

made with love by sabrina

recipes inside!



take care of yourself

Lentil Soup

Ingredients:

- 2 c green lentils
- 8 c vegetable stock
- 1 tbsp olive oil
- 1 large onion, diced
- 3 cloves garlic
- 2 carrots, diced
- 2-3 c kale, chopped
- 1/2 c celery, diced
- 2 tsp turmeric
- 1 tbsp cumin
- 1 tsp salt
- 1/2 tsp ground black pepper

Directions

1. In a large pot, sauté the onions, carrots, and celery in the oil on medium heat. Once soft, add the garlic and cook until fragrant.
2. Add the rinsed lentils, sauté for a minute, then add the 8 cups of vegetable stock. Add the cumin, turmeric, salt, and pepper.
3. Cook for 25 to 30 minutes, until the lentils are soft, then add the kale. Cook for an additional 5 minutes, then serve with a dash of lemon juice.
4. Enjoy!

them? Enjoy the change in light as the day goes on and the sun eventually sets. Sit in silence. Follow individual snowflakes as they make their way through space. Appreciate your ability to find warmth while surrounded by cold. Appreciate what you have. Hold your loved ones. Take advantage of what you have.

Focaccia

Ingredients

- 1 3/4 c warm water
- 1 package (2 1/4 tsp) yeast
- 1 tbsp sugar
- 5 c all purpose flour
- 1 tbsp salt
- 1c extra virgin olive oil

Directions

1. Combine the warm water, yeast, and sugar in a small bowl. Let it sit until the yeast foams, roughly 10 to 15 minutes.
2. In a large bowl, combine the flour, salt, 1/2 cup of olive oil and yeast mixture. Mix until the dough comes together and becomes soft. You can also use a stand mixer with a dough hook.

3. Knead the dough for an additional 5 minutes, then transfer to an oiled bowl. Cover it with plastic wrap or a damp cloth and put it in a warm place until the dough doubles in size, minimum one hour.
4. Coat a 15"x10" pan with the remaining 1/2 cup of olive oil. Add the dough and stretch it with spread fingertips.
5. Let the dough double in size in a warm place, at least one hour.
6. Preheat the oven at 425 degrees F.
7. Sprinkle the top of the dough with coarse salt, then bake for 25 to 30 minutes or until the top is golden brown.
8. Enjoy!

sit and watch.

There's nothing better than being surprised by a downpour of snow. It comes down softly in a way that feels like a surreal holiday movie. Take a minute to watch and enjoy it. Make yourself some tea, coffee, or hot chocolate, cozy up, and look out the window. Look at the people walking down the street. Watch the snow cover the tops of cars. Look for birds and squirrels trying to stay warm. Look up at the grey sky and try to find the origin of the snow flakes. How high up can you see

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Chickpea Curry

Ingredients:

- 1 30 oz can chickpeas
- 1 tbsp coconut oil
- 1 tsp ginger
- 2 tbsp tomato paste plus 1/2 c water or 1 15 oz can crushed or chopped tomatoes
- 1/2 tsp turmeric
- 3/4 tsp salt
- 1 small onion, diced
- 2 tbsp curry powder
- 1 tbsp garam masala
- 1/2 tsp cumin
- 3 cloves garlic
- 1 15 oz can coconut milk

Directions:

1. To a pot or wok on medium heat, add the coconut oil. Cook the onions for 2-3 minutes, until translucent.
2. Add the minced garlic and cook until fragrant then add the tomatoes. Add the ginger, turmeric, salt, cumin, curry powder, garam masala.
3. Once fragrant, about 2-3 minutes, add the coconut milk and chickpeas and simmer for at least 20 minutes. The longer it simmers, the better the flavor.
4. Finish by serving with rice, naan, or parathas.

I won't tell you each fairy houses' exact location or how many there. You need to look! It's a treasure hunt! The more you find the more excited you'll be. Look at the trees high and low. Look at the house gates. Look at the floor. They're everywhere and they are so special. Appreciate them <3

mini tree houses.

map of hidden treasures

Chai Coffee Cake

Ingredients

Milk Ingredients

- 1 c milk
- 2 crushed cardamom pods
- 1/4 tsp allspice
- 1/4 tsp nutmeg
- 1/2 tsp cinnamon
- 1 tsp ginger

Cake:

- 1 1/2 c flour
- 1/3 c white sugar
- 1/2 c brown sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp nutmeg
- 1 tsp cinnamon
- 1/4 tsp ginger
- 1/3 c oil
- 1 tbsp vinegar

Crumble:

- 1/2 c flour

- 1/3 c brown sugar
 - 1 tsp cinnamon
 - 1/4 c butter
- Sugar glaze:
- 1/4 c icing sugar
 - 1 tsp cinnamon
 - 2 tsp milk

Directions:

1. Preheat the oven to 350oF.
2. In a large bowl, mix all the dry ingredients.
3. In a saucepan, steep the spices in the milk for 10-20 minutes, then, when still warm, mix with the oil and vinegar.
4. Add the wet ingredients to the dry and mix until just combined.
5. Put the batter in a 9 inch baking tin, add the crumble on top then bake for 40-45 minutes.
6. While still warm, drizzle the sugar glaze and enjoy!

recettes cuites!



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Tomato Soup

Ingredients:

- 1 small onion
- 1 tbsp butter or olive oil
- 3 garlic cloves, minced
- 1 tbsp tomato paste
- 2 c vegetable stock
- 1 large can crushed tomatoes
- 1/2 c cream
- 1 tbsp sugar
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 1 tbsp neutral oil
- 1 block tofu, cubed
- 1 bunch of kale, about 2-3 cups chopped

Directions:

1. In a large pot, sauté the onion in butter or oil for 2 to 3 minutes, until soft and fragrant. Add the garlic then the tomato paste, stirring frequently for 2 minutes.
2. Add the vegetable stock and crushed tomatoes and bring to a boil, then reduce the heat to a simmer.
3. Add the cream, sugar, salt, and pepper, cover with a lid and simmer for 20 to 30 minutes.
4. In a non-stick pan, heat the oil to medium and add the tofu. Cook until crisp.
5. After it has simmered, add the tofu and kale to the soup and serve with bread.

Look at people's lawns. You'd be surprised how many little random sculptures people put out. While walking in Montreal in the winter doesn't necessarily sound like the most fun activity, it is incredibly necessary. We essentially spend five months avoiding the cold outdoors as much as possible, sitting at a desk, staring at a computer, and for what? Bundle up, wear as many layers as you can, cover your face and you're good to go. Just try not to make a fool of yourself by slipping on the ice.

Chocolate Chip Cookies

Ingredients:

- 2 c all purpose flour
- 1 tsp baking powder
- 3/4 tsp baking soda
- 1/2 tsp fine salt
- 1 1/4 c chocolate chips
- 1/2 c granulated sugar
- 1/2 c packed brown sugar
- 1/2 c plus 1 tbsp neutral oil
- 1/4 c plus 1 tbsp water

Directions:

1. In a medium sized bowl, mix the flour, baking powder, baking soda, and salt.
2. In a large bowl, whisk together the sugars, oil and water until well combined, 2 minutes.

Look around. Seriously. When was the last time you took time for yourself to simply wander around your neighborhood? Avoid major roads and streets you walk on every day. Actively look for new streets and cute corners. Appreciate the architecture of Montreal's multiplexes. Count how many doors are red, blue, yellow. Go on a hunt for a purple door. Does it exist? Only you can find out. Look for a small alley you hadn't seen before and walk down it. Where does it lead?

3. Fold half of the dry ingredients into the wet ingredients, then add the rest of the chocolate chips.
4. Let the dough rest in the fridge for a minimum of one hour, it's better to leave it overnight. The longer the dough rests, the more the flavors melt together.
5. Preheat the oven to 350oF. Line two sheet pans with parchment paper or silicone mats.
6. Scoop the dough into 2 inch mounds, then bake for 12 to 14 minutes, until edges are just golden.
7. Enjoy!