



Home4Birth

Upcoming Events

August 2015

Home4Birth Annual Gathering

August 29 from 1 to 4 p.m. at Roy G. Holland Park, 1 Park Dr., Fishers. Come and get to know other wonderful, like-minded families! Please bring a dish to share labeled with ingredients. Bring swim suits and towels to enjoy the water park. The event will be indoors in air conditioning, surrounded by the park.

Meet the Midwives

Have a pregnant friend, refer them to our upcoming meet the midwives: **Aug. 12 & 26, 6:30-8 p.m.**

Birth Boot Camp

Starting August 15 we are offering 10 Birth Boot Camp childbirth education classes. The cost for the series is \$300.00. Classes will be held every Saturday, from 10 a.m. to noon. We recommend these classes to any first time family or any first time to home birth family. Sign up now! You can miss up to 3 classes and make them up online.

Baby & Parents Yoga

Aug. 27 from 7 to 8 p.m., is another exciting class with instructor Andy Alam, of Inner Peace Yoga. Join us for an evening of yoga with your little one! Arrive early to mingle. Space is limited, so please RSVP if you plan to attend. Donations encouraged. Email Kelly@home4birth.com or call Kelly to RSVP to the events.

Quote of the month

Brandi Wood, CPM

Mindy Michel, DEM

Kelly Graham-MacDonald,

Office Administrator

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765-MIDWIFE (765-643-9433)





Magnolia

Almond Butter Cups-Vegan

Layer 1, Chocolate Cookie Crust:

1 1/2 cup almond meal or flour
 1/4 cup cocoa powder
 1/4 cup pure maple syrup
 2 Tablespoons melted coconut oil
 pinch sea salt

Layer 3, Chocolate Ganache topping:

1/2 cup cocoa powder
 1/2 cup melted coconut oil
 6 Tablespoons pure maple syrup

Instructions

Line mini cupcake pan with paper liners and set aside. In a medium bowl, stir together all the Layer 1 ingredients until a soft dough is formed.

Scoop a small amount of the dough into each cupcake paper and press to bottom.

Set pan in freezer while you make Layer 2.

Rinse out the bowl you prepared the crust in and combine Layer 2 ingredients.

Combine Layer 2 ingredients saving the salt to last.

Add salt to your taste.

Remove the pan from the freezer and scoop a small amount of almond butter mixture in to the cupcake papers and smooth out.

Place back in freezer and prepare Layer 3 in the same bowl that has been rinsed out following Layer 2.

Combine cocoa and melted coconut oil and slowly add maple syrup until ganache is shiny.

Remove the pan from freezer again and spoon a small amount of the ganache over the almond butter layer.

Smooth out ganache in each cup as you go.



Piper

Layer 2, Almond Butter Filling:

1 cup creamy almond butter (salted or unsalted depending to your taste)

6 Tablespoons pure maple syrup

2 Tablespoons melted coconut oil

pinch sea salt



Place the pan back in the freezer and let set for about 15 minutes.

This recipe makes 48 mini cups.

This can also be prepared in a 13X9 parchment lined glass dish and cut into small squares. Follow the same instructions.

These can be kept in the refrigerator or freezer. I can't tell you how long they will stay good since they don't keep very long. They get eaten up. Yep all eaten up.

adapted from Megan's (Detoxinista) No-Bake Peanut Butter Cup Bars by Linda C's Kitchen Table

<http://blog.lindaskitchentable.com>

Spotlight Product of the Month



Next meeting Aug. 25
<https://www.facebook.com/ICANofGreaterIndianapolis>

Check out this website:

<http://www.ahaparenting.com>
Whether you're wondering how to handle a specific challenge, figuring out your child-raising approach, or stressed out, you've come to the right place!



Baby Wearing International of Central Indiana Meeting

Sat, August 1, 2 to 4 p.m.

Plainfield-Guilford Township Public Library,
1120 Stafford Road, Plainfield, IN 46168

Mon, August 17, 6 to 8 p.m.

Fishers Library 5 Municipal Dr., Fishers, IN
46038-1574

bwiofcentralindiana.wordpress.com



<http://thebabywearer.com/forum/>

<https://www.youtube.com/user/babywearingfaith>

Soothe Shirt®

Stylish top for mom, cozy pouch for baby and a nursing bra all-in-one!

<http://www.lalabu.com/shop/soothe-shirt>

Breastfeeding Support

The Drop-In Center is centrally located at the Catholic Center 1400 North Meridian Street, Indianapolis. This free service occurs Wednesday's from 4:30 to 8 p.m. Park in the back of the building. On the bus route. Use the backdoor entrance to the conference room, and follow the signs. Children of all