



**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.



A Beginners Guide to Making A Candle

Click on the picture and follow the link

Top Face Painting Tips for Beginner Face Painters



Click on the picture and follow the link

At-home family night ideas

- ♥ Movie night
- ♥ Talent show
- ♥ Family photoshoot
- ♥ Create a time capsule
- ♥ Bingo night
- ♥ Puzzle time
- ♥ Make your own pizza
- ♥ Family art night
- ♥ Camping in the living room
- ♥ Play card games
- ♥ Scavenger hunt
- ♥ Watch a sports game
- ♥ Hide and seek in the dark
- ♥ Family story time
- ♥ Watch old family videos
- ♥ Surprise family night
- ♥ Theme night
- ♥ Family interview
- ♥ Ice cream sundae bar
- ♥ Children's choice
- ♥ Dance party
- ♥ Picnic in the living room
- ♥ Family video
- ♥ Formal dinner
- ♥ Creative night
- ♥ Create a vision board
- ♥ Board game night
- ♥ Play charades

Make every moment count!

Flourless Sweet Potato Muffins

Ingredients

250 g Sweet potato (cooked) approximately 1 cup cooked flesh

100 g banana 1 medium

2 Eggs

60 ml oil ¼ cup. A mild flavoured oil, light olive oil, coconut oil.

170 g ground almonds 2 cups

2 tsp baking powder

1 teaspoons cinnamon

1 teaspoons vanilla

3 Tablespoon Maple syrup optional



Instructions

- Preheat your oven to 180 degrees celsius (360 F).
- In a large bowl mash the cooked sweet potato and banana
- Add eggs, oil, vanilla and optional maple syrup, mix well. I use a whisk at this stage.
- Add the remaining dry ingredients (almonds, baking powder, cinnamon), fold in with a wooden spoon.
- Grease muffin trays (I use a spray of oil) in a silicone muffin tray. This recipe will make 12 standard sized muffins and approx 25-30 mini muffins
- Portion mix into muffin tray.
- Bake at 180 degrees Celsius (this is approximately 360) Fahrenheit) for 20-25 minutes, if you have made mini muffins the cook time will be less, I would check mini muffins after 10-15 minutes. The muffins will be cooked when they spring back when pressed in the centre.

Gluten Free Chicken Nuggets

Ingredients

200 g fresh boneless chicken breast, tenderloins or thighs all work fine

Third cup coconut milk 80 ml
coconut milk or cream

Third cup ground almonds 35g

½ tsp onion powder optional



Instructions

Cut chicken into bite sized pieces.

Pour the coconut cream/milk into a bowl or dish large enough to hold the chicken. If you are using the onion powder, mix this through the coconut milk/cream.

Soak in the coconut milk/cream. If possible leave the chicken to soak in fridge for 30 mins or overnight (although however long you have is fine)

Drain the excess coconut milk/cream, if you used a thick coconut cream there may not be any additional liquid to drain

Roll the coconut milk soaked chicken pieces in the ground almonds

Place on a baking paper-lined tray. Bake in a hot oven 200 degrees Celsius, 400 Fahrenheit for 10 minutes.

After 10 minutes turn the pieces once golden on one side (. The side that is sitting on the baking paper will be the side going brown, turning helps to make both sides golden and crispy. Cook for a further 5-10 minutes until the chicken is cooked.