Lemon Blueberry Bread

Recipe and photo from glorioustreats.com



*Ingredients*

Bread

* 1 1/2 cups all-purpose flour
* 1 teaspoon baking powder
* 1 teaspoon salt
* 1/3 cup unsalted butter melted
* 1 cup granulated sugar
* 2 eggs
* 1/2 teaspoon vanilla extract
* 2 teaspoons fresh grated lemon zest
* 2 tablespoons fresh lemon juice
* 1/2 cup milk
* 1 cup fresh or frozen blueberries
* 1 tablespoon all-purpose flour

Lemon Glaze

* 2 tablespoons butter melted
* 1/2 cup powdered sugar
* 2 tablespoons fresh lemon juice
* 1/2 teaspoon vanilla extract

*Instructions and Prayers*

* Preheat oven to 350\*F and line a 9"x 5" loaf pan with parchment paper (or lightly grease with butter).

*As you prepare your work space take a moment to also prepare your heart.*

*Breath in- God is faithful*

*Breath out- And meets all our needs*

*Take a moment to gather your ingredients. Pray and thank God for the farmers, the millers, and the grocers, who have made it possible for you to get these ingredients.*

* In a medium bowl, whisk the flour, baking powder and salt, and set aside.

*A Psalm of thanksgiving.*

*Make a joyful noise to the LORD,*

*all the earth.*

*Serve the LORD with gladness;*

*come into His presence with joyful songs.*

*Know that the LORD is God.*

*It is He who made us, and we are His;*

*we are His people, and the sheep of His pasture.*

*Enter His gates with thanksgiving*

*and His courts with praise;*

*give thanks to Him and bless His name.*

*or the LORD is good,*

*and His loving devotion endures forever;*

*His faithfulness continues to all generations.*

* In the bowl of an electric mixer, blend together the melted butter, sugar, eggs, vanilla, lemon zest and lemon juice.  Mix until well combined.

*Pray and thank God for working in you to combine all that you are and all that you can be to make something wonderful.*

*Glory to God whose power, working in us, can do infinitely more than we can ask or
imagine: Glory to him from generation to generation in the Church, and in Christ Jesus*

*for ever and ever. Amen.
Ephesians 3: 20, 21*

* While slowly mixing, add flour mixture and milk in two batches (some flour, then some milk, then the rest of the flour and the rest of the milk).  Stop mixing as soon as it's just combined.

*As you slowly add the flour and milk, thank God for always knowing just what you need, even before you know yourself!*

* Rinse off the blueberries (if using fresh) so they have just a bit of moisture on them, then, in a small bowl toss the blueberries and 1 T. flour.  This flour coating will help prevent the blueberries from sinking to the bottom of your loaf while baking.

*You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you.*

*John 15:16*

* Add the flour coated berries to the batter and gently but quickly stir, by hand, to combine.
* Immediately pour batter into prepared pan and bake for 55-65 minutes, or until a toothpick inserted in the center of the loaf comes out clean.  Cool bread in the pan for about 30 minutes, then move to a wire cooling rack with a baking sheet below (to catch the glaze you're about to add).

*As your bread bakes think of all the sweet things God has given you in life. Thank God and think on how you might reflect the sweetness of God’s love back to the world.*

* Prepare glaze by simply whisking together the melted butter, powdered sugar, lemon juice and vanilla, then pour glaze over the loaf.  Allow to set a few minutes, then enjoy!

*Remember that God is a God of abundant joy! Just when you think things can’t get better, you may find yourself being blessed all over again.*

*I will praise you, Lord my God, with all my heart; I will glorify your name forever.*

*Psalm 86:12*

Mango Pineapple Green Tea Smoothie

Recipe and photo from thediaryofarealhousewife.com

*Ingredients*

* 1 cup frozen mango chunks
* 1 cup frozen pineapple chunks
* 2 cups fresh spinach
* 2 large ripe bananas
* 2 cups green Tea (brewed and cooled)
* Ice
* Protein powder (optional)

*Instructions and Prayers*

*As you prepare your workspace, prepare your heart and mind as well.*

*Inhale—May the words of my mouth and the meditation of my heart*

*Exhale—Be acceptable in your sight, oh God*

*Psalm 19: 14*

*Take a moment to pray for the farmers, tea pickers, and grocers who made it possible for you to gather these ingredients. Pray for the areas and the people where your ingredients may have been grown.*

1. Brew your iced tea. Double the strength as it will become diluted when poured over ice.

*As you wait for your tea to brew*. Remember: transformation occurs, even in our rest.

*Glory to God whose power, working in us, can do infinitely more than we can ask or
imagine: Glory to him from generation to generation in the Church, and in Christ Jesus*

*for ever and ever. Amen.
Ephesians 3: 20, 21*

2. Add your pineapple, mango, bananas, and spinach to a blender and blend on high until everything is pureed.

Thank God for your health. Give thanks for your ability to make wise decisions to keep you strong and healthy. Ask for guidance to continue to put your health first.

*a prayer for guidance:*

*Heavenly Father, in you we live and move and have our being:*

*We humbly pray you so to guide and govern us by your Holy Spirit. that in all the cares
and occupations of our life we may not forget you, but may remember that we are ever*

*walking in your sight; through Jesus Christ our Lord. Amen.*

3. Add your Ice and blend until smooth.

*Pray and thank God that you are never given more than you can handle at once.*

4. If you are adding protein powder, add it here. \*Note this will change the flavor depending on what kind of protein you use.

*Pray and thank God for giving you strength when you need it.*

*I look up to the mountains;
    does my strength come from mountains?
No, my strength comes from God,
    who made heaven, and earth, and mountains.*

*Psalm 121:1-2*