- 1 dessertspoon sunflower oil
- 500ml buttermilk

160degrees 1hr 15mins total


Variations can include adding up to 50g of:
cranberries & walnuts;
cranberries & rosemary;;
sustanans; chocolate chips
& grated orange rind

Directions

1. Preheat oven to 160degrees.
2. Mix dry ingredients together, and wet ingredients together in separate bowls and then combine and mix together. Grease loaf tin with pil. Pour into tin
3. Sprinkle with sunflower and sesame seeds
4. Bake for 1hr
5. Take out and turn upside down
6. Return to oven for 15mins
7. Wrap in teatowel to cool - keeps the crust soft.

Equipment needed:
2 large bowls, Loaf tin & Oven

Every journey starts with a single footstep

A high-angle photograph of a rugged mountain valley. A narrow waterfall cascades down a rocky, moss-covered slope in the upper center. Below it, a wide, light-colored dirt path winds through a field of green grass and scattered grey rocks. A small group of about ten people is gathered on the path in the middle ground. To the right, a dark-colored car is parked on a rocky patch. The overall scene is a lush, natural landscape.

Tosaíonn gach turas le
coiscéim amháin

Lettuce, Goats
cheese,

Blueberries,
Beetroot, Walnuts
with a drizzle of
honey, sultanas &
pumpkin seeds

Salad!

Cooked Pasta, tin
of tuna, sweet
corn, diced
cucumber &
mayonnaise

Base: Ice berg / Gem Lettuce / Rockett / Spinach/ Pasta

Colour: Tomatoes / Peppers / Grated Carrot / Beetroot /
Cucumber / Strawberries / Blueberries / Pear /
Orange / Red onion / Scallions /sweetcorn/ Walnuts /
Almonds / Pumpkin seeds + Dressing! Balsamic,

Protein: Honey, Mayonnaise, Orange/Lemon Juice
Chicken / Boiled Eggs/ Fried Halloumi / Bacon
/ Ham / Cheddar/ Goats cheese/ Tuna

Gem Lettuce,
Rockett, Fried
Halloumi &
Mandarin
segments

Lettuce, Ham,
Cheddar Cheese,
Boiled Egg, Grated
Carrot, Red Onion
(optional)

Just One Breath

BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.





Vegetable Soup

Ingredients

- 2 carrots
- 1 parsnip
- 1 potato
- 1 onion
- 8 mushrooms
- 1 pepper
- 1 teaspoon vegetable oil
- Water
- Salt, Pepper, mixed herbs
- 1 vegetable or chicken stock cube dissolved in some boiled water, as per instructions

Equipment needed:

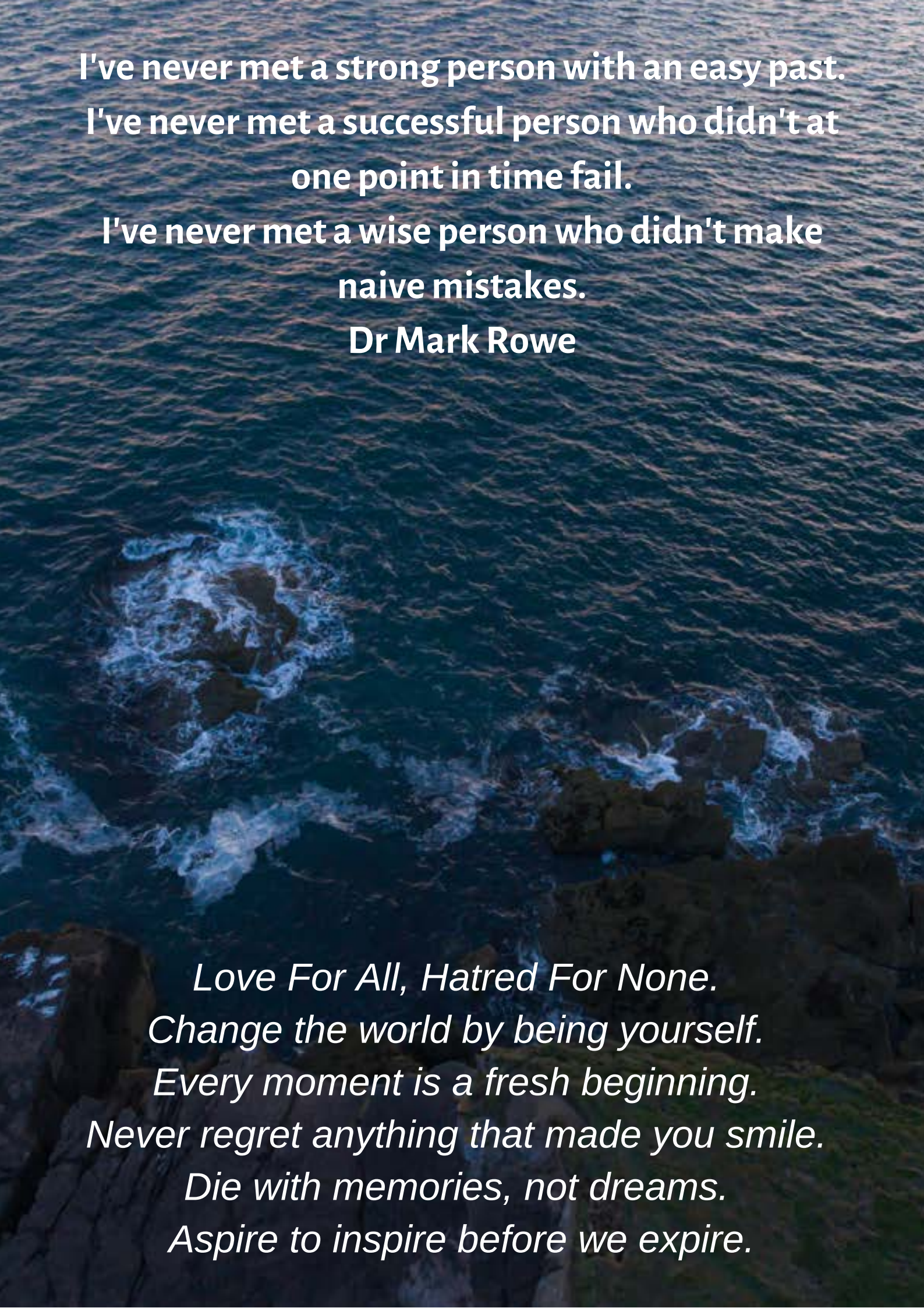
Large saucepan,
Stick Blender

Directions

1. Wash, peel and dice your chosen vegetables
2. Wash and chop garlic, onion and slice mushrooms & peppers.
3. Heat the oil in a large saucepan and gently fry onions, garlic, peppers & mushrooms.
4. Add carrots, parsnips, potato and mix together. Add salt, pepper & mixed herbs
5. Add dissolved stock cube & enough water to cover the vegetables & bring to the boil,
6. Leave to simmer until all vegetables are soft (check after 25mins if you can pierce vegetables with a fork). (May need to add extra water)
7. Once all vegetables are soft blend vegetables to get a soup like texture. If a more
8. liquid soup is preferred add some extra boiling water and continue to blend.
9. Carefully blend using a stick blender to desired consistency..



Tip! Once cool, store some soup in containers & freeze. Reheat in microwave when needed

An aerial photograph of a rugged coastline. Dark, jagged rocks protrude from the sea, with white foam from crashing waves visible. The water is a deep, textured blue.

I've never met a strong person with an easy past.
I've never met a successful person who didn't at
one point in time fail.

I've never met a wise person who didn't make
naive mistakes.

Dr Mark Rowe

*Love For All, Hatred For None.
Change the world by being yourself.
Every moment is a fresh beginning.
Never regret anything that made you smile.
Die with memories, not dreams.
Aspire to inspire before we expire.*

Creamy Tomato Soup



Prep: 30mins Cook: 45mins
Easy! Serves 6 adults

Ingredients

- 3 tbsp olive oil
- 2 onions, chopped
- 2 celery sticks, chopped
- 300g carrot, chopped
- 500g potato, diced
- 4 bay leaves
- 45 tbsp tomato purée
- 2 tbsp sugar
- 2 tbsp red or white wine vinegar
- 4 x 400g cans chopped tomatoes
- 500g passata
- 3 vegetable stock cubes
- 400ml whole milk

Directions

1. Put the oil, onions, celery, carrots, potatoes and bay leaves in a big casserole dish, or two saucepans.
2. Fry gently until the onions are softened – about 10-15 mins.
3. Fill the kettle and boil it.
4. In the tomato purée, sugar, vinegar, chopped tomatoes and passata, then crumble in the stock cubes.
5. Add 1 litre boiling water and bring to a simmer.
6. Cover & simmer for 15 mins until the potato is tender, then remove the bay leaves.
7. Puree with a stick blender (or ladle into a blender in batches) until very smooth.
8. Season to taste and add a pinch more sugar if it needs it. *The soup can now be cooled and chilled for up to 2 days or frozen for up to 3 months.*
9. To serve, reheat the soup, stirring in the milk – try not to let it boil.

7 types of rest

Emotional

- Cut back on people pleasing.
- Express your authentic feelings.
- Be vulnerable with a **trusted** person - friend, family, therapist.
- Meet with a counselor or therapist.
- Set effective boundaries.
- Practice mindfulness.

it's okay to feel



your feelings



Sensory

- Turn off phone notifications.
- Take a break from technology.
- Sit in a quiet room.
- Turn off the lights.
- Listen to white noise/ natural sounds.
- Meditate.
- Try a weighted blanket.

Spiritual

- Connect with something larger than yourself.
- Volunteer for a cause that's personally meaningful to you.
- Work with a coach to reconnect your short-term goals to the bigger picture.
- Touch base with yourself to remember what your values are, what your motivators are and what your priorities are.



Potato & Leek Soup

Ingredients

- 3 leeks- washed and chopped largely
- 6 medium potatoes- peeled and chopped
- 1 chopped onion
- Salt & Pepper
- 50g butter/margarine
- Half teaspoon mixed herbs
- 1 ½ pints of chicken stock
- ½ pint milk

Prep: 30mins Cook: 45mins
Easy! Serves 6 adults

Directions

1. In a large saucepan, melt the butter & fry the onions for approx 5 mins.
2. Add the remaining vegetables.
3. Add the stock, seasonings and herbs.
4. Leave to boil for approx 25mins.
5. Liquidise using a (stick) blender
6. Add the milk and heat gently.

**Equipment
needed:
Large
saucepan &
Blender**

*Serving
Suggestion:
Add Cream &
some fried
rasher/bacon or
chorizo!*

*Serve with
Brown bread or
a wholemeal
roll!*

7 types of rest

Physical

- Sleeping (passive)
- Napping (passive)
- Meditation (active)
- Massage (active)
- Exercise (active)
- Stretching (active)
- Yoga (active)



Mental



- Calming the mind
- Take short breaks throughout the day.
- Set a timer to remind yourself to step away and take a few deep breaths.
- Writing down your thoughts on a notepad or in a journal.
- Give yourself extra time to disconnect.
- Put your devices away an hour before bed and allow an extra day or two at the start or end of a vacation to decompress.

Creative

- Get out into nature. Take a walk through a park, on the beach, go for a hike, and look around mindfully. Observe.
- Do something just for fun. Colour, sing, dance.
- Immerse yourself in other people's creativity. Visit a museum, watch a movie or get together with friends who inspire you.



Social



- If you are not feeling up to a social event, say no and recharge at home.
- Read a book.
- Log off of social media for a while.
- Limit the amount of people you are meeting/interacting with.
- Pursue positive social interaction - do not meet with people you do not want to meet with.

Pitta / Wrap Pizza

Variations: Use a Wrap/Tortilla instead of a Pitta for the base!
Brush the tortilla/wrap with olive oil, season, and bake in oven/pizza try for 2mins

Ingredients

- Large Pitta bread or 1 Wrap
- oregano
- Basil
- Tomato pesto / Passata / Tomato based pasta sauce
- Grated Mozzarella
- Toppings - see ideas!

TIP! Use an oven or air fryer to roast & sweeten peppers & tomatoes, adding a little oil & salt before cooking for 10mins

Directions

1. Pitta base - Toast pitta bread lightly & cut open, making two pitta bases.
2. Sauce: Spread 2 tablespoons of Tomato pesto / Passata / Tomato based pasta sauce & season with basil or oregano
3. Add some grated mozzarella
4. Add your choice of toppings!
5. Sprinkle with a little more cheese
6. Put under the grill or in the oven until cheese begins to turn golden! Watch closely!

Ideas for Toppings:

- Chopped Ham, sweetcorn & Pineapple or Apple
- Ham & Mushroom
- Pepperoni, peppers & chilli flakes
- Goats cheese, peppers & chopped pear/blueberries, red onion jam / honey
- Sausage, Black/White pudding, peppers, olives
- chicken, red onion, peppers
- mozzarella slices, sundried or fresh tomatoes & basil

25 THINGS YOU CAN CONTROL

1. How you respond to challenges
2. Who you ask for help.
3. When you ask for help
4. Saying you need a break
5. How you act

6. HOW MUCH EFFORT YOU PUT INTO SOMETHING
7. GETTING ENOUGH SLEEP
8. COMPLETING YOUR RESPONSIBILITIES
9. USING AN I-STATEMENT
10. SAYING WHAT YOU NEED

11. How much exercise you do.
12. Setting your boundaries
13. Respecting the personal space of others
14. When & if you forgive others
15. How often you smile

16. Owning up to your mistakes
17. Whether or not you accept yourself
18. Whether you look for the negatives or positives
19. What you focus on in this very moment
20. What goals you create for yourself

21. THE KIND OF ATTITUDE YOU HAVE
22. HOW YOU RELATE TO YOUR FEELINGS
23. WHETHER YOU HELP SOMEONE OR NOT
24. HOW YOU TAKE CARE OF & TREAT YOUR BODY
25. WHEN YOU SHOW EMPATHY



Cajun Chicken Taco Super Bowl



A colourful, tasty & healthy dish!

Ingredients

- Roast chicken
- Avocado
- Peppers
- Tin of black beans
- Cucumber
- Wholemeal rice
- Cajun spices
- Spring onion
- Tinned sweetcorn
- Tomato salsa
- Grated cheese

Directions

1. Buy a roast chicken and tear some of the breast Or Cook a chicken breast in the oven (wrap in tinfoil & cook @ 180deg for 25mins) / use left over chicken & place in a frying pan and season with cajun spices.
2. In a saucepan, heat some tinned black beans.
3. Chop some avocado, peppers, spring onion and cucumber.
4. Line a bowl with a wrap and then in sections place the cajun chicken, some wholemeal rice, the heated black beans.
5. Then scoop in beside this, the avocado, the peppers, the cucumber and the spring onion.
6. Now add some tinned sweetcorn
7. Finally sprinkle with some tomatoes salsa and grated cheese.



FOOD SAFETY GUIDE

Follow these 4 simple steps to help reduce foodborne illnesses

CLEAN



Before, during and after you prepare food, wash your hands with soap and water for at least 20 seconds

Wash utensils, cutting boards and counter tops with hot soapy water

Rinse fresh fruits and vegetables under running water before eating or cutting



Do not wash meat, poultry or eggs



- Empty your bins regularly!
- Wash cloths & teatowels regularly!

SEPARATE



When preparing, storing and cutting food, separate raw meat, poultry, seafood and eggs from fruits and vegetables



Use separate cutting boards, plates and knives when preparing meat

Keep raw meat, poultry, seafood and eggs separated from other food in your shopping cart and refrigerator



COOK

Oven temp! 180°C



Use a meat thermometer to ensure food is cooked to a safe internal temperature before consuming



63°C Internal temp

Whole cuts of beef, pork, veal and lamb (allow to rest for 3 minutes before eating)



74°C Internal temp

All poultry, including ground chicken and turkey



63°C Internal temp

Fresh pork, including fresh ham (allow to rest for 3 minutes before eating)



74°C Internal temp

Leftovers and casseroles



71°C Internal temp

Ground meat such as beef and pork



63°C Internal temp

Fish (or cook until flesh is opaque)

Reheat food thoroughly - it needs to be piping hot!

Leftovers can be re-refrigerated for up to 2 days usually. 1 day for rice is best.

CHILL



Set your refrigerator at **3°C to 5°C.**

Refrigerate perishable food within 2 hours



Defrost and thaw frozen food in the refrigerator

Do not defrost and thaw food on the counter. Bacteria can grow rapidly when food is kept at room temperature





Mac & Cheese

Ingredients

- 170g Smoked Pancetta
- 250g/9oz Macaroni (any dry pasta will do)
- 40g/1.5oz Butter
- 40g/1.5oz Plain Flour
- 600ml Milk
- 250g/9oz Grated Cheddar
- 50g/2oz Grated Parmesan
- Large tin of sweetcorn (optional)

Serves 4

Directions

1. In a large saucepan fry the pancetta on a high heat until crispy.
2. Lower the heat and add the butter.
3. Once the butter has melted add the flour and stir to make a roux (paste).
4. Gradually add the milk stirring constantly.
5. Heat the sauce until it thickens.
6. Meanwhile cook the pasta per packet instructions.
7. Mix the cheddar and parmesan and add $\frac{3}{4}$ of it to the sauce off the heat.
8. Mix the pasta and sweetcorn through the sauce and add to a large oven proof dish.
9. Top with the remaining cheese.
10. Place under a hot grill until the cheese is golden.

*You've got to get up every morning with determination if
you're going to go to bed with satisfaction.*

**"Those who mind don't matter
and those who matter don't mind"**

Dr. Seuss

Speedy Nasi Goreng

Ingredients

- 2 tbsp vegetable oil
- 1 small onion - finely sliced
- 2 garlic cloves - crushed
- 1 carrot - grated
- 1/2 small Chinese / Savoy cabbage - shredded
- Portion of Cooked rice
- 1 tbsp fish sauce (optional)
- 1 tbsp soy sauce
- 1 egg
- To serve: hot chilli/sriracha sauce

Directions

1. Heat oil over a high heat in a wok & add onion, cooking for 3-4mins
add garlic, cook for 1 minute.
2. Add in the carrot & cabbage, mix together and cook for 1-2mins
3. Add the cooked rice & stir together to warm the rice.
4. Add the fish sauce, soy sauce
5. Make a well in the centre of the mixture in the wok & crack in an egg.
6. Fry until the white is set
7. Serve in a bowl, with the fried egg on top & drizzle with chilli sauce!

Prep: 10mins
Cook: 10mins
Easy! Serves 1

Reflections

1. *Sacrament of the present moment. What we are doing right now is the most important*
2. *The presence of God. God is always with us*
3. *Our hearts are restless until they rest in God. We will always be longing and yearning for something*
4. *You have been created by God to do some specific mission that no-one else can do only you.*



Shepherds Pie

Ingredients

- 1 tbsp sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 500g pack mince
- 2 tbsp tomato purée
- large splash Worcestershire sauce
- 500ml beef stock
- 900g potatoes, cut into chunks
- 85g butter
- 3 tbsp milk

Prep: 15mins Cook: 1hour Easy! Freezeable Serves 4

Directions

1. Heat 1 tbsp sunflower oil in a medium saucepan, then soften 1 chopped onion and 2-3 chopped carrots for a few mins.
2. When soft, turn up the heat, crumble in 500g mince and brown, tipping off any excess fat.
3. Add 2 tbsp tomato purée & a large splash of Worcestershire sauce, then fry for a few mins.
4. Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.
5. Meanwhile, heat the oven to 180C/fan 160C/gas 4, then make the mash. Boil the 900g potato, cut into chunks, in salted water for 10-15 mins until tender. Drain, then mash with 85g butter and 3 tbsp milk.
6. Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month.
7. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Flash under the grill to brown, if you like.)
8. Leave to stand for 5 mins before serving.

Some financial tips...

1. Take advantage of student discounts in shops. Always carry your student card to avail of these. Sign up for club card apps to help you avail of discounts, vouchers, etc.
2. If you are heading out for a night, set yourself a budget, you don't want to head out on a Tuesday Night and spend all your money and have to live on beans for the week!!
3. Save a little money every week so you can travel during holidays, travelling is the great education and a huge learning curve for anyone. If you can afford to, then use the 50/30/20 rule, Spend 50% on needs, 30% on wants and then save 20%.
4. Set a budget for the week (even if its in your head) and try your best to stick to it.
5. Try to get a part-time job if it's manageable, a little bit of extra income can make a big difference every week!
6. Plan your meals so you are not wasting food and money.

Don't use a credit card unless you have the income to repay it in full at the end of the month as this is an expensive form of borrowing.



Thai Butternut squash curry

Ingredients

- 10ml vegetable oil
- 1 tbs Thai red curry paste
- 1 inch fresh ginger - grated
- 2 cloves of garlic - peeled, crushed / finely chopped
- 3 medium onions finely chopped
- 1 red pepper finely chopped
- 1 butternut squash, peeled, de-seeded & diced
- 500ml water
- 400g tin of low fat coconut milk
- 1 400g tin of chickpeas - drained
- 1 bunch fresh coriander chopped
- Juice of 1 lime

Serve with Rice

Directions

1. Heat oil in a large non-stick pan
2. When hot, add the curry paste, garlic, ginger, onions & red pepper & cook for 10mins until the vegetables are soft.
3. Add the butternut squash & water, bring to the boil before turning down the heat to low & simmer for 20mins
4. Then add the coconut milk & chickpeas & cook for a further 5-10mins
5. Add the lime juice and coriander before serving with rice.

Alternatives:

- **Swap the butternut squash for chicken or prawns**
- **Add in other vegetables such as cauliflower, green beans.**

LASALLIAN CORE PRINCIPLES



Take 5 Breathing

Hold out your hand like a star

Pretend your pointer finger (other hand) is a special pencil

Trace up and down your fingers

Breathe in as you go up

Breathe out as you go down

Go slowly and notice how it feels



Chicken Curry

Ingredients

- 1 tablespoon of Olive oil / vegetable oil
- 2 garlic cloves - minced
- 2 tsp ginger - grated
- 1/2 onion diced
- Frozen peas or 1 pepper sliced
- Salt & Pepper
- 2-3 teaspoons of curry powder
- 500g Chicken Thighs - sliced
- 270ml full fat Coconut milk
- 300ml Chicken stock (use a stock cube/pot)
- 1/4 cup of golden raisins / sultanas (optional)
- 1/4 cup Fresh coriander/Chives/Spring Onion
- Serve with Boiled rice

Directions

1. Heat oil in a large frying pan, with deep sides.
2. Fry garlic, ginger & onions together for approx 3mins until onion is translucent
3. Add chicken and cook until it changes from pink to white
4. Add curry powder & cook for 2mins, stirring to coat the chicken
5. Add coconut milk & chicken stock & stir
6. Lower heat to medium & cook - simmering rapidly for 10mins until sauce reduces & thickens
7. Add peas/peppers/sultanas & cook for another 3mins
8. Season to taste & add chopped coriander / chives / green onion
9. Serve with rice!

Alternatives: Use chicken fillets, beef, prawns, tofo, vegetarian meat alternatives. If using a different type or cut of meat that will cook quicker then sear the meat at step 3, remove meat & add back in at step 6. Ensure meat is thoroughly cooked by removing a piece & cutting in half to check it is cooked through.

Some financial tips...

HOW TO SAVE MONEY WHEN DOING THE FOOD SHOPPING?

1. Make a meal plan and stick to your shopping list!
2. Check what you have before you leave the house to avoid doubling up. Take a picture on your phone of your fridge / press contents!
3. Never go shopping on an empty stomach!
4. Buy own brand foods!
5. Cook from scratch - make your pasta sauce instead of buying a premade one, etc.
6. Use frozen fruit and vegetables
7. Make your meat go further by bulking out with peas, beans and lentils, etc.
8. Check the cost per KG to make an informed choice regarding the cost of items!
9. Sign up for a club card & keep the app on your phone for using vouchers etc.
10. Do your grocery shopping online if you can - you will be less likely to impulse buy & more likely to stick to your shopping list!





Beef Stroganoff

Serve with Rice,
Potatoes or Pasta!


Ingredients

- 2 tablespoons oil
- 500g diced beef
- 2 teaspoons salt
- 2 teaspoon freshly ground black pepper
- 10 sliced mushrooms
- 2 chopped onions
- 1/2 cup white wine (optional) or beef stock
- 4 tablespoons tomato paste
- 4 teaspoons Dijon mustard
- 200g sour cream
- 200g cream

Directions

1. In a large saucepan heat the oil over high heat.
2. Season the beef with the salt and pepper and saute until browned.
3. Fry the mushrooms and onions in 25 g butter, in wok.
4. Add the white wine and simmer until reduced by 1/2.
5. Stir in the tomato paste and mustard and cook for 2 minutes.
6. Bring to boil, cover and simmer for 20 mins.
7. Serve with rice

As long as you are
trying every day you are
a making a difference.
Keep moving forward!



***It is often the small
steps, not the giant
leaps, that bring about
the most lasting change.***

Chicken Fajitas

Less than 30mins!

Alternatives: Use Beef, Prawns or make it vegetarian by using fried Halloumi instead of chicken!
Tip! You can use the air fryer to cook your chicken & veg mix if preferred!

Ingredients

- 2 Chicken fillets - cut into strips
 - 2 peppers - cut into strips
 - 1 onion - cut into strips
 - 1 tsp cumin
 - 1 tsp paprika
 - 1 tsp black pepper
 - Olive oil
 - Grated cheese
 - 1/2 tsp salt
 - Squeeze of lime juice (not essential)
 - Tortilla wraps
- To serve (optional):
- Sour cream
 - Salsa
 - Guacamole

Make your own:

Guacamole: Scoop avocado, crushed garlic, lime juice & zest & mash together. Season to taste.

Salsa: Dice tomatoes & cucumber & add lime juice & zest - season to taste!

Directions

1. Put the sliced peppers, onions & chicken into a bowl with the cumin, paprika, black pepper, lime juice & one tsp of olive oil. Mix together
2. Leave to marinade for 5 minutes (alternatively, cover with clingfilm & place in the fridge if you want to cook it later)
3. Heat olive oil in a pan over a high heat & cook the chicken/peppers/onion mixture for 5-10mins, stirring regularly, until the chicken is cooked through.
4. Serve with Tortillas, Grated cheese, Salsa, Sour cream & Guacamole & build your own fajitas!

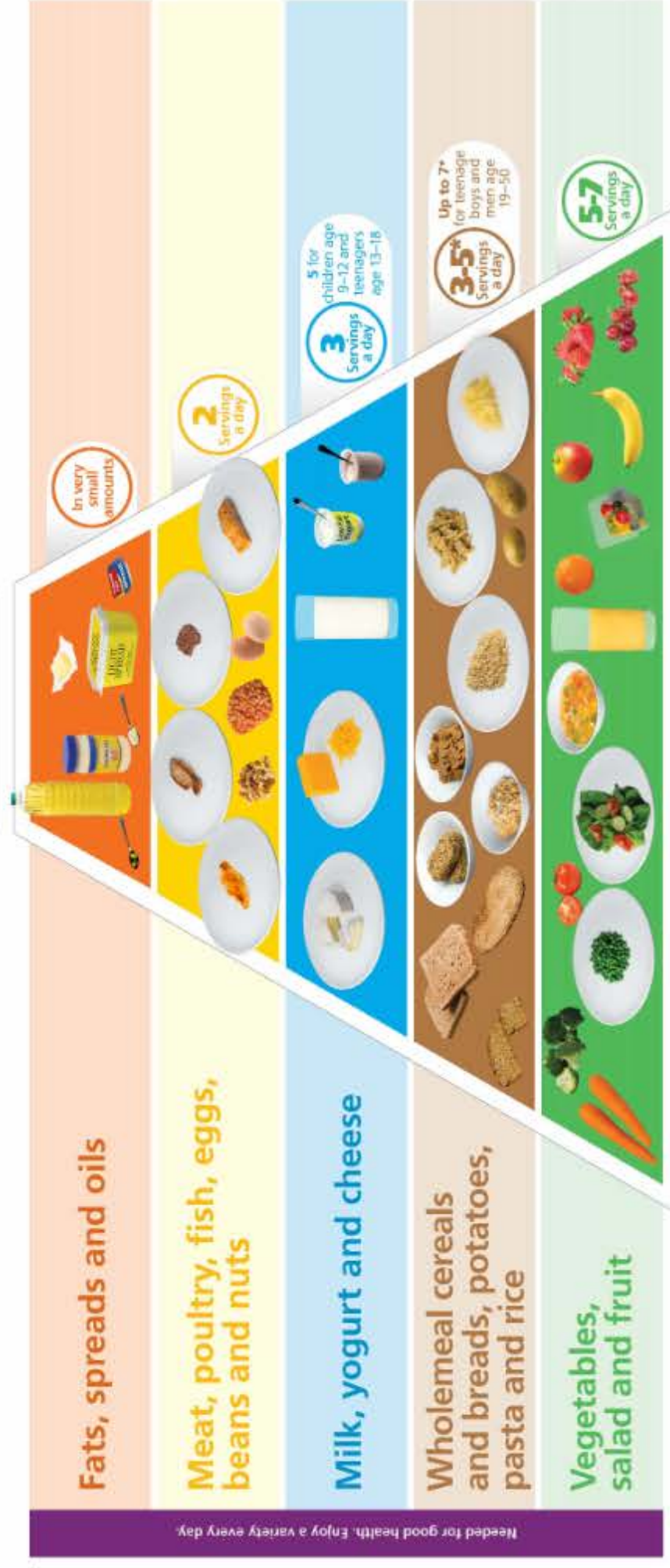
For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt

NOT
every
day

Maximum once or twice a week



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Adult	Child	Teenager	Adult	Adult	Teenager	Adult
(51+)	(5-12)	(13-18)	(19-50)	(51+)	(13-18)	(19-50)
3	3-4	4	4-5	3-4	3	3-4
4	3-5	5-7	5-7	4-5	4-5	4-6

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best



Get Active!

Get Active: To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.



Pizza Style Chicken

- Air Fryer or Oven

Ingredients

- 2 chicken fillets split along the middle
- 40g of chorizo slices
- 2 tablespoons of red pesto
- 50g mozzarella ball
- 1 tsp of Cajun spices

EQUIPMENT NEEDED:
AIR FRYER OR OVEN

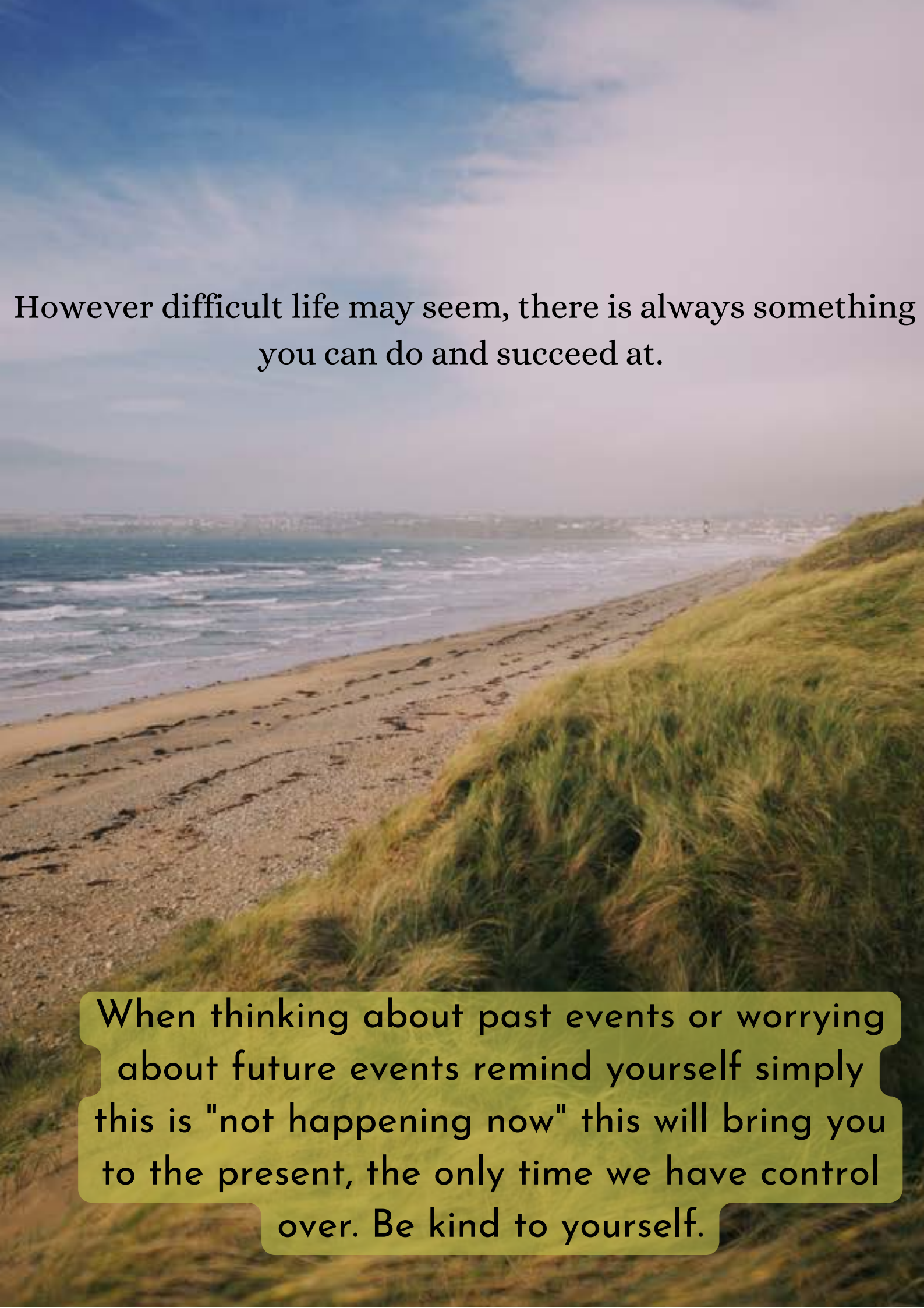
PREP TIME: 5MINS
COOK TIME: 20MINS

SUGGESTION: SERVE WITH VEGETABLES & ROAST POTATOES OR SALAD & WEDGES/ CHIPS



Directions

1. Preheat your oven or air fryer (if necessary).
 2. Using a knife split each chicken fillet along the middle to create a pocket.
 3. Spread the pesto in the split in the chicken and stuff with the chorizo slices and two pieces of sliced mozzarella.
 4. Sprinkle with Cajun spices.
 5. Add a teaspoon of oil to an air fryer (if needed) or place on an oven tray.
 6. Airfryer: Cook at 200 degrees for 17 minutes.
- Or Oven Bake: Cook at 180 degrees for 25-30 minutes on a baking tray.



However difficult life may seem, there is always something
you can do and succeed at.

When thinking about past events or worrying
about future events remind yourself simply
this is "not happening now" this will bring you
to the present, the only time we have control
over. Be kind to yourself.



Hot Thai Fish Cakes

Ingredients

- 400g thick white fish fillet
- 1 clove garlic
- Grated zest 1 lime or lemon
- 2 slices white bread
- 2 teaspoons red curry paste
- 1 tablespoon thai fish sauce (nam pla)

- 1 egg
- Few coriander leaves
- Oil for frying

Equipment needed: Food Processor, Peeler, Grater, Frying Pan

Directions

1. Peel the garlic, grate the zest from the lime or lemon.
2. Cut the bread into pieces.
3. Wash, skin and remove bones from fish, put into processor with the egg, bread, zest, curry paste, fish sauce and garlic. Blend until smooth.
4. Turn onto a plate.
5. Heat the oil. Wet hands and form the fish paste into 8 even-sized cakes.
6. Place directly onto pan. Fry on both sides until golden and cooked through. Drain on kitchen paper.



YOU HAVE MADE IT THROUGH 100% OF
YOUR WORST DAYS SO FAR... KEEP GOING...
YOU'VE GOT THIS!

Spaghetti Bolognese



Ingredients

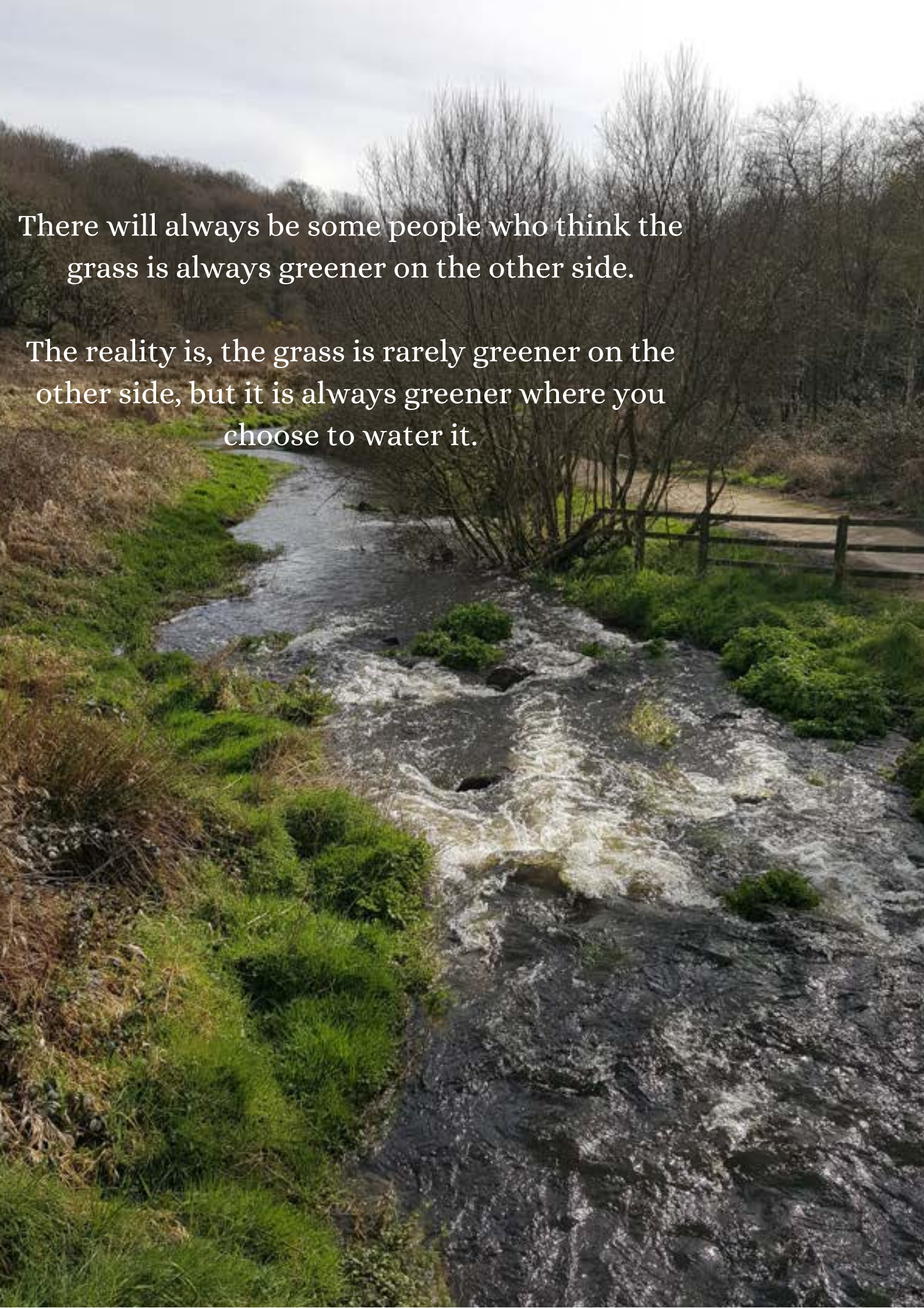
- 450g lean minced beef
- 6 mushrooms, chopped
- 1 red pepper, finely chopped
- 1 small carrot, finely chopped
- 1 beef or vegetable stock cube, dissolved in 275ml of boiling water
- 1 dessertspoon of tomato sauce
- pinch of salt
- pepper
- 1 dessertspoon of plain flour
- 225g of spaghetti
- 1 onion, finely chopped
- 420g tin of chopped tomatoes



Directions

1. Cook the mince, onions, mushrooms, peppers & carrot in a large frying pan with a little oil.
2. Add the flour & stir well.
3. Add the stock, tin of chopped tomatoes, tomato sauce, salt & pepper.
4. Gently cook for 45mins
5. Cook the spaghetti for 10-15mins in a saucepan of boiling, salted water.
6. Drain pasta & add to mince



A photograph of a river flowing through a landscape. The left bank is covered in lush green grass and some brown, dry vegetation. The right bank features a wooden fence and several bare, leafless trees. The river itself is dark and turbulent, with white foam from rapids visible in the foreground. The sky is overcast and grey.

There will always be some people who think the
grass is always greener on the other side.

The reality is, the grass is rarely greener on the
other side, but it is always greener where you
choose to water it.

Simple Pesto Salmon

Ingredients

- 2 salmon fillets
- 4 tablespoons of red pesto
- Brocolinni
- Vine/Small Tomatoes halved
- Baby Potatoes - rinsed & dried & halved
- Olive oil
- Salt & Pepper

Variations; Add your choice of: diced chorizo / garlic / rosemary / thyme / harissa seasoning to your potatoes for more flavour!

Equipment needed: Oven Dish, Oven or Air fryer

Some supermarkets have baby potatoes you can steam in their bag in the microwave

Directions

1. Preheat oven to 180 degrees
2. Season halved baby potatoes with a little olive oil, salt & pepper
3. Spray oven dish with a little oil & put salmon fillets into the dish.
4. Cover the salmon with red pesto
5. Add brocolinni to the top of the salmon & top with more pesto if you desired
6. Sprinkle a little salt & pepper onto the tomatoes & add the tomatoes & the potatoes into the dish either side of the salmon
7. Cover loosely with tin foil & cook in the oven for approx 20mins - see guidelines depending on the size of the salmon fillets re length of time.
8. Serve & enjoy

Habits That Make Anxiety Worse



**Skipping
Meals**



**Eating
Processed
Foods**



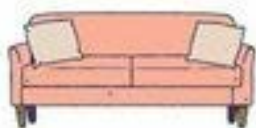
**Drinking
Alcohol**



**Not
Drinking
Enough Water**



**Drinking
Caffeine**



**Not
Moving
Your Body**



**Poor
Sleeping
Patterns**



**Watching
The News**



**Ignoring
Your
Anxiety**



**Consuming
Too Much
Sugar**

Ingredients

- Pasta
- Bacon medallions / Rasher
- Diced Onions
- Chopped Garlic
- Veg of your choice: Peppers, Broccoli, cherry tomatoes
- Jar of pasta sauce / tomato pesto
- Philadelphia cheese

Simple Pasta Dinner

Variations: Add in Chorizo / Prawns / Sausages or Halloumi!

Tasty tip! Chop small tomatoes in half & stir in a bowl with salt pepper & a little oil. Put in airfryer or a hot oven to roast before adding to the pasta!

Equipment needed: Hob, Saucepan & Frying pan

Directions

1. Add pasta to a saucepan of boiling water.
2. in pan/saucepan cook chopped bacon pieces with onions & garlic.
3. Add whatever veg you like ... tomatoes, peppers, broccoli & Soften
4. Add small jar of pasta sauce / tomato pesto
5. Add 2 dessertspoons of Philadelphia cheese
6. Drain pasta & mix together.

GOSPEL OF MATHEW, CHAPTER 11: 28-30

'COME TO ME ALL YOU WHO ARE TIRED CARRYING HEAVY
BURDENS AND I WILL GIVE YOU REST... LEARN FROM ME FOR I
AM GENTLE AND HUMBLE AND I WILL GIVE YOU REST.'



PRAYER FOR THE INTERCESSION OF PADRE PIO

Dear God, You generously blessed Your servant, St. Pio of Pietrelcina, with
the gifts of the Spirit.

You marked his body with the five wounds of Christ Crucified, as a
powerful witness to the saving
Passion and Death of Your Son.

Endowed with the gift of discernment, St. Pio labored endlessly in the
confessional for the salvation of
souls.

With reverence and intense devotion in the celebration of Mass, he invited
countless men and women
to a greater union with Jesus Christ
In the Sacrament of the Holy Eucharist.

Through the intercession of St. Pio of Pietrelcina,
I confidently beseech You to grant me
The grace of (here state your petition).

Glory be to the Father... (three times). Amen.

Comhábhair

- Pasta,
- medallion bagúin,
- Oinniúin díslle,
- gairleog mionghearrtha,
- Glasraí de do rogha:
- Piobair
- Brocaílí,
- trátaí silíní,
- Próca anlann pasta / pesto trátaí,
- cáis Philadelphia

Dinnéar Pasta Simplí

Éagsúlachtaí: Cuir Chorizo nó Cloicheáin nó Halloumi nó ispiní leis!

Leid! Gearr na trátaí beaga ina dhá leath & corraigh i mbabhla le piobar salainn & beagán ola iad. Cuir san airfryer nó in oigheann te á róstadh sula gcuirfidh tú leis an bpasta iad.

Treoracha

1. Cuir pasta le sásan d'uisce fiuchta.
2. i bpanna/i sásan cócaráil píosaí bagúin mionghearrtha l'oinniúin & gairleog.
3. Cuir cibé glasraí is mian leat leis ... trátaí, piobair, brocaílí & déan níos boige iad.
4. Cuir próca beag anlann pasta / pesto trátaí leis
5. Cuir 2 spúnóg milseog de cháis Philadelphia leis
6. Taosc an t-uisce ón bpasta agus measc le chéile iad.

Failure is not the opposite of
success...it is part of success



*When you can't control what's happening, challenge
yourself to control the way you respond. That's where
your power is.*





Fried Rice

Ingredients

- 1 cup of rice, cooked according to packet instructions
- (brown rice takes longer to cook)
- 1 small packet of bacon lardons
- 1 egg
- ½ cup of peas (can be quickly defrosted in hot water)
- 1 small onion, chopped
- Soy sauce

Equipment needed: Wok / Frying Pan

Directions

1. Cook rice according to packet instructions
2. Fry chopped onion and bacon in a splash of olive oil for a few minutes.
3. Stir in egg.
4. Add rice and peas
5. Add a few splashes of soy sauce

Variations:

You can add cooked chicken / prawns/ chorizo / tofu at the onion & bacon stage. Add in other vegetables you like, such as sweet corn, diced peppers or carrots



Remind yourself every day:

I am in charge of my happiness. I will not let anything outside of myself control me. I am creating a life that feels good on the inside and it will turn into experiences that are good on the outside."

Vegetarian *Beanie* Dish

Simple Vegetarian dish using lots of store cupboard ingredients!

2-3 servings

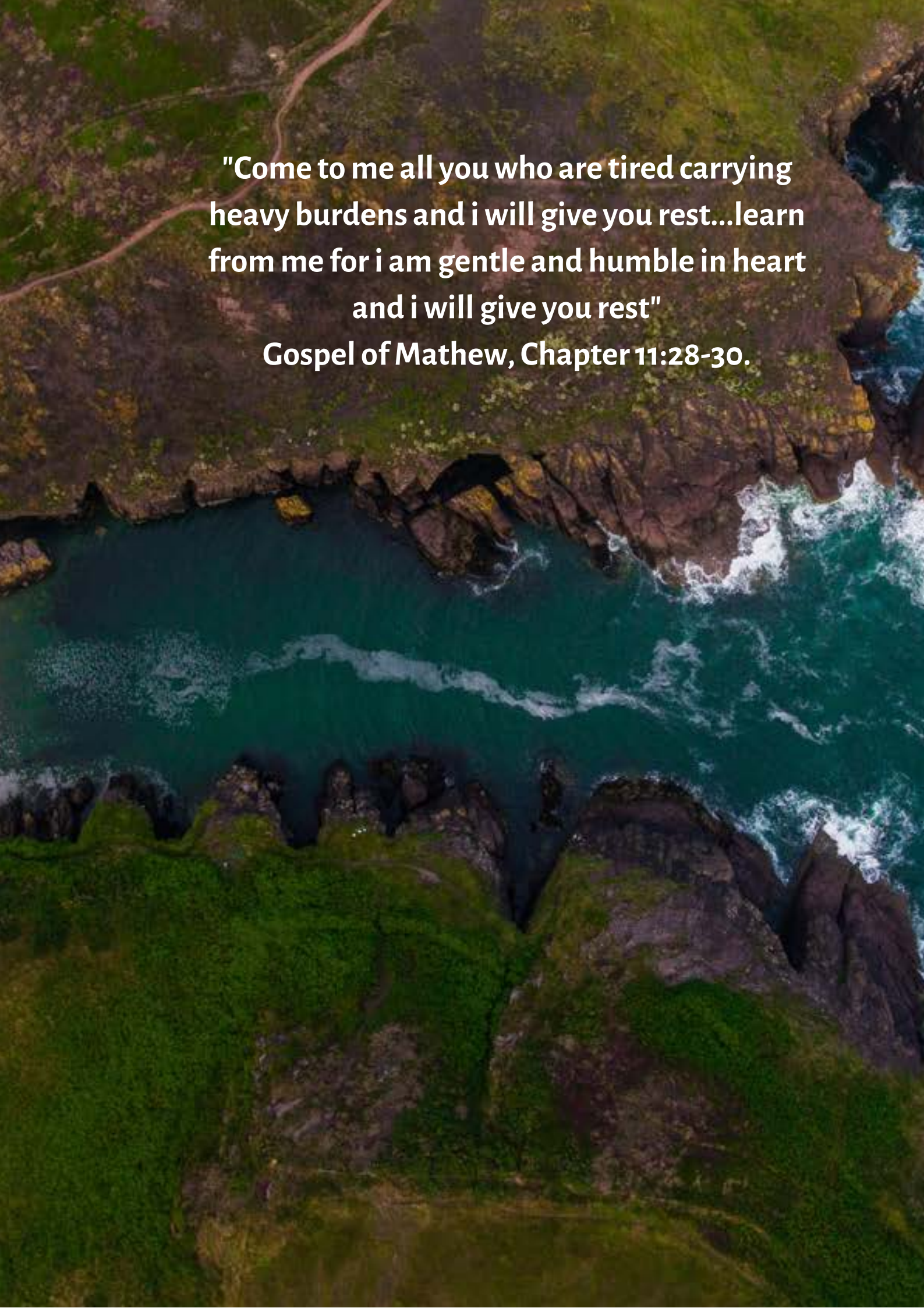
Equipment needed: Wok / Frying Pan

Ingredients

- 1 tin of tomatoes
- 2 tins of beans (Kidney, Butter, Canellini, Black, Pinto, Mixed)
- 1 chopped onion
- 1 sliced red pepper
- 3 cloves of garlic
- A good dash of smoked paprika,
- A dash of honey (to taste)
- Cauliflower (in small florets) (or any fresh veg of choice of choice)

Directions

1. Fry off onion, garlic, pepper in the pan in a little oil.
2. Add in the cauliflower or other veg.
3. Add in the smoked paprika
4. When well sautéed, add in the tomatoes,
5. Drain and rinse the beans in colander and add in to mix and heat through.
6. Add in a little honey to taste.
7. Serve with boiled rice or couscous.

An aerial photograph of a rugged coastline. The top half of the image shows steep, green cliffs with some rocky outcrops. A narrow path or road is visible on the left side of the cliff. The bottom half of the image shows the ocean, with turquoise water and white waves crashing against the base of the cliffs. The overall scene is dramatic and scenic.

**"Come to me all you who are tired carrying
heavy burdens and i will give you rest...learn
from me for i am gentle and humble in heart
and i will give you rest"**

Gospel of Mathew, Chapter 11:28-30.

Vegan Protein Pancakes

Ingredients

- 40g flour (spelt, white, gluten free all purpose, or oat)
- 26g protein powder
- 1 1/2 tsp baking powder,
- 1/4 tsp salt
- 175ml milk of choice or water, or more as needed
- 2 tsp oil or nut butter, or omit for fat free
- 1 tbsp sugar or sweetener of choice, or omit for savory



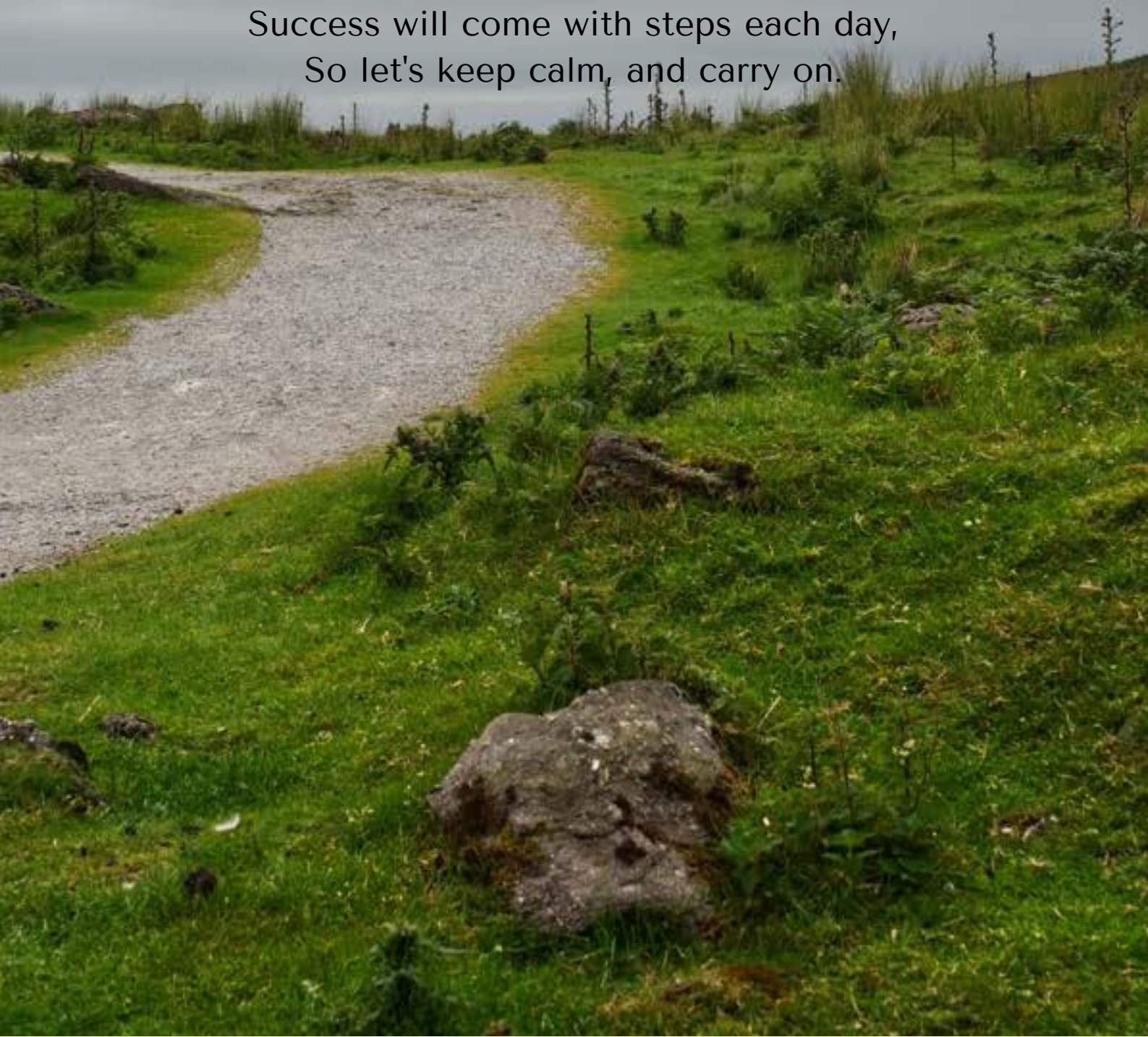
Directions

1. Stir dry ingredients, then add wet to make a pancake batter.
2. Some flours and protein powders will require more liquid, so add more until you achieve a batter consistency.
3. For super fluffy pancakes, let the batter sit 10 minutes.
4. Grease a non-stick pan well. Heat over medium heat.
5. When the pan is hot (test it by adding a drop of water – if it sizzles, the pan is ready), drop small ladles full of batter and turn the heat to low.
6. Make smaller pancakes so they cook evenly. When edges begin to look dry, flip with a spatula and cook an additional minute or so.
7. Re-grease the pan after each set of vegan protein pancakes

Don't worry if you're moving slowly,
It takes time to climb a hill.
One more step, however heard,
Is better than just standing still.

A little pause, (upon reflection)
Can be useful, that is true.
But saying that, don't lose direction,
Stick to what's in front of you.

The staircase of life's challenges,
Can never be leapt up in one,
Success will come with steps each day,
So let's keep calm, and carry on.



Scholarly Brownies

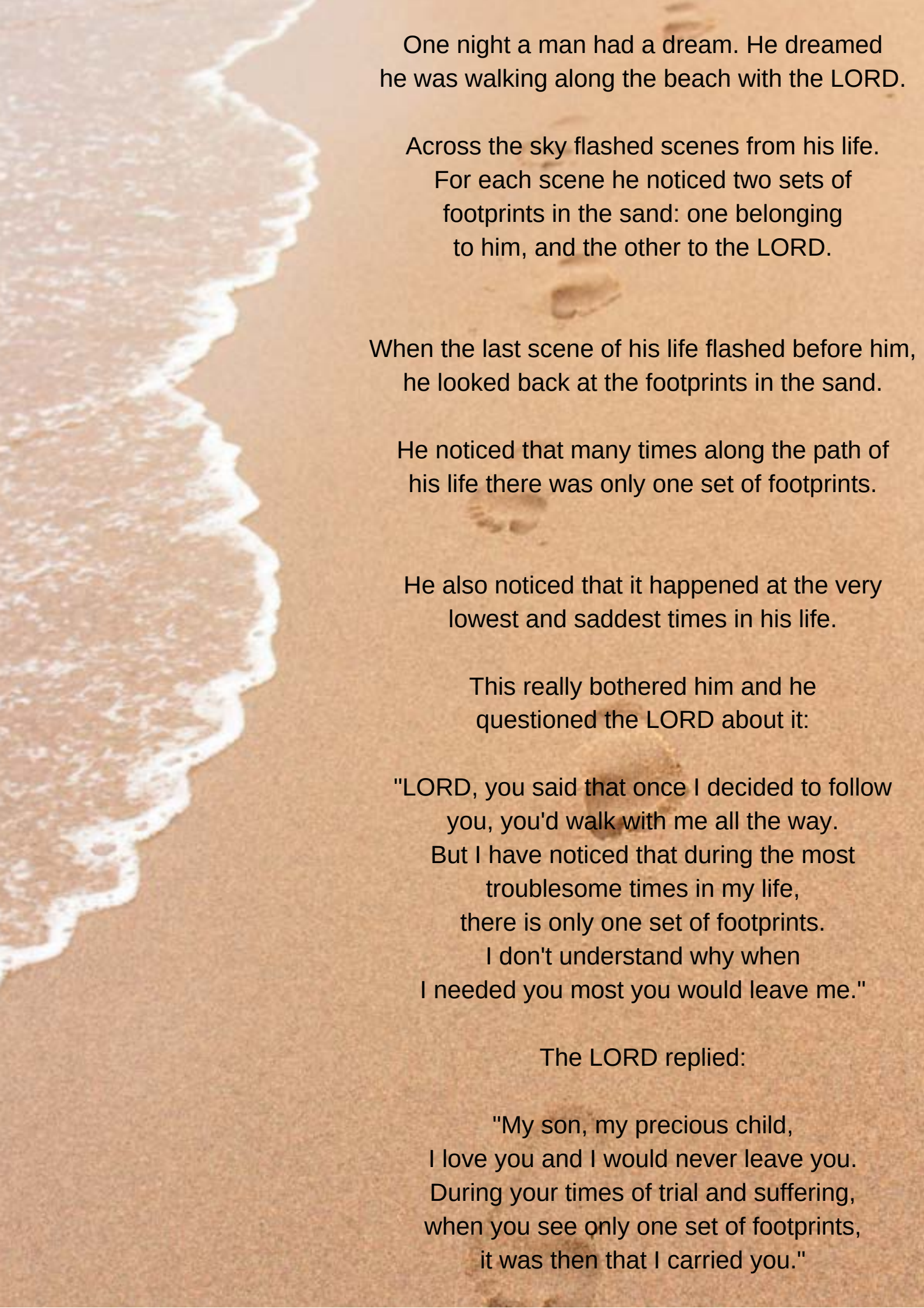


Ingredients

- 1/2 cup unsalted butter, melted
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1/4 teaspoon salt

Directions

1. Preheat your oven to 175°C and grease an 8-inch square baking pan.
2. In a large mixing bowl, whisk together the melted butter & sugar until well combined.
3. Add in the eggs and vanilla extract, and whisk until the mixture is smooth.
4. In a separate bowl, combine the flour, cocoa powder, and salt. Mix well.
5. Add the dry ingredients to the wet ingredients and mix until just combined.
6. Pour the batter into the prepared pan and bake for 25-30 minutes, or until a toothpick inserted in the centre comes out clean.
7. Let the brownies cool in the pan for 10-15 minutes, then remove them from the pan and cool completely on a wire rack.
8. Cut into squares & enjoy!



One night a man had a dream. He dreamed
he was walking along the beach with the LORD.

Across the sky flashed scenes from his life.
For each scene he noticed two sets of
footprints in the sand: one belonging
to him, and the other to the LORD.

When the last scene of his life flashed before him,
he looked back at the footprints in the sand.

He noticed that many times along the path of
his life there was only one set of footprints.

He also noticed that it happened at the very
lowest and saddest times in his life.

This really bothered him and he
questioned the LORD about it:

"LORD, you said that once I decided to follow
you, you'd walk with me all the way.
But I have noticed that during the most
troublesome times in my life,
there is only one set of footprints.
I don't understand why when
I needed you most you would leave me."

The LORD replied:

"My son, my precious child,
I love you and I would never leave you.
During your times of trial and suffering,
when you see only one set of footprints,
it was then that I carried you."



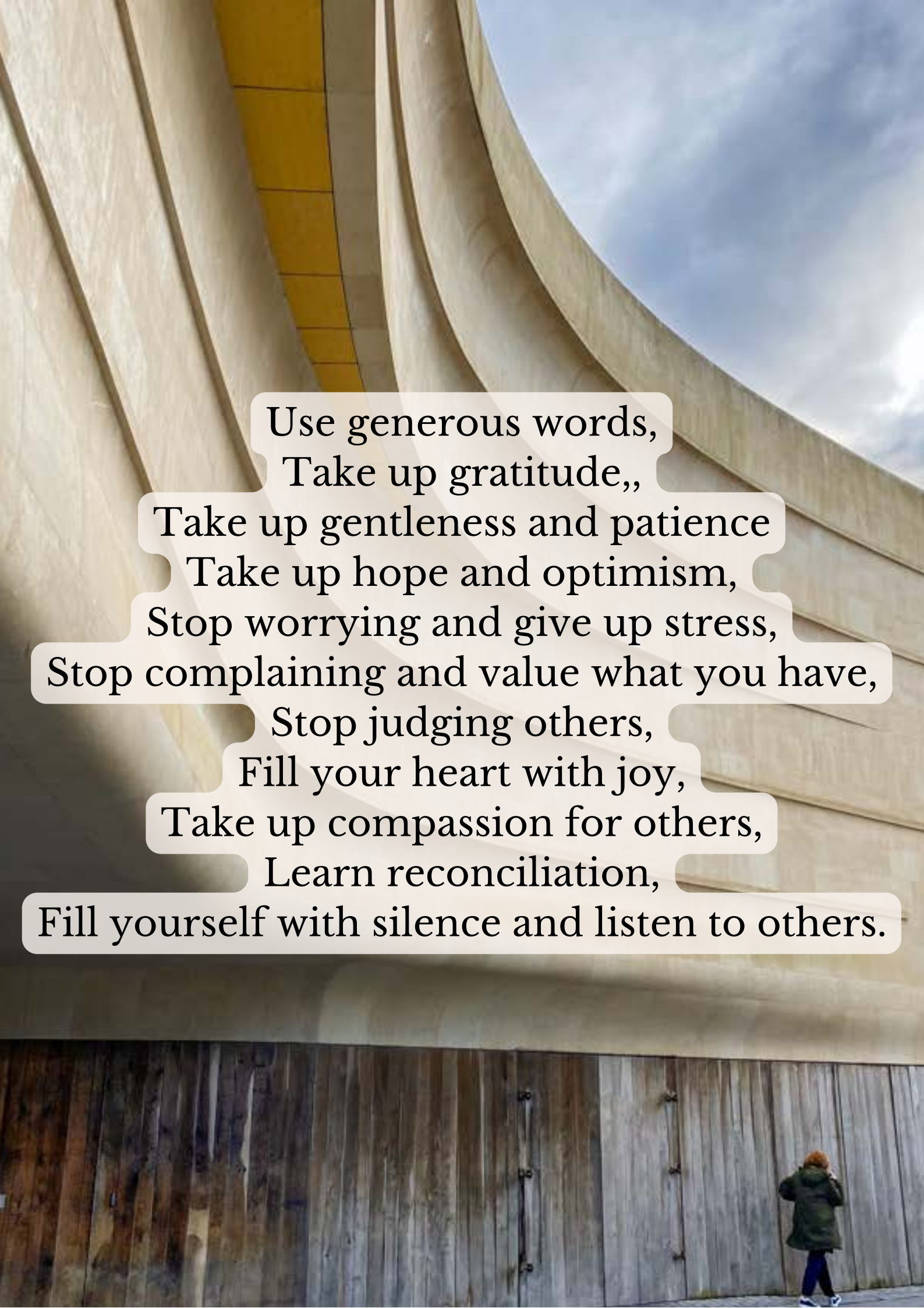
Chocolate Chip Cookies

Ingredients

- 6 tablespoons of softened butter
- 1/4 cup of brown sugar
- 3 tablespoons granulated sugar
- 1 large egg yolk (can be omitted)
- 1 teaspoon vanilla extract
- 1/2 cup & 3 tablespoons of flour
- 1/8 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/3 cup chocolate chips

Directions

1. Preheat oven to 180 degrees. Line baking sheet with parchment paper
2. Mix together butter, white sugar and brown sugar until smooth.
3. Add the egg yolk and vanilla and beat until just combined
4. Whisk together the flour, salt, baking soda and baking powder in a separate bowl.
5. Mix flour into butter mixture. Stir in the chocolate chips.
6. Shape 1/4 tsp dough into a ball, then place 6 cookies on the baking sheet OR Roll the batter into a sausage shape and keep in the fridge or freezer & cut into large slices when you are ready to bake them.
7. Bake for 10-11 mins, removing the cookies from the oven when the edges just start to turn golden brown
8. Allow the cookies to cool & harden a little before you gobble them up!



Use generous words,
Take up gratitude,,
Take up gentleness and patience
Take up hope and optimism,
Stop worrying and give up stress,
Stop complaining and value what you have,
Stop judging others,
Fill your heart with joy,
Take up compassion for others,
Learn reconciliation,
Fill yourself with silence and listen to others.

Ingredients

- 12 tablespoons of Porridge Oats
- 2 tablespoons of Brown Sugar
- 2 tablespoons of butter melted or melted margarine
- 2 tablespoons of Golden syrup

Optional extras:

Your choice of: dried cranberries, sultanas, pumpkin seeds, stewed apple, nuts, fruit, chocolate chips, etc.)

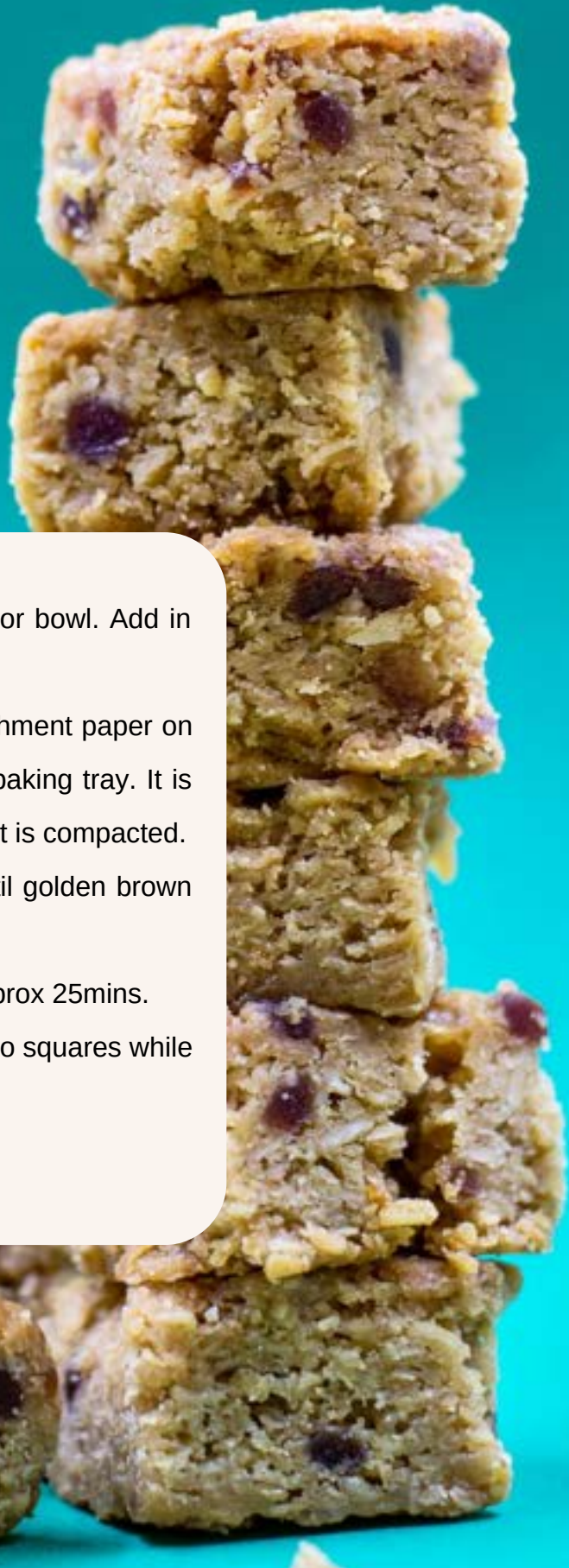
Flapjacks are easy to make & store. You can make a batch & store in an air tight container for up to 1 week

Directions

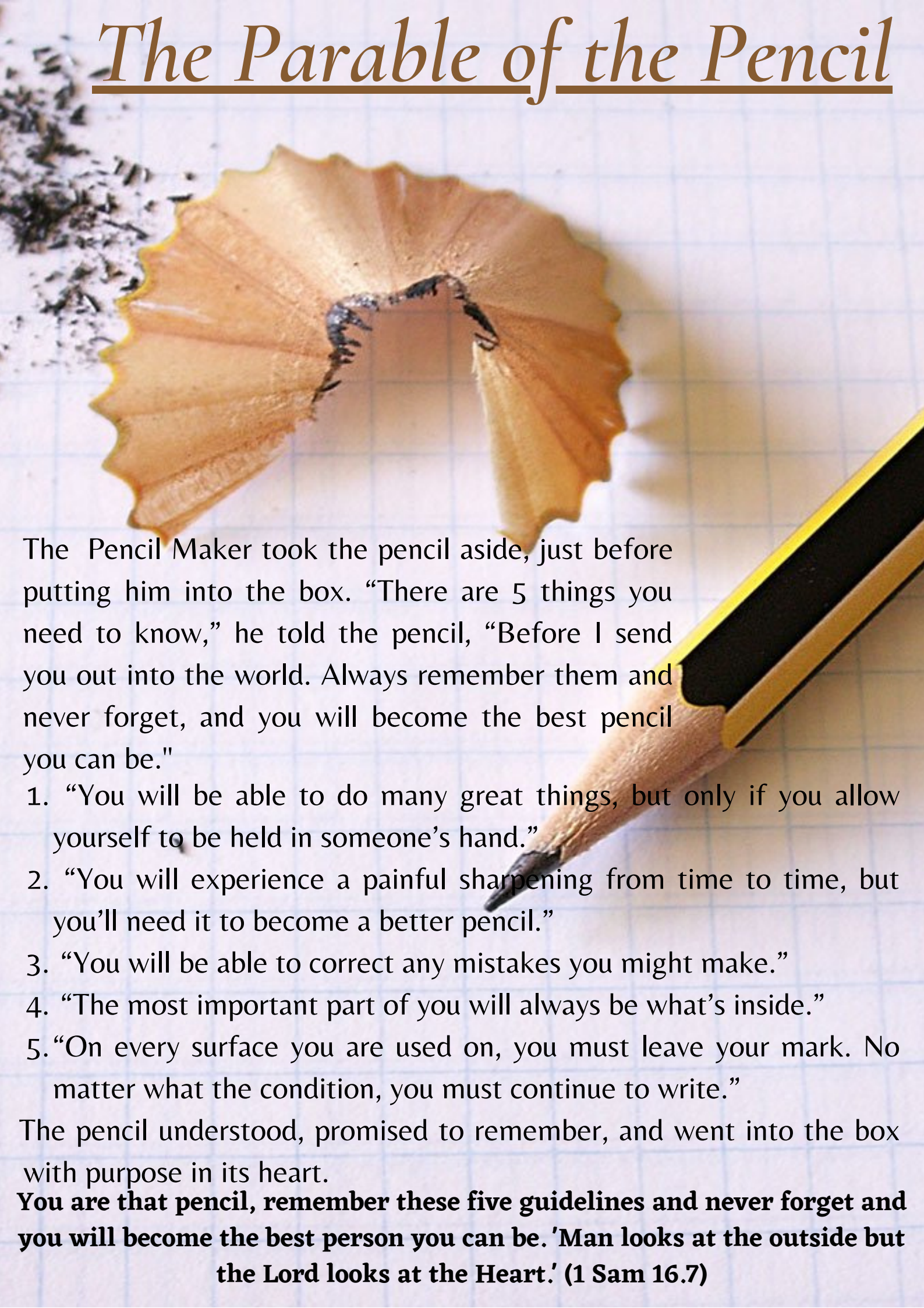
1. Mix all the ingredients in a large saucepan or bowl. Add in whatever seeds & fruit you like.
2. Then get a greased baking tray or use parchment paper on the tray & **press** your ingredients onto the baking tray. It is important to press down the mixture so that it is compacted.
3. Bake in the oven at 180degrees celcius until golden brown (but not burnt!)
4. Tip! Check after 15mins. Cooking time is approx 25mins.
5. Take out the tray using oven gloves & cut into squares while still warm.
6. Leave in the tray until cool
7. Remove & store in an air tight tin

Flapjacks

Easy to make, very economical & tasty snacks!



The Parable of the Pencil



The Pencil Maker took the pencil aside, just before putting him into the box. “There are 5 things you need to know,” he told the pencil, “Before I send you out into the world. Always remember them and never forget, and you will become the best pencil you can be.”

1. “You will be able to do many great things, but only if you allow yourself to be held in someone’s hand.”
2. “You will experience a painful sharpening from time to time, but you’ll need it to become a better pencil.”
3. “You will be able to correct any mistakes you might make.”
4. “The most important part of you will always be what’s inside.”
5. “On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write.”

The pencil understood, promised to remember, and went into the box with purpose in its heart.

You are that pencil, remember these five guidelines and never forget and you will become the best person you can be. 'Man looks at the outside but the Lord looks at the Heart.' (1 Sam 16.7)

Apple Crumble

Ingredients

Crumble Topping

- 100g Plain Flour
 - 50g margarine
 - 50g brown sugar
 - ½ teaspoon of cinnamon
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- 2 Large Cooking Apples
 - 40g Caster Sugar

Variations:

Add some strawberries / blackberries

/ sultanas to the apple mix

**Add some oats or nuts to the
Crumble topping**

Directions

1. Pre heat oven to 180°C/Gas 5, Grease Pie Dish
2. Sieve flour into a bowl
3. Cut up margarine into cubes and rub into flour using fingertips
4. Mix in Brown Sugar and cinnamon using a wooden spoon
5. Peel, Slice Apples and place in bowl with water/lemon juice
6. Put sliced apples into greased pie dish and cover with crumble topping
7. Bake in oven for 25-30minutes
8. Serve apple crumble in the pie dish, dust with icing sugar for decoration.
9. Serve with cream/custard/ice-cream or natural yoghurt





Everything seems impossible until it is done.



**From the Staff of De la Salle College,
Waterford**