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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Homemade Banana Bread

By Melissa Core

Brunch is one of the easiest serving that can be made and best suited for a get together. A Sunday

brunch is very soothing time for everyone. A number of brunch recipes exist which can be prepared well ahead, so that more time can be spent with your guests rather than with the preparation of food. One of the most popular items is banana bread. It is so easy that even children can lend you a hand in its preparation. You can ask them to peel and mash the bananas.

You do not have to worry about the soft, small hands getting into mixer since majority of the ingredients for banana bread are soft so as to be mixed by hand itself. Better still, not much effort is required for clean up because only one bowl mixtures are required for preparing a batch of banana bread.

Chocolate chips added into the batter just before pouring into the pans will greatly enhance of banana bread taste. I found this great food related site

<http://www.grocerycarriage.com>

. The aroma and flavor

of chocolate gels in perfectly and even holds shape in the banana bread. Chopped walnuts are also one of the additions, but add them only if you are sure that none of your guests are allergic to nuts.

If you are short of time or behind your schedule a bread machine will be handy. You just have to put the ingredients in the listed order. Most bread machines also give recipes for quick breads. If you wish to do something different, muffin tins to make banana muffins are a great option.

For people who are calorie and fat conscious, many recipes that are in great to taste and cater to their needs of less calories are available. Sometimes, over ripe bananas can be bought at a very less price. Purchase several of them in bunch and freeze them. You just have to peel and mash the required amount and freeze them in an air tight container or plastic bag.

## Homemade Banana Bread

These can be used the next time you make, simply place the frozen bananas into the banana bread. Even prepared banana bread freezes good. While making loaves go in for some extra and have them frozen. Banana bread are also a very good choice to gift to anyone at whose house you have been invited.

Banana bread is simple to prepare, liked by majority of people and easy to carry because it freezes good. So, remember to pick up some extra bananas to make a loaf or two of banana bread the next time you are in the produce section.

Ron really enjoys the following sites:

<http://www.verygreenthumb.com>

<http://www.ourmelateam.com>

### **Three All-Natural Homemade Facials**

#### **By Donna Monday**

I bet you have in your kitchen right now the ingredients to make several homemade facials. Homemade recipes for facials have been popular for ages - beauty recipes were used by women in Ancient Egypt and Greece.

While homemade egg facials are the best known, there are many other all-natural skin cleansers that you can easily whip up in the kitchen. Here are three recipes for homemade facials that will make your skin feel refreshed and beautiful:

Apple Facial Mask (for oily acne prone skin)

Grate 1 medium sized apple. Mix the apple with

5 tablespoons of honey. Mash until it makes a paste. Smooth the mask over your skin. Leave on for 10 minutes. Rinse with cool water.

Banana Facial Mask (for dry skin)

Mash together one half cup of plain yogurt,

1 tablespoon of honey, and 1/4 ripe banana.

Apply mask to face and neck. Leave mask on for

10 minutes. Rinse with warm water.

Peach Facial Mask (for normal skin)

## Homemade Banana Bread

Cook 1 medium peach until soft. Mash peach with a fork. Add in 1 tablespoon of honey and 1 tablespoon of uncooked oatmeal and mix into a thick paste.

Apply mask to the skin. Leave mask on for 10 minutes. Rinse with cool water.

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Donna Monday

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