

# when vegetables get married !!

have you ever imagined that  
vegetables could marry  
and have babies too ?!!  
ok .. just see this ..

!! I HOPE YOU LIKE IT

Banana and.. WATERMELON .



Apple and Orange parents



Apple and Tomato parents



Banana and Red pepper parents



Tomato and Pomegranate parents



Banana and Kiwi parents



something nice to read

## TWO FRIENDS

A story tells that two friends  
were walking  
through the desert.  
During some point of the  
journey they had an  
argument, and one friend  
slapped the other one  
in the face.

The one who got slapped  
was hurt, but without  
saying anything,  
wrote in the sand:

**TODAY MY BEST FRIEND  
SLAPPED ME IN THE FACE.**

They kept on walking  
until they found an oasis,  
where they decided  
to take a bath.

The one who had been  
slapped got stuck in the  
mire and started drowning,  
but the friend saved him.

After he recovered from  
the near drowning,  
he wrote on a stone:

**TODAY MY BEST FRIEND  
SAVED MY LIFE.**

The friend who had slapped  
and saved his best friend  
asked him, "After I hurt you,  
you wrote in the sand and now,  
you write on a stone, why?"

The other friend replied  
"When someone hurts us  
we should write it down  
in sand where winds of  
forgiveness can erase it away.

But, when someone does  
something good for us,  
we must engrave it in stone  
where no wind  
".can ever erase it

# feasts

## Pasta with Roast Vegetables in Tomato Béchamel Sauce



### Ingredients:

1 sachet MAGGI Secrets Béchamel Mix  
2 cups red bell peppers, sliced  
1 cup eggplant, sliced  
1/2 cup carrots, sliced  
4 tbsp. olive oil  
1/2 tsp. dried thyme  
1/2 tsp. dried rosemary  
3 tbsp. onions, diced  
1 garlic clove, chopped  
1 tbsp. tomato paste  
1/2 cup water  
500g penne pasta, cooked  
Salt and pepper, to taste  
10 basil leaves, chopped



Cuisine: *Mediterranean, Italian*

Course: *Main Dish*

(Serves 6 persons)

Preparation time: 1 hour

Cooking time: 1 hour

### Preparation:

- Prepare the béchamel sauce as per the instructions on the sachet, and then cover and keep aside.
- Sauté the vegetables with the thyme, rosemary, onion and garlic in oil until half cooked.
- Add the tomato paste and water, stir continuously on a medium fire for 4 minutes.
- Add the pasta and then the Béchamel sauce. Season with salt and pepper and stir for 2 minutes on low fire.
- Sprinkle basil leaves over pasta just before serving



# feasts

## Chocolate Truffles



Cuisine: *French*

Course: *Dessert*

(Makes 20-25)

Preparation time: 20-30 minutes

Chilling time: 30-45 minutes

### Ingredients:

150g dark cooking chocolate, melted

1 can x 170g NESTLÉ Cream

175g cake crumbs

1/2 cup ground almonds

chocolate vermicelli or cocoa powder to finish



### Preparation:

-Melt the chocolate in a medium bowl over a medium saucepan a quarter full of simmering water, while stirring

-Allow the melted chocolate to cool slightly, then fold in the NESTLÉ Cream and mix until smooth.

Gradually add the cake crumbs and ground almonds, stirring continuously. Then chill for 30-45 minutes.

Divide the mixture into 20-25 pieces and roll into balls. Take the balls and roll them in the chocolate vermicelli or cocoa powder then place in petit four cases.

Hint: Serve these truffles with coffee or pack them into pretty boxes to give as presents

# HOLD ME AS IT IS

**I once had a friend who grew to be very close to me. Once when we were sitting at the edge of the beach, she filled the palm of her hand with some water and held it, and said this:**

**"You see this water carefully contained on my hand? It symbolizes Love."**

**This was how I saw it: As long as you keep your hand caringly open and allow it to remain there, it will always be there.**

**However, if you attempt to close your fingers round it and try to possess it, it will spill through the first cracks it finds.**

**This is the greatest mistake that people do when they meet love...they try to possess it, they demand, they expect... and just like the water spilling out of your hand, love will retrieve from you .**

**For love is meant to be free, you cannot change its nature. If there are people you love, allow them to be free beings.**

**Give and don't expect.**

**Advise, but don't order.**

**Ask, but never demand.**

**It might sound simple, but it is a lesson that may take a lifetime to truly practice. It is the secret to true love.**

**To truly practice it, you must sincerely feel no expectations from those who you love, and yet an unconditional caring."**

**Passing thought... Life is not measured by the number of breaths we take; but by the moments that take our breath away.....**

**Life is beautiful!!! Live it**