



**A Family is Considered as a Life Support.  
So, there is no doubt that God has given us  
his best Present that is our Family**

## **FAMILIES LOVE: A VOCATION AND A PATH TO WHOLENESS**

### **FAMILY – The Most Precious Gift from God**

**A family is the place where we find all the joy, happiness,  
love, caring, strength, encouragement, comfort, unity,  
and nourishment under one roof.**

**Pope Francis' best messages on the family**



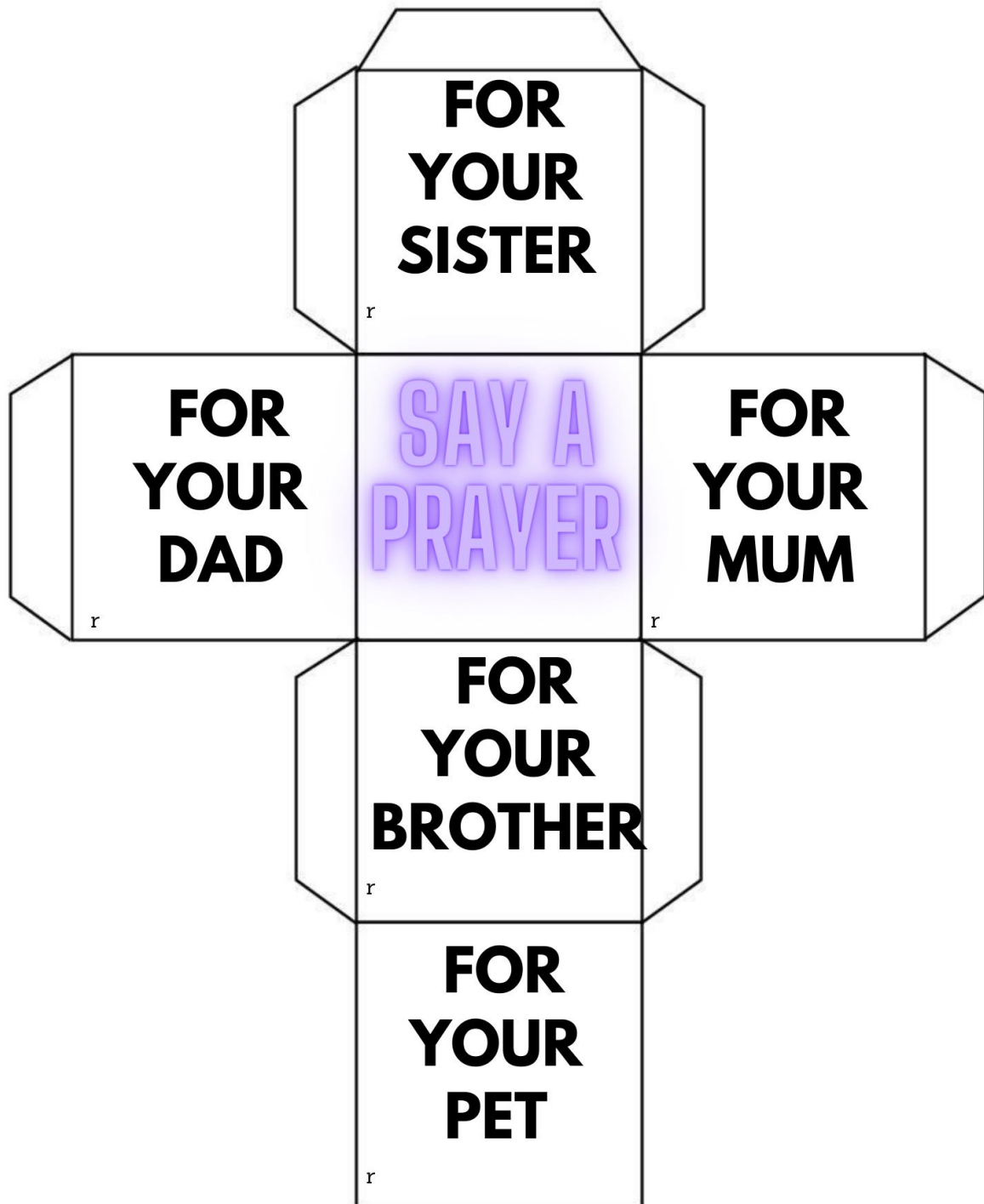
**Click on the picture and follow the link**

### **What Makes A Family Recipe Special?**



**Click on the picture and follow the link**

**HERE'S A PRAYER CUBE TO USE FOR  
YOUR FAMILY.**



# Healthier one-pan baked fried rice

## Ingredients

1 ½ cups brown rice	2 tsp oil
2 carrots grated	2 cloves garlic crushed
1 cup frozen peas	2 tsp grated fresh ginger
100g sliced ham	3 eggs
3 shallots	2tbsp light soya sauce
2 ½ cups of boiling water	

## Instructions

### Step 1

Preheat oven to 200C/180C fan forced. Place the rice in a 30 x 20cm baking dish. Add the garlic and ginger. Pour in the water and add the oil. Stir to combine. Cover dish tightly with foil and bake for 45 minutes.

### Step 2

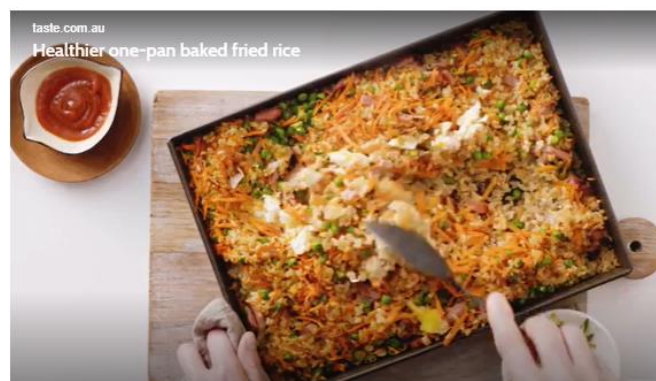
Carefully uncover the dish and stir in the carrot, peas, ham, shallot and soy sauce. Cover tightly and cook for a further 10 minutes.

### Step 3

Remove and discard foil. Make 3 indentations in the rice mixture and break an egg into each. Use a fork to lightly whisk each egg without mixing into the rice. Return to the oven and cook, uncovered, for 7 minutes or until the egg is set.

### Step 4

Use a small sharp knife to coarsely cut the egg in the dish. Stir to combine. Serve drizzled with extra soy sauce if needed.



# No-Bake Energy Bites

## Apricot Choc Chip & Chia

### Ingredients

- 1/2 Cup chopped dried apricots
- 1/4 Cup dark chocolate chips
- 1 Cup rolled oats
- 3 Tbsp chia seeds
- 3 Tbsp maple syrup
- 3/4 Cup nut butter (almond, peanut, cashew)

### Instructions

1. Place all ingredients in a bowl and mix
2. Set the mix aside for 20 mins, this allows the chia seeds to gel a little and will mean the mix is easier to roll into balls
3. Take spoonfuls and roll into balls
4. Refrigerate

### Notes

- Any nut butter can be used, in this version I have used almond butter, but I have a video coming soon which uses cashew butter good old peanut butter is also fine though
- Refrigerate for up to 5 days or store in the freezer

