

Stronger

Healthier

Happier

SUNDAY MORNING

WITH SUSAN

MARCH 31, 2024



EAT

Vegan Chocolate Cupcakes

Chef Chloe became the first vegan chef to win the top prize on Food Network's Cupcake Wars.

A few years back I attended a cooking demonstration with Chloe at Plant City in Providence. Of course her award winning chocolate, strawberry shortcake cupcakes were on the menu. They have become one of my favorites ever since.

A great takeaway from the cooking class was substituting one teaspoon baking soda, and 2 tablespoons apple cider vinegar in place of eggs. I thought that was a great idea for anyone who has dairy allergies. *note ~ I cut the sugar in half. Enjoy, peace, love, & vegan cupcakes.

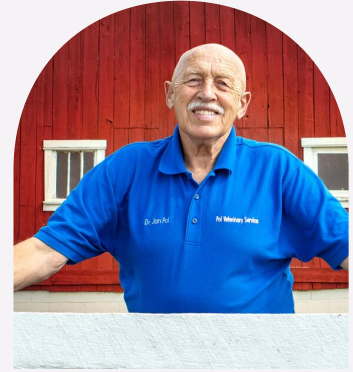


LISTEN

Headway

Rather than reading lengthy books, I have been enjoying an app called Headway. Headway summarizes nonfiction books. I love the concept of condensing a 300 page book into a 15 minute read or listen. Between work, family, and other obligations, it can be a challenge to find time for personal development. While cooking, cleaning and doing household chores I love to listen to my daily boost of motivation.

A recent book summary I've listened to is "Thinking Fast and Slow" by Daniel Kahneman. Key point being, your thoughts determine how you view life and that's why you need to learn how to control them. With so many personal development books and so little time to read, Headway does a great job highlighting the most important points of each book.



READ

The Incredible Dr. Pol

While caring for my senior dog Angie, I discovered The incredible Dr Pol.

This is a television show on National Geographic Wild that follows veterinarian Jan Pol as he treats both pets and livestock.

Dr. Pol specializes in large farm animals and he takes an old school approach to veterinary medicine. He races from critical clinic visits to emergency farm calls. This is a reality show that is very real.

I find his his old school, no-nonsense approach to veterinary medicine inspiring as well as educational. And he always makes me laugh!

SUSAN COMFORT, PERSONAL TRAINER
SCOMFORT@ADIRONDACKCLUB.COM