



Notes and Nibbles

MAY 2024
NEWS NOTE

One thing I remember about growing up in Alaska was how HUGE my mom's rhubarb plant grew every spring/summer. I remember her making this delicious rhubarb sauce by basically cutting up and simmering down the rhubarb pieces with probably a TON of sugar to cut the bitterness. Regardless, it was delicious in a bowl by itself, topped with whipping cream or poured over vanilla ice cream. This recipe below is also a favorite rhubarb treat in the spring. Sweet and tasty but without the sugar rush.



We DO NOT throw perfectly good food away in this house.

We put leftovers in a Tupperware & let it go bad, THEN throw it out.



Directions:

- Pre-heat the oven to 325°F.
- Add the almond flour, coconut flour, powdered monkfruit sweetener, cinnamon, xanthan gum and salt to a medium bowl. Whisk to combine.
- Add the butter and egg and mix again until you get a thick, slightly crumbly dough.
- Butter a 9" pie pan and then press the mixture into the bottom of it, going up the edges slightly.
- Use a fork to poke holes all over the crust to prevent it from rising at it bakes.
- Bake the crust for 10 minutes.
- Meanwhile, make the filling by whisking together the 2 eggs in a large bowl.
- Add the heavy cream, sweetener, vanilla extract, coconut flour, xanthan gum, cinnamon and salt. Whisk again until everything is very well combined.
- Once your crust is finished baking, pour the diced rhubarb into it and spread it out evenly.
- Then pour your filling on top of the rhubarb. Only pour until you reach the top edge of the pie crust. If you have any extra filling you can save it and bake it on it's own with diced rhubarb as a mini custard!
- Bake the pie on the middle oven rack for roughly 33min. Gently tent the pie with tinfoil part way through if you notice the crust browning too quickly.
- Let the pie cool completely at room temperature before attempting to slice.

Rhubarb Custard Pie

RECIPE

Ingredients:

- CRUST**
- 1 cup almond flour
 - 3 tbsp coconut flour
 - 3 tbsp powdered monkfruit sweetener
 - 1/4 tsp cinnamon
 - 1/2 tsp xanthan gum optional
 - 1/8 tsp salt
 - 1/4 cup melted butter
 - 1 whisked egg
 - 1/4 tsp vanilla extract
- FILLING**
- 2 eggs
 - 2/3 cup heavy cream
 - 2/3 cup powdered monkfruit sweetener
 - 1/2 tsp vanilla extract
 - 1 1/2 tbsp coconut flour
 - 1/4 tsp xanthan gum or another 2 tsp coconut flour
 - 1/4 tsp cinnamon
 - pinch of salt
 - 1 1/2 cups diced rhubarb

Milestone Alert Congratulations Jordan!

We are so proud and excited for your next chapter sweet girl! Can you believe nine years have passed this quickly? The book of K-8 at St. Francis Catholic School Sherwood is closing next month. Your belief in yourself, resilience, commitment to your successes, kindness, compassion, and confidence are sure to make for a compelling read in your next great story. We can't wait to see how it unfolds. Know that your mom and dad are always here as supporting characters and we love you very much. Here's to looking forward to Freshman year!



Infiniprayer

Feeling Thy Presence
Feeling Thy Grace
Feeling Thy Radiance.
You are my source of
Faith and Strength,
You are my Path and
Destination
and I'm always
connected to You.
Nothing of me
and Everything of You.
Lead my Higher
Lead me Deeper
Lead me Beyond
Lead me to You.

Parenting Path

Exciting News!

I have joined forces with a good friend and colleague and we have started a partnership: Kaleidoscope Parenting Program, LLC. We both hold certifications as Positive Discipline Parenting Educators. With Lynne's background as a mental health therapist and my coaching background, coupled with our passion for the message and knowledge of current struggles families and educators are having disciplining and communicating with our youth, this program is going to be a blessing and benefit to those who choose to get involved. Learning about positive discipline techniques will absolutely give you, as the adult/parent/educator an advantage in communicating effectively with our younger generations today. I will regularly be including articles about positive discipline and our new endeavor, Kaleidoscope Parenting Program, LLC in this newsletter column.

"WHAT YOU DO MAKES A DIFFERENCE, AND YOU HAVE TO DECIDE WHAT KIND OF DIFFERENCE YOU WANT TO MAKE."

- JANE GOODALL



Let's start with what is Positive Discipline. This is how we look at it: When we hear the word discipline we kind of get a bad taste in our mouth. It may bring back bad memories of our childhood, our schooling or even work situations.

Discipline as defined by Oxford is the practice of training people to obey rules or a code of behavior, using punishment to correct disobedience. If you look at the second definition in the Oxford dictionary it also states that discipline is a branch of knowledge, typically one studied in higher education.

Let's move on to self-discipline. If we look at the definition of self-discipline it says: the ability to control one's feelings and overcome one's weaknesses: the ability to pursue what one thinks is right despite temptations to abandon it. That's really what we are trying to encourage here, right? The ability for our children to cultivate self-discipline to become positive, productive members of society.

I suggest we look at Positive Discipline this way: The branch of knowledge that encompasses the practice of training and educating people on the rules or code of behavior to encourage self-regulation and instill self-discipline BEFORE any punitive action is needed.

So in this regard,

Discipline does not equal punishment

Discipline helps our children with learning life skills

Discipline helps our children learn responsible behavior

Discipline helps our children follow the rules set forth by the authoritative adult in the room

Be looking for specific topics in future editions such as Teens and the Internet, Listening vs Telling, Value of Routine. If you have a topic you would like us to address, let us know! You can email me direct at sara@coach-sara.com



Someone asked me what I did this weekend like I'm some sort of mountain climber.

I'm 50 years old Linda. I was on a heating pad eating nachos.

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WHEN SOMEONE SUGGESTS WINE AT 9 A.M.

