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thing as too much  
holiday joy

**+  
SPECIAL  
DOUBLE ISSUE**  
Big flavors,  
clever gifts  
& decorations  
that wow

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# Secrets to Cheesecake Success

There's nothing like a perfect bite of PHILADELPHIA® cheesecake: It's smooth, creamy, and slightly tangy. Our editors have spent decades fine-tuning cheesecakes of all kinds, and we're letting you in on their best-kept secrets ahead of the holidays. Here's how you can make your most delicious one yet with help from PHILADELPHIA Cream Cheese.



## Ingredient Quality Matters

Fresh fruits and vegetables just taste better, and the same goes for baked goods that are whipped up with flavorful, top-tier ingredients like **PHILADELPHIA Original Brick Cream Cheese**. It's made with five simple ingredients, including fresh milk and real cream, which gives it a thick, super-silky texture that can help transform your cheesecakes into creamy creations. Incorporate it into the filling for a smoother, richer outcome.

## It's All in the (Delicious) Details

You've already mastered the basics, so it's time to hone your cheesecake-decorating skills. Keep it classic with sliced fruit and a dollop of homemade whipped cream, try your hand at making a Basque-style cheesecake with a crisp, caramelized exterior, or play around with different drizzles, from sweet-and-savory salted caramel sauce to zesty lemon glaze. During the holidays, add a festive flourish with candied nuts, sugared berries, or crushed peppermint. Rosemary sprigs, shaved chocolate curls, mint leaves, and citrus peels also make for striking garnishes year-round.

## More Prep Means Less Stress

Baking and decorating a show-stopping cheesecake takes time. Instead of rushing the process on the morning of your next dinner party or holiday gathering, consider making your cheesecake a day or two in advance and storing it in the refrigerator until the special occasion. It's easy to do—and won't compromise the texture or flavor of your luscious confection. Once the cheesecake has cooled completely, cover it in plastic wrap before popping it into the refrigerator. Be sure to enjoy it within three to five days.



### One Bite and You'll Know It's Philly

PHILADELPHIA Original Brick Cream Cheese is made with just five simple ingredients, including fresh milk and real cream, for a silky smooth, creamy texture you'll savor.

Scan the code with your phone to discover more PHILADELPHIA Cream Cheese cheesecake inspiration.



# december

DECEMBER 2023 • VOLUME 101 • NUMBER 12



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What's even better than a bow? A handmade raffia wreath to top off a gift box.

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## HOLIDAY DINNER READY

From inviting dining furniture to elegant tabletop touches, The Home Depot® has a huge assortment of home accents and holiday essentials to complete your festive look. Visit [homedepot.com/decor](https://www.homedepot.com/decor) for your next purchase and get free and flexible delivery on over 10,000 items plus easy returns.



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## YOUR HOLIDAYS MADE EASY.

Spend less time in the kitchen and more time around the table.



Scan for holiday recipes  
and more

**THIS IS PRIMARILY A VISUAL MAGAZINE.** Not that the words aren't important, but we editors and art directors take pride in how much time we spend planning the photo shoots and imagery that make *Better Homes & Gardens* such a feast for the eyes. For this issue, however, I wish we could've employed scratch-and-sniff technology because many of these stories would smell absolutely amazing—just like our memories of the holidays.

As the days shorten, we spend more time indoors than we ever did during summer. The house may be visually resplendent, the halls decked, and the tree trimmed, but the seasonal ingredient that might be the most powerfully evocative (and ethereal) is scent. Physiologically speaking, the central location for identifying aromas lives in the front of our brains in something called the olfactory bulb. This structure is closely tied to the limbic system, a command center for our emotions and long-term memory. That explains why scent is so closely allied with thought. Sometimes I have a memory (say, someone I haven't thought about in a while pops into my head) that's initiated by a fleeting aroma

(such as their perfume) before I'm even aware of what the scent is. It's almost like a visitation.

In my view, creating scent imprints at the holidays is a neglected tradition. Remember as a child the smell

wafting into your bedroom of winter baking spices like cinnamon, allspice, nutmeg, mace, and ginger as they caramelized in butter and sugar? In this issue, we add another time-honored note to our palates in our celebration of sweet almonds in all their forms (*page 120*). Scientists say many of us smell in color, meaning we see a particular hue when thinking of a scent. If the fragrance of marzipan or frangipane is golden yellow, then the spiky essence of rosemary



(*page 40*) is dark green. I recall the cozy feeling I got when I caught a whiff of the onions, carrots, and celery my mom was sautéing in butter for her annual cornbread stuffing. It's no accident that the primary component of taste is smell.

I've always been a fan of natural Christmas trees, primarily for the fragrance of pine, fir, and spruce they bring into the house. If I'm traveling and won't be putting up a tree, I cut some branches from the yard and put them on the mantel or use them as table decor so I can enjoy their outdoorsy perfume for a few weeks. Paperwhites, a holiday classic, may not be everyone's cup of tea since they can smell piercingly strong, but I love them. Their scent firmly places me in the year-end holidays. Our story on Christmas-blooming amaryllis (*page 61*) doesn't mention it, but some hybrids have a light powdery, almost soapy, fragrance. Try a few hybrids and see if you agree.

Making a memory imprint is something I do a lot. If I'm taking a beautiful drive somewhere new and the perfect song comes on, I pause and imagine it as a future memory. If I have an incredible meal, I like to use all my senses to memorize it (instead of just taking an Instagram photo). Like unexpectedly finding a faded snapshot in a book, using scent mindfully can help us preserve memories for ourselves and our loved ones, delivering a deeper level of emotions that bind our shared past with the present.

We hope you have a deliciously scented holiday.

STEPHEN ORR,  
*Editor in Chief*  
instagram @steporr

## Scents & Sensibility

### LETTERS + COMMENTS

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# 95% OF WOMEN HAD VISIBLY-SMOOTHER SKIN

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\*based on expert texture grading vs. baseline when used 2x/day



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**LOVE** them like family.  
**TREAT** them like family.™

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**BHG**  
**G**

"June was a rescue pup, and donating to pet rescue organizations is one of our family's favorite ways to give back during the holidays."



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# Treat Every Day Like a Holiday

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Share the joy with naturally delicious BLUE treats.

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- ✓ No corn, wheat, or soy
- ✓ No artificial flavors or preservatives



BLUE treats are made with natural ingredients enhanced with vitamins and/or minerals.

## Joy to the World

It's the happiest season, but sometimes all the hustle and bustle can be, well, a killjoy. Here's how we reconnect with the spirit of the holidays when stress creeps in.



Mailing holiday cards may be a declining tradition, but I still enjoy sending a handwritten note to close friends every year. I write three to five cards an evening, and it's a chance for me to really think about the people I'm connecting with, even if it is just once a year.

JAN MILLER,  
food editor



To fight the stress (and cold temps) of the season, I curl up on the couch with a nice warm cup of tea or a hot toddy and put on a classic holiday movie. It's a relaxing reset and a nice reminder that this time of year is about family, friends, and joy. Plus, it's difficult not to smile when Will Ferrell is yelling, "Santa!" and making candy pasta. ASHE PURSCHELL, executive assistant



Making holiday magic can be exhausting and feel like holding down a second full-time job in November and December. So when I'm feeling overwhelmed (in any season, really), I throw long videos of the beach on my TV or second computer monitor and just let them play full-screen while I work away. (Search for relaxing waves on YouTube.) The beach has always been my happy place. Seeing and, more important, hearing the waves and taking in all those glorious shades of blue instantly calm me.

AMY PANOS,  
home editor

In December, I like to set aside one day that I devote fully to self-care.

It's nice to have the time to myself in the middle of such a busy and social season.

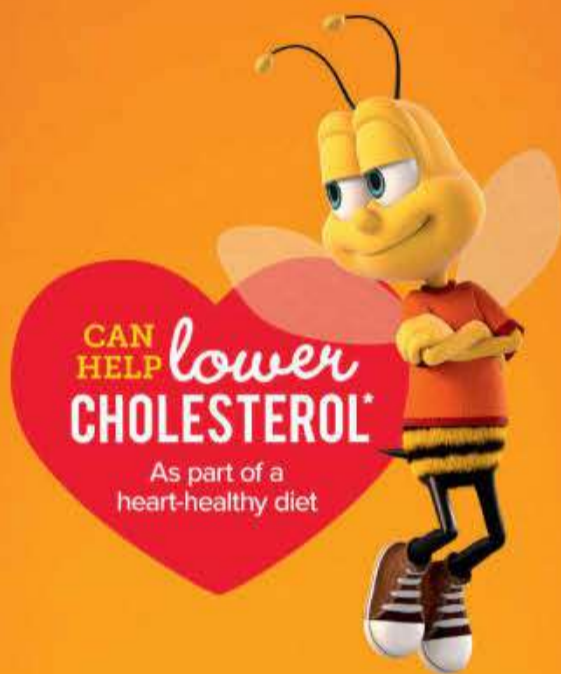
MAGGIE GOLDSMITH,  
associate art director



Growing up, my family always made a construction paper chain with a fun activity written on each loop, and every day leading up to Christmas, we would pick one of the prompts to do. Even though we're in different states now, we try to follow the daily activities and share pictures of our accomplishments—making paper snowflakes, baking a new holiday cookie, or watching an old holiday movie. It's a great way to celebrate together even from afar.

KATLYN MONCADA,  
food editor

Buzz-worthy.  
Heart-healthy.\*



\*THREE GRAMS OF SOLUBLE FIBER DAILY FROM WHOLE GRAIN OAT FOODS, LIKE HONEY NUT CHEERIOS™ CEREAL, IN A DIET LOW IN SATURATED FAT AND CHOLESTEROL, MAY REDUCE THE RISK OF HEART DISEASE. HONEY NUT CHEERIOS™ CEREAL PROVIDES .75 GRAMS PER SERVING.



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Better breakfast.



\*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios™ cereal provides .75 grams per serving.



## Paint Goals Color Forecast

Give your walls a new look with one of these hot hues color experts predict to be the best of 2024.



**UPWARD SW 6239  
SHERWIN-WILLIAMS**  
This subtle denim blue-gray lends a cool, peaceful look to a room.



**RENEW BLUE  
8003-37D VALSPAR**  
A coastal-like blue with both gray and green undertones.

## To-Do List Holiday Hosting

Plan stress-free entertaining with our online guide *7 Days of Holiday Hosting*. Each day you'll find new content to help you throw your best party, including table-setting ideas, cleaning tips, meal plans, and menus. Plus you can browse our favorite hosting products—like dinnerware, bath towels, and candles—in the Better Homes & Gardens collection at Walmart.



Scan the code with your phone camera to access the hosting guide.

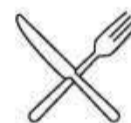


### Quality Picks Worth the Buy

Overwhelmed by product options and reviews? Our testing labs do the groundwork of trying out the best artificial Christmas trees, pet hair vacuums, cookware, and more. Head to [BHG.com/Recommends](https://www.bhg.com/recommends) to find our seal of approval on tested items we'd put in our own carts.

### sweepstakes \$25,000 Holiday Help

We'd like to cover your utilities so you can focus on gifts for loved ones at this time of year. Enter for a chance to win at [BHG.com/25kHoliday](https://www.bhg.com/25kHoliday). Details on [page 162](#).



### Let's Eat Food Trend Predictions

Tinned fish and pickle-flavor everything were huge in 2023. What do we expect to tempt our taste buds in the new year? See our list of predictions at [BHG.com/FoodTrends2024](https://www.bhg.com/foodtrends2024).



**IRONSIDE 422-7DB  
DUTCH BOY**  
Jump on the moody hues trend with this deep olive green.

See the full lineup of colors of the year at [BHG.com/Paint2024](https://www.bhg.com/paint2024).

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# Holiday Gift Guide

There are gifts that fill a practical need (thanks for the socks,  Mom), and

then there are  those that dazzle.

Here, we present 68 items that do both.  These

beautiful yet useful  gifts are

the kinds of things the people on your list might

not splurge  on

for themselves but will reach for—and be

 delighted by—every day.





**Skinny Salted Caramel Latte**

Steam 2 Tbsp. Torani Sugar Free Salted Caramel Syrup with 1 cup nonfat milk. Pour over 2 shots espresso.



**Salted Caramel Protein Shake**

Blend 2 Tbsp. Torani Sugar Free Salted Caramel Syrup, 1 cup unsweetened almond milk, 1 scoop protein powder, and 1 cup ice until smooth.



**Sugar Free Salted Caramel Matcha Latte**

Add 2 Tbsp. Torani Sugar Free Salted Caramel Syrup to ¼ cup of brewed matcha and 1 cup of milk.



**Low-Carb Salted Caramel Whipped Cream**

Whip 2 Tbsp. Torani Sugar Free Salted Caramel Syrup with 1 pint heavy whipping cream until soft peaks form.



**Salted Caramel Iced Tea**

Combine 2 Tbsp. Torani Sugar Free Salted Caramel Syrup with ½ cup chilled Earl grey tea and ½ cup milk.



**Low Carb Salted Caramel Frappe**

Blend 3 Tbsp. Torani Sugar Free Salted Caramel Syrup, ¼ cup heavy whipping cream, ¼ cup cold brew, and 1 ½ cup ice until smooth. Garnish with whipped cream.

# Mixes Well

Torani flavors are crafted to bring out the best in your drink so you can make something deliciously original without all the calories.

*America's favorite since 1925*

Available in the coffee & tea aisle of your local grocer or Supercenter.

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Discover easy Torani recipes at [www.torani.com](http://www.torani.com).



Scan for Torani recipe videos



**Puffy Fanny Pack** A modern gingham print and lightweight pillowlike form add fashion to an accessory that's made a welcome comeback. \$44; [baggu.com](http://baggu.com)

## under \$50

No matter who you're shopping for, these wallet-friendly gifts have near-universal appeal.

**Bath Fizzy Set** With heady-scented essential oils for weekday aromatherapy in the bath or shower. \$32; [evenkeeldays.com](http://evenkeeldays.com)



### Lint Roller

A sticky, washable surface on these glam rollers picks up pet hair and lint (without the wasteful stickers). \$32; [meetyourstaff.co](http://meetyourstaff.co)



**Vibrant Kettle** Like Pop Art for the kitchen counter, these electric Bodum kettles are great for people who adore color as much as their morning tea. \$49 each; [store.moma.org](http://store.moma.org)



“As a newish mom, I love the monthly reminders to get cherished photos off my phone and into a real album. The size options and quality are excellent.”

—LAUREN BENGTSON,  
senior market editor

Photo Subscription, \$48 for 3 months (10 photos per month); [mootsh.com](http://mootsh.com)

### Wool-Cashmere Crew Socks

Sublimely soft and thin enough they don't add bulk under boots. \$32; [lisab.com](http://lisab.com)



**Bird Seed** A custom blend of seeds for various regions and seasons to draw all the birds to the yard. \$49; [happybirdwatcher.com](http://happybirdwatcher.com)



### Hand & Body Soap

Give them a mental trip to Provence every time they use these delicately scented soaps. \$26 each; [frenchdrygoods.com](http://frenchdrygoods.com)



**Ceramic Crock** For utensils or plants—you can't have too many crocks, especially in go-with-everything blue and white. From \$28 each; [etuhome.com](http://etuhome.com)



# All New **Holiday Movies!**

Every Fri, Sat & Sun Night 8/7c



**FRIDAY 10/20**  
 Checkin' It Twice

**SATURDAY 10/21**  
 Where Are You, Christmas?

**SUNDAY 10/22**  
 Under the Christmas Sky

**FRIDAY 10/27**  
 Christmas by Design

**SATURDAY 10/28**  
 Mystic Christmas

**SUNDAY 10/29**  
 Joyeux Noel

**FRIDAY 11/3**  
 Flipping for Christmas

**SATURDAY 11/4**  
 Never Been Chris'd

**SUNDAY 11/5**  
 The Santa Summit

**FRIDAY 11/10**  
 Everything Christmas

**SATURDAY 11/11**  
 Christmas Island

**SUNDAY 11/12**  
 A Heidelberg Holiday

**FRIDAY 11/17**  
 Navigating Christmas

**SATURDAY 11/18**  
 A Merry Scottish Christmas

**SUNDAY 11/19**  
 Holiday Hotline

**THURSDAY 11/23**  
 Catch Me If You Claus

 **FRIDAY 11/24**  
**DOUBLE FEATURE 6/5c**  
 Letters to Santa  
 Holiday Road

 **SATURDAY 11/25**  
**DOUBLE FEATURE 6/5c**  
 Christmas in Notting Hill  
 Haul Out the Holly: Lit Up

 **SUNDAY 11/26**  
**DOUBLE FEATURE 6/5c**  
 Our Christmas Mural  
 A Biltmore Christmas



**FRIDAY 12/1**  
 My Norwegian Holiday

**SATURDAY 12/2**  
 A Not So Royal Christmas

**SUNDAY 12/3**  
 Christmas with a Kiss

**FRIDAY 12/8**  
 Magic in Mistletoe

**SATURDAY 12/9**  
 Christmas on Cherry Lane

**SUNDAY 12/10**  
 Round and Round

**FRIDAY 12/15**  
 The Secret Gift of Christmas

**SATURDAY 12/16**  
 Sealed with a List

**SUNDAY 12/17**  
 Friends & Family Christmas

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@HallmarkChannel

## Countdown to Christmas



## olive oil

It's a cooking essential, but few people treat themselves to the really special stuff. These picks put exceptional flavor at cooks' fingertips in some very giftable packages.

A smooth, mild-flavor oil from the Greek island of Lesbos. Organic Aegaea EVOO, \$23; [kolossoslife.com](http://kolossoslife.com)

The rosemary in this oil is a shortcut to flavor when drizzled over poultry or fish. ROI Infused Italian EVOO, \$27; [food52.com](http://food52.com)

An Italian family has been perfecting this oil, good for both cooking and finishing, for five generations. Fratepietro EVOO, \$26; [giadzy.com](http://giadzy.com)



To add extra oomph to pasta, vegetables, and more, turn to one of these tinned oils infused with lemon, garlic, chili, or basil. Italian Infused EVOO, \$14 each; [verveculture.com](http://verveculture.com)



**Ice Cream Toppings** Adorably packaged, addictively flavored, in options like vegan fudge and salted caramel. \$13 each; [enjoycoops.com](http://enjoycoops.com)

**Cocktail Infusion Blends**

For specialty cocktails, no mixology experience required. \$8 each; [onepartco.com](http://onepartco.com)



**food gifts**

Sweet or savory, these treats are so delicious, they may disappear in days—or minutes.

**Holiday Challah**

A BHG food editor favorite, these braided breads keep on giving (a portion of sales goes to charities). From \$13; [shop.challahbackgirls.com](http://shop.challahbackgirls.com)



**Olive Oil Cake Mix** For not-too-sweet cakes inspired by Greek cuisine—extra virgin olive oil included. \$30 each; [eliaelia.co](http://eliaelia.co)



“Each tin is full of flavor, and the lobster is the best tinned fish I’ve ever had. It’s not too oily but has just enough to dip your bread in.”

—ASHE PURSCCELL, executive assistant

Holiday Seacuterie 3-Pack, \$30; [enjoyscout.com](http://enjoyscout.com)



**Flavored Popcorn** These small-batch treats are made with high-quality ingredients and come in cylinders that need no wrapping. \$23 each; [poppyhandcraftedpopcorn.com](http://poppyhandcraftedpopcorn.com)



**Chocolate and Marshmallow Bar** Dark, decadent, and sure to make chocolate fanatics dance with joy. \$12; [compartes.com](http://compartes.com)



**Wild Cherries in Syrup** Made in Italy for more than a century and stored in a lovely ceramic crock; use to fancy up cocktails or sundaes. \$27; [amazon.com](http://amazon.com)

**Hot Chocolate Mix** The ultimate comfort drink from one of San Francisco’s best chocolatiers. \$18; [dandelionchocolate.com](http://dandelionchocolate.com)





### Casserole Dish

Looks like fine china but stands up to high temps. Arcadia 5-qt. enameled cast-iron casserole, \$100; [caskata.com](http://caskata.com)

## under \$125

For the extra-special people in your life, these gifts combine luxury with purpose.

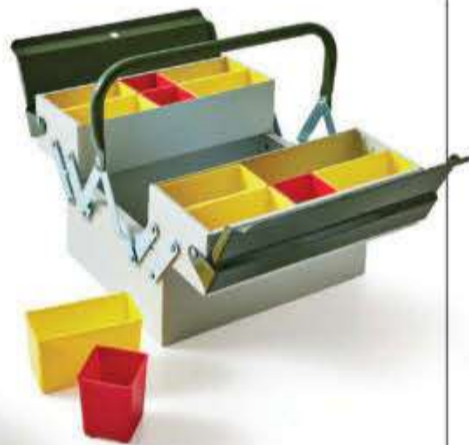
### Knit Bootie Slippers

As toasty as thick socks but with nonslip soles; made with upcycled yarn and lined with fleece. \$55; [shop.verloopknits.com](http://shop.verloopknits.com)



“The heavy-duty box is designed for tools, but it’s more versatile than that. I use it to store art supplies like watercolors and brushes. The removable compartments can store bigger items if I need to.”

—JARRET EINCK, deputy art director  
Top Hat Compact Toolbox, \$100; [afternoonlight.com](http://afternoonlight.com)



### Tennis Court Linen Cocktail Napkins

Pair with Pimm’s for a themed gift. \$56/4; [chefanie.com](http://chefanie.com)



**Flannel PJ Set** Fashionably festive and so soft, these beg to be worn all winter. Flannel pajama set in Tiger Martini and 12 Days Toile, \$80; [8oaklane.com](http://8oaklane.com)

### Packing Cube Quad

Game-changing for a frequent flyer. \$65/4 (monogram extra); [tourparavel.com](http://tourparavel.com)



### Citrine Oil

Give the gift of self-care with this hand and hair oil, a special treat in the drying days of winter. \$38; [barehands.us](http://barehands.us)



**MeatStick 4X Set** The latest version of a favorite BBQ tool features four temperature sensors and a wireless range of up to 650 feet, so the grill can party with guests while keeping an eye on what’s cooking. \$125 (with charger); [themeatstick.com](http://themeatstick.com)

A museum-worthy piece minus the “do not touch” sign. In fact, this teapot with a handy built-in strainer is destined for daily use. Two-Tone Teapot, \$175; [fazeek.co](http://fazeek.co)

These glasses flip to serve as flutes, coupes, or highballs. Harry Highball, \$34, and Coco Coupe, \$36; [comingsoonnewyork.com](http://comingsoonnewyork.com)

High-design utensils made of durable, dishwasher-safe glass. Crave Salad Servers, \$35/2; [store.moma.org](http://store.moma.org)

## color-blocked glass

Household objects rendered in vibrant hues are on trend but have all the makings of forever pieces.

These special-edition paddles come in a swanky embroidered canvas-and-leather case. Vista Pickleball Paddle, \$86; [recesspickleball.com](http://recesspickleball.com)

Sturdy fiberglass paddles will put extra pep (and style) in their game. Checker in Party, \$50; [luxepickleball.com](http://luxepickleball.com)

Lightweight with a longer face for power hits. Kona, \$85; [tangerinepaddle.com](http://tangerinepaddle.com)

## **pickleball paddles**

The pastime of the moment is still going strong. Time to up their paddle game.





**Wood Skateboard** A nostalgic, easy-ride starter board for ages 3 and up. \$99; [banwood.com](http://banwood.com)

**Night Light** Solar powered and outfitted with a strap for campouts or reading in bed. \$30; [goodeeworld.com](http://goodeeworld.com)



**Go Bag** For smooth car rides, a tidy assemblage of engaging activities tailored to various ages. Keep fresh fun coming every three months with a subscription. \$65; [kekekid.com](http://kekekid.com)

**Bath Toys** Made for squeezing, in contrasting patterns babies love. \$38/3; [us.ettaloves.com](http://us.ettaloves.com)



## kids & teens

Joyful, colorful, and even (shhh) educational gifts to light up young hearts and minds.



**Soup Can Crayons** Budding Warhols will appreciate the 18 bold, extra-thick crayons and vibrant canister. \$20; [mudpuppy.com](http://mudpuppy.com)



**Critter Slippers** Cushy, slip-resistant, and available in a host of cute animal designs. \$32; [dearfoams.com](http://dearfoams.com)

**Composition Notebooks** An upbeat upgrade on a school essential. \$14 each; [nextchapterstudio.com](http://nextchapterstudio.com)



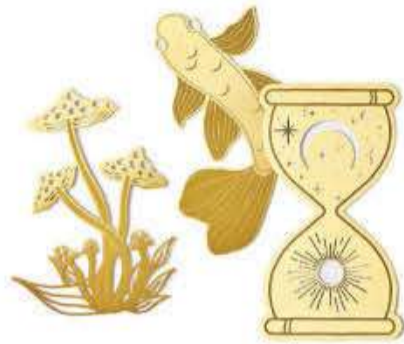
**Beaded Pouches** These wonderfully silly hot dogs, pickles, and bananas can hold school supplies or tiny treasures. \$38 each; [jennylemons.com](http://jennylemons.com)

**5-in-1 Elephant Music Toy** A whole sweet-sounding band in a compact toy. \$50; [petitcollage.com](http://petitcollage.com)



**Jonathan Adler Wood Domino Set** Take gaming old-school and off-screen. \$40; [galison.com](http://galison.com)

**Color-Blocked Socks** Can be mixed and matched when one inevitably goes missing. \$21/3 pairs; [soapen.com](http://soapen.com)



**Metal Bookmarks** Brass page tabs as enchanting as a fairy tale. \$22 each; [designworksink.com](http://designworksink.com)

**Lip Balms** Hydrating and heaven-scented (in recyclable cardboard tubes to boot). \$27/3; [poppyandpout.com](http://poppyandpout.com)



**Clearly Fun Goldfish** As this lightly scented bar of soap gets used, a bath toy emerges. \$9; [sedafrance.com](http://sedafrance.com)



**Power Pins** Designed by a celebrity stylist, these oversize pins help you perform hair magic. \$23 for 5½" and \$26 for 7"; [dayratebeauty.com](http://dayratebeauty.com)

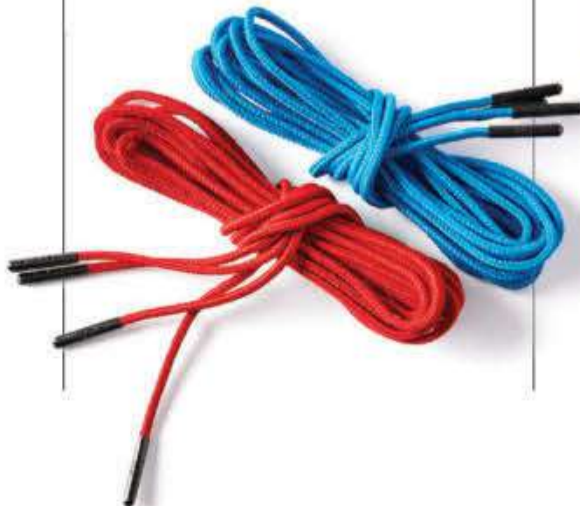


**Striped Golf Tees** Hard-to-break bamboo tees are a major upgrade from plastic and stand out on the golf course. \$8/50; [westernbirch.com](http://westernbirch.com)

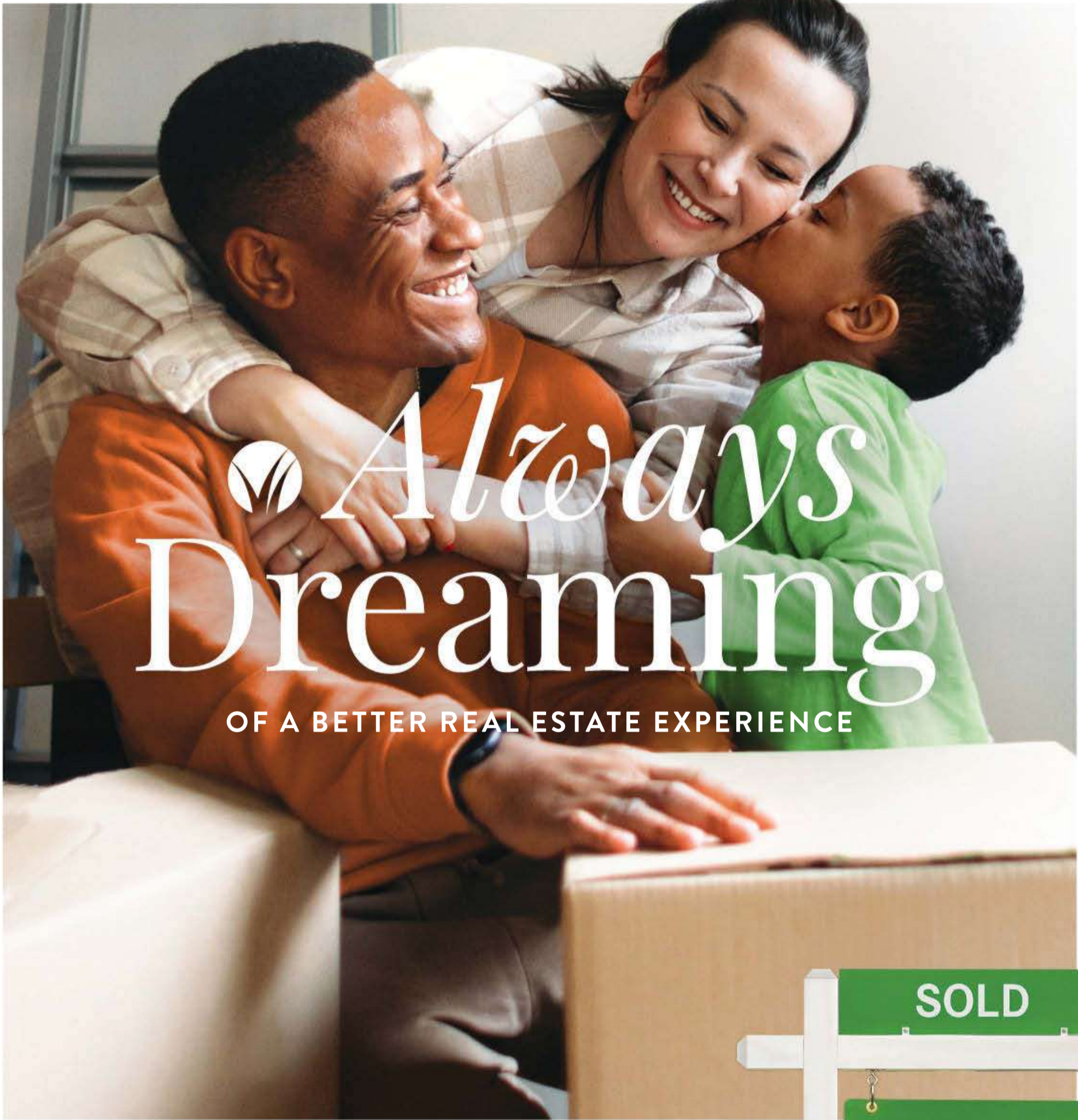
## stocking stuffers

These thoughtful gifts prove little things can make a big difference.

**Boot Laces** Give shoes a new kick of personality. \$20; [stolenriches.com](http://stolenriches.com)



**Tea Towels** Of all the towels tested by the BHG Testing Lab, these microfiber ones came out on top for absorbancy and good looks. From \$17; [geometry.house](http://geometry.house)



# Always Dreaming

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● Emits a golden light and cardamom, evergreen, and citrus fragrance. Winter White Crackle Glass Candle, \$34; [illumecandles.com](http://illumecandles.com)

● Hand-poured candles with a balanced blend of vanilla, rose, cedarwood, and more. Five Year Anniversary Candle, \$32; [charlestoncandleco.com](http://charlestoncandleco.com)

## candles

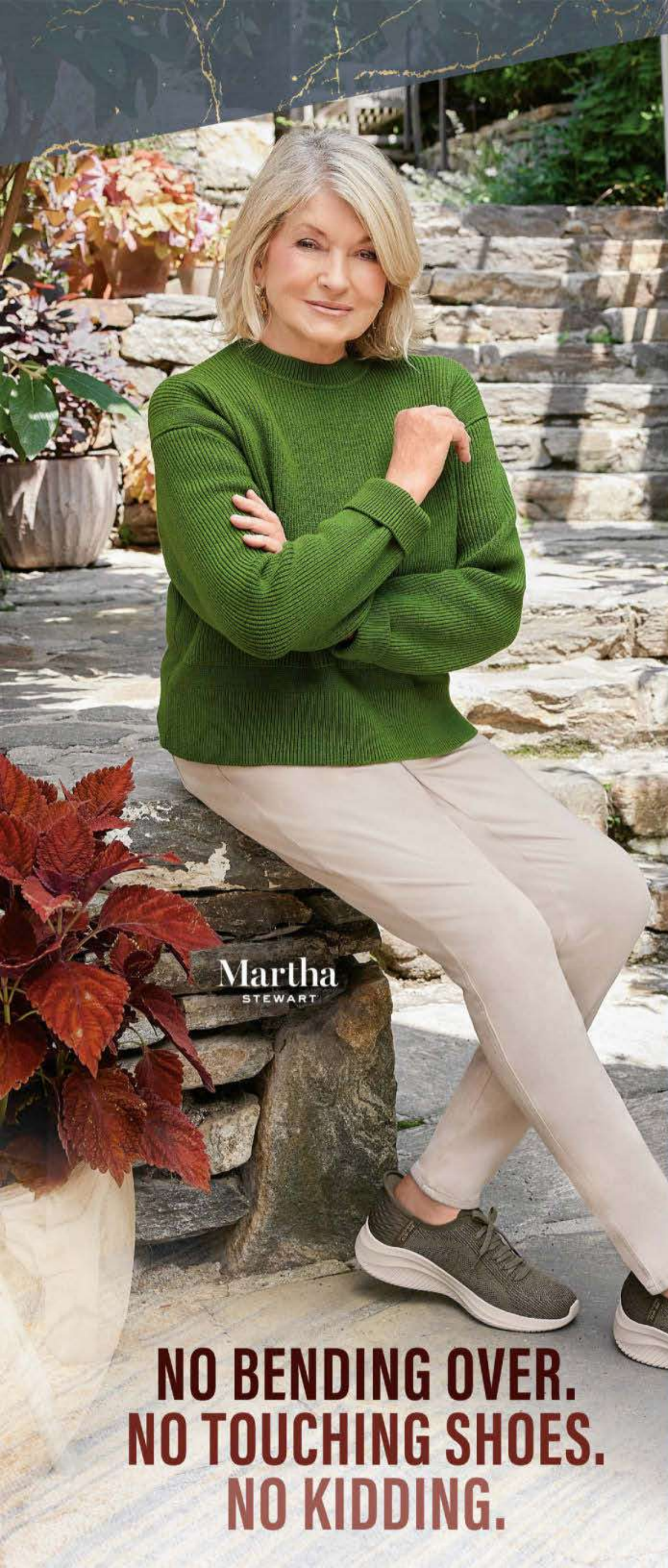
Everyone has a room that could use a glow-up. These are the candles our editors love to give and receive.

● The ombré jar with a wood lid looks good even when the earthy-spicy candle is unlit. Soft Cashmere and Amber Candle, \$11; [walmart.com/BHG](http://walmart.com/BHG)

● The three wicks and vanilla-tinged fragrance of this holiday-edition candle set a cozy mood. Smoked Vanilla & Santal Hearth Candle, \$26; [aromatique.com](http://aromatique.com)

● An herbal scent that's like a walk through the woods. Amber & Moss Soy Candle, \$24; [pfcandleco.com](http://pfcandleco.com)

● Its fruit-and-citrus fragrance cancels out other scents in the kitchen, and the clean design blends right into the room. Scented Kitchen Candle, \$32; [hudsongracesf.com](http://hudsongracesf.com)



Martha  
STEWART

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NO TOUCHING SHOES.  
NO KIDDING.**

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**Felt Toys** Hold up to chewing or fierce tug-of-war sessions. \$16 each; [awoopets.com](http://awoopets.com)



## pet gifts

Five-star presents to thrill four-legged friends (and their owners).



### Poop Bag Holder

Double-clips to a leash for hands-free preparedness. \$8; [wilderdog.com](http://wilderdog.com)



**Stoneware Bowls** Pet dishes are usually out at all times, which you won't mind at all with this glossy set. The silicone no-slip mat for messy eaters is a bonus. \$95; [areaware.com](http://areaware.com)



“Cat toy or fashion accessory? These faux-fur poms add a little luxe to my cat Skitter’s toy collection and are really fun for him to bat around.”

—JESSICA THOMAS, style & design director

Pom-Pom Balls, in nine colors, \$9/2; [maupets.com](http://maupets.com)



**Brass Leashes** Look like leather but are sturdier—easy to clean and antimicrobial too. From \$28; [hightailhikes.com](http://hightailhikes.com)



**Cat Treats** From chef Bobby Flay’s pet food line, these all-chicken morsels are fine dining for felines. \$7; [madebynacho.com](http://madebynacho.com)

**Snazzy Collar** Waterproof, easy to adjust, and in colors that pop. From \$29; [approvedbyfritz.com](http://approvedbyfritz.com) ■



**Retro Bandannas** A silk-cotton accessory for you, your pup, or both (for adorable dog-park dates). \$20 each; [goodthomas.com](http://goodthomas.com)





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# FESTIVAL OF LIGHTS

The menorah is the centerpiece of the *Hanukkah* celebration. These modern options in delicate shapes and unexpected materials shine bright.



● A slim silhouette in durable steel with removable candle cups for easy cleaning. Trace Chanukiah in Clay, \$165; [via-maris.com](http://via-maris.com) ● High-shine brass in a low, fits-anywhere form. Modern Classic Brass Menorah, \$75; [shop.thejewishmuseum.org](http://shop.thejewishmuseum.org) ● Made of cast iron with an integrated tray base to catch wax drips. Menorah, \$150; [areaware.com](http://areaware.com); Two-Tone Decor Candles, \$15; [shopeichlers.com](http://shopeichlers.com) ● Handcrafted ceramic with a detachable base you can use as a vase. Goldie Menorah, \$275; [styleunionhome.com](http://styleunionhome.com); Natural Beeswax Dripless Hanukkah Candles, \$15; [dreidelcompany.com](http://dreidelcompany.com)



## DID YOU KNOW?

A menorah used to celebrate Hanukkah is also known as a chanukiah. It holds one candle for each of the eight nights of the holiday, plus a ninth candle known as the shamash (Hebrew for “helper”), which is used to light the others.

Pair this sculptural blue concrete menorah with candles in similar hues.



● Delicate golden metal leaves dance in the candlelight. Menorah by The Holiday Aisle, \$58; [wayfair.com](https://www.wayfair.com) ● Industrial concrete in a soft blue. Concrete Ripple Menorah, \$85; [store.moma.org](https://store.moma.org); Rite Lite Chanukah Candles, \$28; [bloomingdales.com](https://www.bloomingdales.com) ● Timeless marble in a dramatic, contemporary shape; gold candles lend subtle shimmer. Elevation White Marble Hanukkah Menorah, \$70; [crateandbarrel.com](https://www.crateandbarrel.com); Aviv Judaica Tall Metallic Gold Hanukkah Candles, \$10; [amazon.com](https://www.amazon.com) ■

*decorate*





★  
Wendy Lau spreads her exuberant Christmas spirit through her house with brown and white paper-bag snowflakes (mixed with purchased stars). She wires them onto stair railings and forms arches by hanging them with fishing line and self-adhesive ceiling hooks.



# ★ LET IT SNOW ★

A flurry of *paper creations* sparks delight for a budget-conscious homeowner who picked up her scissors—and couldn't put them down.

**E**

very holiday season Wendy Lau's love of crafts and decorations kicks into high gear. She's up and down ladders, dangling paper snowflakes and stars from ceilings and draping garlands across doorways. As much as she tries to show restraint, a little always turns into a lot, and soon she's decorating her Toronto home with abandon. "There's a lot of cardio for me at Christmas," she says.

Her decorating aerobics can be traced in large part to the snowflakes she snips from brown and white lunch bags. They now number in the hundreds and are her creative strategy for a high-impact look. "I'm the paper-bag princess," she jokes. Earthy flourishes such as dried moss (Wendy's reusable and easy-to-store alternative to fresh greenery) and handcrafted papier-mâché mushroom ornaments supplement those statement makers.

If there's one thing Wendy knows, it's how to make the holiday special, even on a budget. "To me, Christmas is a homecoming," she says. "It's all about the cozy. It's all about the nostalgia. But it's also about affordability."

Her paper-bag creations were an early pandemic project after she was laid off from her job as a flight attendant. (Her Instagram account, @thekwendyhome, drew so many followers that when she was called back to work, she took a leap to become a full-time social media content creator.) The 18 totes she lugs up from the basement each year are filled with a mix of her handmade decorations, hand-me-downs from her mom,

after-Christmas markdowns, and thrift store and roadside finds. She's always on the hunt for clear glass bud vases, cloches, and containers she can use to add wintry sparkle or turn into snow globes. Three now-tattered paper garlands that spell "fa-la-la" and other phrases are sentimental favorites. Her husband, Kwan Chan, surprised her with the garlands early in their marriage so Wendy had something festive in their small basement apartment. "I smile every time I put them up," she says.

When creating her seasonal wonderland in the house the couple has lived in for two years, Wendy sees herself as a shopkeeper. "I pretend I'm decorating a shop window, but for the enjoyment of us and our guests," she says. "I like to think of my home as an installation."

That starts in the entry, where snowflakes accented with fairy lights blanket the staircase. "They're impactful, but I don't know if I was going for impact as much as just thinking, *Wow, what am I going to do with all these?*" she says.

Elsewhere, snowflakes and purchased stars form arches that become magical backdrops for holiday photos of the couple and their friends.

Above the dining table, more string lights shine from a canopy Wendy fashioned by cutting and piecing together different lengths of copper pipes.

And while her overall look is artful, it's also simple and uncluttered—even with hundreds of paper snowflakes. "I have to include them," Wendy says. "These things have become a big part of my story."



**Wendy sets a wintry table with candles, baby's breath, and glass vases. She made the arborlike stand that spans the length of the table, opposite, from copper piping. "I always try to take advantage of vertical space," she says.**





*decorate*

“I ALWAYS ADD  
FESTIVE TOUCHES TO MY  
KITCHEN. EVERYONE  
SEEMS TO END UP THERE,  
AND IT MAKES COOKING  
AND BAKING MORE FUN.”

—WENDY LAU





\*  
The light, open kitchen connects to the family room. Draped garlands draw attention to the windows and views. During the holidays, the island becomes a prep-and-package station for homemade marshmallows, Wendy's signature treat for her hot cocoa bar.



\*  
On open shelves she built herself, *above*, Wendy stages a village with her collection of ceramic and tin houses. A secondhand hutch, *below*, displays Christmas classics, including bottle-brush trees. Wendy tops cabinets with reusable faux garlands rather than investing in fresh ones every year.





Making Merry

Wendy infuses her home with holiday spirit each year with these simple decorating ideas.

1 GET CRAFTY

Easy-to-make papier-mâché mushroom ornaments and pom-pom garlands, *far left*, brighten the tree.

2 RETHINK GREENERY

Dried moss appears in displays, *left*, and serves as table runners, *below, near left*, and tree skirts. The only fresh greens are a few evergreen sprigs

Wendy clips from her yard for accents, such as in her banister snowflake display, *far left*.

3 EMBRACE FILLER FLOWERS

Wendy's holiday floral of choice is baby's breath, *left*. Typically a bouquet filler, it goes solo in bud vases. "It has that snowflake effect," she says, and it dries nicely so it has longevity.

4 SHOW SOME HUMOR

Guests know to look for surprises in Wendy's displays. A mouse dressed as a chef named Gus Gus, *above, near left*, is one of them. "It's fun building tiny inside jokes," Wendy says. "It's just playful and nonsensical." ■



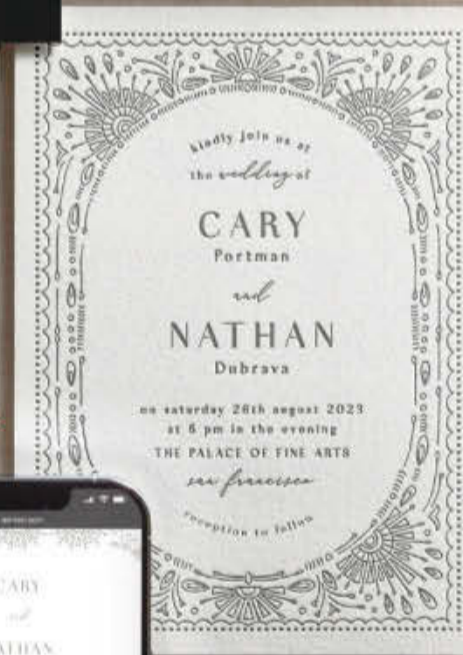
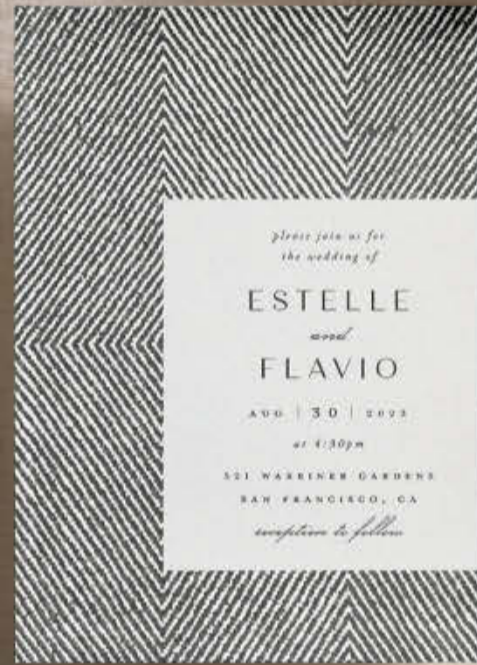
← We Show You How  
Find instructions for making paper-bag snowflakes like Wendy's in the Workbook, page 148.





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Potato-Rosemary  
Upside-Down  
Tartlets

These impressive appetizers are a marriage between Italian pizza con patate and the upside-down puff pastry trend that swept social media this summer. Rosemary and thinly sliced potatoes bake under a blanket of flaky pastry.

Winter  
GREEN

In the spirit of the evergreen season, we're channeling those piney tree notes onto our plates with aromatic rosemary.

↑  
Make paper-thin slices of red potatoes using a mandoline. Arrange in a flower pattern for the prettiest results.



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\*compared to ordinary eggs



## Rosemary- Mezcal Salty Dog

This wintry take on the summery salty dog features woody rosemary and smoky mezcal in place of the usual gin. Garnish each glass with a rosemary-salt rim and a sprig for a stirring stick.

In this month of short days and long nights, when we aim to brighten the darkest hours with glowing lights and boughs of evergreens, we suggest adding fragrant rosemary to the season's more traditional mix.

The aromatic herb has a storied history of boosting spirits and, of course, flavor. In the Middle Ages, winter revelers placed rosemary branches on the floor, believing the scent released by walking on them would bring good luck and happiness in the coming year. Ancient Greeks burned rosemary branches in ceremonial rituals, and in medieval times, rosemary decorated banquet tables—a tradition that continues today, as boughs often adorn tables at weddings and on saint days. Rosemary's anti-inflammatory properties have long been touted too; in the 17th century, prominent English physician Nicholas Culpeper called the herb “an admirable cure-all remedy.”

Medicinal claims aside, there's no denying the culinary benefits of rosemary. Its savory, slightly astringent quality balances the richness of lamb roasts and stews, and the herb lends an appealing woodsiness to artisanal breads. Less expected, perhaps, is how well rosemary plays with sweet things, especially caramel, and citrus, which brings out its floral notes.

Whatever way you use it—and you'll find some new ideas on these pages—the flavor and fragrance are sure to bring a familiar comfort. Indeed, rosemary boasts one more quality that may not surprise anyone who has smelled it wafting through the kitchen: Its aroma is believed to stimulate the appetite.

## Rosemary Pecan Brittle

Flecks of bright green leaves show through this blond nut brittle. It's a little bit savory and a little bit sweet and will do nicely as part of a holiday nibbles spread. Pair with olives, roasted chickpeas, thinly sliced serrano ham or prosciutto, and a nutty cheese such as aged Gouda, Gruyère, or Manchego.

↑  
Give the brittle a holiday shimmer by sprinkling with large flaked salt such as Maldon or fleur de sel.





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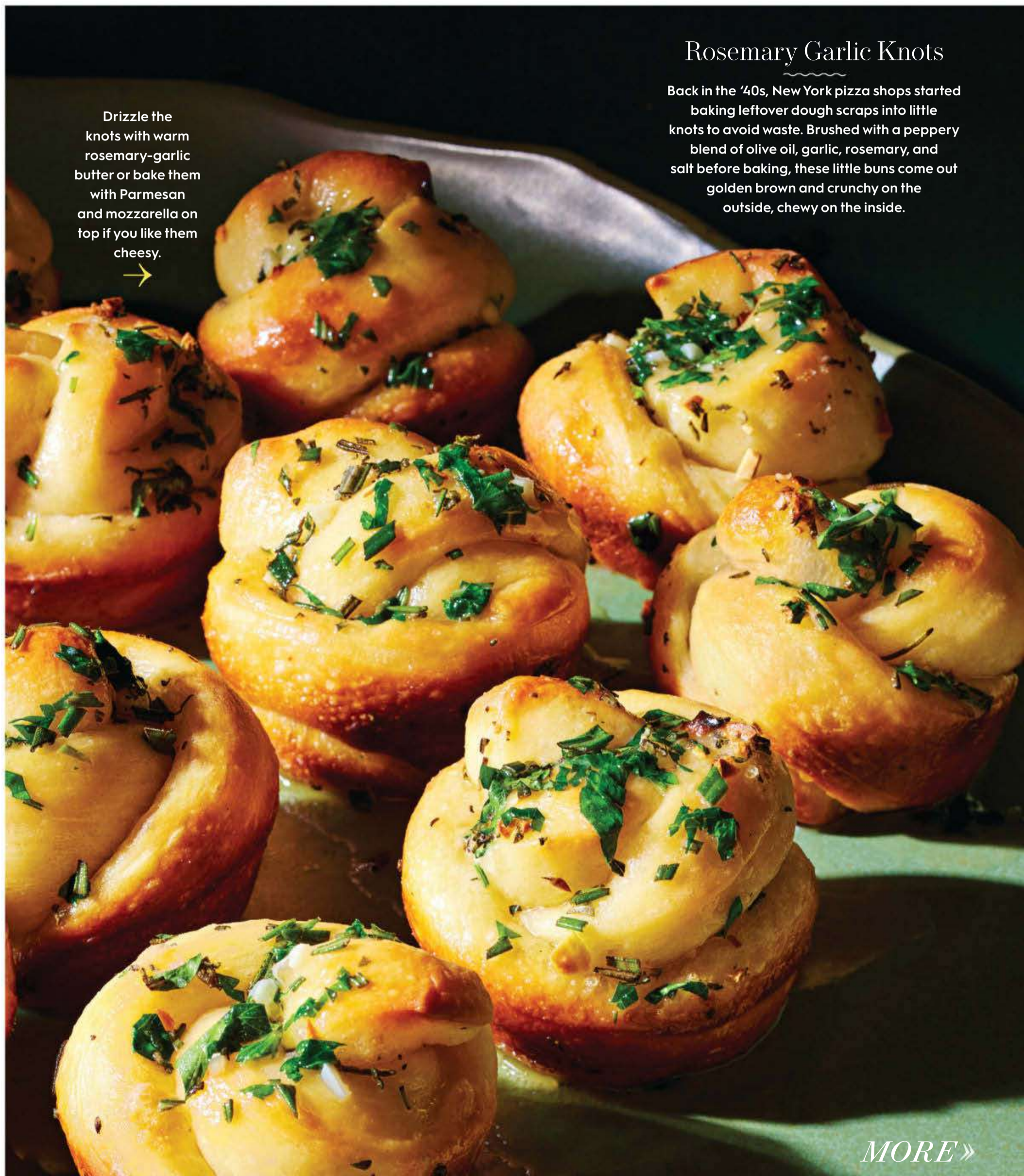
C A R E S

H E R E .

## Rosemary Garlic Knots

Back in the '40s, New York pizza shops started baking leftover dough scraps into little knots to avoid waste. Brushed with a peppery blend of olive oil, garlic, rosemary, and salt before baking, these little buns come out golden brown and crunchy on the outside, chewy on the inside.

Drizzle the knots with warm rosemary-garlic butter or bake them with Parmesan and mozzarella on top if you like them cheesy.



*MORE»*

 **Opzelura<sup>®</sup>**  
(ruxolitinib) cream 1.5%

OPZELURA is a prescription medicine used on the skin (topical) for the short-term and non-continuous chronic treatment of mild to moderate eczema (atopic dermatitis) in non-immunocompromised adults and children 12 years of age and older whose disease is not well controlled with topical prescription therapies or when those therapies are not recommended.

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In clinical studies, a majority of people experienced meaningful itch relief at 8 weeks. Some saw rapid itch improvement as early as 3 or 4 days.

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**REIMAGINE**  
WITH OPZELURA



## INDICATION AND USAGE

OPZELURA is a prescription medicine used on the skin (topical) for the short-term and non-continuous chronic treatment of mild to moderate eczema (atopic dermatitis) in non-immunocompromised adults and children 12 years of age and older whose disease is not well controlled with topical prescription therapies or when those therapies are not recommended.

The use of OPZELURA along with therapeutic biologics, other JAK inhibitors, or strong immunosuppressants such as azathioprine or cyclosporine is not recommended.

It is not known if OPZELURA is safe and effective in children less than 12 years of age with atopic dermatitis.

## IMPORTANT SAFETY INFORMATION

OPZELURA is for use on the skin only. Do not use OPZELURA in your eyes, mouth, or vagina.

### OPZELURA may cause serious side effects, including:

**Serious Infections:** OPZELURA contains ruxolitinib. Ruxolitinib belongs to a class of medicines called Janus kinase (JAK) inhibitors. JAK inhibitors are medicines that affect your immune system. JAK inhibitors can lower the ability of your immune system to fight infections. Some people have had serious infections while taking JAK inhibitors by mouth, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have been hospitalized or died from these infections. Some people have had serious infections of their lungs while taking OPZELURA. Your healthcare provider should watch you closely for signs and symptoms of TB during treatment with OPZELURA.

OPZELURA should not be used in people with an active, serious infection, including localized infections. You should not start using OPZELURA if you have any kind of infection unless your healthcare provider tells you it is okay. You may be at a higher risk of developing shingles (herpes zoster) while using OPZELURA.

**Increased risk of death due to any reason (all causes):** Increased risk of death has happened in people 50 years of age and older who have at least 1 heart disease (cardiovascular) risk factor and are taking a medicine in the class of medicines called JAK inhibitors by mouth.

**Cancer and immune system problems:** OPZELURA may increase your risk of certain cancers by changing the way your immune system works. Lymphoma and other cancers have happened in people taking a medicine in the class of medicines called JAK inhibitors by mouth. People taking JAK inhibitors by mouth have a higher risk of certain cancers including lymphoma and lung cancer, especially if they are a current or past smoker. Some people have had skin cancers while using OPZELURA. Your healthcare provider will regularly check your skin during your treatment with OPZELURA. Limit the amount of time you spend in the sunlight. Wear protective clothing when you are in the sun and use a broad-spectrum sunscreen.

**Increased risk of major cardiovascular events:** Increased risk of major cardiovascular events such as heart attack, stroke, or death have happened in people 50 years of age and older who have at least 1 heart disease (cardiovascular) risk factor and taking a medicine in the class of medicines called JAK inhibitors by mouth, especially in current or past smokers.

**Blood clots:** Blood clots in the veins of your legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) can happen in some people taking OPZELURA. This may be life-threatening. Blood clots in the vein of the legs (deep vein thrombosis, DVT) and lungs (pulmonary embolism, PE) have happened more often in people who are 50 years of age and older and with at least 1 heart disease (cardiovascular) risk factor taking a medicine in the class of medicines called JAK inhibitors by mouth.

**Low blood cell counts:** OPZELURA may cause low platelet counts (thrombocytopenia), low red blood cell counts (anemia), and low white blood cell counts (neutropenia). If needed, your healthcare provider will do a blood test to check your blood cell counts during your treatment with OPZELURA and may stop your treatment if signs or symptoms of low blood cell counts happen.

**Cholesterol increases:** Cholesterol increase has happened in people when ruxolitinib is taken by mouth. Tell your healthcare provider if you have high cholesterol or triglycerides.

### Before starting OPZELURA, tell your healthcare provider if you:

- have an infection, are being treated for one, or have had an infection that does not go away or keeps coming back
- have diabetes, chronic lung disease, HIV, or a weak immune system
- have TB or have been in close contact with someone with TB
- have had shingles (herpes zoster)
- have or have had hepatitis B or C
- live, have lived in, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections. These infections may happen or become more severe if you use OPZELURA. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.

Individual results may vary.

- think you have an infection or have symptoms of an infection such as: fever, sweating, or chills, muscle aches, cough or shortness of breath, blood in your phlegm, weight loss, warm, red, or painful skin or sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than usual, feeling very tired.
- have ever had any type of cancer, or are a current or past smoker
- have had a heart attack, other heart problems, or a stroke
- have had blood clots in the veins of your legs or lungs in the past
- have high cholesterol or triglycerides
- have or have had low white or red blood cell counts
- are pregnant or plan to become pregnant. It is not known if OPZELURA will harm your unborn baby. There is a pregnancy exposure registry for individuals who use OPZELURA during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. If you become exposed to OPZELURA during pregnancy, you and your healthcare provider should report exposure to Incyte Corporation at 1-855-463-3463.
- are breastfeeding or plan to breastfeed. It is not known if OPZELURA passes into your breast milk. Do not breastfeed during treatment with OPZELURA and for about 4 weeks after the last dose.

### After starting OPZELURA:

- Call your healthcare provider right away if you have any symptoms of an infection. OPZELURA can make you more likely to get infections or make worse any infections that you have.
- Get emergency help right away if you have any symptoms of a heart attack or stroke while using OPZELURA, including:
  - discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back
  - severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
  - pain or discomfort in your arms, back, neck, jaw, or stomach
  - shortness of breath with or without chest discomfort
  - breaking out in a cold sweat
  - nausea or vomiting
  - feeling lightheaded
  - weakness in one part or on one side of your body
  - slurred speech
- Tell your healthcare provider right away if you have any signs and symptoms of blood clots during treatment with OPZELURA, including: swelling, pain, or tenderness in one or both legs, sudden, unexplained chest or upper back pain, or shortness of breath or difficulty breathing.
- Tell your healthcare provider right away if you develop or have worsening of any symptoms of low blood cell counts, such as: unusual bleeding, bruising, tiredness, shortness of breath, or fever.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**The most common side effects of OPZELURA in people treated for atopic dermatitis include:** common cold (nasopharyngitis), diarrhea, bronchitis, ear infection, increase in a type of white blood cell (eosinophil) count, hives, inflamed hair pores (folliculitis), swelling of the tonsils (tonsillitis), and runny nose (rhinorrhea).

These are not all of the possible side effects of OPZELURA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to Incyte Corporation at 1-855-463-3463.

### Please see the Brief Summary of the Medication Guide for OPZELURA on the next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit MedWatch or call 1-800-FDA-1088.



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MAT-OPZ-01615

**\$0**  
PER TUBE



## COPAY SAVINGS

Eligible\* patients with commercial insurance may pay as little as **\$0 per tube for OPZELURA.**

\*Terms and Conditions apply.

**What is OPZELURA?**

OPZELURA is a prescription medicine used on the skin (topical) for short-term and non-continuous chronic treatment of mild to moderate eczema (atopic dermatitis) in non-immunocompromised adults and children 12 years of age and older whose disease is not well controlled with topical prescription therapies or when those therapies are not recommended. The use of OPZELURA along with therapeutic biologics, other JAK inhibitors, or strong immunosuppressants such as azathioprine or cyclosporine is not recommended. It is not known if OPZELURA is safe and effective in children less than 12 years of age with atopic dermatitis.

**Important:** OPZELURA is for use on the skin only. Do not use OPZELURA in your eyes, mouth, or vagina.

**What is the most important information I should know about OPZELURA?**

**OPZELURA may cause serious side effects, including:**

- **Serious Infections.** OPZELURA contains ruxolitinib. Ruxolitinib belongs to a class of medicines called Janus kinase (JAK) inhibitors. JAK inhibitors are medicines that affect your immune system. JAK inhibitors can lower the ability of your immune system to fight infections. Some people have had serious infections while taking JAK inhibitors by mouth, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have been hospitalized or died from these infections. Some people have had serious infections of their lungs while using OPZELURA.
  - Your healthcare provider should watch you closely for signs and symptoms of TB during treatment with OPZELURA.

OPZELURA should not be used in people with an active, serious infection, including localized infections. You should not start using OPZELURA if you have any kind of infection unless your healthcare provider tells you it is okay. You may be at a higher risk of developing shingles (herpes zoster) while using OPZELURA.

**Before starting OPZELURA, tell your healthcare provider if you:**

- are being treated for an infection
- have had an infection that does not go away or that keeps coming back
- have diabetes, chronic lung disease, HIV, or a weak immune system
- have TB or have been in close contact with someone with TB
- have had shingles (herpes zoster)
- have or have had hepatitis B or C
- live in an area, or have lived in an area, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections. These infections may happen or become more severe if you use OPZELURA. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.
- think you have an infection or have symptoms of an infection such as:
 

▪ fever, sweating, or chills	▪ weight loss
▪ muscle aches	▪ warm, red, or painful skin or sores on your body
▪ cough or shortness of breath	▪ diarrhea or stomach pain
▪ blood in your phlegm	▪ burning when you urinate or urinating more often than usual
	▪ feeling very tired

After starting OPZELURA, call your healthcare provider right away if you have any symptoms of an infection. OPZELURA can make you more likely to get infections or make worse any infections that you have. If you get a serious infection, your healthcare provider may stop your treatment with OPZELURA until your infection is controlled.

- **Increased risk of death due to any reason (all causes).** Increased risk of death has happened in people 50 years of age and older who have at least 1 heart disease (cardiovascular) risk factor and are taking a medicine in the class of medicines called JAK inhibitors by mouth.

- **Cancer and immune system problems.** OPZELURA may increase your risk of certain cancers by changing the way your immune system works.
  - Lymphoma and other cancers have happened in people taking a medicine in the class of medicines called JAK inhibitors by mouth.
  - People taking JAK inhibitors by mouth have a higher risk of certain cancers including lymphoma and lung cancer, especially if they are a current or past smoker.
  - Some people have had skin cancers while using OPZELURA. Your healthcare provider will regularly check your skin during your treatment with OPZELURA. Limit the amount of time you spend in the sunlight. Wear protective clothing when you are in the sun and use a broad-spectrum sunscreen.
  - Tell your healthcare provider if you have ever had any type of cancer.

- **Increased risk of major cardiovascular events.** Increased risk of major cardiovascular events such as heart attack, stroke, or death have happened in people 50 years of age and older who have at least 1 heart disease (cardiovascular) risk factor and taking a medicine in the class of medicines called JAK inhibitors by mouth, especially in current or past smokers. Get emergency help right away if you have any symptoms of a heart attack or stroke while using OPZELURA, including:

- |   |  |
|---|--|
| ○ discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back | ○ shortness of breath with or without chest discomfort |
| ○ severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw                              | ○ breaking out in a cold sweat                         |
| ○ pain or discomfort in your arms, back, neck, jaw, or stomach  | ○ nausea or vomiting                                   |
|   | ○ feeling lightheaded                                  |
|   | ○ weakness in one part or on one side of your body     |
|   | ○ slurred speech                                       |

- **Blood clots.** Blood clots in the veins of your legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) can happen in some people taking OPZELURA. This may be life-threatening. Blood clots in the vein of the legs (deep vein thrombosis, DVT) and lungs (pulmonary embolism, PE) have happened more often in people who are 50 years of age and older and with at least 1 heart disease (cardiovascular) risk factor taking a medicine in the class of medicines called JAK inhibitors by mouth.
  - Tell your healthcare provider if you have had blood clots in the veins of your legs or lungs in the past.
  - Tell your healthcare provider right away if you have any signs and symptoms of blood clots during treatment with OPZELURA, including:
    - swelling, pain, or tenderness in one or both legs
    - sudden, unexplained chest or upper back pain
    - shortness of breath or difficulty breathing

See **“What are the possible side effects of OPZELURA?”** for more information about side effects.

**Before using OPZELURA, tell your healthcare provider about all of your medical conditions, including if you:**

- See **“What is the most important information I should know about OPZELURA?”**
- have an infection
- are a current or past smoker
- have had a heart attack, other heart problems, or a stroke
- have or have had low white or red blood cell counts

- have high levels of fat in your blood (high cholesterol or triglycerides)
- are pregnant or plan to become pregnant. It is not known if OPZELURA will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for individuals who use OPZELURA during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. If you become exposed to OPZELURA during pregnancy, you and your healthcare provider should report exposure to Incyte Corporation at 1-855-463-3463.
- are breastfeeding or plan to breastfeed. It is not known if OPZELURA passes into your breast milk. Do not breastfeed during treatment with OPZELURA and for about 4 weeks after the last dose.

**Tell your healthcare provider about all the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

**What are the possible side effects of OPZELURA? OPZELURA may cause serious side effects, including:**

- See **“What is the most important information I should know about OPZELURA?”**
  - **Low blood cell counts.** OPZELURA may cause low platelet counts (thrombocytopenia), low red blood cell counts (anemia), and low white blood cell counts (neutropenia). If needed, your healthcare provider will do a blood test to check your blood cell counts during your treatment with OPZELURA and may stop your treatment if signs or symptoms of low blood cell counts happen. Tell your healthcare provider right away if you develop or have worsening of any of these symptoms:
    - unusual bleeding
    - bruising
    - tiredness
    - shortness of breath
    - fever
  - **Cholesterol increases.** Cholesterol increase has happened in people when ruxolitinib is taken by mouth. Tell your healthcare provider if you have high levels of fat in your blood (high cholesterol or triglycerides).
- The most common side effects of OPZELURA in people treated for atopic dermatitis include:**
- common cold
  - hives
  - diarrhea
  - inflamed hair pores (folliculitis)
  - bronchitis
  - swelling of the tonsils (tonsillitis)
  - ear infection
  - runny nose (rhinorrhea)
  - increase in a type of white blood cell (eosinophil) count

These are not all of the possible side effects of OPZELURA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to Incyte Corporation at 1-855-463-3463.

Manufactured for: Incyte Corporation, 1801 Augustine Cut-off, Wilmington, DE 19803  
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U.S. Patent Nos. 7598257; 8415362; 8722693; 8822481; 9079912; 9974790; 10610530; 10639310; 10758543; 10869870; 11219624  
For more information go to [www.Opzelura.com](http://www.Opzelura.com) or call 1-855-463-3463  
Issued: July 2022 PLR-OPZ-00019





## Herbed Lamb Stew

Lamb (or beef), root vegetables, and red wine make one hearty winter stew; rosemary and olives bring Provençal accents. The flavors will mingle and mellow over time, so consider making this at your leisure and serving it a day or two later. Spoon the stew over couscous or cooked grains to absorb the rich broth.

Imagine the memories you'll make

Pillsbury

with a Giant Cinnamon Roll

Prep	Total	Ingredients	Servings
15 MIN	45 MIN	1	6

Ingredients

1 can (17.5 oz) refrigerated Pillsbury™ Grands!™ Cinnamon Rolls with Original Icing (5 Count)



- 1 Heat oven to 350°F. Spray large cookie sheet with cooking spray. Separate dough into 5 rolls.
- 2 Place 1 roll in center of cookie sheet. Unroll remaining 4 rolls into long strips of dough. Loosely coil each strip around roll, cinnamon side in, forming giant cinnamon roll (be sure to replace any cinnamon that falls off).
- 3 Bake 20 to 25 minutes or until center is thoroughly baked and edge is deep golden brown. Cool 5 minutes.
- 4 Meanwhile, remove cover from icing; microwave on Medium (50%) 15 seconds. Drizzle icing over warm cinnamon roll. Cut into 6 wedges; serve warm.



cook



RECIPES BEGIN ON PAGE 157.

Rosemary Polenta Cake with Meyer Lemon

Golden cornmeal and bright Meyer lemons create a sunny bake for winter days. The slight crunch and heft of polenta add depth to this rustic tea cake that's dressed up with rosemary sprigs and fine curls of lemon peel candied in homemade syrup. ■

Use a vegetable peeler to remove the lemon zest from the rind—be careful to avoid the white pith—before slicing into small strips.

# Imagine the memories

*you'll make*

*with a  
Giant Cinnamon Roll*

Pillsbury



Find recipe inspiration at [pillsbury.com](https://www.pillsbury.com)

# Putting away the holidays

Take some extra care when packing up your seasonal decor this year, and your next year's self will thank you. Try these strategies for storing it all the smart way.

The gifts are opened, the cookies are eaten, and the eggnog is long gone. All those tchotchkes that filled you with glee last fall are now just a reminder of how much work it will be to put them all away. We wouldn't blame you if you crammed everything into the nearest plastic bin and called it a day.

But don't do that! Instead, take a beat and use this chance to get rid of anything you don't love or didn't use this season. Why store it one more year? Donate it—somebody might be thrilled with the find.

Once you've edited down to the keepers, you can use versatile basics like bankers boxes and garment bags (rather than buying a bunch of holiday-specific organizers) to store your treasures. When you pull out your decor next year, you'll feel like a kid on Christmas morning.



→  
Get pro tips for taking down decorations and packing up your faux tree for next year. [BHG.com/TreeStorage](https://www.bhg.com/tree-storage)



**Eliminate food and bacterial odors  
for all-in protection.**

It's better  
than all good **It's all  
GLAD**

\*  
Garment bags and lidded boxes let you store your holiday treasures even in a dusty environment like a garage or shed.

“THE BIG IDEA HERE IS TO HANG WHAT YOU WOULD NORMALLY STUFF IN A BIN. HANGING KEEPS FAUX GARLANDS FLUFFIER AND TREE SKIRTS UNWRINKLED.”

—JANNA LUFKIN,  
organizing expert



## Holiday Wardrobe

Here's how to pack, stack, and rack your holiday decor using inexpensive, versatile storage basics like cardboard boxes, hangers, and under-the-bed bins.

### 1 CLOTHES RACK

A garment rack on wheels becomes a portable Christmas closet. Double Hanging Garment Rack, \$78; [walmart.com/BHG](http://walmart.com/BHG)

### 2 UNDERBED BIN

A 36-inch bin fits on the top shelf and is perfect for long rolls of wrapping paper. Skubb Storage Case, \$10; [ikea.com/us](http://ikea.com/us)

### 3 PANTS HANGER

Drape holiday textiles (tree skirts, tablecloths, and stockings) on a hanger with multiple bars. 4-Tier Swing-Arm Pant Hanger, \$11; [containerstore.com](http://containerstore.com)

### 4 GARMENT BAGS

Dust-free, worry-free storage for garlands and

fabrics. Stuk Clothes Cover, \$14 for 3; [ikea.com/us](http://ikea.com/us)

### 5 BELT/TIE HANGER

Tangled lights are a giant headache. To avoid, hang each strand on one of the hooks. Whitmor 10-Hook Accessory Hanger, \$10; [amazon.com](http://amazon.com)

### 6 BANKERS BOXES

Roomy, sturdy, lidded storage for

ornaments and collectibles, with zero plastic. Standard-Duty Corrugated Storage Boxes, \$33 for 10; [officedepot.com](http://officedepot.com)

### 7 TOOL BAG

Put all the tools you'll need for hanging wreaths and fixing lights

into a handy tote. This Canvas Riggers Bag has 23 pockets. \$35; [duluthtrading.com](http://duluthtrading.com)

### 8 TREE BAG

The one holiday-specific container that's worth it: a tree bag on wheels. Primode Rolling Tree Storage Bag, \$30; [amazon.com](http://amazon.com)



# FAST, POWERFUL RELIEF FOR PEOPLE WITH HIGH BLOOD PRESSURE



Did you know some ordinary cold & flu medicines can raise your blood pressure?\*

**DayQuil & NyQuil HIGH BLOOD PRESSURE** are specially formulated  
for people with High Blood Pressure.

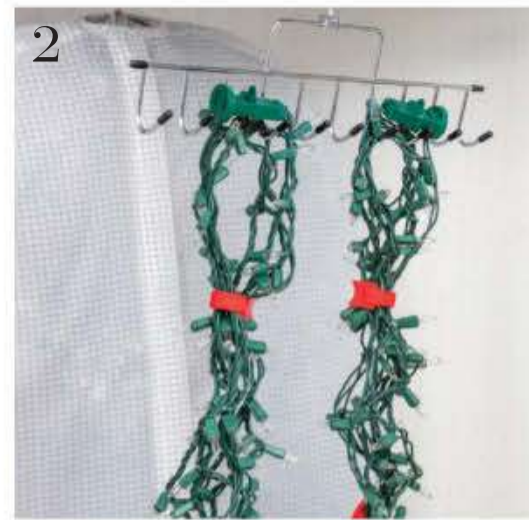
\*MEDICINES WITH NASAL DECONGESTANT MAY RAISE BLOOD PRESSURE, BUT NYQUIL HBP & DAYQUIL HBP ARE DECONGESTANT-FREE.  
USE AS DIRECTED. KEEP OUT OF REACH OF CHILDREN.



# organize



1



2



3



4



5



6

**1 ORNAMENTS**  
Cut cardboard grid inserts from wine cases to the right height for a bankers box. (Check with a grocery store for empty cases.) To cushion the ornaments, layer a long, thin strip of dish-packing foam (available at home improvement stores) between

them as you load them into the cubbies.

**2 LIGHT STRANDS**  
To prevent tangles, wind light strands into long ovals, then cinch with cable ties and hang. Reusable hook-and-loop cable ties, \$10 for 100; [amazon.com](https://www.amazon.com)

**3 GIFT WRAP**  
Inside an underbed bin,

smaller containers tucked among rolls of wrapping paper keep ribbon, scissors, and bows orderly.

**4 DECOR TOOLS**  
Stock your tool kit with batteries, suction hooks, florists wire, and clippers. You'll also want a light tester and replacement

bulbs. LightKeeper Pro Incandescent Light Repair, \$27; [acehardware.com](https://www.acehardware.com)

**5 GARLANDS**  
Loop faux garlands over wood pants hangers (plastic ones aren't sturdy enough).

**6 FAIRY LIGHTS**  
Save paper towel rolls and wind fairy lights around them. Tuck the plug into the tube. ■

## Mealtime can hit more notes.

Mix it up and add a pouch to make mealtime irresistible.





Dogs bring out the good in us.  
Pedigree brings out the good in them.™

**Feed the good.™**

[Pedigree.com](http://Pedigree.com)



# GET BACK TO THE THINGS YOU LOVED DOING BEFORE YOUR ASTHMA GOT IN THE WAY.\*

**FASENRA** is proven to help:

- prevent asthma attacks
- improve breathing
- lower daily use of oral steroids\*

FASENRA 8-week dosing offers patients the fewest doses per year.<sup>†‡</sup>

Talk to your doctor or visit [FASENRA.com](https://www.fasenra.com)

\*Results may vary.

†The first 3 doses are given on day 1, week 4, and week 8.

‡Dosing comparisons do not imply similar efficacy or safety.

## APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. It is not known if FASENRA is safe and effective in children under 12 years of age.

## IMPORTANT SAFETY INFORMATION

**Do not use FASENRA** if you are allergic to benralizumab or any of the ingredients in FASENRA.

Do not use to treat sudden breathing problems.

**FASENRA may cause serious side effects, including:**

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - o swelling of your face, mouth and tongue
  - o breathing problems
  - o fainting, dizziness, feeling lightheaded (low blood pressure)
  - o rash
  - o hives

**Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:**

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your



healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.

- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting [www.mothers-to-baby.org/fasenra](http://www.mothers-to-baby.org/fasenra).
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

**Do not** stop taking your other asthma medicines unless instructed to do so by your healthcare provider. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

**The most common side effects of FASENRA include:** headache and sore throat. These are not all the possible side effects of FASENRA.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.

**Please see Brief Summary of full Prescribing Information on adjacent page.**

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 **Fasenra**<sup>®</sup>  
(benralizumab) Subcutaneous  
Injection 30 mg

*Breathtaking Science. Breath-Giving Medicine.*

# IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

## What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

**Do not use FASENRA** if you are allergic to benralizumab or any of the ingredients in FASENRA.

**Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:**

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting [www.mothersbaby.org/fasenra](http://www.mothersbaby.org/fasenra).
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**Do not** stop taking your other asthma medicines unless your healthcare provider tells you to.

## How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.

- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. **Do not** try to inject FASENRA until you have been shown the right way by your healthcare provider. **See the detailed “Instructions for Use” that comes with FASENRA PEN for information on how to prepare and inject FASENRA.**
- If you miss a dose of FASENRA, call your healthcare provider.

## What are the possible side effects of FASENRA?

**FASENRA may cause serious side effects, including:**

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

## The most common side effects of FASENRA

**include** headache and sore throat.

These are not all the possible side effects of FASENRA.

Call your doctor for medical advice about side effects.

You may report side effects to FDA at 1-800-FDA-1088.

## How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) **for up to 14 days.**
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- **Keep FASENRA and all medicines out of the reach of children.**

## What are the ingredients in FASENRA?

**Active ingredient:** benralizumab

**Inactive ingredients:** L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20,  $\alpha,\alpha$ -trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive.

Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at [www.fasenra.com](http://www.fasenra.com).

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Manufactured for: AstraZeneca LP, Wilmington, DE 19850

8/21 US-55818

For more information, visit [FASENRA.com](http://FASENRA.com)  
Or call **1-800-236-9933**

 **Fasenra**<sup>®</sup>  
(benralizumab) Subcutaneous Injection 30 mg

AstraZeneca 

# Winter Wonders

Thank nature for some of the season's most spectacular ornaments—bulbs that are ready to be coaxed into bloom indoors. Here are three ways to turn them into the stars of a festive display.

## BRIGHT STRIPES

This fresh rendition of the traditional red-and-green palette starts with dramatically striped butterfly amaryllis. Red twig dogwood branches play up the red in the petals, and a clear vessel shows off the plant's stature. Fill the base with white sand to mimic a snowy drift and keep the display from tipping over.



If you don't have red twig dogwood in your garden to clip, you can pick it up at garden centers or on Etsy beginning in the fall.

**BLOOM TIME**

*Forcing bulbs is a technique to trick flowers about what season it really is. Different bulbs need varying amounts of chill time and light.*

*For tips on forcing bulbs, see [BHG.com/ForcingBulbs](https://www.bhg.com/forcingbulbs).*

**TABLETOP WOODLAND**

Hyacinths are typically thought of as spring flowers, but prechilled bulbs can be forced indoors for a winter display. To re-create a forest in miniature, place the bulbs (we used the 'Carnegie' variety here) in soil along with an evergreen branch clipped from your yard and a handful of pinecones. Use a little sheet moss to blanket your forest floor.





## ALL LIT UP

For a twinkling yet understated centerpiece, wrap waxed amaryllis bulbs in fairy lights; at party's end, you can hand them out as favors to guests. The bulbs' bases, which typically come with a wire stand to keep them upright, are hot-glued onto small tart pans then surrounded by pebbles (which also hide the lights' small battery packs). ■

*The bulbs might not bloom all at once, but that's part of the vignette's appeal. When they do flower, they'll last several weeks.*



# Cathedral Window Jelly

Inspired by two much-loved Filipino desserts, cookbook author Abi Balingit creates one charmingly retro tropical gelatin mold for the holidays.

RECIPE  
BEGINS ON  
PAGE 156.



Abi garnishes with emerald maraschino cherries to match the dessert's color scheme.

Christmastime in the Philippines might be the longest-running holiday season in the world, as you'll find decorated trees, twinkly lights, and carols ringing out as early as September. And the most common celebratory dessert on any Filipino spread is cathedral window jelly, a molded gelatin confection named for the colorful cubes of jellies (primarily red and green for the holidays) suspended in a creamy condensed milk base. But Abi Balingit and her Filipino American family preferred another traditional dessert, buko pandan, a green gelatin salad made with shredded young coconut (buko) and jellied cubes flavored and colored

with pandan leaf extract. In her debut cookbook, *Mayumu: Filipino American Desserts Remixed*, Abi includes her fusion version of these two beloved

desserts, presenting the flavors of buko pandan in festive jelly form.



Abi says, "This Buko Pandan Cathedral Window Jelly is a fun centerpiece at a holiday party. I love that my recipe is a green, monochromatic reimagination of the traditional version."

ILLUSTRATIONS (PAGE 67): CHARISSE CELESTIAL. PHOTOS & ILLUSTRATIONS FROM MAYUMU: FILIPINO AMERICAN DESSERTS REMIXED BY ABI BALINGIT. COPYRIGHT © 2023 BY ABIGAIL BALINGIT. REPRINTED BY PERMISSION OF HARVEST, AN IMPRINT OF HARPERCOLLINS PUBLISHERS

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## Anatomy of a Mash-Up

Abi incorporates the flavors and most of the elements in classic buko pandan salad to make her version of cathedral window jelly. Look for these ingredients (some come in jars) at your local Asian market or online.

**TRADITIONAL CATHEDRAL WINDOW JELLY** Colorful fruit-flavor gelatin cubes (usually lime and strawberry for the Christmas colors, plus lemon or other flavors) stud a creamy base made with sweetened condensed milk and cream.

**BUKO PANDAN SALAD** If you've ever had an old-fashioned gelatin salad with whipped cream, this dish is a similar treat. The classic Filipino salad features jelly cubes (gulaman) flavored with pandan (tropical leaves), along with shredded young coconut (buko) and other chewy or jellied elements, all swimming in pandan-scented sweetened condensed milk.

**ABI'S BUKO PANDAN CATHEDRAL WINDOW JELLY** In place of the bright fruit-flavor gelatin cubes, Abi brings in pandan gulaman, along with kaong and nata de coco. To represent the buko without introducing another texture to the molded dessert, Abi makes her gelatin base with a blend of coconut milk and sweetened condensed milk. She serves it with a pandan and tapioca (sago) sauce. ■



**GULAMAN CUBES**

Jelly made with coconut water, agar-agar, and pandan.



**PANDAN**

Grasslike tropical leaves with a vanillalike flavor.



**KAONG**

Chewy, bean-shape fruit of the sugar palm tree.



**NATA DE COCO**

Chewy, jellylike form of fermented coconut water.



**SAGO**

Mini tapioca pearls. Abi uses these in a coconut milk sauce rather than in the molded dessert.



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# Around the Kwanzaa Table

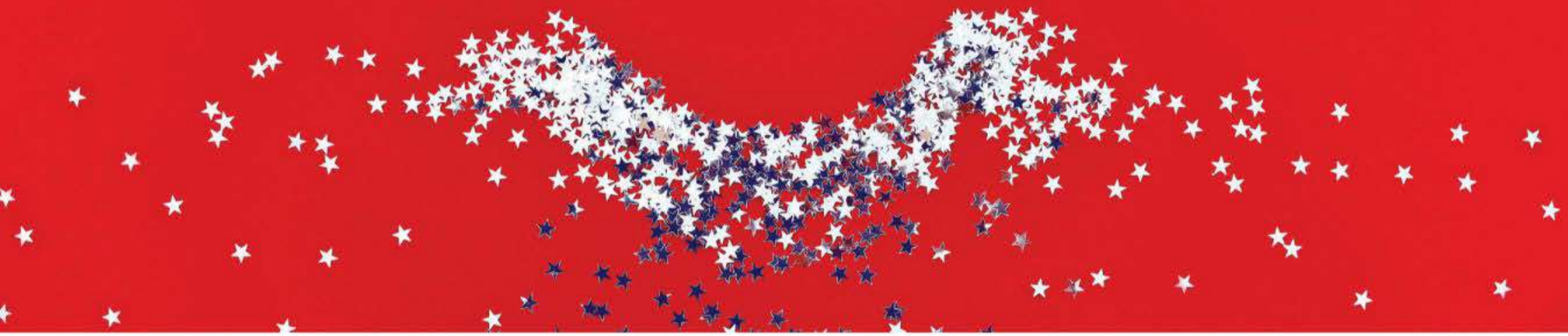
At his Bronx, NY, home, artist and stylist John Goodman brings meaningful, stylish touches to his celebration of this African American cultural holiday.



For New York City-based floral and events designer John Goodman, the end of Christmas marks the start of another celebration. The weeklong festival of Kwanzaa, which begins on December 26, was established in 1966 as a time for Black families to reflect on and rejoice in African American culture. On each of the seven nights, the Bronx native gathers with his mother, brothers, and other relatives to light the holiday's symbolic red, black, and green candles; share stories about their ancestors; and talk about the holiday's seven principles: umoja (unity), kujichagulia (self-determination), ujima (collective work and responsibility), ujamaa (cooperative

The credenza next to John's dining table displays the holiday's traditional elements (details on page 74).

PRODUCED BY: EDDIE ROSS



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“KWANZAA MEANS  
‘FIRST FRUITS’ IN SWAHILI,  
SO I WANTED TO  
BRING IN SOME ELEMENTS  
OF THE HARVEST.”

—JOHN GOODMAN







John designed his Kwanzaa table around a sunset-orange and tortoiseshell palette, anchored by three lush floral arrangements. Draped pomegranate branches represent the holiday's theme of "first fruits," as do the brass insects scattered around the table. "Growing things always involves pollination," John says.

economics), nia (purpose), kuumba (creativity), and imani (faith).

The last night, John says, "is the big party." The Goodmans invite friends and extended family members to join them for a meal that includes dishes like collard greens, okra, and jambalaya—reflecting their Southern roots—and to exchange small gifts. John, who spends his days designing weddings as well as corporate events and installations for brands like J. Crew, is in charge of setting a beautiful table. His approach melds the aesthetic traditions of the holiday—African prints, earthy materials, bowls of fruit—with his modern, big-city sensibility. "I want it to feel ethnic but not so literal," John says. "One great thing about this holiday is that there aren't really any rules."

# decorate

John's design aesthetic is based on clean-lined, modern pieces warmed up with more eclectic, handmade elements. To balance his sleek glass table and bentwood chairs, for example, he re-covered the seats in African mud cloth (a traditional woven fabric dyed with mud) that he found at a Manhattan flea market. On the table, he paired contemporary dinner plates and flatware with botanical African wax-print napkins.



John tucks place cards into cowrie shells—culturally significant because they were once a form of currency in parts of Africa. Their earthy, tortoiseshell-like pattern complements the table decor.



For the centerpieces, John added golden brown 'Toffee' roses, Italian ruscus greenery, mustard yellow protea, pomegranates, and small sprigs of andromeda to black, harvest-basketlike, ceramic vases. When creating a monochromatic arrangement, John recommends varying the size, shape, and texture of the flowers.

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1



2



3



"We tell stories about our forebears so they get passed down," John says of the table's photograph. It isn't a standard symbol but is one he adds every year.



4



5

## Elements of Kwanzaa

Every family does Kwanzaa a little differently, but celebrations usually include the traditional symbols of the holiday. Each is known by its Swahili name and the meaning the object brings to the table.



6

**1 CORN** (muhindi in Swahili) denotes children, and generally one ear is set out for each child at the table.

**2 CROPS** (mazao) symbolize the harvest. John likes the contents of his Kwanzaa fruit bowl to underscore

his table's color scheme.

**3 PLACE MATS** (mkeka) represent the foundations of African history and serve as the base on which the items are displayed.

**4 THE UNITY CUP** (Kikombe cha Umoja) represents the cohesiveness

of the community. At John's Kwanzaa celebration, the vessel is filled with water, apple cider, or juice, and each family member takes turns sipping to symbolize togetherness.

**5 GIFTS** (zawadi) recognize parents'

love of and labor for their offspring. On the last night, guests exchange small gifts. "Some people seek out items from Black-owned businesses, since the holiday is in part about supporting the community," John says. This year, he's giving things

from his new line of handmade soaps and candles (it launches this month on [jlgoodman.com](http://jlgoodman.com)).

**6 CANDLES** (mishumaa) in the kinara candelabra—three red, three green, and one black "unity" candle—stand for

the seven principles of the holiday. "Every night we light a candle, starting with the black candle and working from left to right," John says. He used individual candlesticks to form his kinara. **11.25" Metal Tabletop Candlestick, \$37 each; [wayfair.com](http://wayfair.com)** ■

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# BAKED UP BIG

The cookies drawing the longest lines at trending bake shops are hefty in every way—some spanning nearly

**5 inches**

in diameter and weighing in at a half-pound. Wrap up one or two of our copycats to make an enormously sweet gift.



RECIPES BY MADALYN BENDIGEN AND COLLEEN WEEDEEN

↳ **the big buckeye** Everything about this cookie is over the top, including the calories—but who counts those at the holidays? A copy of Crumbl’s crowd-pleasing Buckeye Brownie Cookie, this decadent treat features a chocolate cookie topped with a layer of creamy peanut butter and silky chocolate ganache.

↑ **banana bread bliss** Gideon’s Bakehouse at Disney Springs, FL, is known for thick, moist, seemingly barely baked cookies coated in toppings. Inspired by its Banana Bread Chocolate Chip cookie, our spin tastes exactly as you’d imagine banana bread as a cookie might. Instead of the chocolate chips, we rolled ours in banana chips, candied walnuts, and coconut.

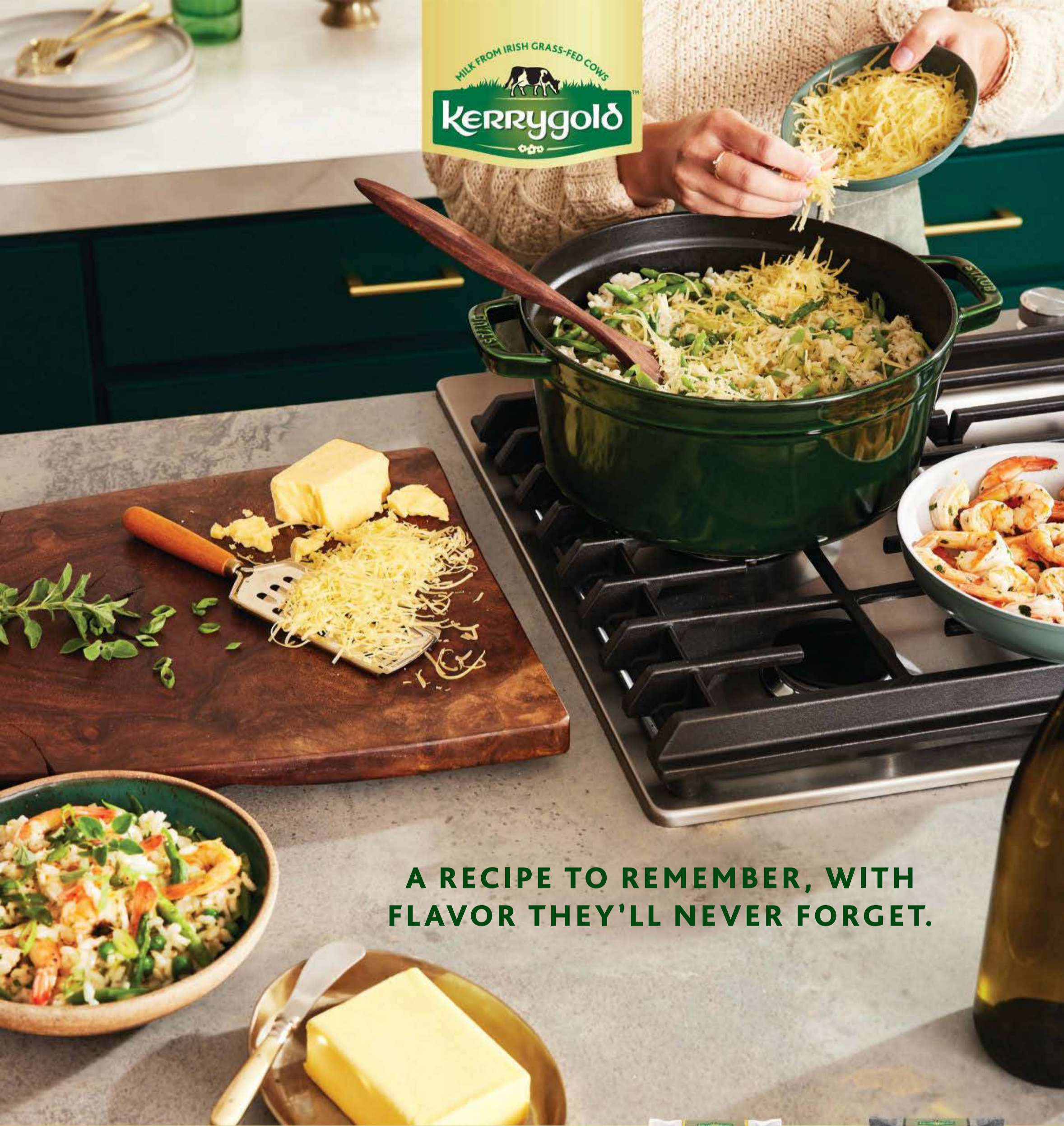
↑ **in-the-pink sugars** Crumbl’s pink-frosted classic sugar cookie is a semipermanent fixture on the menu—no doubt due to its broad appeal. Fans of frosting will appreciate the generous swirl of almond buttercream on top (nearly ¼ cup!), and sugar cookie purists will love the melt-in-your-mouth crumb.



↑ **chunky chocolate-walnut cookies** NYC's Levain Bakery is famous for its cookies, especially the Chocolate Chip Walnut, a 6-ounce mound of a cookie that's crispy on the outside, gooey inside. Our secret ingredient for mimicking its height and texture is cornstarch in the dough—it does magical things to prevent spreading and promotes a soft, chewy center.

↑ **giant peppermint-chocolate cookies** Another Levain favorite, the seasonal dark chocolate-peppermint cookie, inspired this riff. We turned down the chocolate flavor (cocoa and semisweet chips instead of dark chocolate) but intensified the mint by processing Starlight mint candies into a fine peppermint sugar that's creamed with the butter in the dough.





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*cook*



### ↑ **lovely lemon-poppy seed cookies**

Surprise! Take a bite or cut these oversize citrus cookies in half, and you'll find a cookie inside. We copied a monstrous, sandwich-cookie-stuffed creation called the Main Squeeze from a bakery in our own backyard, Iowa Cookie Co. We followed its lead with a lemon-poppy seed and white chocolate profile but gave it a translucent, puckery glaze to finish. ■

**RECIPES  
BEGIN ON  
PAGE 159.**

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The village mounts on three rows of 2x4s spaced about 3 inches apart. (The garage is used for storage rather than parking.)

# I Did It!

An artistic homeowner displays her holiday spirit with illuminated **layered silhouettes** that cast a captivating glow on her California neighborhood.

Kim Barber doesn't mind when her Orange County, CA, yard gets a little busy with neighbors—and strangers—posing for photos in front of her holiday displays. She considers it a compliment that the silhouettes—backlit with clear Christmas string lights—become backdrops for family photos and social media posts. “They have such a magical feel,” she says. “I just want to share them with everybody.” The displays are a spin on lit paper-cut shadow boxes. Kim (@barberellahome on Instagram) scaled up the idea; some of her trees top 9 feet, and her village spans 16 feet. She creates the designs on a tablet then traces them onto plywood. Now comfortable with power tools, she finds it relaxing to maneuver a router on large sheets of wood to cut the shapes. “You get in the zone and it’s enjoyable,” she says. The only downside of her scenic success? “The pressure is definitely on to up my game every year.”



**Time** Less than 5 hours for one deer; more for complex shapes



**Cost** About \$60 in plywood for two deer and a 7-foot tree



**Skills** Basic woodworking, including proficiency with a router

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## What She Did

To ensure good backlighting, Kim follows the premise that light-color surfaces reflect light best. “The color of the surface you’re putting the display against is the most important part of the glow,” she says.



Purchase Kim's print-at-home holiday patterns from her Etsy store. [shopbarberella.etsy.com](https://www.etsy.com/shop/shopbarberella)



### WHAT YOU NEED

- Paper pattern
- ¼-inch plywood sheet (4×4 or 4×8 feet)
- Ink pen & marker
- Foam-core board insulation (optional)
- Router
- 150-grit sandpaper
- White primer
- Sealer
- Staple gun
- Christmas string lights with warm white bulbs and white cords
- Drill
- 1½-inch white wood screws
- 2×4s
- Mounting hardware

### 1 TRACE PATTERNS

Tape patterns to the plywood. (Kim designs her patterns to print on 8½×11" paper; they are numbered to easily tape sheets together for a large shape.) Leave details such as windows and stars uncut on the pattern; trace over them with an ink pen, slightly indenting the wood. Trace the overall shape. Use a marker to trace over indentations and lightly traced lines so the outlines will be visible through sawdust.

### 2 CUT THE SHAPES

If desired, place the plywood on the insulation, which acts as a cutting board. Using a router with a ⅛-inch bit, cut details. Cut the larger shape with a ¼-inch bit.

### 3 SAND THE CUT SHAPES

Sand the edges and any rough areas of each cut shape.

### 4 PREP AND PAINT

Paint all sides of the shape with primer. Let dry; seal. (Kim's kids and neighbors like to help with the painting.)

### 5 ATTACH LIGHTS

Staple light cords to the back of a cut shape, going 2 to 3 inches from the edges. Avoid using too many lights, which cause hot spots. (Kim uses 50 to 100 lights for a deer, about 100 lights for a 5-foot tree, and 200 lights for a 9-foot tree.) Note: Assemble any multipiece shapes before attaching lights. For example, each of Kim's trees is in two vertical halves; she screws the two halves to a 2×4 to create a complete tree. The 2×4

also provides support and can be used to stake into unfrozen ground.

### 6 INSTALL THE DISPLAY

To act as spacers for layering, Kim screws scrap pieces of 2×4s to tree and deer backs. She adds keyhole fasteners on spacers to attach trees to screws in the home's wood trim; deer attach to tree fronts. The village silhouettes screw into 2×4s laid in rows, with spacers between each row. Vertical 2×4s attached with L brackets support taller shapes. ■

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**What is SYFOVRE?**

SYFOVRE is a prescription eye injection, used to treat geographic atrophy (GA), the dry advanced form of age-related macular degeneration (AMD).

**IMPORTANT SAFETY INFORMATION**

**What is the most important information I should know about SYFOVRE?**

**Who should NOT receive SYFOVRE?**

Do not receive SYFOVRE if you have an infection in or around your eye, or have active swelling in or around your eye that may include pain and redness.

**SYFOVRE can cause serious side effects:**

- Eye infection (endophthalmitis) or separation of layers of the retina (retinal detachment)

**Please see additional Important Safety Information and Brief Summary on the following pages.**



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## IMPORTANT SAFETY INFORMATION (CONT'D)

### SYFOVRE can cause serious side effects (cont'd):

- Call your healthcare provider right away if you have redness of the eye, eye pain, increased discomfort, worsening eye redness, blurred or decreased vision, an increased number of small specks floating in your vision, flashes of light, or increased sensitivity to light
- Risk of developing wet AMD. You should be monitored for signs of wet AMD and you should report any symptoms (eg, visual distortion, deterioration in vision, black spots, loss of central vision) to your healthcare provider
- Episodes of eye inflammation. You should report any symptoms (eg, pain or discomfort, redness, swelling, or sensitivity to light, small specks floating in your vision, changes in vision) to your healthcare provider

**IMPORTANT SAFETY INFORMATION (CONT'D)**  
**SYFOVRE can cause serious side effects (cont'd):**

- Increase in eye pressure within minutes of the injection. Your healthcare provider will monitor this after each injection

**Before receiving SYFOVRE:**

- **Tell your healthcare provider if any of the following applies to you:**

- If you have a history of seeing flashes of light or small specks floating in your vision and if you have a sudden increase of size and number of these specks
- If you have high pressure in the eye or if you have glaucoma
- **Tell your healthcare provider about all of your medical conditions**, including
  - If you are pregnant or breastfeeding, think you may be pregnant, or are planning to have a baby, ask your doctor for advice before taking this medicine

- **Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements

**What should I avoid while receiving SYFOVRE?**

- After an injection or an eye exam, your eyesight may temporarily be impaired. Do not drive or use machinery until your vision recovers

**What are the most common side effects of SYFOVRE?**

- Eye discomfort
- Wet age-related macular degeneration
- Small specks floating in vision
- Blood in the white of the eye

These are not all the possible side effects of SYFOVRE. Tell your healthcare provider about any side effect that bothers you or that does not go away.

Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at **1-800-FDA-1088** or **[www.fda.gov/medwatch](http://www.fda.gov/medwatch)**.

**Please see additional Important Safety Information on the previous pages and Brief Summary on the adjacent page.**

# SYFOVRE<sup>®</sup>

(pegcetacoplan injection)

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Pronunciation: **SIE • FO • VREE**

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## What is SYFOVRE?

SYFOVRE is a prescription eye injection, used to treat geographic atrophy (GA), the dry advanced form of age-related macular degeneration (AMD).

## How is SYFOVRE given?

SYFOVRE is an injection administered by your eye doctor into the eye.

## What is the most important information I should know about SYFOVRE?

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- Call your healthcare provider right away if you have redness of the eye, eye pain, increased discomfort, worsening eye redness, blurred or decreased vision, an increased number of small specks floating in your vision, flashes of light, or increased sensitivity to light

Risk of developing wet AMD. You should be monitored for signs of wet AMD and you should report any symptoms (eg, visual distortion, deterioration in vision, black spots, loss of central vision) to your healthcare provider.

Episodes of eye inflammation. You should report any symptoms (eg, pain or discomfort, redness, swelling, or sensitivity to light, small specks floating in your vision, changes in vision) to your healthcare provider.

Increase in eye pressure within minutes of the injection. Your healthcare provider will monitor this after each injection.

## Before receiving SYFOVRE:

Tell your healthcare provider if any of the following applies to you:

- If you have a history of seeing flashes of light or small specks floating in your vision and if you have a sudden increase of size and number of these specks
- If you have high pressure in the eye or if you have glaucoma

Tell your healthcare provider about all of your medical conditions, including if you are pregnant or breastfeeding. If you think you may be pregnant, or are planning to have a baby, ask your doctor for advice before taking this medicine.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

## What should I avoid while receiving SYFOVRE?

After an injection with SYFOVRE or an eye exam, your eyesight may temporarily be impaired. Do not drive or use machinery until your vision recovers.

## What are the most common side effects of SYFOVRE?

- Eye discomfort
- Wet age-related macular degeneration
- Small specks floating in vision
- Blood in the white of the eye

These are not all the possible side effects of SYFOVRE. Tell your healthcare provider about any side effect that bothers you or that does not go away.

## Call your healthcare provider for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

## Where can I learn more about SYFOVRE?

For a more comprehensive review of SYFOVRE safety and risk information, talk to your healthcare provider and see the full Prescribing Information at SYFOVRE.com.

SYF-PI-17Feb2023-1.0

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# 5-ingredient Cozy Bowls

You don't need a lengthy ingredient list or a lot of time to create satisfying meals. A handful of flavorful building blocks cooks together just long enough to take the chill out of any day in the most delicious way.



## Polish Hunter's Stew (Bigos)

*Bigos is a hearty meat stew made with wild mushrooms and a tomato-sauerkraut base. It was traditionally made with venison or wild boar from a big hunt, but our version subs in kielbasa.*

**HANDS ON** 15 min.  
**TOTAL TIME** 45 min.

- 12** to 14 oz. Polish kielbasa, cut into ½-inch slices
- 8** oz. mixed wild mushrooms, sliced (3½ cups)
- 1** medium onion, chopped (1 cup)
- 2** Tbsp. tomato paste
- 2** cups fresh, refrigerated caraway sauerkraut (12 oz.), rinsed and drained
- Chopped fresh dill (optional)

**1.** In a 12-inch skillet heat 3 Tbsp. olive oil over medium.

Add kielbasa and cook until browned, 3 minutes per side. Remove kielbasa from skillet; set aside.

**2.** Add mushrooms, onion, and ½ tsp. salt to remaining hot oil in skillet. Cook, stirring frequently, until vegetables are well-browned, 8 to 10 minutes.

**3.** Add tomato paste and cook, stirring constantly, until paste begins to darken, 1 minute. Add 3 cups water, stirring to

scrape up browned bits on bottom of skillet.

**4.** Return kielbasa to skillet. Stir in sauerkraut and ¼ tsp. ground black pepper. Reduce heat to low. Cover; simmer 15 minutes to meld flavors, stirring occasionally. If you like, top with fresh dill. Serves 4 (1 cup each).

**PER SERVING** 441 cal, 35 g fat (9 g sat fat), 53 mg chol, 1,611 mg sodium, 13 g carb, 6 g fiber, 5 g sugars, 13 g pro

“MAKE YOUR  
*Holiday*”



JUST A LITTLE BIT  
BRIGHTER.”

*Jimmy Dean*

## *Sausage Cornbread Stuffing*

### INGREDIENTS

- 1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)
- 2 cups celery, chopped
- 1 cup onion, finely chopped
- 4 cups cornbread, toasted & chopped
- ¼ cup fresh parsley, chopped
- 1 tsp. poultry seasoning
- 1 cup chicken broth
- 1 egg, lightly beaten
- ½ cup pecans, chopped (optional)

[JIMMYDEAN.COM/RECIPES](http://JIMMYDEAN.COM/RECIPES)

### DIRECTIONS

Prep Time: 20 min. | Cook Time: 45 min.

1. Preheat oven to 325°F. Cook sausage, celery and onion in a large skillet over MEDIUM-HIGH heat for 8–10 min. or until sausage is thoroughly cooked; drain. Spoon into a large bowl.
2. Add cornbread, parsley and seasoning; mix lightly. Add in broth and egg, and mix until blended. Stir in pecans, if desired.
3. Spoon into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

#### Cook's Tip:

To toast cornbread, bake at 400°F for 10 min.



## Chicken Pot Pie

Store-bought shortcuts like rotisserie chicken, mixed frozen vegetables, and frozen puff pastry keep prep time to a speedy 20 minutes.

**HANDS ON** 20 min.  
**TOTAL TIME** 45 min.

- 4 cups shredded rotisserie chicken
- ¼ cup all-purpose flour
- 2½ cups low-sodium chicken broth
- 2½ cups frozen mixed vegetables

- ½ tsp. dried sage or ½ Tbsp. chopped fresh sage
- 1 sheet frozen puff pastry, thawed according to pkg. instructions (½ of a 17.3-oz. pkg.)

1. Preheat oven to 400°F. Pour any of the juices from chicken package into a medium bowl. Add shredded chicken.
2. In a large saucepan heat 3 Tbsp. olive oil over medium. Add flour and cook, stirring

- constantly, 1 minute. Gradually whisk in broth. Stir in vegetables, ¾ tsp. salt, ½ tsp. ground black pepper, and sage. Bring to boiling; reduce heat. Simmer, stirring occasionally, until thickened and bubbly, about 4 minutes.
3. Pour vegetable mixture over chicken in the bowl; stir gently to combine.
4. Divide chicken and vegetable mixture evenly into four 12-oz. ramekins or oven-going soup bowls.
5. Cut puff pastry into four even squares. Place one square

- on top of each ramekin and cut a few 1-inch slashes in the center to vent steam. Pastry corners may drape over the ramekin or bowl; trim excess if you like.
  6. Bake until pastry has puffed and turns golden brown, 25 to 30 minutes. Makes 4 pot pies.
- PER POT PIE** 672 cal, 36 g fat (12 g sat fat), 158 mg chol, 1,227 mg sodium, 44 g carb, 4 g fiber, 6 g sugars, 47 g pro



For a decorative touch, use a 1-inch cookie cutter or canapé cutter to create a shape in the center of each pastry square before placing on the ramekins.

**2X THE MEAT.\*  
THAT'S  
HAPPYFULL.**

**Stouffer's**  
**HAPPYFULL**



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\*Stouffer's Lasagna with Meat & Sauce.  
2x the meat required by the lasagna with meat sauce standard.



## Creamy Broccoli-Cheddar Soup

*Cannellini beans blend into a velvety broth—no heavy cream required. Finish with easy oven-baked cheese crisps.*

**HANDS ON** 15 min.  
**TOTAL TIME** 45 min.

- 1½ lb. broccoli crowns
- 1¼ cups shredded extra-sharp cheddar cheese (5 oz.), divided
- 1 medium yellow onion, chopped (1 cup)
- 4 cups low-sodium chicken broth or vegetable broth
- 1 15-oz. can cannellini beans, rinsed and drained

**1.** Preheat oven to 400°F. Line a baking sheet with parchment paper. Cut broccoli crowns into bite-size (1-inch) florets; thinly slice the stalks, keeping them separate. On prepared baking sheet toss 2 cups of the florets with 2 Tbsp. olive oil and ¼ tsp. salt. Arrange in an even layer and bake, stirring occasionally, until broccoli is browned around edges, 15 to 20 minutes. Transfer to a bowl.

**2.** On the same baking sheet place 4 heaping Tbsp. of the cheese, spacing mounds 2 inches apart. Bake, rotating the pan once, until cheese has spread evenly into flat rounds and edges are beginning to

brown, 5 to 8 minutes. Let rounds stand on baking sheet; they will crisp as they cool.

**3.** In a soup pot or Dutch oven heat 2 Tbsp. olive oil over medium-high. Add onion and sliced broccoli stalks. Cook, stirring occasionally, until vegetables begin to brown, 6 to 8 minutes.

**4.** Stir in remaining (unroasted) broccoli florets, broth, and beans. Bring to a simmer. Reduce heat to medium-low and cook, covered, stirring occasionally, until broccoli is very tender, 10 to 15 minutes.

**5.** Blend soup in batches in a blender with the lid slightly ajar or in a food processor (or use an immersion blender in the pot). Return blended soup to the pot; set over low heat. Gradually whisk in remaining 1 cup cheese, ½ tsp. salt, and ¼ tsp. ground black pepper. Stir until cheese is melted.

**6.** Top each serving with roasted broccoli florets and a cheese crisp. Serves 4 (2 cups each).

**PER SERVING** 408 cal, 27 g fat (10 g sat fat), 38 mg chol, 1,438 mg sodium, 30 g carb, 10 g fiber, 5 g sugars, 22 g pro



60 years or older?

**AREXVY**  
(RESPIRATORY SYNCYTIAL VIRUS  
VACCINE, ADJUVANTED)

**PROTECT AGAINST**  
**RSV** with

**AREXVY**

### What is AREXVY?

AREXVY is an FDA-approved vaccine used to prevent lung and lower airway infection from RSV in people 60 years and older.

### OVER 82% EFFECTIVE

in preventing lung and lower airway infection from RSV in people aged 60 years and older\*

### OVER 94% EFFECTIVE

in preventing lung and lower airway infection from RSV in people aged 60 years and older with **asthma, diabetes, COPD, CHF, advanced liver or kidney disease, or any chronic respiratory/pulmonary disease\***

\*In a clinical study.  
CHF=chronic heart failure; COPD=chronic obstructive pulmonary disease;  
RSV=respiratory syncytial virus.

### Important Safety Information

- You should not receive AREXVY if you are allergic to any of its ingredients
- Fainting can happen after getting injectable vaccines, including AREXVY. Precautions should be taken to avoid injury due to fainting
- Some people with weakened immune systems may have reduced immune responses to AREXVY
- The most common side effects are injection site pain, fatigue, muscle pain, headache, and joint pain
- Vaccination with AREXVY may not result in protection of all vaccine recipients
- Ask your healthcare provider about the risks and benefits of AREXVY. Only a healthcare provider can decide if AREXVY is right for you

Please see Important Facts About AREXVY on the next page.

You are encouraged to report vaccine adverse events to the US Department of Health and Human Services. Visit [www.vaers.hhs.gov](http://www.vaers.hhs.gov) to file a report, or call 1-800-822-7967.

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RSAJRNA230019 August 2023  
Produced in USA.

Talk to your doctor  
or pharmacist, and  
ask for AREXVY.

Scan the QR code, or  
visit [AREXVY.com](http://AREXVY.com)



# Important Facts About



## WHAT IS AREXVY?

- AREXVY is an FDA-approved vaccine for the prevention of lower respiratory tract disease (LRTD) caused by respiratory syncytial virus (RSV) in people 60 years of age and older

## WHAT IS RSV AND WHAT CAUSES IT?

- RSV is a respiratory virus that typically causes mild symptoms but can lead to serious respiratory illness in older adults. It can cause lower respiratory tract disease, which may include infections of the lungs and lower airways
- RSV spreads via respiratory droplets. It can lead to more severe symptoms in people with long-term respiratory or heart diseases

## HOW DOES AREXVY WORK?

- AREXVY is a vaccine that works to boost your immunity to protect against LRTD caused by RSV

## HOW IS AREXVY GIVEN?

- AREXVY is given as a single dose (0.5 mL) into the muscle of the upper arm

## WHO SHOULD NOT GET AREXVY?

- You should not receive AREXVY if you are allergic to any of its ingredients

## WHAT ARE THE POTENTIAL SIDE EFFECTS?

- Fainting can happen after getting injectable vaccines, including AREXVY. Precautions should be taken to avoid injury due to fainting
- Some people with weakened immune systems may have reduced immune responses to AREXVY
- The most common side effects are injection site pain, fatigue, muscle pain, headache, and joint pain

## ADDITIONAL IMPORTANT INFORMATION:

- Vaccination with AREXVY may not result in protection of all vaccine recipients
- Ask your healthcare provider about the risks and benefits of AREXVY. Only a healthcare provider can decide if AREXVY is right for you

## NEED MORE INFORMATION?

- This is only a summary of important information
- To learn more about AREXVY, talk to your doctor, pharmacist, or other healthcare provider
- Visit [AREXVY.com](https://www.arenxvy.com) or call 888-AREXVY9 (888-273-9899) for the FDA-approved product labeling

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You are encouraged to report vaccine adverse events to the US Department of Health and Human Services. Visit [vaers.hhs.gov](https://vaers.hhs.gov) to file a report, or call 1-800-822-7967.

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RSAJRNA230019 August 2023  
Produced in USA.

## Golden Tropical Oatmeal

If the tropics are calling your name during gloomy winter weather, start your day with this sunny, fruit-forward breakfast.

**HANDS ON** 10 min.

**TOTAL TIME** 20 min.

- 1 medium ripe mango, peeled and diced (1½ cups)

- 1 13.66-oz. can unsweetened coconut milk
- 1½ cups regular rolled oats
- 1½ tsp. ground ginger
- ¾ cup sweetened flaked coconut, toasted

**1.** In a medium saucepan combine ¼ cup of the diced mango, 2½ cups water, the coconut milk, oats, ginger,

and ½ tsp. salt. Bring to boiling; reduce heat to medium-low and simmer, stirring frequently, until oats are tender, about 10 minutes.

**2.** Top with remaining mango and the flaked coconut. Serves 4 (1 scant cup each).

**PER SERVING** 412 cal, 25 g fat (21 g sat fat), 389 mg sodium, 42 g carb, 6 g fiber, 17 g sugars, 5 g pro ■

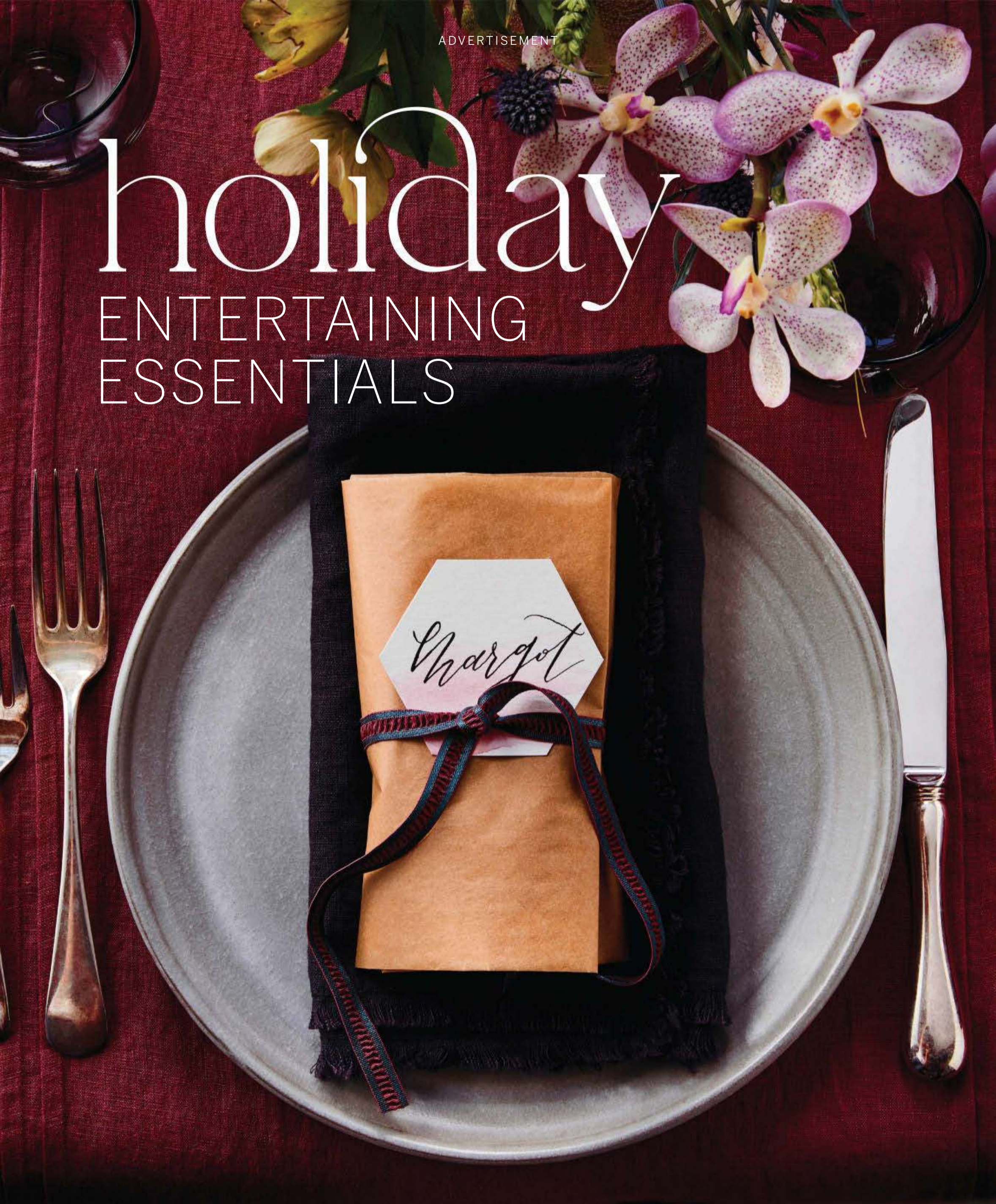
For a slightly less sweet cereal, choose unsweetened flaked coconut. You can buy thin flakes or large chips. We toasted both types for extra crunch.



ADVERTISEMENT

# holiday

ENTERTAINING  
ESSENTIALS



THE **HOLIDAY SEASON** IS HERE AND WE CAN'T WAIT TO CELEBRATE! WE'LL HELP YOU ELEVATE YOUR HOLIDAY ENTERTAINING GAME WITH DELICIOUS PANTRY GO-TOS, STANDOUT DÉCOR TRICKS, AND **EXPERT TIPS** FROM THE **BHG TEST KITCHEN**.



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Showcase seasonal wishes with a holiday card that uniquely embodies you and your family, from the photo and greeting to the shape and artful details. Explore designs from independent artists, customize your favorite, and spread cheer they'll remember.

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### Easy Appetizer Upgrades.

Turn even a humble chunk of cheddar or a wedge of Manchego into an impressive last-minute cheese board with one or more of these extras: a small dish of apricot jam, orange marmalade, or honey sprinkled with chile flakes. Toss nuts with a little olive oil and a pinch of dried herbs then toast in the oven a few minutes.

Dress up purchased frozen potstickers with a simple homemade dipping sauce you can whip up on the spot. Stir together

rice wine vinegar, soy sauce, sambal oelek (Asian chili paste), toasted sesame oil, sliced green onions, and sesame seeds.

### Creative Table Tricks.

There's something delightful about an unexpected palette for a holiday table. Linens in rich jewel tones like garnet or amethyst feel regal. Or create a centerpiece with seasonal poinsettias or amaryllis in surprising shades like creamy blush-pink or pale chartreuse.

Make guests feel special by setting each place with a personalized place card and a small take-home gift. Wrap a favorite chocolate bar or a mini notebook in natural parchment paper, tie with a ribbon, and tuck in a name tag.



### BREWED & LOVED IN THE USA FOR 50 YEARS

Elevate your holiday meals this year with Kikkoman® Soy Sauce. Our traditionally brewed Kikkoman® Soy Sauce is a versatile flavor enhancer for a wide variety of foods, from Asian to mainstream American. Taste the difference and try it for yourself.

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# TRIMMINGS

All the



After thoughtfully renovating their 1920s Virginia home, this family of four decks its halls and *enlivens its traditional bones* with their magical, maximalist holiday designs.

\*  
Homeowner Brittany Sydnor furnished her living room with a midcentury Milo Baughman sofa upholstered in Moore & Giles leather, a white tulip table, and an antique portrait. She decorated the Christmas tree with a similar eye for mixing new and vintage baubles. Then, she says, "I just brought out the tinsel and went to town." The wrapping papers "have this sweet nostalgia to them," she says.



**B**rittany Sydnor fully subscribes to the adage “Patience is a virtue” when it comes to decorating. “A house doesn’t

develop character overnight. It takes years to layer it with soul,” she says. “I have always wanted my home to feel more collected than designed. And that’s how I approach decorating for the holidays too.

A Christmas tree is just another chance for me to add a few more layers of character.”

Perhaps that’s why Brittany doesn’t limit herself to just one tree in her family’s 1926 Colonial Revival home in Lynchburg, VA. Her flourishing collection of vintage ornaments, which she has curated over her lifetime, adorns three full-size trees this year. “We lived through a two-year renovation and kept the holidays very low-key,” she says. “When we were finally settled into the house, I promised the kids we would go big. It was about time for a decorating extravaganza.”

For Brittany, a self-taught designer who enjoys the thrill of the hunt, that meant embellishing every room in the house, including the foyer and the butler’s pantry. Full-size Christmas trees delivered extra holiday magic to her children’s bedrooms. With a desire to pair sophistication and whimsy, Brittany pulled her Christmas bins from the attic with only one steadfast idea in mind: Less is certainly not more.

“I don’t like spaces that feel overly orchestrated and perfectly stylized,” she says. “I want a room to feel quirky and unexpected, and I like my Christmas decor the same.” So when she stumbled on a basket filled with vintage tinsel at an estate sale, she said to herself: “Jackpot—I’ve found the holy grail of tinsel.” For a week in November after her

kids went to bed, she painstakingly untangled the bird’s nest of silver threads so she could blanket her living room tree with the shimmering strands and create something new.

“When I had covered the tree top to bottom, I told my husband, Brandon, ‘I think it still needs something more.’ He said, ‘Of course you do.’” Brittany found yards of chiffon ribbon, cut it into sections, and casually draped it over the tree limbs. “There was no strategy, but when I was done and the tree was loaded down, absolutely dripping with ornaments, ribbon, and tinsel, I was thrilled.”

Brittany says she knows a room—or a Christmas tree—is “just right” when it moves her. “I want all the patterns,

textures, history, and colors to hit me emotionally. It takes time to figure these things out in your own space. I’m sure there are people who would walk into my house and it would be too much for them. But that’s what is fun about design—it’s so personal. It comes down to knowing what brings you joy and being willing to go for it, tinsel and all.”



**ABOVE** Brandon and Brittany Sydnor, with their children, Briggs and Sloane, and Labradoodle Piper, decorate their home’s front porch simply—in contrast to the interiors. **OPPOSITE, CLOCKWISE, FROM TOP LEFT** “I love a big, lush garland and a more organic look on a banister,” Brittany says. “Weaving a real garland with a really good faux one is a way to extend its life and bulk it up a bit too.” The felt characters on the tree, she says, “seemed like a rarity—something I hadn’t seen anywhere.” Brittany accessorizes with lots of ornaments in bowls and glass containers. The slightly worn finish on vintage glass baubles—whatever their hue—makes them compatible.







**SUNROOM** Brittany had the legs cut down on a sofa she owned so it would fit beneath the windows; she reupholstered it in a velvet to match the color of the walls, trim, and shutters and added tassel fringe for texture. The red window muntins complement the ceiling wallpaper. **MUDROOM** At the back door, Briggs balances holiday packages ready for delivery. Brittany designed the space to reflect the house's age. "We splurged on all the wood for the walls," she says, "something I'll never regret because it feels authentic." Simple wreaths made by a local artisan announce the holiday season. "I have a weakness for quality greenery," Brittany says.



holiday decor  
**Maximal  
Impact**

'Tis the season to decorate with vivid colors, vintage ornaments, and a bit of glimmer for good measure.

Brittany is a busy mom of two, a VP at Moore & Giles leather company, and lead interior designer at Penny Lane Properties. She also owns BeFound Collective (a vintage and antique rug shop) and is always on the hunt for Christmas decorations. Here are a few of her favorite sources for holiday decorating.

### Ribbon

"I love a crushed-velvet ribbon for its texture and movement. Anthropologie and Etsy were my go-tos this year, and I used chiffon ribbon I found on Amazon on the tree for its ethereal drape."

### Wreaths and Greenery

"Laura with Laura Rhodes Naturals has

an Etsy shop, and, as it turns out, she's 20 minutes from my house. So I make a quick trip out there for fresh wreaths and garland. I love my greenery a little wild and deconstructed, which is Laura's specialty."

### Gift Wrap

"I have a few sources for fun gift wrap. Locally, The Farm Basket in Lynchburg is my first

stop, but for shopping online, John Derian, St. Frank, and Katie Leamon are bookmarked."

### Ornaments

"Vintage ornaments of all kinds, with their peeling paint and faded colors, speak to me. Even miscellaneous chandelier crystals make for a fun

sparkle. I look to eBay, estate sales, and vintage shops."

### Artificial Trees

"When I'm using a fake tree, Balsam Hill is where I go. They have an option for everyone—whether evergreen or frosted. And their quality is top-notch. Our living room tree is the Balsam Hill Noble Fir Flip Tree."



**KITCHEN** Holiday baking takes place on the island, a 13-foot worktable from a farm in Texas that Brittany bought at auction. "I wanted taupe cabinetry and warm elements, like the chevron-plank wood floors and the vintage rug," she says. "The goal was to keep it from feeling utilitarian since we seem to live most of our lives right here." **PLATE RACK** Brittany designed a storage rack as both a practical solution and a space for display. "I loaded it up with all my old cutting boards, John Derian platters, and the kids' artwork. It's all stashed in there in no particular order, and I use it daily." **PANTRY** The English-inspired pantry sees frequent traffic, warranting its own tree. Brittany potted a small one and decorated it with vintage miniature balls in azure and gold. "The colors of the ornaments play off the art and their frames," she says.

Brittany fills the pantry walls with vintage landscape paintings and portraits.






\*

**SLOANE'S BEDROOM** The ethereal chinoiserie wallpaper seemed to beg for a softer, lighter tree, so Brittany chose a white one and decorated it with an assortment of vintage glass and metal ornaments—including a collection of handblown glass hearts she bought in Mexico. “Who buys a load of fragile glass hearts on vacation and asks her husband to transport them home in his carry-on? I do, that’s who,” she says with a laugh. **BRIGGS’ BEDROOM** Briggs wanted to decorate his tree with sentiment: plush animals he and his mother have picked out together on trips, homemade ornaments, and a bevy of quirky favorites. A vintage rug fills in as a tree skirt. ■

Brittany added texture and color to the semiflocked tree with bits of red yarn tied to the tips of branches.





# out of THE BOX

THE MATERIALS ARE HUMBLE, AND THE TECHNIQUES ARE SIMPLE, BUT THESE HANDMADE GIFT TOPPERS—WHICH CAN PERFORM AN ENCORE AS ORNAMENTS—ARE ANYTHING BUT BASIC.





↔ **FOIL STARBURST** A mini ball ornament tops accordion-folded circles of shiny foil papers in merry colors. The resulting star dazzles on a wrapped box and will continue to shine once the gift has been opened and the topper is hung on the tree. *Background gift wrap:* Clairebella Studio Windsong Merry, \$30 for five 20"×29" sheets; [shopcbstudio.com](http://shopcbstudio.com)

↑ **PAPER LOOPS** These teardrop-shape toppers have a decidedly happy vibe thanks to their neon-bright hues. Each loop is made with both foil paper and matte cardstock, then they're gathered into groups. We love the graceful shapes and play of light from the metallic papers.



**RAFFIA WREATH** Unfurl twisted raffia paper ribbon in two shades of green to create wide loops and a wreath-inspired topper just right for adding holiday cheer to a round lidded box. Fluffy craft pom-poms look like hot-pink berries when tucked into the paper folds. *Background paper:* Wrappily Marbled/Mistletoe (reversible), \$11 for pack of three 21.5"×34" sheets + adhesive gift tags; [wrappily.com](http://wrappily.com)

**RAFFIA BOW, POMS & BLOOMS** You'll have oodles of fun transforming a rainbow of raffia ribbon into these joyful toppers. Use a pom-pom maker to create explosions of confetti color and a flower loom to weave blossoms that can be reused as napkin rings. For the big bow, flatten twisted raffia paper ribbon into wide lengths that have body and hold their shape.







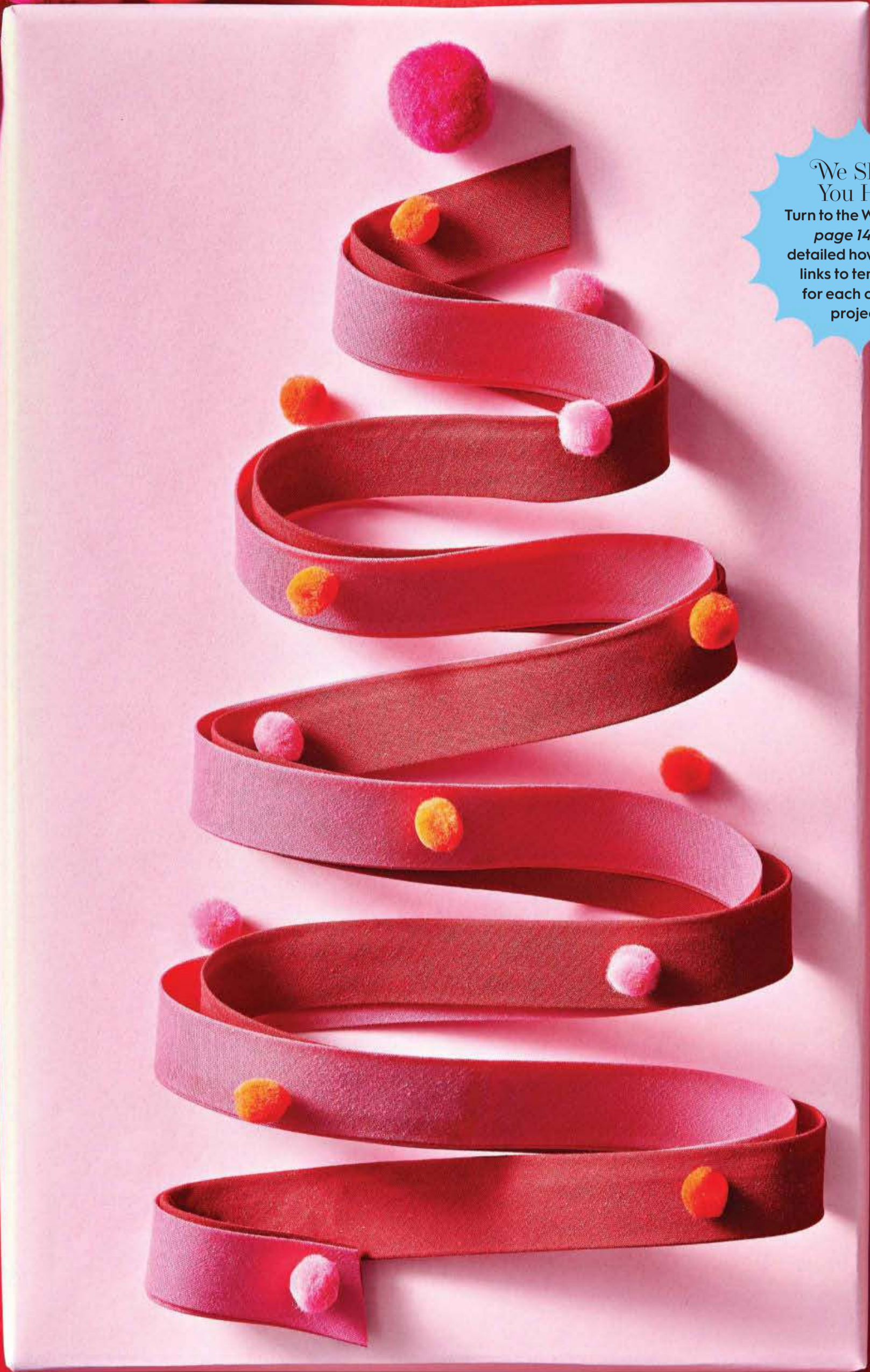
← **CORRUGATED PAPER BAUBLES** Save the packing material from online shopping and turn it into shapely embellishments that call to mind vintage finial ornaments and tree toppers. Cut corrugated paper into various-size triangles, then let the kids help paint and roll the paper into ovals or spheres—depending on the dimensions of your triangles. Hang the unbreakable baubles from a box or branch.

↑ **CHENILLE STEM STARS** These tone-on-tone blue toppers are perfect for Hanukkah gifts. With their snowflake-like patterns and touch-me textures, the rounds seem complicated, but they're just chenille stems tucked into notches cut along the edges of cardboard coasters. *Background gift wrap:* Rifle Paper Co. Garden Party in Silver, \$11 for 96"×30" roll; [riflepaperco.com](http://riflepaperco.com)



↑ **WOVEN FABRIC STARS** Fold, weave, and tuck strips of patterned fabric or solid-color bias tape into Scandinavian-inspired star shapes that look like handmade bows. Coordinate your colors with your wrapping papers and holiday decor. *Background gift wrap:* Mock Up Designs Red Patchwork Christmas, \$3 per 20"×28" sheet; [mockupdesigns.co.uk](http://mockupdesigns.co.uk)

→ **BIAS TAPE TREE** Ordinary bias tape makes a squiggly, three-dimensional tree. The trick is to stiffen the tape using iron-on adhesive. Decorate with mini craft pom-poms as ornaments and use a large one as the tree topper. This package really might be too pretty to open—so create the topper on a colorful lidded box that can be used again and again.



We Show  
You How  
Turn to the Workbook,  
page 148, for  
detailed how-tos and  
links to templates  
for each of these  
projects.



1

2

3

4

5





## HAPPY WRAPS & ROLLS

No time to craft frills? These papers lend boxes big personality.

**1** Rifle Paper Co. Poinsettia, \$11 for three 27"×19.5" sheets; [riflepaperco.com](http://riflepaperco.com)

**2** Rifle Paper Co. Mistletoe, \$11 for three 27"×19.5" sheets; [riflepaperco.com](http://riflepaperco.com)

**3** Clairebella Studio Bamboo, \$30 for five 20"×29" sheets; [shopcbstudio.com](http://shopcbstudio.com)

**4** Clairebella Studio Mod Stripes, \$30 for five 20"×29" sheets; [shopcbstudio.com](http://shopcbstudio.com)

**5** Dogwood Hill Toast of West Coast Plaid, \$12 for three 20"×30" sheets; [dogwood-hill.com](http://dogwood-hill.com)

**6** Gifty Wrap Signs of the Season (double-sided), \$8 for 30"×10' roll; [giftywrap.com](http://giftywrap.com)

**7** Gifty Wrap Celebrate Hanukkah, \$8 for 30"×10' roll; [giftywrap.com](http://giftywrap.com)


**8** **9** Wrappily Pink Pinecone/Candy Cane Stripe (reversible), \$11 for pack of three 21.5"×34" sheets + adhesive gift tags; [wrappily.com](http://wrappily.com)

**10** Wrappily O Tannenbaum (reversible), \$11 for pack of three 21.5"×34" sheets + adhesive gift tags; [wrappily.com](http://wrappily.com) ■



# Almond Alchemy

Come December, peppermint and nutmeg get all the fanfare, but the warmth and sweetness of almonds are essential to so much holiday baking. These recipes celebrate the magic of their ineffable flavor and fragrance.



Form these delicate spirals by twisting strips of dough then wrapping the twists around your fingers.



## Swedish Saffron-Almond Buns

Tender, golden saffron buns are an essential teatime snack in the long twilight hours of winter in Sweden. Called *lussekatter*, the S-shape buns are the most recognizable, but this version, with saffron dough twisted around a sweet almond filling that's scented with a whisper of orange zest, is particularly delightful.

## Holiday Cookie Latte

Think of this as a copycat version of the seasonal latte at your favorite coffee shop—but you don't need an espresso maker to pull it off. Instead we combine brewed coffee, a homemade toasted almond syrup, and white chocolate-infused milk. A dash of vanilla and whipped cream top it off.


### Toasted Almond Syrup

To make our Holiday Cookie Latte, we start by toasting almonds and using them to infuse simple syrup. Stash the extra in the fridge for splashing into coffee, hot cocoa, or warm milk, or for drizzling over pancakes in place of maple syrup.



## Chocolate- Almond Croissant Bread Pudding

If you're looking for a stunner of a Christmas morning breakfast, consider this dish a contender. We tore plain grocery store croissants into pieces and covered them in almond-scented custard and melting chocolate. A chewy crowning layer of frangipane (almond pastry filling) contrasts with the silky casserole.



Freezing the  
rolled-out dough  
for the top  
crust helps give  
the cutouts crisp  
edges.



## Linzer Torte


Perhaps you know jam-filled Linzer cookies, but have you met the mega version? Linzer torte is an Austrian tart with hazelnuts or almonds in the pastry and a jam filling. Our version, baked in a shallow tart pan, yields tender slices perfect with a warm drink on a cold day. For the top, we created a cutout option you can customize for any occasion to swap for the traditional lattice.



## Almond Crinkle Cookies

Chocolate crinkle cookies, named for the crackly pattern they get from being rolled in powdered sugar before baking, are a holiday classic. We updated our recipe to showcase almond's distinctive flavor instead. The edges have the toasty snap of an amaretti biscuit, but the centers remain pleasantly chewy with the addition of almond flour.





The crumbly  
top is made from  
broken-up pieces  
of our from-scratch  
almond paste.



## Cherry-Almond Crumble Bars

Sweet cherry preserves and the floral fragrance of almonds pair beautifully in our marzipan-topped cookie bars. Almonds flavor the buttery shortbread base, crumble, and glaze. The generous yield makes the bars a great choice for a cookie swap.



## Almond Croissant Bites

Half an hour is enough time to put together a plate of these two-bite treats packed with all the flavor of an almond croissant from a bakery.

A sheet of store-bought puff pastry supplies the flaky layers, and a filling of almond flour, brown sugar, egg, and butter caramelizes in the oven. ■



RECIPES  
BEGIN ON  
PAGE 152.



## RETRO SPARKLE

Monica Burt transformed her brass light fixture into a holiday version of a crystal chandelier shimmering with Shiny Brite ornaments and hot pink satin bows. The holiday touches make the fixture an instant hit—and focal point—as you walk through the door. She uses upholstery thread to tie the ornaments to the chandelier, because it's strong but thin enough to not distract from the display.

# Christmas in FULLCOLOR



Designer *Monica Burt* turns her home into a holiday extravaganza with a spectrum of super-saturated hues and a heaping dose of joyfully bright pink.



## OH (CERAMIC) CHRISTMAS TREES

One of Monica's favorite collections is her ceramic Christmas trees. Some are vintage pieces found at thrift and antiques stores; others are new from Walmart or Target. "It's always hard for me to put them away," she says, so the pink ones stay out a little longer and make the transition into her Valentine's decor.



**COLOR AND PATTERN** aren't used as accents in Monica Burt's home—they're the main attraction. Each room is lined with a bold wallpaper and speckled with a scheme of energetic blues and greens and plenty of her signature magenta pink. When the holidays come around, the same palette applies. "I don't really like the traditional colors for pretty much any holiday, so I like to go beyond the green and red," says the interior designer, who shares her exuberant holiday decorating—including trees for holidays throughout the year—on Instagram (@magentamodern).

The first of November (as soon as the Halloween trees come down), the Christmas trees go up in Monica's 1970s home near Chicago. "I figure out where each tree is going and decorate it, then I can design the rest of the room around the tree," she says. "I have moved fully decorated Christmas trees before and it's not fun." She spends about a month decorating for Christmas, slowly adding, rearranging, and editing until it's all just right.

Although she assigns a theme to each tree and room, one constant prevails in both her everyday and her holiday decor—rainbow gradients in bold colors. In the dining room, this plays out on her table, where each place setting features a different-color stack of Fiestaware. In her daughter's room, there's a line of nutcracker toys on the dresser, and




 Guests call dibs on their place at the table based on their favorite-color dishes.



## PREP THE HALLS

Christmas comes in December, but Monica thinks about it year-round. She's always on the lookout for decorations she can add to her bright and bold holiday repertoire. In February, she may find a hot pink wreath, in June, a teal garland. In September, she puts pen to paper and plans a decorating theme for each room.

WALKING IN A  
RAINBOW  
WONDERLAND

"If you don't want to use Christmas colors, don't use them," Monica says. Traditional reds and greens are rarely found together in her home, but there's no shortage of cheer. Mixing everyday objects with more traditional items in the same color palette helps Monica achieve her festive vignettes.





The mantel's gradient is an impressive feat. Monica searches every seasonal aisle for hard-to-find hues like orange.



**NO ROOM  
UNTOUCHED**

Monica's daughters' rooms each get their own layer of holiday decor. The two girls take after Mom, wanting to fill the rooms with special things, like the pink tree, *this photo*, and rainbow nutcrackers proudly on display, *opposite*.



## CREATE A COLOR STORY

Monica's advice for layering hues is to pick a focal point: It could be artwork, a throw pillow, a Christmas tree, or often in her house, wallpaper. She then uses it to inform the palette for the rest of the room. If each room has complementary colors, the quantity won't feel as overwhelming. The green paint on the cabinets, *below*, is pulled from the splashes of the same shade in the wallpaper.



in the living room, an ombré forest of bottle-brush trees marches down the mantel en masse.

In addition to these displays, Monica decorates with as many secondhand pieces as possible. "Their imperfections make a place feel more like a home," she says. So on every surface and tucked into shelves that hold vintage Pyrex and colorful books year-round, she displays her various Christmas collections: Santa mugs and figurines, holiday village houses, and glass, ceramic, and bottle-brush trees. She used to sell vintage ornaments on Etsy and has been collecting Shiny Brites and antique pieces from thrift stores and estate sales for years. Monica's most-prized collection is a set of her grandmother's ornaments displayed on a shelf. "I don't want to hang them on a tree because it's too risky," she says. "Our Christmas tree fell over when I was younger, so these are all that's left."

Monica's husband, Brandon, and their two daughters get in on the festivities too. Brandon loves to prepare the big Christmas Eve feast, and the girls decorate trees in each of their rooms, the playroom, and the basement. It gives the kids a place to let their creativity out and do whatever they want, Monica says. After all, they're why she decorates for the holidays. "My kids are always so excited for Christmas Day, and they love all the decorations," she says. "To see their faces and watch them get excited is just so special."



The powder room also receives a few holiday notes with a felt garland and red metallic reindeer.



## Trees on Trees By the Numbers

If there's one thing Monica doesn't shy away from, it's Christmas trees.

**12** fully trimmed Christmas trees go up each year in the Burt home.

**40** ceramic and glass trees glimmer on display.

**250+** bottle-brush trees are scattered throughout Monica's home.

**117** of them form the seamless rainbow on her mantel.

### CHRISTMAS IN COLOR

**ABOVE** Looking at Monica's shelves is like playing I Spy—with each glance, you discover another treasure or two. Vintage Pyrex, books, and various artworks are the year-round foundation. She adds a roundup of color-coordinated trees, ornaments, ceramic houses, and other figurines when the holidays come around. **OPPOSITE** To create the floating bubble effect, Monica clusters three to five same-color ornaments together with silver pipe cleaners. The key to making the colors blend more naturally is to combine ornaments with variations of finish (glossy, matte) and size. ■



To get the  
ombré just right,  
Monica laid  
out clusters of  
ornaments on  
the floor before  
attaching them  
to the tree.





# All Spruced Up

**PINECONES MAY BE A HOLIDAY CLASSIC, BUT ODDS ARE, YOU'VE NEVER SEEN THEM LIKE THIS.**

## STRIKING IN RED

“Glamorous” isn’t a word you’d typically associate with pinecones, but that’s just how we’d describe these front porch decorations. They’re made by applying high-gloss red spray paint—using two shades creates nice variation—to pinecones then gluing them to a straw form for the wreath and foam balls for the topiaries.

←  
Scale down this  
idea to create  
a kissing ball or  
tabletop orb.

## FROSTY & FESTIVE

These pinecones evoke a snow-dusted landscape indoors. The effect is created by coating the pinecones in melted beeswax (the longer you dip the cones, the thicker the coverage). Once the wax has cooled and hardened, you can tie the pinecones onto a garland or hang them from a tree. At the end of the season, be sure to store the pinecones in a cool place so the "snow" doesn't melt.



←  
Cluster pinecones in groups along the garland (it looks more natural than evenly spaced singles).



Drilling screw eyes into the pinecones allows you to weave ribbon through them for hanging.





→  
The base of the mushroom is made from paper clay, the top from a painted and glittered pinecone.



## OBJECTS OF WHIMSY

Pieces of cut pinecones can be arranged to create any number of sweet, little items—a bird, a flower, a mushroom. Add thread loops to use them as gift toppers, *opposite*, and tree ornaments, *this photo*. This task involves sharp scissors, but kids will enjoy helping with the gluing and painting.



✧  
For complete  
how-tos,  
see the  
Workbook on  
page 151.

## NATURAL BEAUTIES

As fun as it is to paint, wax, and glitter them, pinecones also look fantastic just as they're found on the forest floor. Arranged under glass domes and in special dishes, they stand out on a wintry mantel along with mercury glass ornaments and a little tinsel. (This display also works beautifully for fall—just take away the shiny objects.)



"I COLLECT PINECONES YEAR-ROUND TO USE IN PROJECTS. THEY'RE FREE, THEY'RE EVERYWHERE, AND WITH ALL THEIR SHAPES AND SIZES, THEY LOOK GREAT EVEN JUST CLUSTERED IN A BOWL."

—EDDIE ROSS, *stylist*

Hot-glue pinecones onto a branch (coated in glitter paint) and place them on a bed of moss for an earthy display.





Enhance  
a branch with  
pinecone  
flowers with  
gold bead  
centers.

## PRETTY AS A FLOWER

A pinecone's transformation into a dainty flower requires a steady hand and some time, but the results are worth it. After adhering small metallic beads onto their centers, hot-glue the flowers onto wood napkin rings or a branch for an elegant decoration for any occasion.

## RAISING THE BAR

Hot-glue pinecones onto bottle stoppers or corks and you've got a bar that looks exponentially cheerier. These toppers would also make sweet hostess gifts or could be used for water carafes in a guest room. ■

Snip pine boughs and decorate with small ornaments for a mini tree.

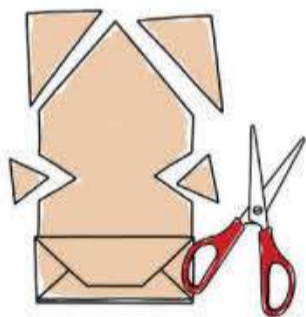




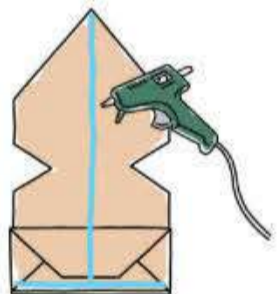
## Let It Snow

pages 32-38

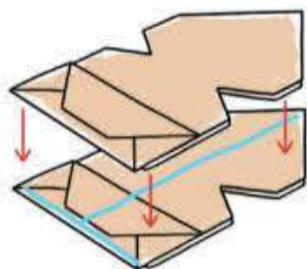
### PAPER SNOWFLAKE



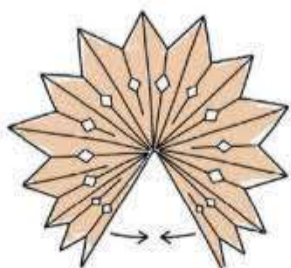
STEP 1



STEP 2



STEP 3



STEP 4

#### Materials

- Seven same-size brown or white paper lunch bags
- Hot-glue gun
- Scissors
- Paper clip\* (optional)

#### Step-by-Step

**1.** Place a bag on a work surface, bottom flap nearest to you. Cut the top corners of the bag in a curved or triangular shape, meeting at the top center; don't cut the flap area. For cutouts, cut additional shapes along the sides of the bag (the closer to the flap, the closer the design will be to the center of the snowflake). Repeat with the remaining six bags, using the first bag as a template so all the bags are cut in the same way.

**2.** Using the hot-glue gun, add glue to one bag in the shape of an upside-down T (blue lines).

**3.** Place a bag, flap side up, on top

of glued bag so flaps align; press together firmly. Repeat gluing (except last bag) and pressing until bags are in a stack.

**4.** Bring the tips of the top and bottom bag together, unfurling the stack to form a snowflake. Glue or clip these two ends together. **\*TIP** Wendy Lau uses paper clips so she can unclip and fold snowflakes flat for easy storage.

## Out of the Box

pages 110-119

### FOIL STARBURST

#### Materials

- Starburst template (see smart code, *opposite*)
- Pink and gold foil papers
- Scoring stylus
- Glue stick
- Cardboard
- Hot-glue gun
- Mini ball ornament

#### Step-by-Step

**1.** Trace the



template twice onto each color of foil paper; cut out (you should have four circles, two in each color). On the back side of each circle, mark the fold lines where indicated on the template and score all lines with the scoring stylus.

**2.** Cut each circle in half and group by color. For the pink group, accordion-fold each half-circle with the first fold toward you, second fold away from you, and so on, *above* (on right). Repeat with each gold half-circle in the opposite fashion (away, toward, away, toward); keep pieces folded.

**3.** Trim  $\frac{1}{4}$ " off the point of each piece; unfold.

**4.** Foil side up,

place one end flap of pink over one end flap of gold; glue overlapping flaps together with a glue stick, *above* (on left). Repeat with the other three pink-gold pairs.

**5.** Once dry, glue pairs to each other in the same way, alternating colors and making sure the pink flaps always overlap the gold ones until the circle is complete.

**6.** Hot-glue 3" circle of cardboard to the back center of the topper. Flip over and hot-glue an ornament to the center, *below left*.

### PAPER LOOPS

#### Materials

- Craft knife
- Cutting mat
- Foil paper
- Assorted-color cardstock
- Glue stick
- Bone folder

Increase or decrease the number and length of the loops to create different size toppers. Strips used for outer loops should be about 1" shorter than inner ones.

- Hot-glue gun
- Paper punch
- Metallic cording

#### Step-by-Step

**1.** For a three-loop ornament, cut six strips with a craft knife on a cutting mat: two  $\frac{3}{4}$ "x7" each foil and cardstock strips and one  $\frac{3}{4}$ "x8" each foil and cardstock strips.

**2.** Glue back sides of same-size foil and cardstock strips together with a glue stick (make three sets). Before glue completely dries, place each set of strips between your thumb and a bone folder (with foil side on the outside of the curve) and glide as if curling a ribbon.

**3.** Form each set into a loop (foil side out) by hot-gluing cut ends together, *below*; repeat for remaining sets.

**4.** Hot-glue the shorter loops to either side of the longer loop; let dry.

**5.** Punch a hole at





the top of the joined loops. Thread a 6" piece of cording through the hole.

## RAFFIA WREATH

### Materials

- 4 mm twisted paper raffia ribbon in two shades of green
- 3" metal macramé ring
- 1 mm natural waxed cording
- Hot-glue gun
- 8-10 10 mm pom-poms

### Step-by-Step

- 1.** Cut two 42" lengths of raffia ribbon, one in each shade of green. Untwist the ribbon.
- 2.** Hold one length

of green raffia and fold one of the cut ends about 3" down, creating an unfinished loop. Place the loop on macramé ring so cut edge is perpendicular to the ring, *below*. Do not cut raffia. Wrap waxed cording around base of the loop and the ring.

- 3.** Tie a knot with the cording on the backside, leaving a tail.
- 4.** Continue to wrap cording around the base two or three more times; do not cut cording.
- 5.** Repeat Steps 2 and 4 with a second length and shade of green raffia, slightly overlapping the first loop and wrapping the base with the cording. Repeat in alternating shades of green until the ring is completely covered with the raffia loops.



- 6.** Cut cording, leaving a 4" tail; tie to the remnant tail from Step 3.
- 7.** Hot-glue pom-poms to wreath.

## RAFFIA BOW

### Material

- 4 mm twisted paper raffia ribbon in two colors

### Step-by-Step

- 1.** Cut two 36" lengths of raffia, one in each color. Untwist the ribbon so it looks more like a narrow strip of paper. Place one strip on top of the other.
- 2.** Fold strips in half to find center; unfold. To the right of center, create a loop as if tying a bow for shoelaces, leaving a tail about 6" long.
- 3.** Cross the left side of the bow up and over, wrapping the center, and



## RAFFIA POMS & BLOOMS

Use a pom-pom maker and a flower loom with raffia ribbon to make these toppers. Follow manufacturer's instructions.

create another loop (as if tying shoelaces). Slip this loop through the wrapped center (similar to process of tying a bow tie).

- 4.** Pull bow taut; trim tails to desired length.

## CORRUGATED PAPER BAUBLES

### Materials

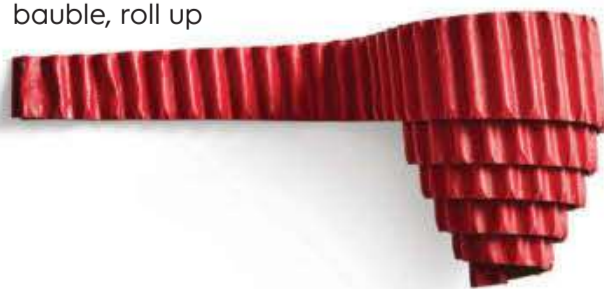
- Corrugated paper roll or corrugated packing material
- Ruler
- Craft paint
- Paintbrush
- Hot-glue gun
- Gold cording
- Long embroidery needle
- Colorful wood beads

### Step-by-Step

- 1.** To create the basic, symmetrical bauble, *top right*: Cut a 3"x22" strip of corrugated paper and place horizontally on a surface. On the strip, use a ruler to draw a line from the top right corner to 1/2" below the top left corner. Draw a second line from the bottom right corner to 1/2" above the bottom left corner; cut on these lines. Your strip should be a nearly triangular, tapered rectangle.
- 2.** Paint one side of the strip; let dry.
- 3.** To form the bauble, roll up

the painted strip, starting from the wide end, with painted side exposed (leave a little space in the middle for threading the cord through later). Keep the strip centered as you roll. Secure end with hot glue.

- 4.** Cut a 12" length of gold cording. Fold cording in half and tie a knot about 2" from folded side.
- 5.** Slide cut ends of cording through an embroidery needle. Thread the needle through the holes of two beads. Slide the needle through the center of the bauble and out the other side. Add an additional bead or two; tie a knot to secure. If the knot slips through the bead, secure with a dab of hot glue.
- 6.** To create different-shaped baubles, experiment with different sizes of triangular strips of corrugated paper.
- 7.** For baubles with multiple pieces, *middle and bottom right*, roll strips with one straight, uncut edge (rather than tapered) and string together with a bead between the pieces.



For project templates, hover your phone camera here or go to [BHG.com/Templates](https://www.bhg.com/templates).



## CHENILLE STEM STARS

### Materials

- 4" cardboard coaster
- Colored cardstock
- 9"×12" premium felt sheet (it's a bit thicker than standard felt)
- Glue stick
- Star template (see smart code, page 149)
- Rotary punch
- 16 pipe cleaners (8 each in two colors)
- Hot-glue gun

### Step-by-Step

1. Using coaster as your template, trace one 4" circle each out of cardstock and felt; cut out. Glue cardstock circle and coaster together with a glue stick; set the felt circle aside.
2. Print and cut star template and use it to mark the notches on coaster edge; punch out with a rotary punch. Number back of the coaster as indicated on the template.
3. Cut eight pipe cleaners of one color into 4" lengths and eight in second color into 5" lengths.



4. Wrap a 4" pipe cleaner on top of coaster according to numbers on back: Hook pipe cleaner into No. 1 spot and cross over to No. 5 spot (we call this action 1-5); secure with a dab of hot glue. Repeat with remaining seven 4" pieces in the following order: 5-9, 9-13, 13-1, 3-7, 7-11, 11-15, 15-3.
5. Using same technique as Step 4, wrap the eight 5" pieces in following order: 4-14, 6-12, 10-16, 2-8, 6-16, 8-14, 4-10, 2-12.
6. Hot-glue the felt circle to the back of the coaster.

## WOVEN FABRIC STARS

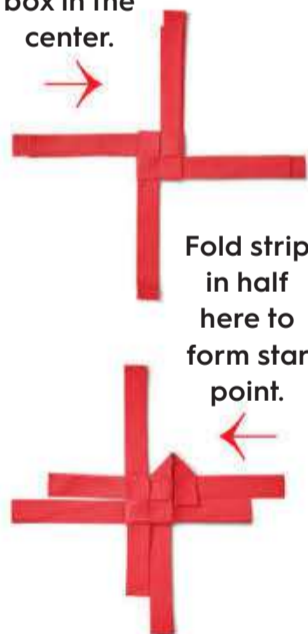
### Materials

- Four 1.75"×12" strips of fabric folded in half lengthwise ( $\frac{7}{8}$ " wide) or four 12" strips  $\frac{7}{8}$ "-wide double bias tape
- Iron
- Embroidery needle and thread

### Step-by-Step

1. Fold all strips of fabric or bias tape in half so ends meet.
2. Slide the strips together to form an interlocking box shape and flip over, below, top.

Form an interlocking box in the center.



3. Starting with the strip on the right and moving clockwise, pick up the topmost strip and bring it across the center. Once you reach the fourth strip, slip it through the loop created by the first strip.
4. Starting with the top right strip and moving in a clockwise direction, fold the



- strip down and behind itself at a 45-degree angle, then fold again at a 45-degree angle, left, bottom. Fold the strip in half where the triangles meet to create a star point. Tuck the remaining strip in the looped area and cut any excess bias tape.
5. Repeat Steps 3 and 4 until all strips are points and you have a star shape, above left; press flat.
  6. Use embroidery needle and thread to stitch a loop through top of star.

## BIAS TAPE TREE

### Materials

- $\frac{7}{8}$ " wide double bias tape in two colors
- Iron
- Iron-on adhesive at least 2" wide
- Hot-glue gun
- Pom-poms

### Step-by-Step

1. Cut one 42" length of bias tape of each color. Unfold bias tape to 3.25" wide and lay out so the "hills" of the folds face down.
2. To hem and stiffen the bias tape: cut a 2"×42" length of iron-on adhesive and lay it in the center 2" of one strip of the bias tape. Press with iron following adhesive

- package directions.
3. When the adhesive is cool, slowly remove the adhesive paper. As you remove the paper, fold the outer edges toward the center and once the edges are adhered, there should be about 0.75" between them.
  4. Cut two  $\frac{5}{8}$ "×42" lengths of adhesive tape and lay on the outer edges of the bias tape. Adhere following package directions, removing the paper once cool, above.

5. Fold bias tape in half lengthwise and smooth with your hand.
6. Repeat Steps 2-5 for the second piece of bias tape.
7. With your now-

- prepped pieces of bias tape, stack one piece on top of the other and add a small dab of hot glue to the top; cut ends in a diagonal to create a neat edge. Hot-glue this end to the top of your gift, slightly off-center to the right.
8. Create the tree shape by zigzagging the bias tape across and down the package, below, making each tier wider as you move down. Glue the outer edges to the package as you go.
  9. Trim the end and hot-glue the end to the package to secure. Hot-glue pom-poms to the tree to mimic ornaments; use a larger pom-pom at the top for a tree topper.







## ● All Spruced Up

pages 138-147

### PINECONE DOOR WREATH

#### Materials

- Red spray paint
- 150 pinecones in a variety of sizes
- 14" straw wreath form
- Wired wood picks
- Hot-glue gun

#### Step-by-Step

- 1.** Spray-paint pinecones and wreath form; let dry.
- 2.** Wrap the wire from a wood pick around the bottom of a pinecone and pierce the pick through the straw form; add a dab of hot glue to secure. Repeat until the wreath is covered with pinecones.
- 3.** Hot-glue small pinecones to fill in any gaps.

### WAX-COATED SNOW PINECONE

#### Materials

- Small drill
- Screw eye
- Pinecone
- Slow cooker (used only for crafting)
- 1 lb. beeswax pellets
- Parchment paper
- Ribbon

#### Step-by-Step

- 1.** Drill screw eye into the top of a pinecone.
- 2.** In the slow cooker, heat wax on low until it is



**PINECONE TOPIARY**  
Hot-glue spray-painted pinecones onto a foam sphere until it's covered.



melted but still thick. Hold the screw eye and dip the pinecone into the wax, covering it completely; remove. Let dry on parchment paper.

- 3.** Thread ribbon through the screw eye for hanging.

### PINECONE ORNAMENTS

#### Bird

#### Materials

- Spray paint
- Pinecone
- Hot-glue gun
- 1" wood bead
- Bird template (see smart code, page 149)
- Cardstock
- White glue
- Glitter
- Clove
- 2 black peppercorns
- Thread

#### Step-by-Step

- 1.** Spray-paint pinecone; let dry.
- 2.** Hot-glue the bead to the bottom of the pinecone to create the head.
- 3.** Trace templates for wings and tail onto cardstock; cut out.
- 4.** Coat the head, wings, and tail with white glue and cover with glitter.
- 5.** Once dry, hot-glue the wings and tail to the pinecone, as shown below.



- 6.** Remove round end of the clove to use for a beak. Adhere clove and peppercorns (for eyes) to head with white glue. Wrap a length of thread around the center for hanging.

#### Mushroom

#### Materials

- Florists scissors
- Pinecone
- Paper clay
- White glue
- Paintbrush
- Craft paint
- Clear glitter
- Small drill
- Screw eye
- Thread

#### Step-by-Step

- 1.** Using florists scissors, cut a pinecone into the shape of a mushroom cap, above.
- 2.** Create a stem with paper clay and push cap into top of stem; let dry. Add a dab of white glue to the stem if necessary.
- 3.** Paint the top of the mushroom cap. When dry, apply thinned white glue and add glitter.
- 4.** Drill a small hole for the screw eye, attach it, and add thread for hanging.

### Flower Plaque

Pictured on p. 141.

#### Materials

- Fine-pointed scissors
- 2 or 3 pinecones
- Small drill
- 3" diameter wood slice
- Acrylic paint
- Paintbrush
- Hot-glue gun
- Thread

#### Step-by-Step

- 1.** Cut pinecones through the core to create flowerlike slices; the scales around the centers should look like petals. For larger flowers, cut slices near bottom of the pinecones; for buds, cut near the top.
- 2.** Drill a 2 mm hole 1 cm from the edge of the wood slice.
- 3.** Mix a 1:1 ratio of acrylic paint (we used shades of pink and red) and water and use a paintbrush to paint wood slice; let dry.
- 4.** Hot-glue pinecone flowers onto the wood slice.
- 5.** Insert thread through the hole for hanging.



white glue to the wood ring and place the end of your embroidery floss on top, above.

- 2.** Wrap the floss around the ring five times and add another dab of glue. Repeat this wrapping-gluing process until the ring is covered with floss. Cut and glue the ends to the ring.
- 3.** Once dry, use a damp cloth to wipe away excess glue.
- 4.** Use fine-pointed scissors to cut a small flower from the pinecone, cutting through its core. The scales will be the petals.
- 5.** Affix gold beads to the center of flower with white glue. Hot-glue flower to the ring. **NOTE** To make a centerpiece, create extra flowers and glue them onto a branch. ■

### PINECONE NAPKIN RING

#### Materials

- White glue
- 2" wood ring
- Embroidery floss
- Fine-pointed scissors
- Small pinecone, above right
- Five or six 2 mm gold beads
- Hot-glue gun

#### Step-by-Step

- 1.** Apply a dab of

● **Almond Alchemy**  
pages 120-127

## Swedish Saffron-Almond Buns

A final brush of Toasted Almond Syrup gives our swirled buns a shine, but you can use simple syrup instead or skip it altogether.

**HANDS ON** 30 min.

**TOTAL TIME** 2 hr. 45 min.

- 1 cup milk
- ¼ cup unsalted butter, cut into pieces
- Pinch saffron threads
- 3¼ cups all-purpose flour
- ¼ cup sugar
- 2¼ tsp. instant yeast
- ¾ tsp. salt
- ½ cup unsalted butter, softened
- ½ recipe (⅔ to ¾ cup) Almond Paste (recipe, page 155) or one 7- to 8-oz. pkg. almond paste, at room temperature
- 1 tsp. orange zest
- 1 egg
- Sliced almonds
- Toasted Almond Syrup (recipe, page 154) or simple syrup (optional)

**1.** In a small saucepan combine milk, ¼ cup butter pieces, and the saffron. Heat over medium-low, stirring frequently, until butter begins to melt and mixture is warm (110°F to 115°F). Remove from heat; stir until butter is melted.

**2.** In the bowl of a stand mixer\* fitted with a dough hook attachment, stir together flour, sugar, yeast, and salt. Add milk mixture; mix on low until a soft dough forms. Continue mixing until smooth and elastic, 5 minutes.

**3.** Form dough into a ball; place in a greased bowl. Cover and let rise in a warm place until double in size, about 1 hour.

**4.** Meanwhile, for filling, in a medium bowl combine ½ cup softened butter, Almond Paste, and orange zest. Beat with a mixer until smooth.

**5.** Line two baking sheets with parchment paper. On a large, lightly floured surface,

roll out dough to a 22×15-inch rectangle. Spread a thin layer of filling evenly across entire surface of dough. Fold short sides of dough toward the center (like a letter). With long side of dough near you, dust top lightly with additional flour, gently pressing to seal seams.

**6.** Using a pastry or pizza cutter, cut off any uneven (not folded) edges and discard trimmings. Cut dough evenly crosswise into 12 strips. Pick up a strip, holding one end in each hand. Stretch it gently and twist it five to six times. Pinch one end of the strip and wrap into a spiral, tucking the loose ends underneath. Place on prepared baking sheet. Repeat with remaining strips.

**7.** Loosely cover buns; let rise until puffy, 60 to 90 minutes.

**8.** Preheat oven to 375°F. In a small bowl whisk together egg and 1 Tbsp. water. Brush each bun with egg wash; sprinkle with sliced almonds.

**9.** Bake until golden, 15 to

18 minutes. Transfer to a wire rack. If you like, brush warm buns with Toasted Almond Syrup or simple syrup. Makes 12 buns.

**\*TIP** If you do not have a stand mixer, combine ingredients as directed in Step 2, except add only 2 cups flour. Use a hand mixer on low to beat the mixture for 30 seconds, scraping bowl constantly. Beat on medium-high 3 minutes. Stir in 1 cup of the remaining flour by hand. Use some of the remaining flour to dust the work surface. Turn dough out onto the work surface. Knead in the remaining flour to make a soft, slightly sticky dough that is elastic (3 to 5 minutes). Continue as directed in Step 3.

**TO STORE** Store in an airtight container up to 5 days. To reheat, bake at 350°F for 10 minutes.

**PER BUN** 324 cal, 17 g fat (8 g sat fat), 48 mg chol, 165 mg sodium, 38 g carb, 2 g fiber, 10 g sugars, 6 g pro



← The base of our Cherry-Almond Crumble Bars is a soft, press-in cookie crust.

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## Toasted Almond Syrup

The step of roasting the almonds ahead of time adds big flavor to our almond syrup, but it's important to let the almonds cool before grinding them or they could turn into almond butter.

**HANDS ON** 20 min.

**TOTAL TIME** 2 hr. 20 min.

**1½ cups whole almonds**  
**1½ cups water**  
**¼ cups sugar**

1. Preheat oven to 400°F. Spread almonds in a single layer on a baking sheet. Roast until aromatic, 4 to 5 minutes; remove from oven. Transfer almonds to a kitchen towel on counter; cool completely.
2. Place almonds in a food processor. Pulse until they resemble a coarse crumble (stop before reaching fine powder).
3. In a saucepan bring water to boiling; add sugar, stirring until completely dissolved. Boil, uncovered, 3 minutes. Add almonds; stir to combine. Return mixture to boiling; remove from heat. Cover; let stand until completely cooled, at least 2 hours.
4. Strain syrup through a fine-mesh sieve. If necessary, strain again through cheesecloth, a clean flour sack towel, or a paper coffee filter to remove remaining almond particles (syrup will look cloudy). Transfer to a clean bottle or jar. Store in refrigerator up to 2 weeks. Shake before using. Makes 1½ cups.

**PER ½ CUP** 366 cal, 4 g fat, 1 mg sodium, 86 g carb, 1 g fiber, 84 g sugars, 2 g pro

## Holiday Cookie Latte

Prefer an iced latte? Chill your white chocolate milk and coffee thoroughly before combining them and top with a swirl of whipped cream.

**START TO FINISH** 10 min.

**2 cups milk**  
**½ cup white baking chips**  
**1 tsp. vanilla**

**½ tsp. butter extract**  
**⅔ cup Toasted Almond Syrup (recipe, left)**  
**4 cups hot brewed medium-roast coffee**  
**Whipped cream**  
**Sprinkles or shortbread cookie crumbs (optional)**

1. In a small saucepan heat milk over medium-low until steaming. Remove from heat; add baking chips, vanilla, and butter extract. Whisk until chips are melted. Add Toasted Almond Syrup; heat over medium-low until steaming. Froth milk with a whisk, immersion blender, or milk frother.

2. Divide coffee and frothed milk mixture evenly among warm mugs. Top each with whipped cream and sprinkles or fine cookie crumbs, if using. Makes 4 (12-oz.) or 8 (6-oz.) lattes.

**PER 6-OZ. LATTE** 168 cal, 7 g fat (4 g sat fat), 11 mg chol, 42 mg sodium, 24 g carb, 24 g sugars, 3 g pro

## Chocolate-Almond Croissant Bread Pudding

**HANDS ON** 20 min.

**TOTAL TIME** 1 hr. 10 min.

**¾ cup almond flour**  
**⅓ cup granulated sugar**  
**⅓ cup butter, melted**  
**2 Tbsp. all-purpose flour**  
**7 eggs**  
**3 cups half-and-half**  
**½ cup packed brown sugar**  
**1 tsp. vanilla**  
**½ tsp. almond extract**  
**¼ tsp. salt**  
**6 croissants, torn into bite-size pieces (about 8 cups)**  
**1 cup semisweet chocolate chunks**  
**Powdered sugar**

1. Preheat oven to 350°F. Stir together almond flour, granulated sugar, butter, all-purpose flour, and one of the eggs.
2. For custard, beat together remaining six eggs. Stir in half-and-half, brown sugar, vanilla, almond extract, and salt.
3. Coat a 2- to 3-qt. baking dish

with *nonstick cooking spray*. Add croissant pieces to dish. Pour custard over top, jiggling baking dish gently to distribute custard. Sprinkle with chocolate chunks. Evenly spoon mounds of almond mixture over top. Bake until golden brown and custard is set, about 40 minutes (for 3-qt. dish) or 50 minutes (for 2-qt. dish) (internal temperature should register 160°F). Dust with powdered sugar before serving. Serves 12 (⅔ cup each).  
**PER SERVING** 480 cal, 30 g fat (15 g sat fat), 168 mg chol, 314 mg sodium, 44 g carb, 3 g fiber, 27 g sugars, 11 g pro

## Linzer Torte

Bake the cutout "cookies" separately, as we instruct below, or layer them back on top of the tart before baking it to add dimension to your design.

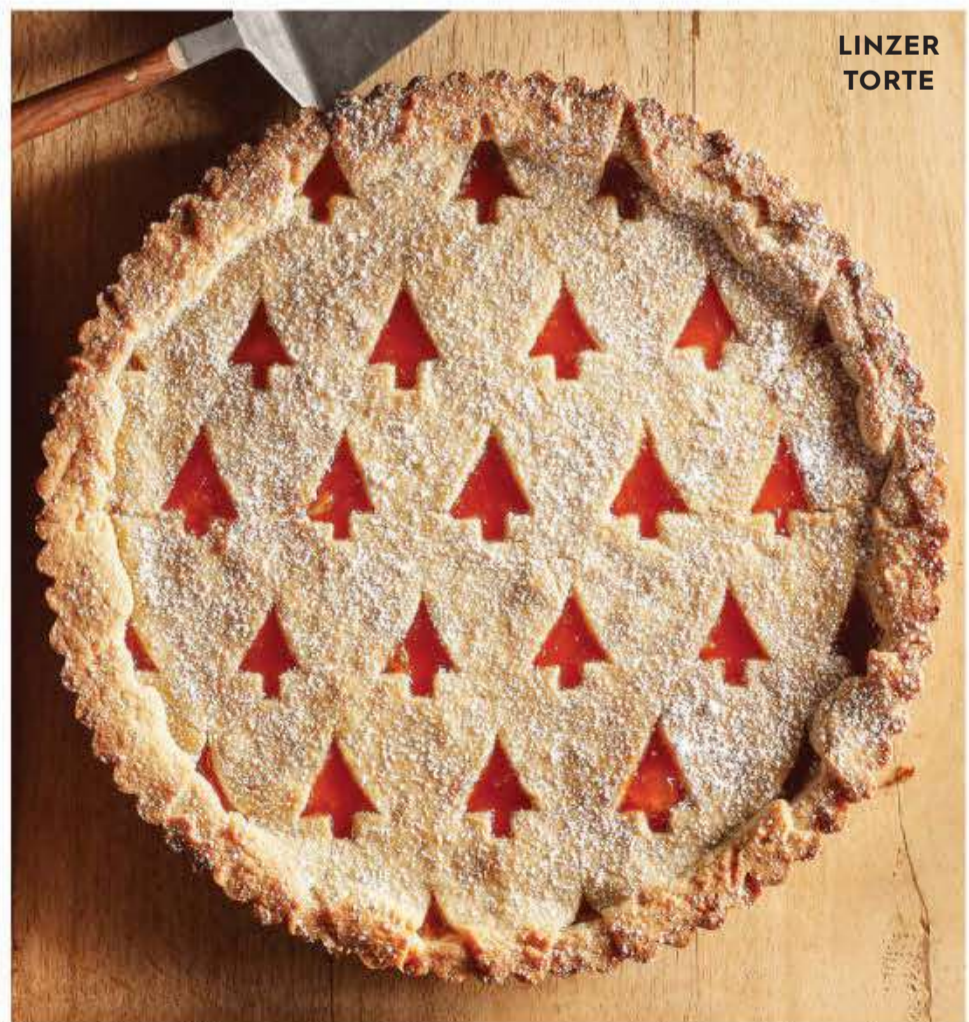
**HANDS ON** 30 min.

**TOTAL TIME** 2 hr. 45 min.

**1¾ cups all-purpose flour**  
**1¾ cups almond flour**  
**⅓ cup granulated sugar**  
**⅓ cup packed brown sugar**  
**½ tsp. ground cinnamon**  
**¼ tsp. salt**

**1 cup cold butter, cubed**  
**2 eggs, lightly beaten**  
**½ tsp. lemon zest**  
**3 Tbsp. all-purpose flour**  
**1 cup seedless raspberry or apricot jam**  
**Powdered sugar (optional)**

1. In a bowl\* combine 1¾ cups all-purpose flour, the almond flour, granulated sugar, brown sugar, cinnamon, and salt. Add butter. Using a pastry blender, cut butter into flour mixture until crumbly. Add eggs and lemon zest; stir until mixture forms a soft dough. Press two-thirds of dough into a flat disk about 7 inches in diameter. Wrap; chill at least 1 hour.
2. Meanwhile, for top crust, add 3 Tbsp. all-purpose flour to remaining dough; knead to combine. Roll\*\* into an 11-inch round between two sheets of parchment paper. Freeze 1 hour.
3. Remove the larger portion of dough; press into the bottom and up sides of an ungreased fluted 11-inch tart pan with a removable bottom. Refrigerate while top crust freezes.
4. Preheat oven to 350°F. Remove the rolled-out crust from the freezer. Remove top



**LINZER TORTE**

sheet of parchment. Use cookie cutters to cut a design in the dough, transferring cutouts to a parchment paper-lined baking sheet. Return sheet with cut dough to freezer for 15 minutes. Meanwhile, spread a thin layer of jam over dough in pan. Invert the cut sheet of dough on top and press edges together gently to seal.

**5.** Bake tart until jam is bubbly and top is golden, about 40 minutes. Bake cutouts until golden, 8 to 10 minutes. Cool completely.

**6.** Dust with powdered sugar before serving if you like. Serves 8.

**\*TIP** To use a food processor, add all-purpose and almond flours, granulated and brown sugars, cinnamon, salt, and butter to the bowl of a food processor; pulse until mixture is crumbly. Add eggs and zest; process until dough just comes together. Divide as in Step 1 and continue as directed.

**\*\*TIP** For rolling out the top crust, trace around the edge of your tart pan with a pencil to create a round template. Roll dough between two sheets of parchment with the pencil marking facing up so it doesn't come in contact with the dough.

**TO STORE** Place in an airtight container, covered, at room temperature up to 3 days or in the refrigerator up to 5 days.

**PER SERVING** 654 cal, 37 g fat (16 g sat fat), 108 mg chol, 289 mg sodium, 74 g carb, 4 g fiber, 38 g sugars, 10 g pro

## Almond Crinkle Cookies

**HANDS ON** 25 min.  
**TOTAL TIME** 2 hr.

$\frac{1}{2}$  cup butter, softened  
 $1\frac{1}{4}$  cups granulated sugar  
2 eggs  
1 tsp. vanilla  
 $\frac{1}{2}$  tsp. almond extract  
 $1\frac{1}{2}$  cups all-purpose flour  
1 cup almond flour



ALMOND  
CRINKLE  
COOKIES

1 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
1 cup powdered sugar

**1.** In a large bowl beat butter and granulated sugar with a mixer on medium until fluffy. Add eggs, vanilla, and almond extract; beat until smooth.

**2.** In a medium bowl whisk together both flours, baking powder, and salt.

**3.** Gradually add flour mixture to butter mixture, beating on low until combined. Cover and chill dough until easy to handle, 30 to 60 minutes.

**4.** Preheat oven to 350°F. Line two cookie sheets with parchment paper. Place powdered sugar in a shallow bowl.

**5.** Shape dough into 1-inch balls; roll each in powdered sugar until completely coated. Once all balls are coated, roll each in powdered sugar again to coat well. Arrange dough balls 2 inches apart on prepared cookie sheets.

**6.** Bake until cookies flatten out and have a matte, crackly surface and edges are just golden, 13 to 15 minutes.

**7.** Cool 2 minutes on cookie sheets. Remove; cool completely on wire racks. Makes 24 cookies.

**TO STORE** Arrange in layers in an airtight container. Cover and store at room temperature up to 3 days or freeze up to 3 months.

**PER COOKIE** 156 cal, 6 g fat (3 g sat fat), 26 mg chol, 100 mg sodium, 23 g carb, 1 g fiber, 16 g sugars, 3 g pro

## Cherry-Almond Crumble Bars

Swap the cherry preserves for any other berry or stone fruit jam you like or create stripes of different jams on top of the crust before adding the crumble.

**HANDS ON** 20 min.

**TOTAL TIME** 2 hr. 10 min.

$1\frac{1}{4}$  cups butter, softened  
 $1\frac{2}{3}$  cups powdered sugar  
 $\frac{2}{3}$  cup granulated sugar  
1 tsp. vanilla  
2 tsp. almond extract  
 $2\frac{2}{3}$  cups all-purpose flour  
 $1\frac{1}{2}$  cups cherry preserves  
 $\frac{2}{3}$  to  $\frac{3}{4}$  cup Almond Paste (about  $\frac{1}{2}$  recipe) (recipe, right) or one 7- to 8-oz. pkg. almond paste  
 $\frac{1}{2}$  cup chopped almonds

**1.** Preheat oven to 325°F. Line a 15×10-inch baking pan with parchment paper, extending paper over edges. Grease parchment.

**2.** In a large bowl beat butter with a mixer on medium to high 30 seconds. Add 1 cup of the powdered sugar and the granulated sugar. Beat on medium 2 minutes, scraping bowl as needed. Beat in vanilla and 1 tsp. of the almond extract until combined. Beat in flour until soft dough forms. Press the dough into the bottom of the prepared pan. Bake until crust is set, 15 to 20 minutes.

**3.** Carefully spread preserves evenly over crust. Break up almond paste into crumbles and scatter over top of preserves. Sprinkle with almonds.

**4.** Bake until almonds are toasted and almond paste is golden, 35 to 40 minutes more. Cool on a wire rack at least 1 hour.

**5.** For glaze, whisk together remaining  $\frac{2}{3}$  cup powdered sugar, remaining 1 tsp. almond extract, and 1 Tbsp. water. Drizzle bars with glaze. Use parchment to lift uncut bars out of pan. Cut into bars. Makes 24 bars.

**TO STORE** Place in an airtight container, covered, in the refrigerator up to 3 days

or freeze up to 3 months.

**PER BAR** 299 cal, 13 g fat (6 g sat fat), 25 mg chol, 84 mg sodium, 43 g carb, 1 g fiber, 27 g sugars, 3 g pro

## Almond Paste

Holiday recipes frequently call for premade almond paste, but the little tubes of it can be pricey. Make your own for a fraction of the cost and just a few minutes using a food processor. We call for blanched almond flour here so the resulting paste will look like the kind you can buy in the baking aisle. Feel free to make it with natural almond flour if you don't mind a more freckled look.

**START TO FINISH** 10 min.

$1\frac{3}{4}$  cups blanched almond flour  
 $1\frac{1}{2}$  cups powdered sugar  
1 egg white  
1 tsp. almond extract (optional)

**1.** In a food processor combine almond flour, powdered sugar, and a pinch of salt. Process until well combined and fluffy. Add



pro tip

## Almond Flour

There are two types of almond flour. "Natural" almond flour is made from raw nuts, including the skins (aka almond meal). In blanched almond flour, the skins are removed first so, absent the light brown flecks, the color is lighter. Aside from looks, we found they can be used interchangeably.

egg white and almond extract (if using); process until mixture is a soft, smooth dough. If mixture is very sticky, add an additional spoonful of powdered sugar.

**2.** Seal in an airtight container (paste will harden if it is not sealed well) and store in the refrigerator up to 2 weeks. Makes about 1½ cups.

**TIP** Use this paste in baked goods. If you want to use it in unbaked recipes, substitute a pasteurized egg white for food safety.

**PER 2 TBSP.** 153 cal, 7 g fat, 5 mg sodium, 18 g carb, 2 g fiber, 16 g sugars, 5 g pro

## Almond Croissant Bites

**HANDS ON** 25 min.  
**TOTAL TIME** 35 min.

- 1 cup almond flour
- ½ cup packed brown sugar
- ½ cup salted butter, softened
- 1 egg
- ½ tsp. almond extract
- ½ tsp. vanilla
- ½ of a 17.3-oz. pkg. frozen puff pastry sheets (1 sheet), thawed
- Whole almonds
- Powdered sugar

**1.** Preheat oven to 400°F. Spread almond flour in a shallow baking pan; bake until flour smells toasted and just begins to turn golden brown; cool slightly, 3 to 4 minutes.

**2.** For filling, in a medium bowl combine toasted almond flour, brown sugar, butter, egg, almond extract, vanilla, and ¼ tsp. salt. Beat with mixer on medium until smooth.

**3.** On a lightly floured surface, roll out pastry to a 15×10-inch rectangle. Cut into twenty-four 2½-inch squares. Gently press squares into 1¾-inch muffin cups.

**4.** Fill each pastry-lined cup with 1 Tbsp. filling. Top each with an almond. Bake until filling is puffed and pastry is golden brown, 10 to 15 minutes. Dust with powdered sugar. Makes 24 bites.

**TO STORE** Place in an airtight container; store at room temperature up to 3 days or freeze up to 3 months.

**PER BITE** 130 cal, 9 g fat (4 g sat fat), 18 mg chol, 94 mg sodium, 10 g carb, 1 g fiber, 5 g sugars, 3 g pro

## • CATHEDRAL WINDOW JELLY pages 64-67

### Buko Pandan Cathedral Window Jelly

*Agar-agar is a plant-based gelatin derived from seaweed. You can find it and the pandan leaf and extract, nata de coco, kaong, and sago in Asian grocery stores or online.*

**HANDS ON** 30 min.  
**TOTAL TIME** 10 hr. 30 min.

- Nonstick cooking spray
- 1½ cups young coconut water
- 1 tsp. agar-agar powder
- ¾ cup sugar
- ½ tsp. pandan extract
- 1 12-oz. jar nata de coco in syrup [coconut gel made from fermented coconut water]
- 1 12-oz. jar kaong [sugar palm fruit] in syrup
- 1 13.5-oz. can unsweetened, full-fat coconut milk
- 1 14-oz. can sweetened condensed milk



**BUKO PANDAN CATHEDRAL WINDOW JELLY**

- 3** 0.25-oz. envelopes unflavored gelatin powder
- 1** frozen pandan leaf, thawed and tied into a knot
- ½ cup small tapioca pearls (sago), uncooked

**1.** Grease an 8×8-inch square pan with nonstick spray and line with parchment paper. You want enough overhang on all sides to be able to easily lift out the gulaman [gelatin mixture] later.

**2.** Combine the young coconut water, agar-agar powder, and ½ cup of the sugar in a small saucepan. Cook over low heat, stirring frequently with a rubber spatula, until the mixture starts to boil, 5 to 6 minutes. Let the mixture boil for another 2 minutes, then turn off the heat and stir in ¼ tsp. of the pandan extract. Immediately pour the mixture into the prepared pan. Let cool to room temperature, about 20 minutes. Transfer to the fridge and chill at least 2 hours to completely set.

**3.** After chilling, take the gulaman out of the square pan using the parchment paper overhang. Cut into ½-inch cubes.

**4.** Grease a 12-cup Bundt pan with nonstick spray. Place the gulaman cubes in an even layer on the bottom of the pan.

**5.** Pour the nata de coco in a colander set over the kitchen sink. Give it a light stir with a wooden spoon until all the syrup is discarded. Sprinkle the nata de coco in an even layer over the gulaman cubes.

**6.** Drain the kaong in the colander set over the kitchen sink. Sprinkle the kaong in an even layer over the nata de coco.

**7.** In a large bowl, whisk together 1 cup of the coconut milk, ½ of the can of condensed milk, and the remaining ¼ cup sugar until well combined.

**8.** Combine the gelatin powder and 1½ cups water in a large measuring cup.



## MAYUMU

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Whisk together so the gelatin is incorporated into the water. Set aside to bloom for 5 minutes.

**9.** In a small saucepan heat 1 cup water with the pandan knot over medium-high heat. Cook until the water comes to a boil, then remove the pandan knot with metal tongs. Pour the hot water into the large measuring cup and whisk the contents together until the gelatin is dissolved.

**10.** Quickly pour the gelatin mixture into the large bowl with the coconut milk mixture. Whisk until well combined and ladle it all into the Bundt pan mold. Transfer the pan to the fridge to chill overnight.

**11.** In a medium saucepan bring 5 cups water to a boil over medium-high heat. Add the sago. Stir occasionally with a wooden spoon and simmer until the balls are mostly clear with white centers, 13 to 15 minutes.

**12.** Turn off the heat and cover the saucepan with a lid. Let the sago sit undisturbed until the tapioca balls are completely clear and translucent, 28 to 30 minutes. Using a large sieve, drain and rinse the sago.

**13.** Whisk ½ cup of the coconut milk, the remaining ½ of a can of condensed milk, and the remaining ¼ tsp. pandan extract together in a medium bowl. Fold in the cooked sago until well combined to complete the coconut sago sauce.

**14.** Take the chilled jelly out of the fridge and quickly invert onto a large cake stand with a lip. Pour some of the coconut sago sauce

around the base of the jelly. Serve slices with desired amount of leftover sauce. Store any leftovers in an airtight container in the fridge for up to 3 days. Makes 10 servings ( $\frac{3}{4}$  cup each).

**TEST KITCHEN TIP** To easily remove gelatin, set mold in a bowl or sink filled with warm water a few seconds until edges pull away from the sides. Invert a serving plate on top of mold. Flip the plate and the mold together. Lift off mold.

**PER SERVING** 327 cal, 10 g fat (8 g sat fat), 13 mg chol, 111 mg sodium, 56 g carb, 2 g fiber, 48 g sugars, 6 g pro

● **WINTER GREEN**  
pages 40-50

## Potato-Rosemary Upside-Down Tartlets

*Inspired by Italian pizza con patate, our appetizers start with thinly sliced potatoes, rosemary, and Parmesan, which are topped with puff pastry and baked until they rise into light, crisp layers.*

**HANDS ON** 20 min.  
**TOTAL TIME** 40 min.

- 5 to 6 oz. baby red potatoes, scrubbed
- 2 Tbsp. coarsely chopped fresh rosemary, plus 9 delicate tops
- Extra virgin olive oil
- Salt and freshly ground pepper
- $\frac{1}{3}$  cup Parmesan cheese, grated (on the medium holes of a grater)
- $\frac{1}{2}$  of a 17.3 oz. pkg. frozen puff pastry sheets (1 sheet), thawed\*
- 1 egg, lightly beaten

**1.** Preheat oven to 400°F. Line a 15×10-inch baking pan with parchment paper or a silicone baking mat. Use a mandoline or a thin-bladed long knife to cut potatoes into paper-thin slices; transfer to a bowl. Toss with the chopped rosemary, 2 tsp. olive oil, and  $\frac{1}{2}$  tsp. each of salt and freshly ground black pepper.

**2.** Drizzle about 1 tsp. olive oil on the parchment in pan in nine

areas (about 4 inches between them\*\*). Place the rosemary tops on the oil. Arrange five or six potato slices on top of the rosemary in a spiral shape, overlapping slightly. Sprinkle Parmesan on top, covering potatoes and some of the area around them.

**3.** Unfold puff pastry; cut into nine squares. Lay a pastry piece directly on top of each pile of potatoes. Add a splash of water to the egg; beat with a fork. Brush pastry with egg wash.

**4.** Bake until puffed and deep golden brown, about 15 minutes, rotating pans in oven halfway through baking. Lift each tartlet with a spatula and flip to turn potato side up; let cool slightly on a wire rack before serving. Makes 9 pastry squares.

**\*TIP** If using a 14-oz. pkg. all-butter puff pastry (such as Dufour), cut the 14×10-inch sheet of dough in half to create two 10×7-inch rectangles. Reserve one rectangle for another use. Roll half the dough into a 10×8-inch rectangle; cut into nine rectangles ( $3\frac{1}{3}\times 2\frac{2}{3}$  inches each). Assemble and bake as directed.

**\*\*TEST KITCHEN TIP** When testing, we got the best results leaving about 4 inches between the pastries. This allowed them to bake evenly and puff nicely.

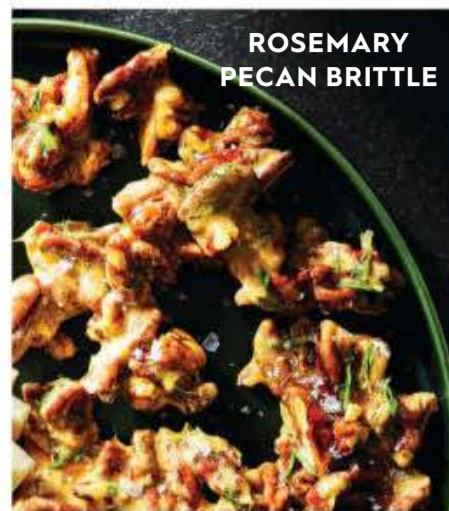
**PER PASTRY** 184 cal, 13 g fat (5 g sat fat), 13 mg chol, 282 mg sodium, 14 g carb, 1 g fiber, 1 g sugars, 3 g pro

## Rosemary Pecan Brittle

*This twist on classic nut brittle will add the evergreen notes of rosemary to a tin of holiday confections. A flaky salt with large crystals, such as Maldon or fleur de sel, gives the finished brittle texture.*

**HANDS ON** 30 min.  
**TOTAL TIME** 2 hr.

- $1\frac{1}{2}$  cups pecan halves
- Vegetable oil
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup light-color corn syrup



- 2 Tbsp. chopped fresh rosemary
- $\frac{1}{2}$  tsp. baking soda
- Sea salt flakes

**1.** Preheat oven to 375°F. Spread pecans in a single layer on a baking sheet; bake until toasted and fragrant, about 6 minutes. Transfer sheet to a cooling rack; cool until room temperature, about 30 minutes. Coarsely chop about half of the pecans; transfer all the pecans to a bowl. Brush the baking sheet and two forks with oil; place near the stove top.

**2.** In a medium saucepan combine sugar, corn syrup, and 2 Tbsp. water; stir to combine. Bring to boiling (bubbles are just breaking the surface, not rolling or vigorous). Continue cooking until light golden in color, about 8 minutes. (If using a thermometer, it should read 300°F.) Stir in pecans and rosemary with a silicone spatula or wooden spoon, working quickly to coat all the pecans with syrup. Remove from heat; stir in baking soda. Immediately pour the mixture onto the oiled baking sheet, spreading into an even layer by pulling with the oiled forks. Immediately sprinkle surface with salt; let cool to room temperature, about 1 hour. Tap with a knife to crack into large pieces. Store in an airtight container at room temperature up to 1 month. Makes 16 (2- to 3-inch) pieces.

**PER PIECE** 126 cal, 8 g fat (1 g sat fat), 156 mg sodium, 15 g carb, 1 g fiber, 9 g sugars, 1 g pro

## Rosemary Garlic Knots

*If you'd prefer breadsticks, skip shaping the dough strips into knots. Brush with the rosemary mixture and bake 8 to 10 minutes.*

**HANDS ON** 20 min.  
**TOTAL TIME** 1 hr. 10 min.

- 1 lb. pizza dough, at room temperature
- 2 Tbsp. olive oil, plus more for oiling cups and brushing knots
- 1 Tbsp. plus 1 tsp. finely chopped fresh rosemary
- 3 garlic cloves, minced
- $\frac{1}{4}$  tsp. coarse salt
- $\frac{1}{4}$  cup salted butter, melted
- 1 Tbsp. chopped fresh flat-leaf parsley

**1.** Preheat oven to 425°F with a rack in the upper third of the oven. Place dough on a large cutting board; pull gently (or roll) into a 12×5-inch rectangle, allowing dough to rest as necessary. Cover with a kitchen towel. Brush twelve  $2\frac{1}{2}$ -inch muffin cups generously with olive oil.

**2.** In a small bowl combine the 1 Tbsp. rosemary, two cloves of the garlic, 2 Tbsp. olive oil, and the coarse salt. Brush rosemary mixture on the surface of the dough, spreading to the edges.

**3.** Cut dough crosswise into 12 strips. Gently pull both ends of each strip, then wrap around two fingers twice, creating a donut shape. Tuck the end of the dough into the center hole, forming a loose knot.

**4.** Place each knot in a prepared muffin cup. Cover muffin pan with a kitchen towel. Let dough rise in a warm place until slightly puffed, 20 to 30 minutes. Gently brush the top of each knot with olive oil. Bake until golden brown and not doughy in the center, 17 to 20 minutes. Cool slightly before removing from pan, about 2 minutes.

**5.** Meanwhile, for garlic-rosemary butter, in a small bowl combine butter, remaining one clove garlic, 1 tsp. rosemary, and the parsley. Drizzle butter mixture over knots. Serve warm. Makes 12 knots.

**PER KNOT** 165 cal, 9 g fat (3 g sat fat), 10 mg chol, 259 mg sodium, 17 g carb, 3 g pro

**MAKE IT CHEESY** Before baking, top each garlic knot with 1 tsp. grated Parmesan and 1 Tbsp. finely shredded mozzarella. Bake as directed.

## Herbed Lamb Stew

Though a potato is typically the starchy stew vegetable of choice, Jerusalem artichokes (aka sunchokes) offer a distinctive flavor and texture to this rich dish. They're the root or tuber from the sunflower family and have a bite similar to jicama and water chestnuts.

**HANDS ON** 30 min.

**TOTAL TIME** 1 hr. 40 min.

- 3 lb. boneless lamb shoulder,\* cut into 1½-inch cubes
- 3 Tbsp. chopped fresh rosemary
- 1 large red onion, cut into ½-inch wedges (12 oz.)
- 1 cup dry red wine
- 4 cups reduced-sodium beef broth
- 3 medium carrots, peeled and cut into 1-inch chunks
- 3 medium parsnips, peeled and cut into 1-inch chunks (1 lb.)
- 6 garlic cloves, halved lengthwise

- 1 cup black, oil-cured olives or niçoise olives, pitted and rinsed
- 1 lb. Jerusalem artichokes (sunchokes), scrubbed and sliced into 1-inch chunks, or baby red potatoes, halved

1. Place lamb in a large bowl; season with 1 Tbsp. of the rosemary and ½ tsp. each salt and freshly ground black pepper. Toss to coat lamb thoroughly; cover with plastic wrap. Set aside 30 minutes or up to overnight (refrigerate if longer than 2 hours). Just before cooking, pat lamb dry.
2. Heat 1 Tbsp. olive oil in a 6-qt. Dutch oven over medium-high. When oil is hot, place half of the lamb in the pan in a single layer without crowding. Cook until browned on all sides, 4 to 6 minutes. Remove lamb to a bowl. Repeat with the remaining lamb.
3. Add an additional 1 Tbsp. olive oil and the onion to the pan. Reduce heat to medium. Cook, stirring occasionally, until onion wedges are soft, 6 to 7 minutes. Carefully add wine to pan.



← Fresh sunchokes are in season from October to April.

Increase heat to medium-high. Bring to a gentle boil, scraping browned bits from bottom of pan with a wooden spoon. Boil gently, uncovered, until slightly reduced, 2 to 3 minutes.

4. Add the remaining 2 Tbsp. rosemary, the broth, carrots, parsnips, garlic, black olives, artichokes, and lamb to the pan. Bring to boiling; reduce heat. Simmer, covered, until meat and vegetables are tender, 40 to 50 minutes.

5. Season with additional salt and pepper as needed. If serving later, let cool slightly and refrigerate up to 3 days; skim any fat from the surface with a spoon before reheating the stew. Serves 8 (1½ cups each serving).

**\*TIP:** You can substitute beef chuck roast for the lamb. In Step 4, simmer until beef is fork-tender, about 80 to 90 minutes.  
**PER SERVING** 523 cal, 24 g fat (6 g sat fat), 111 mg chol, 1,176 mg sodium, 33 g carb, 5 g fiber, 11 g sugars, 37 g pro

## Rosemary Polenta Cake with Meyer Lemon

**HANDS ON** 45 min.

**TOTAL TIME** 1 hr. 30 min.

- 1 cup polenta or cornmeal
- ½ cup all-purpose flour
- 2 Tbsp. finely chopped fresh rosemary
- ¼ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 2 sticks unsalted butter, softened
- ¾ cup sugar
- 4 eggs
- ¼ cup plain whole milk yogurt
- ¼ cup chopped Candied Meyer Lemon Peel (recipe, opposite)
- Sugared Rosemary (recipe, opposite) (optional)
- ½ cup syrup (from Candied Meyer Lemon Peel)

1. Preheat oven to 350°F. Butter and flour a 9×2-inch cake pan or 9×5-inch loaf pan.

2. In a medium bowl combine polenta, flour, rosemary, baking powder, baking soda, and salt. In a large bowl beat butter with mixer on medium-high 30 seconds. Gradually add sugar; beat until fluffy, about 2 minutes. Add eggs, one at a

# Festive Sipper

The herb-citrus syrup and piney, speckled salt are DIY touches that make this cocktail a standout on the holiday drink menu.

## Rosemary-Mezcal Salty Dog

**HANDS ON** 10 min.

**TOTAL TIME** 30 min.

### 1 MAKE ROSEMARY-GRAPEFRUIT SYRUP

Combine ½ cup sugar, 2 sprigs rosemary, 4 strips grapefruit peel, and 1 cup water in a small saucepan. Bring to a boil and cook until sugar is completely

dissolved, about 2 minutes. Remove from heat and cool to room temperature. Strain through fine mesh sieve into a jar. Refrigerate, covered, until ready to use. Leftovers will last up to 1 month.

### 2 RIM THE GLASS WITH ROSEMARY SALT

Stir together 2 tsp. finely chopped fresh rosemary and 2 Tbsp. sea salt flakes in a small bowl. Press firmly with the back of a spoon to lightly crush

the salt and release the rosemary's fragrance (or use a mortar and pestle). Run a grapefruit wedge along the rim of a cocktail glass. Gently roll the glass rim in the salt mixture.

**LEFTOVER SALT** Sprinkle the herb-scented salt on potatoes, eggs, or roasted chicken or pork. You can also mix it with some olive oil and use it as a bread dipper.

### 3 CRAFT THE COCKTAIL

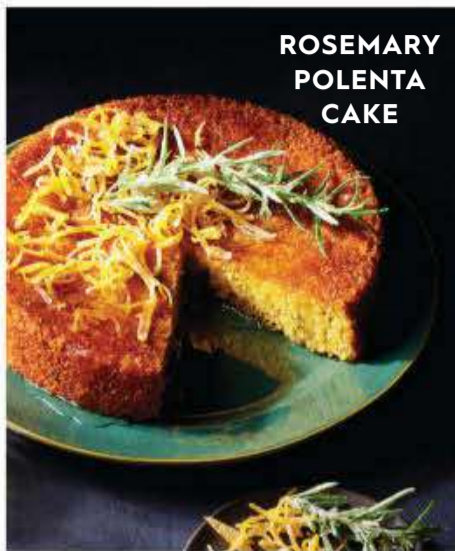
In a cocktail shaker with ice, add 1½ oz. mezcal or tequila, ½ oz.

Rosemary Grapefruit Syrup, and 2½ oz. grapefruit juice. Shake well and pour into rimmed glasses filled with ice. Garnish with grapefruit wedge and rosemary sprig.

**PER COCKTAIL** 149 cal, 465 mg sodium, 12 g sugars







**ROSEMARY  
POLENTA  
CAKE**

time, beating after each addition. Reduce speed to low; beat in half of the polenta mixture. Add yogurt; beat until just combined. Stir remaining polenta mixture and chopped Candied Meyer Lemon Peel into batter. Spoon batter into prepared pan, spreading evenly (batter will be thick).

**3.** Bake until a toothpick inserted in the center comes out clean, 40 to 45 minutes. Cool in pan on a wire rack 5 minutes. Run a knife around the edge to release the cake from the pan. Invert onto serving platter. Top with Sugared Rosemary (if using) and additional lemon peel. Serve warm with drizzled lemon syrup from Candied Meyer Lemon Peel. Serves 8.

**PER SERVING** 489 cal, 27 g fat (16 g sat fat), 157 mg chol, 342 mg sodium, 58 g carb, 1 g fiber, 35 g sugars, 6 g pro

## Candied Meyer Lemon Peel and Sugared Rosemary

**3** Meyer lemons  
**1½** cups plus **1 Tbsp.** sugar  
**3** or **4** sprigs fresh rosemary

**1.** Peel the lemons with a vegetable peeler (reserve peeled lemons for another use). Using a sharp knife, very finely slice the strips. Place in a small, nonreactive saucepan; cover with 2 inches water. Bring to boiling; reduce heat to medium. Cook, uncovered, 5 minutes. Strain and rinse with fresh water.  
**2.** Combine the 1½ cups sugar and ¾ cup water in the

saucepan. Bring to boiling, stirring to dissolve sugar. Add the lemon peel to the syrup. Reduce heat to medium-low. Stir to coat peel with syrup; cook until translucent, 10 to 15 minutes. Strain peel from syrup, reserving syrup. Chop enough of the lemon strips to make ¼ cup to use in the cake.

**3.** Place the 1 Tbsp. sugar on a plate. Dip rosemary sprigs into syrup with slotted spoon, allowing excess syrup to drip off. Toss sprigs in sugar to coat. Set aside on a clean plate to dry while you make the cake. Coat lemon peel in remaining sugar. Let dry on plate with rosemary.

**4.** Serve syrup with cake. Store remaining syrup in the refrigerator up to 2 weeks. Use syrup to sweeten tea, drizzle over fruit, or add to cocktails. Makes ¼ cups syrup and ½ cup candied lemon peel.

### ● BAKED UP BIG pages 76-80

## The Big Buckeye

*The thin peanut butter layer forms the eye of the buckeye nut this cookie's named for. Flatten peanut butter balls in your hand first, then gently press them on cooled cookies before topping with ganache.*

**HANDS ON** 25 min.  
**TOTAL TIME** 55 min.

**¾** cup plus **2 Tbsp.** salted butter, softened  
**¾** cup granulated sugar  
**½** cup packed brown sugar  
**2** eggs  
**1** egg yolk  
**2¼** tsp. vanilla  
**1** tsp. instant espresso coffee powder  
**⅔** cup Dutch-process unsweetened cocoa powder  
**1½** tsp. baking soda  
**½** tsp. plus **1 pinch** salt  
**2½** cups all-purpose flour  
**½** cup heavy cream  
**6** oz. semisweet or bittersweet chocolate bar, finely chopped

**¾** cup creamy peanut butter  
**1** cup plus **2 Tbsp.** powdered sugar

**1.** Preheat oven to 375°F. Line two cookie sheets with parchment paper. In a large bowl beat the ¾ cup butter with a mixer on medium to high 30 seconds. Add granulated sugar and brown sugar; beat on medium, scraping bowl as needed, 2 minutes. Beat in eggs, egg yolk, 2 tsp. of the vanilla, and the coffee powder until combined. Beat in cocoa powder, baking soda, and the ½ tsp. salt until combined. Beat in flour.

**2.** Drop dough by ⅓-cup portions (nine total) 3 inches apart onto prepared cookie sheets. Flatten mounds to ¾ inch thick and 3-inch diameter.

**3.** Bake until edges are just set and tops appear crackled, about 12 minutes. Let cool 2 minutes on cookie sheets. Remove; cool completely on wire racks.

**4.** For ganache, in a saucepan bring heavy cream just to boiling over medium-high. Remove from heat; add chocolate (do not stir). Let stand 5 minutes. Stir until smooth. Cool 10 minutes.  
**5.** In a medium bowl stir together peanut butter, all the powdered sugar, and 2 Tbsp. butter, remaining ¼ tsp. vanilla, and pinch of salt until combined. Shape peanut butter mixture into nine 1½-inch balls.

**6.** Gently flatten each peanut butter ball to fit within ½ inch of

cookie edge; press gently to adhere to cookie. Spoon ganache over peanut butter. Makes 9 cookies.

**TO STORE** Store cookies in an airtight container at room temperature up to 2 days or freeze up to 3 months.

**PER COOKIE** 764 cal, 42 g fat (21 g sat fat), 124 mg chol, 613 mg sodium, 90 g carb, 5 g fiber, 54 g sugars, 12 g pro

## In-the-Pink Sugars

*For even doneness, press cookies to the full diameter specified in the recipe and don't skip letting the cookies stand on the cookie sheet after baking.*

**HANDS ON** 30 min.  
**TOTAL TIME** 1 hr.

**1½** cups salted butter, softened  
**1** cup granulated sugar  
**⅓** cup powdered sugar  
**2½** tsp. baking powder  
**1** tsp. salt  
**3** egg whites  
**2** Tbsp. heavy cream  
**1½** tsp. vanilla  
**½** tsp. almond extract  
**3⅔** cups all-purpose flour  
**1** recipe Almond Buttercream Frosting (recipe, page 160)

**1.** Preheat oven to 350°F. In a large bowl beat butter with a mixer on medium to high 30 seconds. Add both sugars, baking powder, and salt. Beat on medium until fluffy, scraping bowl as needed. Add egg whites, heavy cream, vanilla, and almond extract; beat until combined. Beat in flour.

**2.** Drop dough by ½-cup portions (nine total) 3 inches apart onto two parchment-lined cookie sheets. Flatten mounds to about ½ inch thick and 3½-inch diameter. Bake until edges are firm and bottoms are very lightly brown,



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**THE BIG  
BUCKEYE**

the  
PERFECT  
PLATE



CLASSIC PEANUT  
BRITTLE

INGREDIENTS

- 1 cup Karo® Light Corn Syrup or Karo® Dark Corn Syrup
- 1 cup sugar
- ¼ cup water
- 2 tablespoons butter OR margarine
- 1½ cups roasted, lightly salted peanuts
- 1 teaspoon baking soda



DIRECTIONS

**1.** Spray a 15x10-inch baking sheet and metal spatula with cooking spray; set aside. **2.** Combine syrup, sugar, water and butter in a heavy 3-quart saucepan. Cook over medium heat, stirring frequently, until sugar dissolves and mixture comes to a boil. **3.** Cook without stirring until temperature reaches 280°F on a candy thermometer or small amount of mixture dropped into very cold water separates into threads which are hard but not brittle. **4.** Gradually stir in peanuts; continue cooking, stirring frequently, until temperature reaches 300°F or small amount of mixture dropped into very cold water separates into threads which are hard and brittle. Remove from heat; stir in baking soda. Mixture will foam and become lighter in color. **5.** Immediately pour mixture onto cookie sheet. With metal spatula, spread mixture evenly to edges. Cool and break into pieces.

**Karo**

Get more recipes at [KaroSyrup.com](http://KaroSyrup.com)

COOKBOOK

13 to 14 minutes.  
Cool on cookie sheets 2 minutes.  
Remove; cool on wire racks.  
Spread Almond Buttercream Frosting on top.  
Makes 9 cookies.

ALMOND

BUTTERCREAM

**FROSTING** In an extra-large bowl beat 1 cup softened salted butter with a mixer on medium to high, 1 to 2 minutes. Beat in 1 cup powdered sugar. Add 2 Tbsp. heavy cream, 1 tsp. almond extract, and a dash of salt; beat on low until combined. Gradually beat in 3 cups powdered sugar just until combined. Beat on medium until fluffy, scraping bowl occasionally, 5 minutes. Add 1 Tbsp. heavy cream and 1 to 2 drops pink gel food coloring; beat on high 1 minute more. (Makes 2¾ cups)

**VANILLA BUTTERCREAM FROSTING** Follow the recipe for Almond Buttercream Frosting but omit almond extract and use 1 tsp. vanilla.

**TO STORE** Place cookies between waxed paper in an airtight container at room temperature up to 3 days or freeze up to 3 months.

**PER COOKIE** 965 cal, 51 g fat (32 g sat fat), 136 mg chol, 807 mg sodium, 119 g carb, 1 g fiber, 79 g sugars, 7 g pro

**Banana Bread Bliss**

*Our Test Kitchen found that freezing the dough balls before baking plus adding cornstarch to the dough were key to a dense and chewy cookie that won't taste underbaked.*

**HANDS ON** 25 min.

**TOTAL TIME** 5 hr. 35 min.

- ½ cup salted butter, softened
- ½ cup shortening
- ½ cup mashed banana (1)
- ¼ cup granulated sugar
- 1 cup packed brown sugar
- 2 eggs
- 1 Tbsp. vanilla bean paste
- 3 cups all-purpose flour
- ½ cup ground rolled oats\*
- ¼ cup cornstarch
- 1 tsp. baking soda
- ½ tsp. salt



IN-THE-PINK SUGARS

Candied Walnuts (recipe, below)

- 1 cup banana chips (3 oz.), coarsely crushed
- 2 cups sweetened flaked coconut

**1.** In a large bowl beat butter, shortening, and banana until creamy. Add sugars; beat on medium until very light, 3 minutes. Scrape bowl; beat in eggs and vanilla bean

paste. Add flour, oats, cornstarch, baking soda, and salt; beat just until combined. In a medium bowl stir together Candied Walnuts, banana chips, and 1 cup of the coconut. Remove half of the mixture and set aside. Stir remaining walnut mixture into dough. Cover and chill dough 30 minutes.

**2.** Line a tray or cookie sheet with parchment paper. Place remaining 1 cup coconut in a shallow dish. Divide dough into eight even pieces. Shape pieces into balls. Gently dip half of each dough ball into coconut. Place, coconut side up, on prepared tray. Freeze 4 to 24 hours.\*\*

**3.** Adjust oven rack to middle position. Preheat oven to 400°F. Arrange half of the dough balls on a parchment-lined cookie sheet. Bake 6 minutes (do not open oven). Adjust oven to 350°F and bake 12 minutes more. Carefully sprinkle some of the remaining walnut mixture over dough balls; gently press in with the back of a spoon (be careful not to flatten). Bake until lightly browned, 2 to 4 minutes more. Remove from cookie sheet; cool completely. Repeat with remaining dough balls. Makes 8 cookies.

**\*TIP** Place ¾ cup regular rolled oats in a food processor or blender. Cover and process until ground.

**\*\*TIP** You can transfer frozen dough balls to an airtight container and freeze up to 3 months; bake as directed.

**CANDIED WALNUTS** Place ¼ cup granulated sugar in a 10-inch skillet.

Heat over medium until sugar starts



BANANA BREAD BLISS

to melt. Gently stir any melted sugar into unmelted sugar until all the sugar is melted and golden. Stir in 1 Tbsp. salted butter until melted. Stir in  $\frac{3}{4}$  cup chopped walnuts. Cool on foil. Chop before adding to dough.

**TO STORE** Place baked cookies in an airtight container at room temperature up to 3 days or freeze up to 3 months.

**PER COOKIE** 840 cal, 44 g fat (20 g sat fat), 80 mg chol, 486 mg sodium, 104 g carb, 6 g fiber, 52 g sugars, 10 g pro

## Lovely Lemon-Poppy Seed Cookies

The purchased sandwich cookie inside becomes soft but stays intact as the cookie bakes.

**HANDS ON** 15 min.

**TOTAL TIME** 5 hr. 25 min.

- $\frac{1}{2}$  cup salted butter, softened
- $\frac{1}{2}$  cup shortening
- $1\frac{3}{4}$  cups sugar
- 1 Tbsp. lemon zest
- 1 Tbsp. poppy seeds
- $\frac{1}{2}$  tsp. salt
- 2 eggs
- 1 Tbsp. vanilla
- 1 Tbsp. fresh lemon juice
- 3 cups all-purpose flour
- $\frac{1}{4}$  cup cornstarch
- 1 tsp. baking soda
- 4 oz. white baking chocolate, chopped

### 8 vanilla or lemon sandwich cookies

#### Lemon Glaze (recipe, right)

- 1.** In a large bowl beat butter and shortening with a mixer until creamy. Add  $1\frac{1}{2}$  cups of the sugar, the zest, poppy seeds, and salt. Beat on medium until very light, 3 minutes. Scrape bowl; beat in eggs, vanilla,

and lemon juice. Add flour, cornstarch, and baking soda; beat until just combined.

Stir in white chocolate. Cover and chill dough 30 minutes.

- 2.** Line a tray or cookie sheet with parchment. Place remaining  $\frac{1}{4}$  cup granulated sugar in a shallow dish. Divide dough into eight pieces. Shape each dough piece

around one sandwich cookie, forming a ball. Gently dip half of the dough ball into sugar. Place, sugar side up, on prepared tray. Freeze 4 to 24 hours.\*

- 3.** Adjust oven rack to middle position. Preheat oven to 400°F. Arrange half of the frozen dough balls, sugar side up, on a parchment-lined cookie sheet. Bake 6 minutes (do not open oven). Adjust temperature to 350°F. Bake until edges are firm and cookies appear set, about 14 minutes more. Remove from sheet; cool completely; repeat with remaining balls. Brush Lemon Glaze over warm cookies (glaze will set as cookies cool). Makes 8 cookies.

**\*TIP** You can transfer frozen dough balls to an airtight container and freeze up to 3 months; bake as directed.

**LEMON GLAZE** Stir together  $\frac{1}{2}$  cup powdered sugar and 2 Tbsp. fresh lemon juice.

**TO STORE** Place baked cookies in an airtight container at room temperature up to 3 days or freeze up to 3 months.

**PER COOKIE** 764 cal, 34 g fat (14 g sat fat), 80 mg chol, 466 mg sodium, 110 g carb, 2 g fiber, 64 g sugars, 8 g pro



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## Chunky Chocolate-Walnut Cookies

HANDS ON 20 min.  
TOTAL TIME 2 hr. 20 min.

- 3 1/3 cups all-purpose flour
- 1/4 cup cornstarch
- 3/4 tsp. salt
- 1/2 tsp. baking soda
- 1 1/4 cups salted butter, melted
- 1 1/4 cups packed brown sugar
- 1/2 cup granulated sugar
- 3 eggs
- 2 cups coarsely chopped walnuts, toasted
- 1 12-oz. pkg. semisweet chocolate chunks or chips (2 cups)
- 1/2 cup milk chocolate chips or dark chocolate chips

**1.** In a medium bowl whisk together flour, cornstarch, salt, and baking soda. In a large bowl stir together butter and both sugars. Stir in eggs, one at a time, until combined. Stir in flour mixture until combined. Stir in walnuts and chocolate chips.

**2.** Cover and chill dough 1 hour. Divide dough into heaping 1/3-cup balls (14 dough balls). Cover and chill dough balls 30 minutes.\*

**3.** Preheat oven to 400°F. Line two cookie sheets with parchment paper. Evenly space seven dough balls on each sheet. Bake until golden, 13 to 14 minutes. Cool on cookie sheets 15 minutes. Serve warm. Makes 14 cookies.

**\*TIP** Prepare as directed through Step 2. You can store dough balls in an airtight container in the refrigerator up to 1 week or freeze up to 3 months. Bake refrigerated dough as directed. Bake frozen dough at 375°F 16 to 18 minutes.

**TO STORE** Store baked cookies in an airtight container at room temperature up to 3 days or freeze up to 3 months. To serve warm, bake in a 400°F oven about 5 minutes or microwave 20 seconds.

**PER COOKIE** 646 cal, 39 g fat (18 g sat fat), 86 mg chol, 330 mg sodium, 74 g carb, 4 g fiber, 45 g sugars, 9 g pro



**CHUNKY CHOCOLATE-WALNUT COOKIES**

## Giant Peppermint-Chocolate Cookies

*The peppermint-sugar coating melts into the cookies quickly as they bake. For an extra dose of holiday cheer, sprinkle additional peppermint chips and mint candies on top the last couple minutes of baking.*

HANDS ON 20 min.  
TOTAL TIME 5 hr. 30 min.

- 1 cup salted butter, softened
- 1 cup packed dark brown sugar
- 1/2 cup granulated sugar
- 1/4 cup very finely crushed peppermint candies\*
- 2 eggs
- 1 tsp. vanilla
- 2 1/2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 cup semisweet chocolate chips
- 1 cup peppermint-flavored chips or 6 oz. chocolate-peppermint squares, chopped
- 1/4 cup finely crushed peppermint candies\*

**1.** In a large bowl beat butter with a mixer until creamy. Add brown sugar, 1/4 cup of the granulated sugar, and the very finely crushed candies. Beat on medium until very light, 3 minutes. Scrape bowl; beat in eggs and vanilla. Add flour, cocoa powder, baking soda, and salt; beat just until combined. Stir in chips. Cover and chill dough 30 minutes.



**GIANT PEPPERMINT-CHOCOLATE COOKIES**

**2.** Line a tray or cookie sheet with parchment paper. In a shallow dish combine remaining 1/4 cup granulated sugar and the finely crushed candies. Divide the dough into eight even pieces. Shape the dough pieces into balls. Gently dip half of each dough ball into sugar mixture. Place, sugar side up, on prepared tray. Freeze 4 to 24 hours.\*\*

**3.** Adjust oven rack to middle position. Preheat oven to 400°F. Arrange four of the dough balls, sugar side up, 4 inches apart on a parchment-lined large cookie sheet. Bake 6 minutes (do not open oven). Adjust temperature to 350°F. Bake until edges are firm and cookies appear set, about 14 minutes. Remove from cookie sheet and cool completely. Repeat with remaining four dough balls. Makes 8 cookies.

**\*TIP** Use a food processor to crush the candies. Add candies and pulse until desired texture. Very finely crushed peppermint candies are the texture of sanding sugar. Finely crushed peppermint candies are 1/8-inch to 1/4-inch chunks.

**\*\*TIP** You can transfer frozen dough balls to an airtight container and freeze up to 3 months; bake as directed.

**PERFECTLY ROUND COOKIES** To achieve consistent bakery-style rounds, try this trick with just-baked cookies. Using a 5- to 6-inch round cookie cutter in a swirling motion, shape the edges of the cookie until perfectly round (you aren't getting rid of any part of the cookie edge but are molding the edge into a perfect circle). Because the cookies are still warm, they're flexible enough to change shape minimally without breaking.

**TO STORE** Place baked cookies in an airtight container at room temperature up to 3 days or freeze up to 3 months.

**PER COOKIE** 790 cal, 40 g fat (24 g sat fat), 108 mg chol, 526 mg sodium, 108 g carb, 4 g fiber, 56 g sugars, 8 g pro ■

## SWEEPSTAKES RULES

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### DIY SMOOTHIE KIT

Plug one of our flavor combo suggestions into the formula below or create your own.

**HANDS ON** 10 minutes

- 1 cup **FRUIT**
- ½ cup raw **VEGETABLES**
- 1 to 2 Tbsp. **NUTS**, nut butter, or seeds (chia, pepitas, whole flaxseeds, or flaxseed meal)
- 2 Tbsp. plain yogurt
- 1 to 2 whole pitted dates, chopped
- SUPER POWDERS** (optional)
- HERB or SPICE** (optional)
- ⅔ to ¾ cup **LIQUID**

**1.** In a 16-oz. freezer-safe cup with a lid (like a wide-mouth freezer jar or insulated cup) or a resealable plastic storage bag, combine all ingredients except liquid. Cover or seal and label. Freeze up to 3 months.

**2.** Let frozen cup stand 10 minutes, then loosen with a thin spatula. In a blender or food processor combine contents of the cup or bag and the liquid. Cover and blend until smooth. Makes 1 serving (1½ cups).



### Sweet-Tart

Barely perceptible cauliflower adds heft to keep you full longer. All the berries make this a vitamin C powerhouse.

- mixed berries + cherries
- acai berries
- cauliflower
- 1 Tbsp. flaxseed meal
- cherry juice

### Freezing 101

If using plastic bags, first place them flat in a single layer on a tray or baking sheet. Once they're solid, stack for tidier storage.

### SUPER POWDERS

Stir in any of these natural boosters for extra nutrients.



#### PROTEIN POWDER

If you consume dairy, look for whey-based protein powder (on left). If you avoid animal products, pea protein (right) is vegan-friendly. Use 2 Tbsp.



#### POWDERED GREENS

Most brands include dried leafy greens, vegetables, fruits, and grasses with high levels of vitamin A, iron, and calcium. Use ½ to 1 tsp.



#### HEMP SEEDS

Technically nuts, hemp seeds are rich in the amino acid arginine, which may reduce the risk of heart disease. Use 1 to 2 Tbsp.



#### MACA

This earthy-tasting ground root known as Peruvian ginseng may boost energy and mood. Use 2 tsp.



#### SPIRULINA

The blue-green algae is rich in phycocyanin, an antioxidant with anti-inflammatory powers. Use 1 tsp.

# Better days start with ZzzQuil™ nights



**ZzzQuil. The world's #1 sleep aid brand.†**

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†Source Euromonitor International Limited; Consumer Health 2023 Edition; Sleep Aids, all channels, retail selling price, Global Brand Name ZzzQuil 2022 data

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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### A BILTMORE CHRISTMAS

Don't miss Bethany Joy Lenz and Kristoffer Polaha in the all new Hallmark Channel original movie *A Biltmore Christmas*. Premieres Sunday, November 26 at 8/7c!

[HallmarkChannel.com](http://HallmarkChannel.com)



### POUR YOUR HEART INTO EVERY MORNING

With a touch of real honey and whole grain oats, Honey Nut Cheerios™ is a delicious addition to any heart healthy\* diet.

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(Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving.)



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[fancyfeast.com](http://fancyfeast.com)



### MAKE IT A SNOW DAY

The most delightfully strange thing is happening this holiday: snowmen are moving from the yards to the cookie trays.

Their top hats are being traded for HERSHEY'S KISSES chocolate, and their carrots are turning into candy noses. They're just as fun to make, but way more delicious to eat.



Scan here for the recipe or visit [recipe.hersheys.com](http://recipe.hersheys.com)



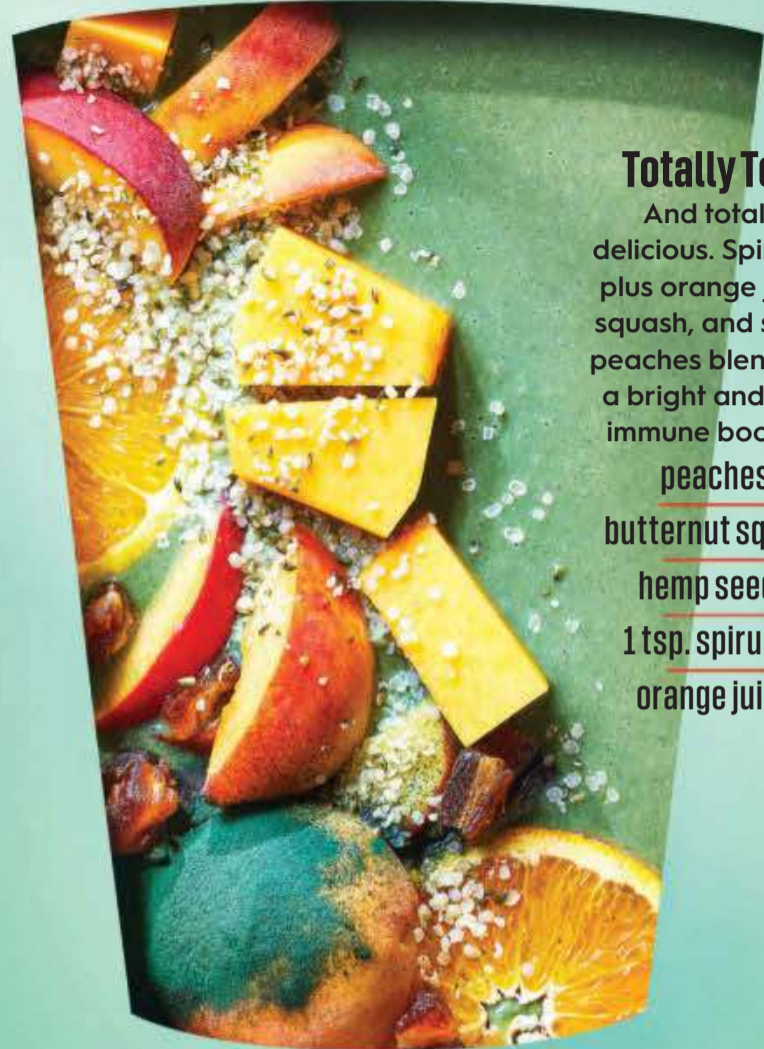




### Carrot Cake

Mom-approved, this dessertlike drink is healthy enough to kick-start the day.

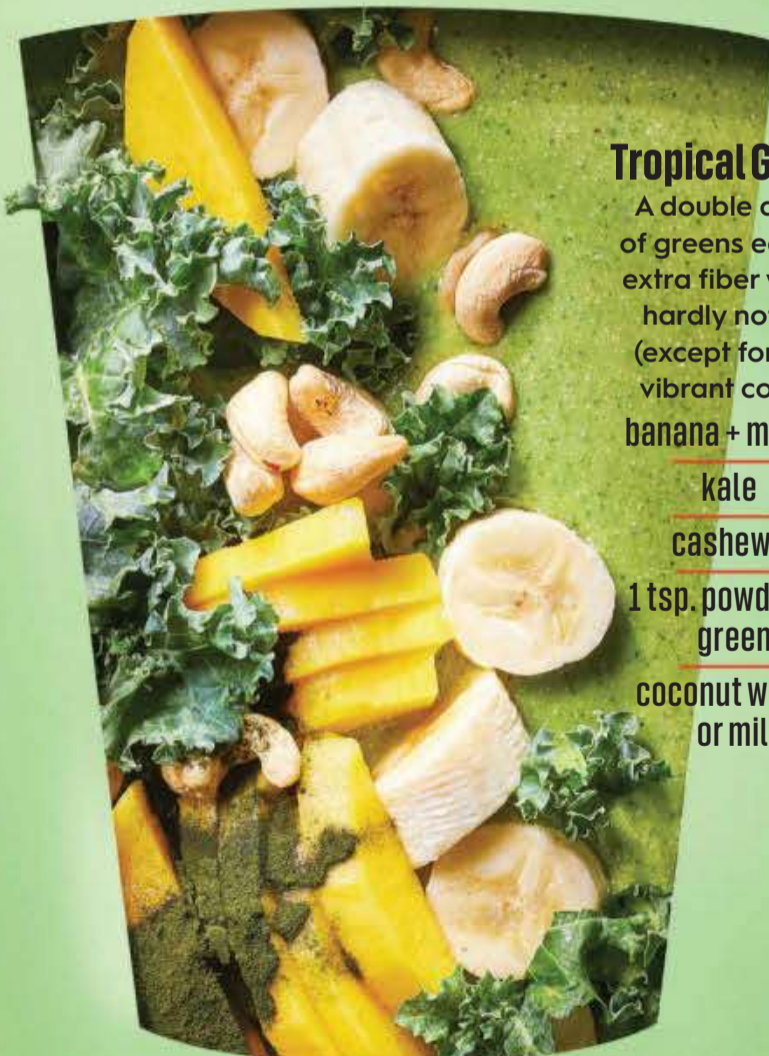
- banana + pineapple
- shredded carrot
- pepitas
- 2 tsp. maca powder
- $\frac{1}{2}$  tsp. ground cinnamon
- carrot juice



### Totally Teal

And totally delicious. Spirulina plus orange juice, squash, and sliced peaches blend into a bright and bold immune booster.

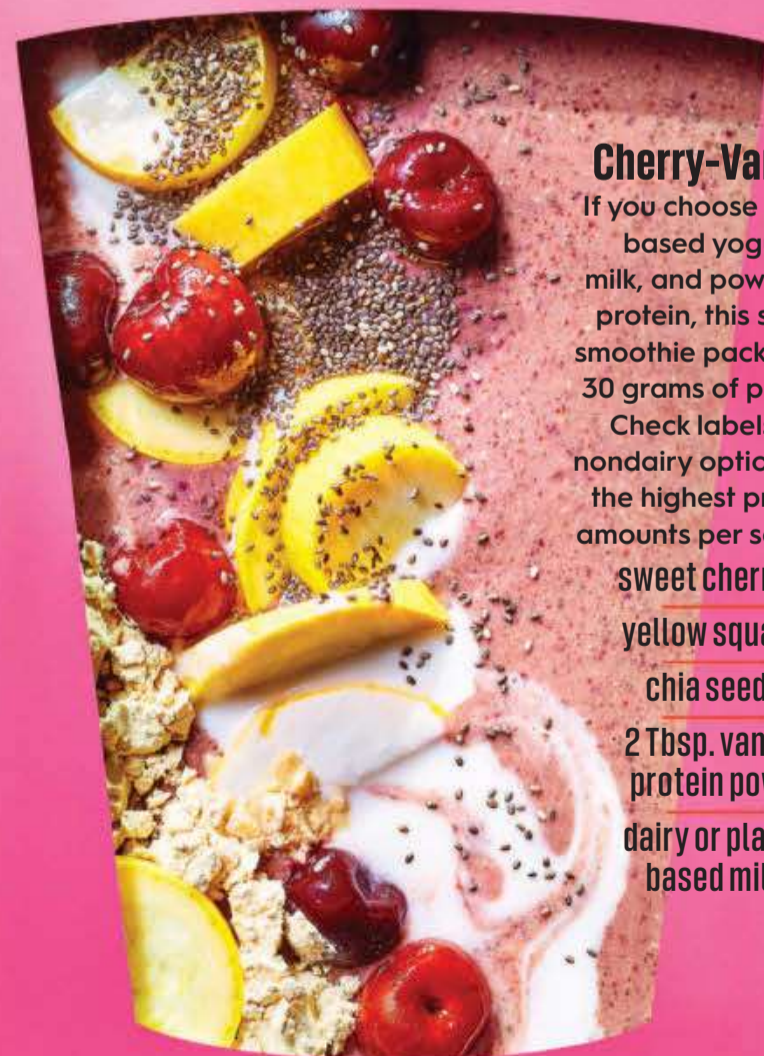
- peaches
- butternut squash
- hemp seeds
- 1 tsp. spirulina
- orange juice



### Tropical Green

A double dose of greens equals extra fiber you'll hardly notice (except for the vibrant color).

- banana + mango
- kale
- cashews
- 1 tsp. powdered greens
- coconut water or milk



### Cherry-Vanilla

If you choose dairy-based yogurt, milk, and powdered protein, this sweet smoothie packs up to 30 grams of protein.

- Check labels for nondairy options with the highest protein amounts per serving.
- sweet cherries
- yellow squash
- chia seeds
- 2 Tbsp. vanilla protein powder
- dairy or plant-based milk ■

# TIPS TO HELP KEEP YOUR HAPPY HOLIDAYS HEALTHY HOLIDAYS

**Ensure® COMPLETE** reminds you to take care of YOU this holiday season.

Use these tips to help support your immune system to stay healthy and enjoy your holidays.



## FOCUS ON NUTRITION

(Eat plenty of vegetables and fruits, plus lean proteins.)



## REST WELL

(Try for 8 hours of sleep a night!)



## WASH HANDS FREQUENTLY



## EXERCISE REGULARLY



## STAY HYDRATED



**Ensure® COMPLETE** is a delicious way to supplement the good food choices you're making every day—even when you're busy. Each serving provides complete, balanced nutrition, 30 grams of protein, and 7 key nutrients to support immune health: protein, vitamins A & D, zinc, and antioxidants vitamins C & E, and selenium.

See how a **Milk Chocolate Ensure® COMPLETE** can even be transformed into a dazzling dessert drink with all the nutrition benefits of Ensure®.

## ENSURE® COMPLETE DARK CHOCOLATE PEPPERMINT SHAKE

**Makes:** 2

**Prep Time:** 5 min

### INGREDIENTS

- 1 Milk Chocolate Ensure® COMPLETE shake, 10 fl oz
- 1 tsp vanilla extract
- 1 Tbsp dark cocoa powder
- 6 fresh mint leaves, plus extra for garnish
- 2 Tbsp whipped topping
- 1 Tbsp crushed peppermint candy (optional)

### DIRECTIONS

- Combine **Milk Chocolate Ensure® COMPLETE**, vanilla extract, cocoa powder, and mint in a blender and blend on high until combined.
- Divide between 2 drink glasses.
- Garnish with whipped topping, sprinkle with extra mint leaves and crushed candy.
- Immediately refrigerate or freeze remaining servings and consume or discard after 24 hours.

**HAVE A HAPPY, HEALTHY HOLIDAY SEASON, FROM ENSURE® COMPLETE!**

For additional recipes and to learn more about how nutrients support immune health, **visit [ensure.com](https://www.ensure.com)**.



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# In the Know

News and notes to boost your well-being



Experts recommend getting a move on for at least 150 minutes at a moderate intensity (brisk walking, biking) weekly.



Aerobic exercise may protect you from this many types of cancers.

In a report published in the *British Journal of Sports Medicine*, researchers analyzed the data from over 1 million men and found that those with higher  $VO_2$  max—a measure of how fit your cardiovascular and respiratory systems are—were up to 42% less likely to develop certain cancers, including lung, stomach, liver, and colon.

5-20 minutes

Playing with a pup for even that short amount of time can lower levels of the stress hormone cortisol, which in turn can give your immunity a boost. And we can all use that.

30 GRAMS

(about an ounce) of nuts per day can reduce the risk of developing depression by 17%. What does 30 g look like? A small handful—the exact amount will vary with nut size.

**Q:** I had COVID-19 in 2021 and still don't feel like myself. Could I have long COVID?

You could. New research shows that people can have symptoms of long COVID—including extreme fatigue, difficulty breathing, chest pain, brain fog, and sleep issues—up to two years after infection. The encouraging news: Early research shows blood tests may detect certain markers of long COVID, and treatments like brain training and longer courses of Paxlovid are being tested. If you are experiencing these symptoms, talk to your doctor about treatments that can help.

## Eye Dos

About 38% of contact lens wearers buy lenses online, and 14% of glasses wearers do so, finds a recent survey from The Vision Council. Many people use online screening to update their vision prescription, but experts warn not to forgo your annual or every-other-year exam with an optometrist or ophthalmologist: They can identify health- and sight-threatening diseases, such as hypertension and diabetes.

70 percent of middle-income Americans haven't switched over to high-yield savings accounts.

The top earning accounts have a 3.5% to 4.5% interest rate compared to an average of 0.42% for a regular account.

You could gain an extra \$400 a year per \$10,000 savings by changing to a high-yield account.





## LOVE *the* HOLIDAYS? SO DO WE!

That's why we've created *Celebrate*, a new magazine filled with festive ideas and inspiration. Best of all—it's FREE!

- DELICIOUS RECIPES • CREATIVE CRAFTS
- DÉCOR INSPO • GIFT IDEAS
- HOLIDAY HACKS • AND MUCH MORE!



### Read *Celebrate* Now!

Simply hover your phone's camera over the smart code. Or read online at [celebrate.emags.com/holidays](http://celebrate.emags.com/holidays)



2

1



↑  
Prue at her acclaimed London restaurant, Leith's, which she opened in 1969.

## Prue Leith

Chef and judge on *The Great British Baking Show*

In the U.S., most of us came to know Prue Leith as the kind but exacting, colorfully dressed judge of *TGBBS*. But her career in food long predates the popular binge watch. She ran a Michelin-starred restaurant (1) in London for three decades; has opened cooking schools in the UK as well as her native South Africa; and has written several cookbooks. We talked to her about her evolving career and approach to holiday baking, including the glory of simplicity.

### EASY SHOWSTOPPER

"When I started out, I was dead keen on becoming really professional, and I liked making multilayered desserts, consommés, and fruit jellies that took hours to clarify," Prue says. These days, she takes shortcuts as she needs them. One beloved holiday dessert is what she calls an "almost-instant trifle" (2), from her book *Prue: My All-Time Favourite Recipes* (Bluebird). It's

made with amaretti biscuits and lemon curd. "Even with bought custard it is utterly delicious," she says.

### GET-AHEAD TRICK

To save time during the busy baking season, Prue makes chocolate chip cookie dough in advance, rolling it into balls to freeze and bake later. Her dough often contains some tasty add-ins: "caramel, bits of Mars bar, chocolate-covered peanuts, caramelized pecans—you get the idea," she says.

### GO-TO GARNISHES

Pomegranate seeds (4) are always on Prue's holiday grocery list. "You can sprinkle them on top of almost any dessert, salad, or savory dish to make it seem exotic and special." In fact, she's a fan of garnishes in general, keeping items like chocolate buttons, freeze-dried raspberries, toasted almonds, and dried fruit pieces on hand to quickly zhuzh up recipes.

### CAREER HIGH

"The most exciting thing about my career is that I have one at all!" says Prue, who in addition to her work in the food world has a line of jewelry at Zsiska (3) and will be touring the U.S. in a one-woman show next year. "To still be working and more in demand than I've ever been, at 83, how lucky is that?" ■



“The whole atmosphere of the baking show is happy and endlessly encouraging. I think that’s why the audience loves it. Besides, who doesn’t like cake?”

PHOTOS: (PORTRAIT) KAREN DELAHAY, (RESTAURANT) COURTESY OF PRUE LEITH, (POMEGRANATE SEEDS) D. M./SHUTTERSTOCK, (TRIFLE) FROM PRUE: MY ALL-TIME FAVOURITE RECIPES, COPYRIGHT © DAVID LOFTUS, BLUEBIRD, 2018. ILLUSTRATION AGENCY: CLOSER&CLOSER  
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