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EVERYDAY MAMA

FRIDAY, NOVEMBER 13, 2009

An Apple A Day...!



An apple a day keeps the doctor away, right?! Well, if that's the case then sign me up for my apples! Today, Mama has yummy apple recipes to share and since it's the weekend, I know you'll have more than enough time to try at least one of them!

Apple Fritters -- this recipe comes courtesy of Maple Leaf Inn Bed & Breakfast in Barnard, Vermont. Check them out at [BnBfinder.com](#) -- it's beautiful and fall is one of the best times of year to visit!



- Ingredients:**
- 1 cup flour
 - 2 tablespoons sugar
 - 1 1/2 teaspoons baking powder
 - 1/2 teaspoon salt
 - 1/4 teaspoon cinnamon
 - 1/2 cup milk
 - 1 and 1/2 cups apples, cored and diced
 - Vermont maple syrup

Directions:

ABOUT ME



CHRISTINE

Finally after three years, I'm getting the chance to share my two passions with the world -- writing and being a mom. Follow me on my journey for self-fulfillment as I get excited about local events, new products just for moms, babies and kids, what works and what doesn't work, and how to balance it all in this crazy, busy world we live in!

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CONTACT MAMA

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EVERYDAY MAMA TO TWO!



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Sift together the flour, sugar, baking powder, salt, and cinnamon in a medium-size mixing bowl. Pour the milk into the dry ingredients and stir until the batter is smooth. Add the apples to the batter and blend well. Drop by tablespoonfuls into hot oil in a heavy skillet (or electric deep fryer). Fry until golden brown on both sides. Drain on paper towels and serve with warm Vermont maple syrup. Makes about 16 apple fritters.

Hot Apple Cider with Zaya Rum -- nothing like a nice hot toddy to keep Mama warm and happy...

Ingredients:

1 apple
 2 teaspoons whole cloves
 1 orange, thinly sliced
 2 quarts apple cider
 1/2 cup light brown sugar
 1 teaspoon allspice
 Pinch grated nutmeg
 1 cup Zaya Rum
 Cinnamon sticks, garnish

Yield: 2 quarts, about 8 servings

Directions:

Stud the apple with the cloves. In a medium pot, combine the studded apple and remaining ingredients except the rum. Slowly bring to a simmer over low heat. Simmer for 10 minutes. Remove from the heat and add the Zaya rum. Discard the apple. Ladle into mugs and garnish each with a cinnamon stick and apple slice. Serve immediately.

Taffy Apples -- these just look too good to eat but who am I kidding, Mama will definitely will eat as will the kiddos! Illinois Nut & Candy makes the yummiest taffy apples with tons of different flavors. I favor the M&M or Snowcap covered ones. Available at Illinois Nut & Candy, \$7.99.

Tell Mama, what's your favorite apple recipe?

POSTED BY CHRISTINE AT 9:00 AM 0 COMMENTS 

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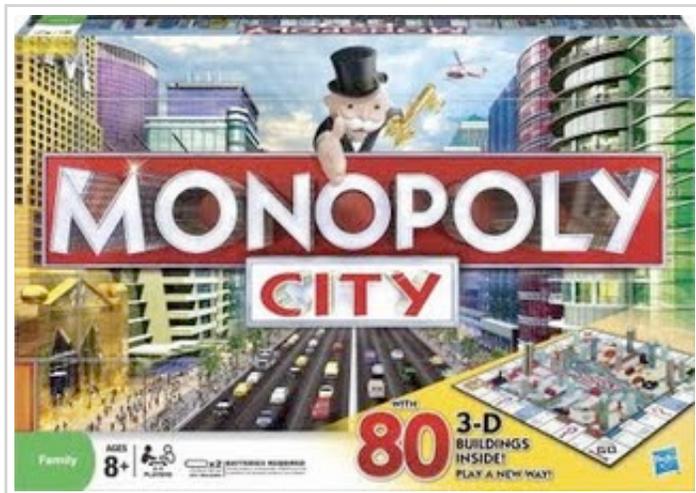
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LABELS: APPLES; RECIPES

THURSDAY, NOVEMBER 12, 2009

Family Game Night - GIVEAWAY



I love family game night! I remember when I was younger and it was my turn to pick the game, it was the highlight of the week. I always choose **UNO**, **Clue** or



Scrabble...but that was way back when. Now some of the old classics have been updated for today's generation and are still fun to play but with a new twist! Family game night is back better than ever -- here's a few of Mama's top picks for your very own family game night.

- **CLUE Secrets & Spies** -- if you're a family that loves their cell phones and like texting, you'll love this game! It is great for ages 9 and up, and the classic characters from the original game like Miss. Scarlet and Colonel Mustard become international globetrotting agents. The game has an optional feature for players to receive clues via text to their cell phone (using your own phones and text messaging rates do apply). How fun! Available at Target, Wal-Mart or online at

MAMA'S FAVORITE LINKS

<http://www.sandiegoparent.com>

CHECK IT OUT!

e A Charmed Wife



Y'All Ready For This? - Last Sunday's episode of 60 Minutes has a segment that made my skin crawl. No, I'm not talking about that old creep Andy Rooney complaining about ... what...

6 hours ago

e Almost Mexican



Reflejos de El Corazon - I was scrolling the through the Internet a few weeks ago devouring anything

and everything on Ana Castillo, when I stumbled upon a memoir workshop she wa...

1 day ago

e Confessions of a new mother

Thought of the day - I'm bending over drying my hair and my tummy pouch hangs like a old lady's bingo wing. I therefore conclude that Spanx should be covered by insurance. Plus ...

2 days ago

I TOOK THE PLEDGE!



Hasbro.com, \$24.99. OR ENTER TO WIN YOUR OWN GAME FROM EVERYDAY MAMA! See entry details below!

- **Hasbro Family Game Night 2 for Wii** -- if you're a Wii family, you'll love this new game hosted by the one and only Mr. Potato Head! The game features the classic board games, **Connect 4, Operation, Jenga, Pictureka, and Bop-it**, all on the video game. You can have up to four contestants and is perfect for ages 6 and up. Although, Mama played last night with her 3 year old and with a little help, she played Operation and we had a great time!! We are making this a weekly activity - also great for rainy days. Available at Target, Toys 'R' Us and Amazon.com, \$39.99.
- **Monopoly City** -- with this new edition from Hasbro, you can build more than just houses! In fact, you can build your very own city complete with schools, skyscrapers, industrial complexes and stadiums. Includes 3D buildings to make your properties larger than life! Available at Toys 'R' Us, Target or online at Hasbro.com, \$34.99.
- **Scrabble Junior** -- the traditional Scrabble game is fun but too hard for the young ones to play the game. With the Junior edition, ages 5 and up can play too! The game features kid-sized words and colorful pictures to keep them entertained and it's a good learning tool too! Available at Hasbro.com, Target and Toys 'R' Us, \$10.99.

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Clue Secrets and Spies Giveaway

One lucky Everyday Mama reader will win a **Clue Secrets and Spies Game** of their very own, courtesy of Hasbro Family Game Night!!! **To enter: Post a comment telling Mama what your favorite classic board game is.**

You can also get bonus entries by following Everyday Mama on **Twitter** and becoming a fan on **Facebook**!! Just make sure you leave a comment so I know it's you and also if you post a comment make sure you send me your e-mail address so I can let you know you're the winner!!

Giveaway available to U.S. residents only. The giveaway ends at 5 p.m. on Tuesday, November 17, 2009. Winner will be chosen at random by Random.org. Thanks for

reading and good luck!!!

P.S. What a great holiday gift for the whole family!! Start your shopping early...!

POSTED BY CHRISTINE AT 9:00 AM 5 COMMENTS 

LABELS: GAMES; SHOPPING

WEDNESDAY, NOVEMBER 11, 2009

Tea for Two!

There is nothing like curling up on the couch with a cup of hot tea to warm you up on a cool, fall evening! Sometimes, I like to sneak a mid-afternoon



cup for a quick pick-me-up when a long evening is calling my name. Lily has also taken a liking to having tea parties with Mama. Sometimes, I even bring out the scones for a fun treat. If you're a tea lover like Mama, you'll love these tea flavors and treats...steep on it and enjoy!

- **Hollywood Tea** -- a new company to the tea world, Village Tea Company, has launched 10 yummy flavors of loose teas packaged in 100 percent recycled containers. With flavors like Sweet Grace Vanilla Rooibos, Strawberry Passion White Tea, and Cherry Me Bloom Rooibos -- the only problem will be choosing which one to steep! In fact Hollywood Hotties, Taylor Swift and Mama-to-be Kourtney Kardashian are fans (Kourtney is going Decaf of course!). Mama recommends the Sweet Grace Vanilla -- yummy! Available at www.villageteaco.com, \$13.95.
- **Mama-to-be Tea** -- for Mamas-to-be, I recommend the **Yogi**

Tea Ginger to soothe your tummy and with any luck make the queasy feeling go away. Ginger is known to be a tummy soother and improve digestion. They also carry teas specifically for Mamas-to-be and Nursing Mamas. Available at grocery and specialty stores nationwide or www.yogiproducts.com, \$4.99.

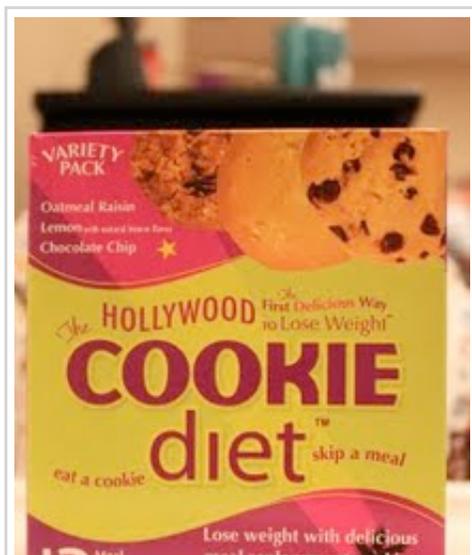
- **Little Tea Party** -- For Lily and Mama tea parties, we break out the caffeine-free Cherry Apple Little Citizens Herb Tea, made especially with kids in mind from The Republic of Tea. They currently have a collection of four different flavors for kids with each benefiting a non-profit organization. Our favorite benefits Room to Read, which educates children around the world. Perfect for any little tea party or just a Mama and daughter moment! Available at www.republicoftea.com, \$10.50.
- **Holiday Tea** -- I'm a huge fan of mint tea at the end of the evening - it helps me relax and go off to dream land. Every holiday season I stock up on Celestial Seasonings Candy Cane Lane Herbal Tea. It tastes like the candy but also has hints of vanilla and cinnamon. It's a green tea too so it's got the best antioxidants in it! Available at grocery stores nationwide and at www.celestiaseasonings.com, \$2.99.

Mama wants to know...what's your tea secret? Have a favorite cup?

POSTED BY CHRISTINE AT 9:00 AM 1 COMMENTS 
LABELS: REVIEW; FOOD;

TUESDAY, NOVEMBER 10, 2009

Cookie Diet?!



Can you really say "cookie" and "diet" in the same sentence? Isn't that an oxymoron? I mean nobody can eat cookies for two meals a day and actually lose weight, or can you? Well, Mama tried it and yes, yes you can...with the **Hollywood Cookie Diet**. Not wanting to try it alone, I enlisted my neighbor and good friend Gabby to give



these meal replacement cookies a try. I mean I'm still trying to slim back to my pre-baby days and so far...eating

right and exercising has not made a difference so why not try the Cookie Diet?!

The Plan: Eat two cookies as a meal replacement for breakfast and lunch, eat two more cookies as snacks. Typically one mid-morning and late afternoon. You can choose from three flavors of cookies: chocolate chip; lemon; and oatmeal raisin.

Day One: Mama's ready! I break out the cookie. It's tasty and fiber-filled -- making you, the dieter, both full and thirsty! The cookies are tasty enough but you can tell it definitely has less sugar than your normal Tollhouse cookie. I eat all four of my cookies and a "sensible" dinner of grilled fish and veggies.

Day Two: I'm doing good -- cookie for breakfast, one snack cookie and one lunch cookie. I skip my late afternoon cookie in favor of fresh fruit, melon -- yum!

Day Three: This is it, my last day - I would really like some eggs for breakfast but I drink my water and eat my chocolate chip cookie for breakfast. It's good -- as I can take it with me as I race Lily to school. Today, I eat a real lunch but eat two cookies for my snacks. I have another sensible dinner -- chicken and salad.

After day three, I'm ready to go back on "real" food! But I will say, I feel less bloated and my pants are feeling a little less snug -- making for one happy Mama. I say give the Hollywood Cookie Diet a try, especially if you're planning on fitting into that little black dress for the upcoming holiday parties! The cookies are also just great snacks for Mamas to keep in their bags for to-go snacks or breakfast on-the-go. For more information visit, www.hollywoodcookiediet.com, \$19.99 and up. Also available online or at grocery and drugstores nationwide.

POSTED BY CHRISTINE AT 9:00 AM 0 COMMENTS 
LABELS: REVIEW; FOOD;

MONDAY, NOVEMBER 9, 2009

Kids Giving Thanks - FOX5 San Diego

One of the best ways to celebrate Thanksgiving is by actually giving thanks or "paying it forward." Teaching your kids about giving back early on will instill values in them for years to come. I visited my good friends at FOX5 San Diego this morning to share a few ideas on how to get your kids involved in Thanksgiving!

Shoe Collection – One of the easiest ways to help others this Thanksgiving is to collect gently used shoes for Soles 4 Souls. This national shoe charity collects gently used shoes and distributes them to people in need in 100 countries around the world. Kids simply ask family and friends to donate gently used shoes. Then go to the Soles 4 Souls Website and punch in your zip code to find a store or agency that is a drop off location in your area. Kids can decorate a cardboard box and have it at the front door when family and friends come over for Thanksgiving dinner. Or they could ask their neighbors, soccer team, or scout troop for donations. This is an easy,

practical collection and teaches kids to help others.

Military Care Packages – Have your kids gather items to put together a few care packages to be sent overseas to the U.S. Soldiers. They need items like personal hygiene, non-perishable snacks and powdered drink mixes, sunscreen, prepaid phone cards, books, magazines, etc. Or better yet the organization **Operation Gratitude**, is collecting handmade items like scarves, Beanie Babies, and candy for care packages. Gather up the rest of that unused Halloween candy and put it to good use.

Golden Share – this is a Southern California but look for something in your area under Grocery Co-op, which allows people to buy their groceries at substantially reduced rates in exchange for volunteering in your community. Offer to help an elderly neighbor fix up their yard or paint the house, or do a park or beach clean-up as a family. Then you get to buy your whole Thanksgiving dinner for \$36...OR better yet, adopt a family in need and bring the dinner to them. This includes a WHOLE 18 lb. Turkey, 1 WHOLE Pumpkin Pie, 5 lbs. of Potatoes, 1 dozen rolls, 1 box of stuffing, and much more to make your dinner. Go to **Golden Share Foods** for more information on how to order (deadline for Thanksgiving Dinner is Nov. 13th)!

Thankful for my teacher campaign -- another local San Diego opportunity is to go into any Mission Federal Credit Union between now and November 25th and pick-up a postcard to have your kids thank their teacher for what they do everyday! It's a great way to put a smile on a teacher's face and also win prizes for your child's classroom. The teacher with the most thank you notes wins a gift card and the students win a field trip or classroom party of their choice. For more information, visit **Mission Federal Credit Union**.

ake a Thanksgiving Tree – a Thanksgiving Tree will teach kids to be thankful every day of the month. Each day in November have your kids (or you write for them)

what they are thankful for. The trees can be constructed out of poster board and construction paper for the leaves and you can tape them on each day. Or you can use a real tree branch in a bucket and hang the leaves on the branches. Use an envelope to hold the extra leaves and invite visitors to add what they're thankful for to your tree.

Thanksgiving Centerpieces or Placecards – making a craft is one of the easiest ways to get your kids involved in Thanksgiving. Making Turkey placecards with pinecones is easy and you can talk about what your thankful for while making them for your family and friends. You will need one pinecone and one orange per person. Add google eyes and use construction paper to make a gobbler and beak.

Is love games -- On Thanksgiving day use **Around the Table Games** Family Talk or Grandparents Talk to have everyone at the table talk about what they're most thankful for and memories of the last year. It's fun and a great way to get the family to unplug and communicate! Available at **Around the Table Games**, \$9.99.

POSTED BY CHRISTINE AT 8:00 AM 0 COMMENTS 
LABELS: FOX; THANKSGIVING

FRIDAY, NOVEMBER 6, 2009

Apples to Apples



What's more iconic than an Apple to the fall season? Apple pie, Apple Cider, Bobbing for Apples, Carmel Apples...the list could go on and



on! Mama wants to celebrate the Apple this month by finding everything Apple - did you know

there are over 7,000 different varieties of apples world-wide?!

- **Fresh Picked** -- Mama loves this handmade skirt that's Made With Love By Hannah! The **Apple Pickin' Wrap Skirt** will flatter any Mama body type and comes in either Red Delicious or Granny Smith varieties. You'll be the hit of the next PTA meeting with this cute skirt! Available at Made With Love By Hannah, \$68.
- **Apple of my Eye** -- I've officially fallen in love with the handmade items from Etsy and this adorable **Apple of my Eye pillow** is no exception. It's of the bright, red variety and bigger than your average Apple at 16 inches high! Available at Etsy from MyDearDarling's shop, \$38.
- **Warm Apples** -- why should your Apple be left naked? Dress up any of your favorite Apple varieties with an adorable **Hand-Crocheted Apple Cozy**. Not only will you be the hip Mama on the playground when your tot showcases their fancy Apple, it won't be bruised because it was cozy! Available at Etsy from UnravelMe, \$8.50.
- **Little Apples** -- does your little girl love dressing like Mama? Another Etsy find, the **Apron Skirts** from Avery Lane come in custom sizes (2T to 12) and is available in the Golden Delicious, Red Delicious and Granny Smith varieties. Hurry and order before they run out! Available at Etsy from AveryLane, \$39.50.
- **Apple Head** -- what little baby won't look adorable in a **Red Apple Hat**? The handknit Red Delicious Apple Hat will keep your newborn's little head cozy through the fall season. It's at least worth buying just for a few photos of your little baby wearing it! Available at Shop Handmade in sizes newborn to 18 months, \$25.

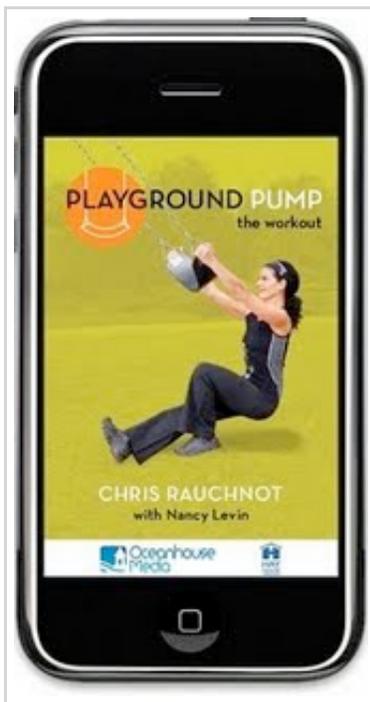
Which variety of Apple do you like? Personally, Mama prefers the crisp, tart Apple to the sweet...! Look for more Apple varieties later this month...

POSTED BY CHRISTINE AT 9:00 AM 1 COMMENTS 
LABELS: APPLES; SHOPPING

THURSDAY, NOVEMBER 5, 2009

Meet iPhone and Her Best Apps

Without my iPhone, I would be lost! I wouldn't be able to live my life the way I do without it. Instead of being out at the park or Legoland, I would be chained to my computer for half the day waiting for e-mails to come in. So to take advantage of all my little friend has to offer me, Mama has found some really cool iPhone applications that no Mama should be without!



- **Playground Pump** -- this app is designed for Mamas that want to get in a workout while watching their little ones at the park. The workout app is a full-body fitness card deck that features different exercises for the abs, legs and arms. You can pick six at random for a quick 30-minute workout. For more information visit Oceanhouse Media. Available at iTunes, \$3.99.
- **White Noise** -- forget the screaming toddler at your feet and the baby wailing in your arms and turn on your White Noise app to bring a calming effect to everyone in the room. Choose from over 40 ambient sounds including ocean, rainstorm, and crickets -- it will be music to your ears! Available at iTunes, \$1.99.
- **Kindle for iPhone** -- stuck in the doctor's office? No toys in your diaper bag? You'll be thankful you have the the Kindle app loaded that allows you to download your tots favorite storybooks on your phone. Why not also download the latest Danielle Steel novel just for fun? Available at iTunes, FREE (book downloads are individually priced).
- **Shutterfly for iPhone** -- I love this app! I spend so much time downloading photos that it's nice to be able to upload them directly from my phone. They are automatically put into my account and ready to send to family and friends. Available at iTunes, FREE.

- **iPlayPhone** -- okay, this one is for the kiddies but I love it for my 10 month old who insists on only playing with Mama's phone! It's a screen where they can dial and talk to their hearts content and you don't have to worry about them calling 9-1-1. Available at iTunes, 99 cents.
- **Amazon Mobile** -- I love shopping at my fingertips! But be careful, it's addictive to buy items with only one-click...Available at iTunes, FREE.

There's many, many more but these are Mama's new faves! Now tell Mama, what's your favorite app?

POSTED BY CHRISTINE AT 9:00 AM 2 COMMENTS 

LABELS: IPHONE; SHOPPING

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