

'Tis the season — to eat!

Dave is writing today, doing his part to help out as Lori and Gerry are very busy in their kitchens.

December/January is my favourite time of the year. Needless to say, our wonderful Family Time is the best part but the Food Time is a close second!

December brings many annual luncheons with family, friends and associates. With Lori and/or Gerry taking the lead role in many of these, you know the food will be great! Lori is always thinking "leading edge" and Gerry (out of deference to me) is our family traditionalist.

This year is a turmoil as Lori is living in Toronto helping to organize and lead the President's Choice project in downtown Toronto. Her "at home time" has been limited to a few hours per week split between a quick visit to her Georgetown Superstore and a quick visit with husband, Olivier.

Now our pace has picked up with lunches, dinner parties, restaurant outings and cocktail parties, which Gerry and I attend or host each year. I do try and influence the venue choices to one of the many wonderful Ward 3 eateries.



Whether it is a full-fledged cocktail party, coffee and sweets or a drink enhanced with light hors d'oeuvres each host family does their best to add to the festive cheer. Today you can take a quick trip to the Superstore and pick up President's Choice products, which help you entertain like a pro.

One of the Kentner household traditions is our distribution of trays of homemade desserts for friends and associates. This, of course, has Gerry baking hundreds of squares, tarts, loaves and cookies. My contribution to this process is enjoying the wafting aromas, and enforcing a thorough regimen of taste control which requires each batch be sampled. Gerry can manage to stretch our share of these goodies all the way to February.

The festive events hosted in our home, particularly Christmas dinners and New Year's dinners always result in fabulous "leftovers" for January. Christmas turkey becomes hot turkey sandwiches, cold turkey, cranberry and dressing sandwiches, and best of all one of Gerry's fabulous turkey soups!

As I am writing this note, Gerry is bustling about preparing to host friends Jim and Marilyn Bray and Lori and Olivier. Tonight's feast is our traditional Grandma Kentner Roast Beef Dinner. Here I am referring to Grandma Edith Kentner (my Mom) who hosted hundreds of these delicious dinners for Gerry, Lori, Stephanie and I.

This meal always brings the wonderful magical blend of good friends, good food and warm memories. A sirloin tip beef roast will not only yield tonight's dinner but also hot beef sandwiches and my favorite part of the leftovers, either a thick beef soup or a hearty beef stew.

Lori, Gerry and Dave hope you and your families enjoy your Christmas and New Year Seasons!

Vegan Black Bean Brownies

Makes 9-12 brownies

INGREDIENTS

- 1 can (19 oz) black beans, drained and rinsed
- 2 tbsp cocoa powder (or 2 tbsp ground cacao nibs for the truly vegan version)
- 1/2 cup large flake rolled oats
- 1/4 tsp salt
- 1/2 cup maple syrup
- 1/4 cup + 1 tbsp coconut oil
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup vegan chocolate chips or cacao nibs



METHOD

1. Preheat oven to 350 degrees F. Grease an 8"x8" pan with coconut oil.
2. Combine all ingredients except chocolate chips in food processor. Blend until completely smooth (this could take 4-5 minutes, depending on your processor). Remove from processor. Stir in chocolate chips. Pour into the pan.
3. Bake the brownie for 12-15 minutes, until a toothpick inserted comes out clean. Let cool at least 10 minutes before cutting.

Cook's Note: I challenge all of you to try this black bean brownie recipe. Bake it up for your family, but don't tell them specifically what it is. Just say you are making brownies. Just see if anyone notices the difference. I bet you many of them won't. I love this recipe and I swear I'll never bake regular brownies again. Take them to a potluck party over the holidays and just see how happy everyone is that there is a treat they can have that won't kill their plans to eat better. Have fun and keep cookin'

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Jumpstart
Bon départ

IN MEMORY:

Wayne King "Niner"
Jeffrey Paul Hynes



SPECIAL RECOGNITION TO PETER WELLING

A very special THANK YOU to Peter Welling for his dedication to Jumpstart over the past 10 years. Peter was a founding member of the Jumpstart Committee in 2005 representing the Optimist Club. He has been the Treasurer and supported many special events and fundraisers to increase awareness in Halton Hills so that more kids in need can participate in sports and recreation activities. Peter is a lifelong volunteer whose passion for helping others makes Halton Hills a better place for children and their families to keep active.

Jumpstart - Halton Hills Chapter | 905.877.5289 x 555 | info@hhjs.ca | hhjs.ca

Chapter Members:
Town of Halton Hills, Georgetown Canadian Tire Store, Halton Hills Optimist Club, Georgetown Christian Fellowship, Links2Care

Over 10 years of helping kids in Halton Hills play!