

Let's Get Ready For Mother's Day



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Introduction

Mother's Day is upon us and I have a little gift for you. Day to day life gets hectic and I want to encourage you to really enjoy your day!

No guilt allowed!

Included are recipes even dad could handle along with fun little crafts dad can use to keep the kiddo's entertained. So no peeking... hand the book off to dad (or someone who can look after the kids for a bit) and take time just for you! Read a book, take a bubble bath, go shopping, watch a movie, take a nap, journal, go to the spa - whatever makes you feel refreshed.

From one mom to another, we deserve it! Take some time for you and discover how energized you feel when you return to every day life.

Happy Mother's Day!

Christine Steendahl

Menu Planning Central

Mom, what's for dinner tonight? Meal planning made easy – www.menuplanningcentral.com

Mother's Day Crafts

What child doesn't love to surprise Mom with a hand-made gift for Mother's Day. This can be something as simple as a Mother's Day Card or a more involved project like a flower garden in a jar or a picture frame. Here are some cute Mother's Day craft ideas.

Simple Mother's Day Card

It doesn't get much simpler than this card. All you need are a couple of crafting supplies you probably already have laying around. It's a great way for your child to make Mom a last minute card. The same basic idea works well for any other type of card also.

- Construction Paper
- Markers and Crayons
- Stickers

Fold a piece of construction paper in half to form the basic card. Help the child write a note for mom inside, then let her decorate the entire card with markers or crayons. Let her add some stickers as well if you'd like.

To make it special, glue a cute picture of the child, or even better of the mother and child and glue it to the front of the card.

Mom is sure to love this special homemade card.

Mother's Day Card With A Poem

If you'd like to make an even more special card for mom, use the instructions below to make a fancy picture card for her. The poem is sure to bring a tear to her eyes.

- Construction Paper
- Photo of You and Mom
- Glue
- Scissors
- Tempura Paint
- Pen

Cut two equal rectangles out of different colors of construction paper. Folded in half they should be the size of your card. Fold each of the rectangles in half to make the basic card shape.

Cut a heart shaped opening in one site of one of the cards. Make sure the opening can be completely covered by the picture of you and your mom. Glue the picture on the card so the picture side shows through the heart shaped opening.

Glue the second construction paper rectangle over the inside of the first one. Paint the inside of the child's with tempura paint and make a hand print on one side of the inside of your Mother's Day Card.

Write the following poem in the other side of the card.

These little hands can give a hug
Pat-a-cake or throw a ball
They put smudges on the wall
Because I'm only just so tall
They love to clap or hold your hand
Whenever you can play
But when I'm grown and far away
These little hands with you will stay

Flower Pot Picture Holder

What Mom doesn't love to show off pictures of her kids? This cute picture holder looks great on the mantle, her desk or even in the kitchen window.

- Construction Paper
- Green Pipe Cleaner
- Small Photos
- Glue
- Scissors
- Terracotta Pot
- Oasis
- Tempura Paint
- Spanish Moss

Paint the tempura pot in your favorite color. Let it dry. Use a paint brush, or your fingers and additional colors of paint to draw small designs on the pot. Cut some oasis to fit inside the clay pot.

Cut round circles and flower petals out of the construction paper. Cut leave shapes out of the green construction paper.

Cut out pictures to fit in the round center piece of your flowers. Glue the picture on the circle, glue the flower petals around it (attaching them to the back of the center circle of your flowers).

Glue the flowers to the green pipe cleaner stems. Do the same with the leave shapes.

Stick the flowers in the oasis, arranging them to make a pretty flower bouquet.

Cover the oasis with Spanish moss.

Flower Garden In A Jar

Here is a simple craft that uses a baby food jar to create a simple flower garden. This makes a great gift for Mother's Day and the baby food jar craft idea can easily be done by a preschooler with a little help from a grown-up.

- Baby Food Jar - empty and clean
- Playdough
- Rolling pin
- Dried Flowers
- Glue
- Paint or marker to write on the glass of the jar

Make a batch of homemade playdough (it works better for this project than the store-bought kind). Roll it out and use the opening of the baby food jar as a template to cut a circle out of the playdough that will fit inside the baby food jar.

Glue the playdough on the inside of the lid and have the kids stick small dried flowers in it. Let this dry overnight. Add a little glue to the lid of the jar and carefully set the baby food jar on the lid so the flowers are inside the jar.

Use a marker or some paint that will write on glass to write the recipient's name on the jar.

You now have a beautiful flower garden in a baby food jar.

Sweet Mother's Day Treat

Wish Mom a Happy Mother's Day with this cute "Hugs and Kisses" treat.

- Metal Whisk
- Hershey's Kisses
- Ribbon
- Scissors
- Card Stock Paper
- Pen
- Crayons & Stickers

Have your preschooler fill the wire whisk with Hershey's kisses.

Cut a card from the card stock. Write "Whisking you a Happy Mother's Day full of Hugs and Kisses" and help your preschooler sign his or her name. Let them decorate the card with crayons and stickers. Make a small hole in one corner of the card and use ribbon to tie it around the handle of the whisk.

Jar of Bath Salts

Make this jar of bath salts as a gift for Mom. You can make any type of bath salts, just use different essential oils to flavor it.

- Glass jar
- Spray paint
- Sea shells
- Ribbon
- Craft glue
- Epson salt
- Food coloring
- Essential oil
- Glycerin (optional)

Spray paint the lid of the jar. While the lid is drying, fill your jar with Epson salt and then divide into as many bowls as you would like colors in your finished jar. Use at least three colors.

Add a few drops of food coloring, scent and glycerin if you are using it to the salts and mix thoroughly with a spoon. Be patient, the food color will disperse.

Spoon salts into jar in layers, using the point of a pencil to push one color into another as you would in sand art.

When the lid is dry, glue shells to the top.

After the glue has set, screw the lid onto the jar and wrap the ribbon around the band, tying a bow in the front.

Mother's Day Recipes

Moms take care of everyone in the family and cook every single meal week after week. Why not surprise her with some simple homemade meals and treats this year on Mother's Day. Dads and kids can do just that with the quick and easy recipes below.

Dutch Babies

Makes 8 servings

- 1/3 cup butter (no substitutions)
 - 4 eggs
 - 1 cup milk
 - 1 cup flour
 - Maple syrup, flavored syrup, or pie filling
 - Whipped cream (optional)
1. Divide butter in half and place each half in a pie pan. Insert pans into a 425 degree oven to melt butter.
 2. Blend eggs in a blender for 1 minute.
 3. Continue blending and gradually pour in milk
 4. Gradually add in flour, and blend another minute.
 5. Remove pie pans from the oven and pour batter into pans (dividing evenly)
 6. Bake at 425 degrees until puffy and lightly brown (approx. 20-25 min.)
 7. Serve warm with your choice of toppings - maple syrup, flavored syrup, warm pie filling and whip cream.

Pizza Crescent Snacks

Makes 8 servings

- 1 (8-ounce) tube refrigerated crescent rolls
- 1 (14-ounce) jar pizza sauce
- 3/4 cup sliced pepperoni
- 3/4 cup sliced mushrooms
- 1 cup shredded mozzarella cheese

Unroll crescent rolls onto an ungreased baking sheet into individual triangles. Spread a layer of pizza sauce on dough and top with pepperoni and mushrooms.

Sprinkle cheese on top; roll up into crescent shape.

Bake at 375 degrees for 13-18 minutes or until rolls are golden brown and cheese is bubbling.

Easy Lunch Salad

Makes 8 Servings

- 1 head broccoli, chopped
- 1 head romaine lettuce, torn
- 1 pint cherry tomatoes, halved
- 1 cup mayonnaise-type salad dressing
- 3 1/2 tablespoons sugar
- 1 1/4 tablespoons vinegar
- 3/4 pound bacon, crisply cooked and crumbled

In a large mixing bowl, combine broccoli, lettuce and tomatoes.

In a separate medium mixing bowl, combine salad dressing, sugar and vinegar; pour over lettuce mixture and toss to coat.

Sprinkle with bacon and chill before serving.

Easy Italian Chicken With Pasta

Makes 4 Servings

- 4 boneless, skinless chicken breasts
- 1/4 cup grated Parmesan cheese, divided
- 1/8 cup Italian seasoning
- 2 tablespoons garlic powder
- 6 ounces angel hair pasta, cooked
- 1 (26-ounce) jar spaghetti sauce, heated

In a broiler pan, place chicken breasts and sprinkle with half of the cheese, Italian seasoning and garlic powder.

Broil for 5 to 10 minutes; turn chicken breasts and sprinkle with remaining cheese, Italian seasoning and garlic powder.

Broil for an an additional 5 to 10 minutes or until tests done. Serve chicken over top of pasta and pour sauce over all.

Serve with: Dinner Salad and French Bread

Busy Day Lemon Cheesecake

Makes 8 servings

- 1 (8-ounce) package cream cheese
- 2 cups milk, divided
- 1 (3 1/2-ounce) package instant lemon pudding mixes
- 1 graham cracker pie crust (9-inch)

In a large mixing bowl, stir cream cheese with a fork until creamy. Add 1/2 cup milk, a small amount at a time, blending until mixture is very smooth.

Add remaining milk and pudding mix. Beat with whisk for about one minute or until well mixed; pour into crust. Chill for one hour.

Resources

Check out the Free Menu Planning Guide at MenuPlanningCentral.com

Yes, you can cook a wholesome meal for your family any night of the week. Stop eating convenience food and get the pizza delivery guy off the speed dial. All you need is a little menu planning help to eat more vegetables and organic foods.

Choose from 3 different types of menus with plenty of recipes each month to please everyone in the family – including a vegetarian option.

Can't eat dairy? No problem.

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Want to eat more greens. Us, too!

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As a member of [Menu Planning Central](http://MenuPlanningCentral.com), you will also have access to a group of experts that are available to share great tips on anything from cooking with the kids to table manners. And Christine, "The Menu Mom", is there to answer questions as well.

Each month you will also get additional resources including ideas to plan breakfast and lunch, throwing a great dinner party and you get to explore a different cooking style or cuisine.

Start by grabbing your free Menu Planning Basics guide at www.MenuPlanningCentral.com and watch for an incredible offer to get access to Menu Planning Central.

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