



The Smile List

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HEALTHY HUMMUS DIP
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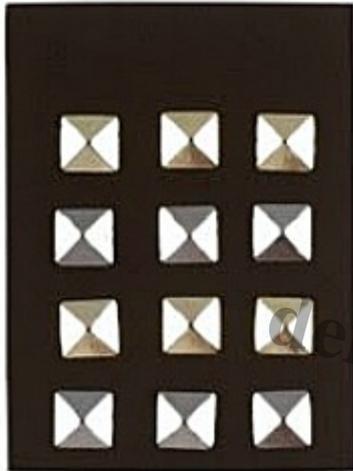
It's been awhile since I've shared a smile list and lately I've had a lot to smile about. I've been learning lots of new things at an [Online Blog Conference](#) and discovering new bloggers. I'm guest posting for Brianne with [Cupcakes and Kale Chips](#) today and sharing this easy healthy hummus appetizer. My friend Mary shared the recipe with me and it was a big hit with my friends. Serve it with pita chips, bagel chips or these [Gluten-Free Veggie Dippin Chips from Party-Tizers](#) which I found at Costco. Head on over to Cupcakes and Kale Chips for [the recipe](#).

Fall is my favorite season and I love all the flavors of Fall. Pumpkin season is upon us and I had my first Starbucks Pumpkin Spice Latte of the season this week. If you haven't tried it yet, Oprah's Chia Tea Latte is also wonderful.



My husband introduced me to Lancaster Caramels which are soft and delicious. I'm not sure if I should thank him because they are extremely addictive. It's hard to eat just one. I haven't tried the raspberry and I like the vanilla and caramel soft crèmes just a tad more than the original caramel.

Gold Office Items



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I'm working on redoing my office area and I can't wait to show you the before and after pictures, but it's still a work in progress. I've been recycling some of my home decor and looking for new objects that make me smile and reflect my current taste. I'm really on a gold kick right now and love all of the gold desk accessories from the Nate Berkus and Threshold collection at Target. My mother's love of all things gold must be rubbing off on me. I've also purchased this [gold pinboard](#) from Pottery Barn Teen.

These are just a few things that I'm loving lately. I have all sorts of things I've been pinning on Pinterest that I want to try which I'll share soon. If you are on Pinterest you can follow me [here](#). You can also find me on [Facebook](#) where I share other posts in addition to my own.

What are some things that make you smile? It doesn't have to be anything big, most of the time it's the little things that bring us the most joy.

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