

Keeping it Sweet



A light hearted look at life in lockdown!

Hi to all our members,

Well now at least with the fewer cases today we have some hope for the future and coming out of lockdown. Hairdressers and Beauty consultants to open on October 29th. Hopefully next will be the cafes. Would just love to have coffee with someone, home, café, whatever. It also gives me hope that we may be able to have our Christmas get together in November, branches in the country certainly will be good to go.

Our 40th Birthday celebrations have been put on hold until the new year. Details of this will be advised when we know what is going to happen going forward. Our AGM also will be put off until late February or March.

Stay safe everyone and keep smiling. A smile makes most people happy.

Pam Archibald President. CDAV

TRIVIA!

1. What is the common name for dried plums?
2. What other name does "corn" go by?
3. Which European country was said to invent Hot Dogs?
4. What is the National dish of Spain?
5. What is the body's largest organ?
6. Which bone are babies born without?

Check our answers at the bottom of page 2!



How to test yourself for Coronavirus

Step 1 : Pour a glass of wine and try to smell it.

Step 2 : If you can smell the wine, then drink some and see if you can taste it.

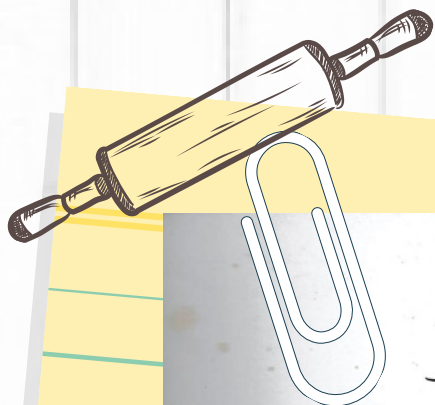
Step 3 : If you can smell and taste it, you can confirm that you don't have Coronavirus.

Last night I did the test 9 times, and all were negative, thank God.

Tonight I'm going to take the test again, because I woke up this morning with a headache and feel like I'm coming down with something.

I'm so nervous!

Baking



Apple Raisin & Allbran



Ingredients

Wet Mix 1½ cups milk
1½ cups allbran
2 eggs
1½ cups grated raw apple
½ cup raisins, chopped

Dry Mix ¼ cup brown sugar
½ teaspoons mixed spice
1½ cups self-raising flour

Method:

Preheat the oven and grease the muffin pans. Soak the allbran in the milk for 10-15mins until soft. Beat in the eggs and add the apple and raisins. Mix to combine.

Mix the dry ingredients and then gently but thoroughly combine the wet mix with the dry mix. Place the mixture in the prepared tins. If necessary

add a little extra liquid, or flour, to achieve the correct consistency. It should be possible to transfer the mixture to the pans on a spoon in one movement.

Makes 12

Bake: 200°C for 20-25 minutes.

Variations

Apple & Walnut Allbran: Substitute the raisins with ½ to 1 cup of walnuts.

Apple & Sultana Allbran: Substitute the raisins with ½ cup of sultanas.

Apple, Ginger and Walnut Allbran: Substitute the raisins with ½ cup of chopped walnuts and ¼ cup of chopped crystallized ginger.

Comment:

The allbran in these muffins gives them a lovely nutty flavour. They will keep well in a sealed container.



Submitted by Robyn Hamilton

Kids Corner



INSTANT VANILLA ICE CREAM

Ingredients

300ml semi-skimmed milk
1 tbsp [caster sugar](#)
¼ tsp [vanilla extract](#)
1kg ice
6 tbsp rock salt
hundreds and thousands, to serve

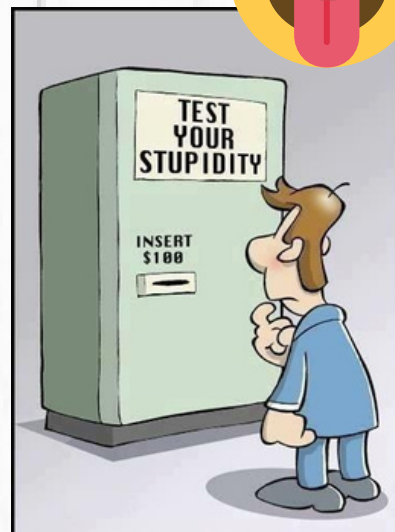
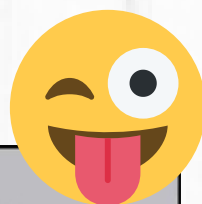
Method

STEP 1

Place the milk, sugar and vanilla into the doubled-up medium zip-seal bags. Close and secure with sticky tape if the seal isn't strong. Tip the ice and salt into the large bag, then place the smaller bags inside the larger one, and seal well.

STEP 2

You will need to keep the bags moving for 10-15 mins to freeze the milk. Gently throw the bag from hand to hand or take turns shaking it – it's a good idea to wear gloves to keep your hands warm! Remove the ice-cream bag, open and scoop into bowls. Sprinkle with hundreds & thousands.



Under normal circumstances, water freezes at 0C. But adding salt to the ice lowers the temperature to -10C, meaning the milk freezes in minutes.

FUN SCIENCE

Submitted by Jan Longley

1.Prunes 2.Maize 3.Germany
4.Paella 5.Skin 6. Knee Cap