

Lifestyle **Magazine**

May

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2023



IN ISSUE 25

- 6 Neighborhood Meetups and Activities
- 18 World Day for Culture and Diversity
- 21 Nomads from the Sahara
- 27 Her Story: Tales of Triumph and Resilience
- 30 Spotlight on Spring Style
- 34 How to Maintain Mental Health Post-Partum
- Recipes that Brighten the Senses
- 36 Creamy Brussel Caesar Salad
- 37 Coconut and Lime Yogurt Cake
- 30 Easter Bread
- 46 Advertisements and Business Directory

EDITORIAL

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MESSAGE FROM THE CHAIRWOMAN

Dear ladies,

It's May already, the month when our favorite blooms burst into life and share their beautiful colors and scents with us to remind us that summer is coming and winter is well and truly behind us. We make plans for the summer, places we want to go, and people we want to see.

Behind the scenes, we have also been preparing and making plans for the near future.



As you know, in addition to what we have already donated to the earthquake recovery efforts we have assembled an 'IWI Earthquake Relief Project Team' with two of our amazing and very capable members Janina Iman, and Elena Jusenlijska (and her beautiful helper Miss Sofia) at the helm. This team is actively raising funds and seeking out suitable long-term projects which have the potential to become the legacy we leave.

I would like to take this opportunity to thank Janina and Elena and each member of this amazing team who are driven, committed, and focused on the end goal.

I would also like to remind our members of our upcoming Annual General Meeting (AGM) which will be held on Thursday, June 1 at the Istanbul Yacht Club in Fenerbahçe (where we have had our past two AGMs). I look forward to seeing you there.

*With Love,
Julia*

Know your NM (Neighborhood Meetups)

Your Neighbourhood Community Meetup (NCM) administrator organises meet-ups and activities in your area. This is a great opportunity to connect with other women and discover what IWI has to offer. Unsure what area you are in and who to contact? Ask us at community@iwi-tr.org

EUROPE NMs



MACENTA
Besiktas/Levent/
Ulus



PEMBE
Bebek



MOR
Nisantasi



BEYAZ
Ortakoy/Ulus



TURKUAZ
Istinye



SARI
Sariyer



MAVI
Gokturk



YESIL
Yesilkoy/Bakirkoy

ASIA NMs



LACIVERT
Beykos



KIRMIZI
Kadikoy/Uskudar



TURUNCU
Cengelkoy



**Mums
'n' Kids**

(If you're curious where the NM names came from, check out Lifestyle Magazine issue #07)

IWI Community NM/MNK Coords team 2023

Area Color Code	Neighbourhoods	Coord Names
Macenta	Besiktas/Levent/Ulus	Leen Saket
Pembe	Bebek	Rachel Bahadir
Mor	Nisantasi/Beyoglu	Becky Altinman
Beyaz	Ortakoy/Ulus	Yelena Atam
Turkuaz	Istinye	Olga Onur & Szilvia Nagy
Sarı	Sariyer	Olga Onur & Szilvia Nagy
Mavi	Goktrurk	Parissa Ardam
Yeşil	Yesilkoy/Bakirkoy	Maria Kaytancioglu
Lacivert	Beykoz	Jasmine Yuzer
Kırmızı	Kadikoy/Uskudar	Ayse Slevogt & Ekaterina Topaloglu
Turuncu	Cengelkoy	Ayse Slevogt & Ekaterina Topaloglu
Mums'n'Kids (MnK)	ALL	Elena Jusenlijska
Community Lead community@iwistanbul.org		Maria D.Z. Eroglu

IWI NEIGHBORHOOD MEETUPS

Our neighborhood coordinators organised different activities and meetups which, as always, included good food and good company. Some of our members even crossed paths in Paris!



IWI NEIGHBORHOOD MEETUPS



IWI NEIGHBORHOOD MEETUP

The “Yeşil IWI Neighborhood” came together on Easter Monday for a small Easter Bread Workshop at one of our members' houses in Yeşilköy. We prepared the dough together and after baking it in the oven, we had a nice chat with a cup of coffee and our delicious homemade Easter Bread.



The word for it in Turkish is *Paskalya* or *Paskalya Çöreği* and is very well known in Türkiye due to its heritage. Still, there are many Christians living in the country.

Germans say *Osterzopf* or *Hefezopf* indicating the event it's made for and the traditional braiding of the dough. Nowadays, everyone gets very creative and uses the dough for various creations of braids or Easter bunnies and lambs.

IWI RESCUE TRAINING

By Yelena Atam
Ortaköy/Ulus Co-ordinator

We all had this really tragic experience in February. We saw a lot of people working in the field, on TV, but in reality, I understood that we didn't really know how to help people in this situation; basically, what to expect and what to do.

The Beşiktaş municipality organized a rescue training for people not only to see how the rescue operation goes but also for people to be able to help themselves in this situation.

The rescue team showed us how they work in the field when someone is squeezed under the stones of a demolished building.

What to do if someone swallowed the dust and can't even create the smallest noise. How even scratching the wall can help the rescue team to hear you. They demonstrated the work of different tools and heavy equipment.

The trainers helped us understand what kind of difficulties they face in the field. We had a special part of the training where we were shown what to do when relatives of an injured person try to stop the carriage, hug the injured relative, and try to hold the rescue team. How we need to stop them, sometimes even using force.



For me, it was overwhelming to remember how in that chaos and tragedy, be focused and not listen to everyone saying where and how to carry people.









We've learned about ropes and that sometimes one properly tied rope can save someone else's life.

The special fire brigade team also taught us how to work with fire and with people in panic. How to use a fire extinguisher and told us to never should put the water on a burning stove - my personal shock.

So after the training I applied for AFAD volunteering team and was accepted.

What to Put in an Earthquake Bag

It's recommended to keep one bag next to the bed for each person in the house and keep one bag in the car.

-  2 water bottles
-  Whistles
-  Axe
-  Flashlight
-  Metal spoon or knife
-  Tuna can
-  Walkie-talkie and batteries
-  Masks



Where to Keep Fire Extinguishers

Each fire extinguisher should be at least a 2 kilo tank



Place 1 in kitchen



Place 1 at the front door

Also keep a good fire blanket handy

IWI KID'S EASTER EVENT

8 April 2023

This year's Easter festivities for IWI's Mums & Kids was generously brought to us by Happy Nest. It was magical morning for our little ones as they prepared Easter cookies, decorated eggs and got their very own faces painted too! Not one, not two, but three workshops in one! It was a lovely event for parents as we got to enjoy delicious freshly brewed espresso and bask in the spring sun in Happy Nest backyard. We're already looking forward to our next visit!

<https://www.happynest.com.tr/tr>



IWI RELIEF PROJECT UPDATE

Girls we are working hard!

This month we are focusing on our mammoth book sales, with locations shortly to be confirmed. This is in addition to the fantastic Family BBQ, which we hope you all enjoyed.



Heads up for the next big project

We are looking for your inspired contributions to a Silent Auction to be held in the early Autumn. We need you to tap into your networks and resources. Perhaps your gym would offer a free membership or your spa a gift certificate, get your thinking caps on, and more details will be revealed in our June magazine.

IWI FAMILY EVENT

Tutankhamun The Child King's Treasures Exhibition

"Tutankhamun, the Child King's Treasures Exhibition", which has been touring the major metropolises of the world for more than 60 years and breaking records with more than 40 million visitors, is at UNIQ Expo Istanbul for the first time in Turkey on the 100th anniversary of the discovery of the treasure in the Valley of the Kings in Egypt is presented to the taste of culture and art lovers.



The exhibition for the treasures of Tutankhamun, the most important archaeological discovery of the 20th century and also one of the richest and most inspiring ancient king treasures discovered in history, opened its doors to the public at UNIQExpo, Maslak.



IWI BUSINESS WORKSHOP

Tuesday, March 21, 2023 | Nart Business Cente



Our presenter was Raycene Nevils-Karakeci, Business Networking member, owner of *Turquoise and Love* and creator of the Diversity, Equity and Inclusion (DEI) Program. Raycene Nevils-Karakeci is a writer, editor, translator, former university lecturer at Boğaziçi University Istanbul and currently a Ph.D. student. She holds graduate degrees in Peace and Conflict Studies and Language Learning from Wayne State University, and a BS in Business Administration from Tuskegee University. In addition to her love for learning, Raycene is a disability rights advocate.

I attended this kind of workshop presented by Raycene for the first time. Really enjoyed learning more in-depth DEI aspects in today's life. It was great to participate, ask questions, and listen to the others.



I loved Raycene's story, especially the part where she told us how extreme she had been at some point and how she came to realize that sometimes, being compassionate for someone's cultural background and the unquestioned inherited beliefs, can be more powerful than being right.

I'm grateful for Raycene's Diversity, Equity, and Inclusion workshop. Her gentle approach, thought-provoking questions, personal stories, and non-judgmental attitude made this workshop a powerful and transformative experience. I felt empowered and more confident in aligning my actions and moving forward.

I thought it was really thought-provoking, and the interactive nature gave us an opportunity to really self-reflect. And Raycene is just a lovely person: humble but engaging. Her personal stories were so helpful in demonstrating her own challenges living here.

Interaction with Raycene was very uplifting. Her own journey has so many learnings which she shared so openly and bravely. Learned so many tools to handle and get acceptance in society. Term microaggression had so many dimensions. Overall it was very enriching.



THE IWI BOARD INVITES
ALL MEMBERS

AGM 2023

(ANNUAL GENERAL MEETING)

11AM - 1PM,
THURSDAY, 01 JUNE 2023

ISTANBUL YACHT CLUB
FENER KALAMIŞ YOLU
FENERBAHÇE, KADIKÖY

Pass not required



JOIN OUR TEAM AS A VOLUNTEER

- We're looking for **program assistants** to help our Program Lead organize fun events for our members.
- We want IWI to continue for years to come so we are also looking for **membership assistants** to help our Membership Lead recruit new members.
- As our IWI Business membership grows, our Business Lead needs business volunteers to help with **business member advertising** and **organizing business workshops**.

Join Us



Send us an email if you're interested!

vicechair@iwistanbul.org

Info@iwistanbul.org

FOLLOW US ON INSTAGRAM



Stay up to date with all the latest events and news that IWI has to offer

@iwistanbul_org

@iwi_nextgen



INTERNATIONAL DAYS

World Day for Cultural Diversity for Dialogue and Development | May 21

The General Assembly of the United Nations decided to celebrate the World Day for Cultural Diversity for Dialogue and Development with the aim of supporting diversity, dialogue, inclusion and cooperation between different cultures.

Respecting others and their culture is respecting freedoms and human rights. In other words, we are all part of this world and we must accept each other. And these particular characteristics are not only beautiful, but also enrich our spiritual, moral, affective and intellectual life.

How tolerant are we of other religions and cultures?

Diversity is a common heritage that we must recognize and consolidate, especially if we take into consideration that we are faced with diversified societies that must coexist, participate, exchange and guarantee pluralism.

Are we capable of accepting others?

Do we accept cultural diversity?





The objective of this day is that people and organizations become aware to take measures as well as combat stereotypes and polarization to seek understanding and cooperation between different cultures.

I recommend a film that leads us to debate and reflection.

“Qu’est-ce qu’on a fait au Bon Dieu?” (Philippe de Chauveron, 2014). It is a French film that deals with racism and mixed marriage; tells the story of bourgeois Catholic husbands who have four daughters, three of whom are married to men of different religions and ethnic origins.

On May 1, International Worker's Day is also celebrated in commemoration of the bloody repression suffered by the workers of the McCormick factory, for several days in April and May 1886, in the city of Chicago. In those times, the day of the American worker could extend up to 18 hours in the industrial context of large factories.

It also commemorates a great worker strike in Chicago in 1886, where the law that promulgated the eight-hour work day was claimed.

Another date to take into account this month is Mother's Day, May 14 in Turkey, it is a special day in which all mothers in the world are honored for their love, although not all countries celebrate the same day.

H A P P Y

Mother's Day

14 May 2023



NOMADS FROM THE MOROCCAN SAHARA DESERT

"THE FREE MEN"

By: Sandra Berker



The inhabitants of the Sahara desert are a Berber people with a nomadic spirit, whose modus vivendi is based on moving in search of resources that can satisfy their needs and those of the herd they manage.

They are broken up into small communities and do not have a political unit. In fact, they are seen in several countries such as Morocco, Algeria, Libya, Niger, Mali, and Mauritania. These communities have a common identity that has always remained linked to survival in such a hostile environment, like the desert, which is also their home.



Traditionally, they have been dedicated grazers and have a special devotion to dromedaries.

For centuries they have also led and controlled the large commercial caravans that crossed the Sahara thanks to their perfect command of such inhospitable terrain.

However, with the introduction of colonization and modern means of transportation, as well as two great droughts, these events have caused its population to drop drastically and led to unstoppable progress..



Lede: Bye to a Unique way of Life

The nomad, or Amazig, is of Berber origin but they can also speak Arabic. They experience the adoption of the Muslim religion in a very personal way, without renouncing their spiritual beliefs, and have a strong sense of family, forged by sharing the harsh conditions to which the desert subjects them. They live in camps built with resistant fabrics that protect them from extreme temperatures and sandstorms.

They wake up with daylight and know the stars inside out.

The women carry out the intrinsic tasks of the home, such as cleaning, washing clothes, cooking or filling water cans.

The men go out to graze, go to the markets, etc.

They obtain milk from cattle, which is the main resource that provides them with meat and skins.

Their sense of time is very particular. Since they usually live far from urban centers, it is common for the father to "take advantage" of a trip to the city in order to notify the birth of several of his children, indicating an approximate and even random date.

The result of this is that they do not know for sure their age - or give it importance. That's why my friend Hamid, our guide, has never celebrated his birthday.

There are those who reject any advantage of civilization because they think that their life, although much harder, is in their need for continuous effort where freedom is achieved.

This is where the origin of their name comes from. 'Amazig' in Berber means free man.



Today some opt for semi-nomadism, creating palm groves and oases to cultivate, alternating coexistence with their wandering community and staying in urban centers. This is because hardly anyone in the family wants to continue with the tradition of caring for animals and moving around the desert to feed themselves.

This lifestyle has been their way of life for hundreds of years, but they make the decision to sell the animals and abandon that lifestyle by building adobe houses instead of tents, where, curiously, they install solar panels.

This is the future of the youngest, the dreamers, those who no longer want to live like their ancestors because through the internet, which perfectly reaches the golden dunes,

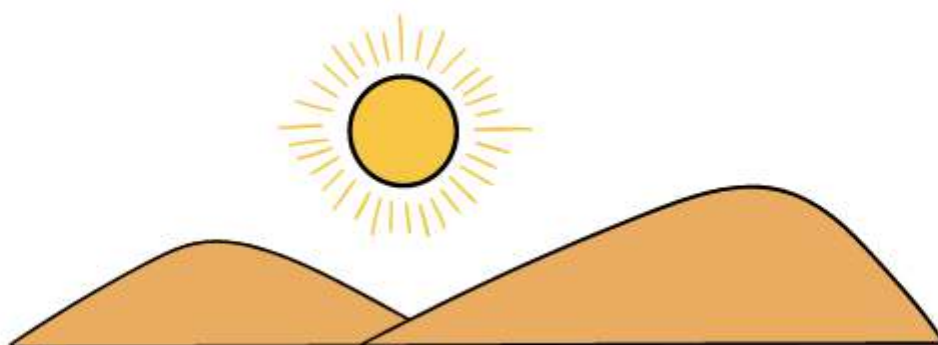
they have discovered a life that fascinates them, and that they also perceive thanks to visitors who come to live adventures in Morocco. This future begins by changing your profession.



Thanks to their knowledge of the animals, some become camel guides. Later they learn English and Spanish very easily, most of them cannot read or write.

Through WhatsApp, they start reading and quickly learn different languages by communicating with tourists, in Italian, German...etc., given the many hours of boredom and heat that they spend doing nothing sitting in the dunes or talking around a tea.

A few years ago the nomads did not have schools. Today, thanks to the NGOs, there are some that try to fit children of different ages into classes with very few resources.



The next step in the life path of the former nomad is usually to become a local guide or all-terrain driver, transporting those through the route of the Kashbas, Mezzourga, Rissani, and the black desert.

Finally, travel agencies can commission longer journeys, such as picking up clients in Marrakesh or other cities, then their eyes are definitely opened to the Western world and they put aside their traditions, and their clothing, and they only put on the traditional turban, which can measure more than 7 meters when they go down to the desert.

Then they partly deflate the tires of the 4 x 4 and demonstrate their skill behind the wheel surfing the hot sand packed with tourists.

Some will find work in hotels, others become savvy after a while will set up their own camp for tourists near their towns, and most will continue to dream of being able to cross the border one day.



WOULD YOU LIKE TO WRITE AN ARTICLE?



Articles are between 200-500 words, plus a title. This should be sent in a Word Doc or Email with photos sent as attachments.

The deadline for submission is the 15th of each month.

Please confirm via email **BEFORE** writing your article to ensure it matches the theme, otherwise it may be archived until later in the year when the content is more suitable.

OR WRITE A REVIEW ON ONE OF THE PROGRAMS YOU JOINED?

Reviews are about 100 words. They should be sent in a Word Doc or Email with photos sent as attachments. Please send these within 4 days after the program.

Unfortunately, we are unable to publish any reviews on programs that run after the 27th of the month.

Please email

magazine@iwistanbul.org

HER STORY:

TALES OF TRIUMPH AND RESILIENCE

My name is Noémie Deveau, I'm French and with my Turkish husband, we have a 1,5-year old boy. I've been living in Istanbul for almost 10 years.

Let me tell you about how I ended up here.



After finishing business school, I worked in France for an international company in the sales & trade-marketing departments. I used to travel alone and Istanbul was my destination for a few days in April 2011.

Right after this trip, during a family weekend, we chose to go horse riding as the area was famous for that.

On that day, April 30th, 2011, I fell from the horse.

On the ground, I remember thinking about Christopher Reeves and being able to move my legs, I felt relieved. By the time the medical team arrived, I was high on adrenaline. The pain hit once I was at the hospital and it was no joke. The reason was simple: I just broke 2 vertebrae. I had to wear a plastic corset for 3 months, I was out of work for 6 in total.

Now, I feel so lucky as this accident allowed me to stop and think about what I was doing with my life. It was pretty much empty of a specific meaning. And I felt a huge need to have a meaningful life. Not only for me but also for others.



Three months after getting back to work, I quit. I found myself unemployed with a monthly allowance allowing me to live quite normally.

*I wanted to find a way....
to find my way.*

I worked for 3 months with an auto-coaching book. It was about defining my dream life in each and every aspect.

I got to the point where I found not only what made me happy but why. At the end of this process, I could say,

*I wanted to become a photographer
in Istanbul.*

Then, from where I was (unemployed in France) to where I wanted to be (photographer in Istanbul), I listed all the different steps, and I implemented them: photo lessons, Turkish lessons, an internship with a photographer in Istanbul, etc.

On October 2013, I moved to Istanbul & I began my new life. Some would say, "She believed she could so she did." That's it!



I forgot to tell you, even though I chose Istanbul because I deeply love the city, on my very first trip here, I met a man who is now my husband.

I believe everything happens for a reason and I'm thankful I had this accident.

**I'm a passionate photographer with
several strings to my bow:**

I create authentic & precious family portraits as I believe family visual legacy.

I photo-document Istanbul and sell my framed prints as wall-art evoking emotion just like Istanbul does.

I also give private photo lessons to learn how to control your camera.

Finally, I organize photo workshops to develop your photographic eye (phone-friendly) and create stronger images, as your eye (not your camera) is the first tool in photography!

Family photography on <http://www.noemie-deveaux.com>

My work on vibrant Istanbul on www.throughmylens.art



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SATURDAY 3RD JUNE

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ÜSKÜDAR. ISTANBUL



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INTERNATIONAL

School

SPOTLIGHT ON SPRING STYLE: WEDDING, PROM & FAREWELL PARTY ATTIRE



By personal style consultant Chrissy Güleç

April showers bring May flowers. It also marks the official start of wedding season and year-end parties like prom and going away bashes. So what to wear and where to shop? What are the Spring party attire trends and how to incorporate them in a classy way? Let me guide you in the right direction...

What to Wear

Satin pantsuits are on trend right now and are an easy way to combine style and comfort. It also sets you apart from the dress-wearing crowd in a classy yet feminine way.

Also keeping with the pants theme, you can go for leather or satin pants paired with a sequin top. Spring sequin trends adorn a softer, lighter color palate with pale pinks, nudes, and pastels. Or tap into this season's current boudoir-inspired trend and pair your pants with an evening-wear bustier.

Floor-length gowns and cocktail dresses will always be donned at fancy events. Opt for Spring's stand-out shade cobalt blue, or play it safe with the trendy soft, pale pink of the season.



Remember that it's the details that complete the look, so don't ignore accessories! Big pearls are hot right now, actually all super-sized baroque gems are in and add playfulness to your look. If you end up going with a more plain dress, jazz it up with some drop earrings, which are replacing the ever-popular hoop earrings. Anything big and daring is a winner, so don't be afraid to be bold!

Where to Shop

Go-to shops with mid-priced party wear are ADL, Roman, Ipekyol, Network and Zara. For sizes above 44, check Marina Rinaldi and Marks & Spencer.



For a more sustainable approach, you can ask friends who have a similar size what they have in their closet. Borrowing is a great solution for something you will wear one time, or give secondhand a try. Apps like Dolap and ModaCruz have endless options at a fraction of the price you'll find in the shops (note these apps are only available in Turkish). Additionally, you can come shop the party wear at my secondhand Pop-Up Boutique that I'm hosting every week in Etiler. Check my Instagram for May and June dates, or set up an appointment to come shop the racks outside of the shopping party dates.

Spring Party Trends

Knowing what is trending doesn't mean you have to dress trendy. The most stylish way to wear a trend is to incorporate one or two subtly into your look. The easiest and most sophisticated ways to do this are through:

Color - sometimes possible to do through lip color for example. Try cherry red, velvet peach, or bright violet.

A single style element - such as sheer fabrics, sumptuous sequins, or boudoir-style inspiration are hot this season.





If you need help pulling together a spring event look for yourself, I have a special offer for IWI members: a consultation and virtual shopping with 5 looks prepared specifically for you. The cost is 500 TL and is valid through June 15th. You can even give it as a gift to someone - your friend or daughter, or even your spouse or son. The virtual shopping comes with shoppable links so that you don't even have to set foot in a store if you don't want to.

And the best style tip I can give you for your spring event party attire is to start planning your outfit as soon as you get the invitation. Having a well-thought-out look and not scrambling at the last minute to pull something together is the recipe for feeling confident and beautiful for the special night!

Follow me for more style inspiration at
www.instagram.com/ChrissyGulecStyle

Traveling abroad? Help us!

What do you miss most?



International Goodies

We're preparing a fun event game with
sentimental, hard to get locally here items

For any inquiries, please contact Elena: +1 416 629 2621



The IWI Relief Team is preparing an event for after the summer holiday, a fun Tombola, worthy of our International backgrounds.

The aim is to gather treats from all four corners of the globe.

Please could you or your visitors squeeze all iconic food items into your suitcase!

It should obviously have a long sell-by date and represent the taste of your homeland or travels.

We would be most grateful!

HOW TO PROMOTE AND MAINTAIN MENTAL HEALTH POST-PARTUM

By: Anderske Kaspersma Güngen
Founder of Anne Koçu/ Momcoach



Most mothers forget to prepare for their recovery and the organisation of postpartum during pregnancy. It is an important phase because you are vulnerable and dependent on the people surrounding you. Think about what you would like the most in the first hours, days, weeks and months after birth.

Organize the following things in advance:

- Help for a longer period,
- Where to find support in breastfeeding,
- Healthy meal preparation / delivery.



When You Get Home After Birth

Sustain the bubble.



Stay in and around your house as much as possible (surrounded by comforting and calm people). Keep telling your story and make sure there are fixed moments of rest. Take care of your baby yourself. Feeding, washing, comforting and co-sleeping promotes oxytocin, which stimulates recovery, growth, attachment and, most importantly, breastfeeding.

Being skin-to-skin with its parents has a positive effect on a baby's body temperature, heart rate and blood pressure. Reducing visitors and spending the first days together with your partner and your baby has an optimal effect on the baby's immunity.

What if your birth did not go as planned?

You can prepare for birth as much as possible. However, you can never 100% predict it. The natural processes of birth are dependent on many factors, physical and circumstantial.

So many, it needs another article.

However it may come, however you will give birth, what matters the most is how you FEEL about it.

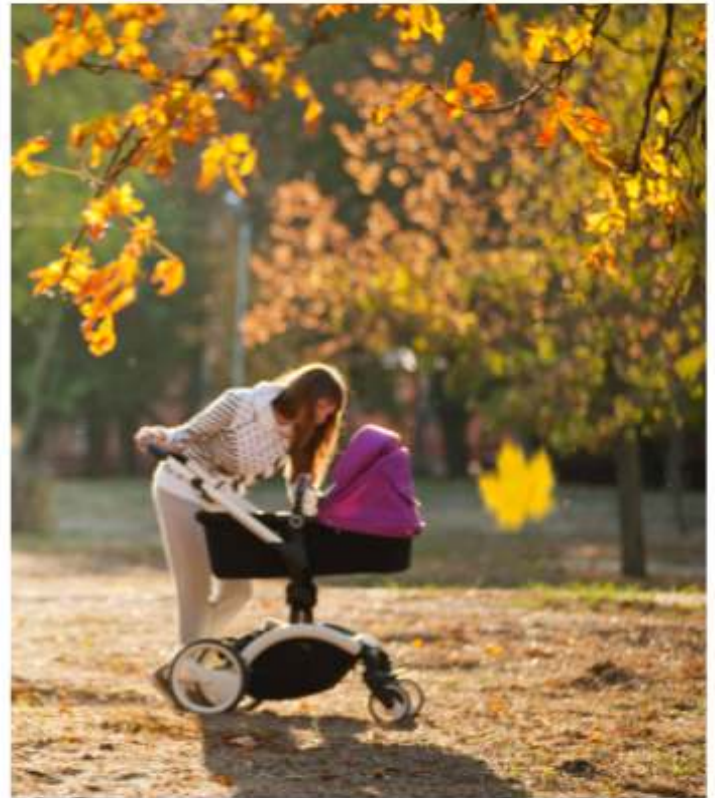
May it be a natural birth, a (mom and baby friendly) C-section or a VBAC (vaginal birth after C-section). Discuss your experience with the people surrounding you.

This stimulates your recovery and will make you feel stronger.

How was your contact with health workers? Did you experience stress? Did you feel you had autonomy? Did things go the way you wanted them to go?

Discussing these things within the first month after giving birth prevents further effects of birth trauma, like postnatal depression or PTSS.

When your birth did not go as you had hoped for, you can still promote oxytocin with skin-to-skin contact. Being inseparable from your baby and taking care of your baby yourself is an example.



A Healthy Start Into Motherhood

Your post-partum has a big influence on you and your baby's health. Think about it during pregnancy, and be aware of who you need to support you and take care of you during this vulnerable time.

All mothers need time to recover after birth at their own tempo. You will gain energy every day, get more confident in taking care of your baby and you will find time for yourself again.

For more info:
www.annekocu.com
[#anne.kocu_momcoach](https://www.instagram.com/anne.kocu_momcoach)
contact : anderske@annekocu.com
0532-746 9448

CREAMY BRUSSEL CAESAR SALAD

By: Mila Casey, MD(RUS), CNC, Health Educator

Ingredients

Greens

- 2 cups chopped romaine lettuce
- 2 cups shredded brussels sprouts
- 1 cup shredded carrots
- 2 cups mixed spring greens
- 1 cup of green peas
- ¼ cup of chopped parsley and dill



Dressing

- | | |
|-------------------------------------|--|
| 1 Medjool date pitted | 1 teaspoon apple cider vinegar |
| 1 cup chopped zucchini | 1/2 teaspoons onion powder |
| 3 tablespoons hemp seeds | 1 tablespoon mustard |
| 1 tablespoon lemon juice | 1/4 teaspoons black pepper |
| 3 cloves garlic | 1/2 cup water (or mix of pickle brine and water) |
| 1 tbsp nutritional yeast (optional) | |

Instructions

Mix all vegetables in the salad bowl and serve topped with the creamy dressing. Dressing keeps in the container in the fridge for up to a week.



COCONUT AND LIME YOGURT CAKE

With Easter behind us, and hopefully a sunny Spring ahead of us (fingers crossed!), the time for fruity cakes has arrived!

This month, I was asked for my first recipe contribution to the IWI magazine. Something not too difficult and possibly fruity. After I had a good search among my recipes and, believe me, I have many, I thought this coconut and lime yogurt cake would hit the spot!

As with all recipes, remember to read it fully before starting, prep your ingredients first and, most importantly, have them at room temperature for optimal results.



Ingredients

-  150g room temperature butter
-  300g granulated sugar
-  3 limes (for zesting)
-  200ml coconut milk
-  4 egg whites
-  125g natural yogurt
-  75g ground coconut
-  250g flour
-  2 teaspoons baking powder



Instructions

- 1** Preheat oven to 180C
- 2** Prep your desired pan with butter and flour. If using a spray, make sure to flour the pan as well.
- 3** With a handheld or stand mixer, beat the butter, the sugar, and the lime zest until you achieve a light batter
- 4** Add the egg whites and continue missing to make sure they are well integrated in the batter
- 5** Add in the coconut milk, the yogurt, and the coconut.
- 6** Add the sifted flour and baking powder and fold delicately only until all the ingredients and combined and you are left with a smooth batter
- 7** Pour into the prepared pan and put into the pre-heated over for 55 minutes or until a skewer inserted in the middle comes out clean
- 8** Once cooled, garnish with shaved coconut and lime zest (optional).

TIPS

You can substitute the lime for lemon, or if you want just a simple coconut cake, omit the zest

You can also upgrade it by adding 100g of fresh raspberries into the batter before pouring into the pan

You can also cover this cake if you desire with white chocolate ganache, a lemon glaze, or a cream cheese frosting.









That's why I love cakes, they're just so versatile















And if you do make this cake, let me know how it is by tagging me on Instagram @sweet_creations_byfilipa

EASTER BREAD RECIPE

Ingredients

 500g flour	 1 package of yeast
 50g room temperature butter	 Salt
 100g sugar	 1 egg
 280ml warm milk	 Raisins & sugar for decorations

Instructions

-  Mix the yeast with a little bit of warm milk
-  Take a bowl with flour, make a hole, put in the yeast mix and cover it with a little bit of flour
-  Needs about 15-30 min to raise
-  Add all the other ingredients and mix for 10 min on medium speed
-  Let the dough rest and raise for 45-60 min, covered with a linen sheet at room temperature
-  Push the dough together and knead again
-  Take off pieces of about 100g each and form them into a small ball (100 g was enough for the bunny and is also good for one string)
-  Get creative look up some YouTube videos for braids and do as they do
-  Pre-heat the oven 200 degrees and brush the egg on top of the pieces
-  Let them rest for another 20-30 min at room temperature or until the oven is hot
-  Turn down the heat to 175-180 degrees, add another layer of egg on top of the pieces and place the tray in the middle of the oven
-  15-20 min baking time with “full circulation” of the heat



Depending on your oven you may have to cover the pieces after 10 minutes with a baking sheet, so it won't burn the egg layer



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