



Smile List

Description



I have many things to smile about in life, but the following is a list of a few things that made me smile last week.

I enjoyed a cup of hot chocolate with milk. I typically use water because I donâ€™t want the extra calories. It was a nice change of pace and it tasted heavenly. For some ideas on creating a hot chocolate bar and how to make the chocolate snowflakes pictured above click [here](#).

A friend of mine gave me a recipe for cranberry salsa which I thought sounded wonderful. Iâ€™d been wanting to make it, but still hadnâ€™t gotten around to it. As luck has it, I was in Costco and found that

Ocean Spray makes a [cranberry fiesta salsa](#). I have been eating it for several weeks with tortilla chips. However, I think there are many ways you could enjoy it. It would also be great on a turkey sandwich or on top of goat cheese or cream cheese as a spread.



I've been wanting to change the white wood slat blinds in my family room for the past year. I knew I wanted to buy a rattan shade, but hadn't researched them yet for this particular room. Micheal at [Inspired by Charm](#) shared the above blind in Rangoon Umber from [Select Blinds](#) in a room makeover. I knew right away it was the one. I have bamboo shades in my sunroom and this blind is just a little different, but still has the look I'm wanting. I also love his [blog](#). It's very inspiring!



I've been contemplating buying a juicer, but I'm not sure I would use it. What I think I'm really wanting is to drink more green smoothies. I need to get more vegetables into my diet. I was excited to come across the website [Simple Green Smoothies](#). I could spend hours on their site looking at recipes and reading all of their great tips and recommendations. I've signed up for the 30 day challenge and will keep you posted on how I'm doing. I made the [Cilantro Limeade Smoothie](#) because I happened to have cilantro and it's one of my favorite herbs. I didn't measure the ingredients I just guesstimated since I was making it for one and it was pleasantly delicious and refreshing. I just need to add some protein to it. I think I'll buy some hemp protein and chia seeds. Are you a green smoothie drinker and if so what are some of your tips?



[Downton Abbey](#) is back with their new season and as always it has me glued to the television usually with a kleenex in hand. I love how the Crawley women are starting to be a little more independent even though they still aren't able to dress themselves. Grandma Violet is hands down my favorite character. I can't wait to hear what she has to say. It's not just what she says, but how she says it (usually with a roll of the eyes included). Are you a Downton Abbey fan? If so, who is your favorite character?

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