## Leveraging a White Cake Mix to Ramp Up the Taste and Seasonal Flare

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2 tablespoons milk

½ teaspoon salt

1 teaspoon vanilla extract

Variation: add a teaspoon of Frangelico or amaretto liqueur or almond extract

## **Directions:**

- 1. Beat the cream cheese and butter in a mixing bowl until light and fluffy.
- 2. Gradually add in the confectioner's sugar, one cup at a time, alternating with some of the milk.
- 3. Beat in the salt and vanilla extract. Continue beating until mixture is smooth and spreadable.
- 4. Add additional confectioner's sugar if necessary to thicken the frosting or more milk to thin it.
- 5. Frost the cake and sprinkle coconut on top, if desired.





## Garage

1955 County Road 17 Milford, ON K0K 2P0 Complete Automotive Service 613 476 2837



## NUTRITIONAL THERAPY

CBT counselling for:

- nutrition assessment
- inflammation, gut health
- emotional/disordered eating
- coping/addictive behaviour
- dietary changes
- stress/anxiety/ depressive symptoms
- emotional triggering
- youth counselling
- goal setting
- lifestyle changes
- creating active plans for change

Virtual/phone and in-person sessions \*by appointment: hello@nataliefader.com