

Compliments of Jodee Harris

# essential living

601

## Your Ultimate Desert Escape



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As we prepare for the year ahead, this issue is all about resetting, recharging and embracing the little moments that make life richer.

We're starting with simple, healthy habits that easily integrate into even the busiest of schedules, helping you feel your best without the stress. Then, warm up with four delicious chowder recipes. These comforting bowls of goodness will make winter days feel a little cozier and a lot more flavorful.

Looking for a bit of adventure? Explore the wonders of the Southwest, where dramatic landscapes and hidden gems provide the ultimate escape that will captivate every traveler.

And when it is time to celebrate, we have everything you need to host a New Year's gathering filled with laughter, warmth and a little sparkle.

— From the Publisher



**What simple breakfast is  
perfect for your mornings?**

Scan the QR code to cast your vote!



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## Flourless Chocolate Cake

- ½ c. salted butter
- ¾ c. sugar
- 3 large eggs
- 1 c. semisweet chocolate chips
- 1 tsp. vanilla extract
- ½ c. unsweetened cocoa powder

1. Line a round 8" round cake pan with parchment paper and spray with non-stick spray. Set aside. Preheat the oven to 375° F.
2. Melt butter in a large glass bowl in the microwave. Add the chocolate chips and let sit for 3-4 minutes. Stir until chips melt. Let cool for 5 minutes.
3. Whisk the sugar and vanilla into the chocolate mixture. Whisk in eggs until blended. Stir in the cocoa powder.
4. Pour batter into prepared pan and bake for 25 minutes.
5. Cool in the pan for 15 minutes, then move to a cooling rack. Cool completely, then serve with fresh berries.

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# Mornings Made Deliciously Easy

Mornings don't have to be a rush to the finish line. With make-ahead breakfast recipes, you can wake up to a delicious meal without lifting a finger. These time-saving recipes take the stress out of your mornings, letting you enjoy a wholesome, flavorful start to your day. Say goodbye to breakfast scramble and hello to simple, satisfying meals that are ready when you are.

## Slow Cooker French Toast

If you love French toast but hate the hassle of preparing it, this slow cooker recipe is for you!

### INGREDIENTS

- 2 apples, diced
- 3 tbsp. brown sugar
- 24 oz. cinnamon raisin bread, roughly cubed
- ¼ c. unsalted butter, melted
- 1 ½ c. milk of choice
- 8 eggs, whisked
- 1 tbsp. cinnamon
- 2 tsp. vanilla extract
- ½ tsp. salt

### INSTRUCTIONS

1. Grease a slow cooker with cooking spray. Next, combine the diced apples and brown sugar in a small bowl before adding to the slow cooker.
2. Add in the cubed bread and melted butter. Stir to combine with the apples.
3. In a large mixing bowl, combine the milk, whisked eggs, cinnamon, vanilla extract and salt.
4. Pour the mixture into the slow cooker. Use a spatula to gently press down to submerge the bread.
5. Cover with the lid and cook on HIGH for four hours or LOW for eight hours.
6. Remove the lid and turn off the heat. Serve warm with maple syrup and powdered sugar.



Prep Time: 15 minutes  
Cook Time: 4 hours  
Yield: 10-12 servings

# Classic Breakfast Sandwich

Enjoy a timeless classic breakfast sandwich, the perfect blend of savory flavors in one bite.

Prep Time: 15 minutes | Cook Time: 45 minutes | Yield: 7 servings

## INGREDIENTS

For the Eggs

- 10 eggs
- 1 c. plain Greek yogurt
- ½ tsp. pepper
- ½ tsp. salt
- 1 ½ c. sharp cheddar cheese, freshly grated

For the Sausage Patties

- 1 lb. ground turkey

- ¼ c. maple syrup
- 1 tsp. dried rosemary
- 1 tsp. garlic powder
- 1 tsp. pepper
- ½ tsp. salt
- 1 tbsp. olive oil

For the Sandwich

- 7 English muffins, sliced and lightly toasted

## INSTRUCTIONS

1. Preheat the oven to 375° F and line a 9x13" baking dish with parchment paper.
2. Add the eggs, yogurt, pepper and salt to a blender and blend until smooth. Next, pour into the lined baking dish. Place on the center rack and bake for 15 minutes.
3. After the allotted time, sprinkle the cheese over the eggs and bake for another 15 minutes. Then, remove from the oven and allow to cool to room temperature.
4. Prepare the patties by combining the turkey, syrup, rosemary, garlic powder, pepper and salt in a large mixing bowl using your hands.
5. Shape the mixture into seven patties, then set to the side. Add the olive oil to a large pan and heat over medium heat. Add the patties to the heated pan, carefully pressing down with a spatula. Cook for three minutes on each side, or until brown. Repeat until all the patties are cooked.
6. To assemble the sandwiches, use the opening of a glass to cut the eggs into circles. Place the eggs on the lightly toasted half of an English muffin, then add the patty. Top with the sausage and repeat with the rest of the sandwiches.
7. To store, wrap in parchment paper or foil and place in the fridge. Reheat by toasting in the air fryer or oven at 375° F for 10 minutes. These can also be frozen for up to three months. To reheat from the freezer, wrap the sandwich in a damp paper towel and heat in the microwave for 2-3 minutes.





# Baked Blueberry Oatmeal

If you're looking for an easy and healthy recipe to meal prep for the week, this baked oatmeal is just the dish you need!

Prep Time: 10 minutes | Cook Time: 45 minutes  
Yield: 6-8 servings



## INGREDIENTS

- 2 ripe bananas
- ¼ c. maple syrup
- 2 tbsp. cinnamon
- 2 tsp. vanilla extract
- 2 ½ c. rolled oats
- 2 tbsp. flaxseed meal
- 1 tsp. baking powder
- ¼ tsp. salt
- 2 ½ c. almond milk
- 1 c. fresh blueberries
- Almond butter or peanut butter, for topping
- Greek yogurt, for topping
- Slivered almonds, for topping

## INSTRUCTIONS

1. Preheat the oven to 350° F and grease a 9x13" baking dish.
2. Add the bananas to the dish and use a fork to mash until smooth. Next, add the maple syrup, cinnamon and vanilla extract. Mix to combine.
3. Add the oats, flaxseed meal, baking powder and salt. Stir to combine again until all the ingredients are incorporated.
4. Pour in the almond milk and stir to combine one more time. Finally, top with blueberries and place on the center rack of the oven to bake for 45 minutes.
5. Remove from the oven and allow to cool. Serve immediately with toppings or cover and store for up to one week in the refrigerator.

# Bagel Casserole

This unique and filling breakfast casserole will get you to jump out of bed in the morning!

Prep Time: 15 minutes  
Cook Time: 45 minutes  
Yield: 8 servings



## INGREDIENTS

- 3 everything bagels, cut into bite-size pieces
- 3 pieces of prosciutto, roughly chopped
- 2 cooked hashbrowns, roughly chopped
- 2 c. milk
- 9 eggs, whisked
- ¼ c. plain Greek yogurt
- ½ c. mild cheddar cheese, freshly grated
- ½ c. gruyere cheese, freshly grated
- 1 tbsp. everything but the bagel seasoning
- 1 tsp. pepper
- ½ tsp. salt
- Green onions, for garnish

## INSTRUCTIONS

1. Preheat the oven to 375° F and grease a 9x9" baking dish.
2. Add the cut bagels, prosciutto and hashbrowns to the baking dish.
3. In a large mixing bowl, combine the milk, eggs, yogurt, cheese and seasonings.
4. Pour into the baking dish, pressing gently on the bagels with a spatula to submerge in the egg mixture.
5. Bake for 45 minutes, then allow to cool for 10 minutes before serving with green onions or covering. Refrigerate for up to one week.





# CREATING HEALTHY HABITS

For a Busy Life

.....

Creating a habit takes time and consistency, but with the right approach, it becomes second nature. Here's how to get started:

## Start Small

Break down big goals into manageable tasks and begin with a simple action you can easily add to your daily routine.

## Habit Stack

Link your new habit to an existing part of your routine, like brushing your teeth, to make it more consistent.

## Make It Enjoyable

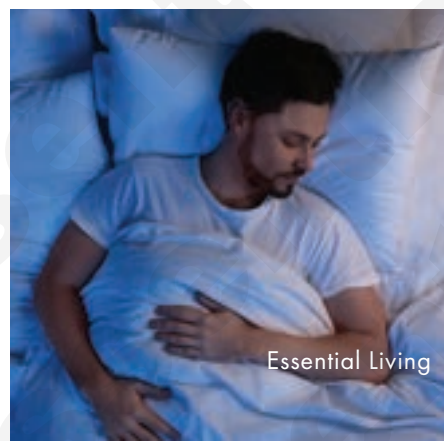
Find ways to make the habit fun or rewarding. The more you enjoy it, the more likely you are to stick with it.

## Celebrate Small Wins

Acknowledge your progress, no matter how minor. Celebrating small milestones keeps you motivated and reinforces the habit.

## Be Patient

Understand that habits take time. If you slip up, don't get discouraged — just focus on getting back on track.



★  
HOW TO HOST A DAZZLING

# NEW YEAR'S CELEBRATION

New Year's Eve is the perfect opportunity to create lasting memories with friends and family. Whether you're welcoming in the new year with a big crowd or hosting an intimate gathering, the right details can turn a simple evening into a night that dazzles. Here's your guide to crafting a New Year's Eve party that lingers long after the glitter settles.



## SERVE UP CROWD-PLEASING BITES

You don't need a five-course meal to impress. Focus on a mix of easy-to-enjoy bites that offer a range of flavors and textures. Think mini sliders, a well-stocked cheese board and classic shrimp cocktails. For something interactive, try a build-your-own taco bar or pizza-making station. Capping it off with a dessert table and a hot chocolate bar with all the fixings will keep guests satisfied and feeling festive.



## SET THE SCENE WITH A SIGNATURE THEME

Give your celebration a clear direction with a theme that feels fun and festive. Whether it's the vintage glamour of the Roaring Twenties, the cozy magic of a Winter Wonderland or the playful mystery of a Masquerade Ball, a theme makes planning easier and instantly elevates the party's atmosphere. A well-chosen theme streamlines your décor choices, inspires creative activities and encourages guests to embrace the festive spirit with a fun outfit.



## CREATE A FESTIVE ATMOSPHERE

Lighting and music truly set the vibe. Warm string lights or flickering LED candles help keep things cozy and inviting, while a playlist packed with upbeat favorites will help carry the celebratory energy throughout the night. Consider adding some simple decorations that complement your chosen theme or provide a general festive feel, like balloons or sparkly accents.



## ADD ENERGIZING ACTIVITIES

Having a few simple activities on hand can keep the energy high and guests mingling. Classic party games like charades or Pictionary are always easy wins and guaranteed to bring laughter. For those who love to belt out a tune, a karaoke sing-off can be a fantastic way to liven up the party.



## THE MIDNIGHT MOMENT

As the final minutes of the year tick away, bring everyone together. Hand out party hats, noisemakers or glow sticks, cue up the countdown and raise a toast to new beginnings!





**DEVIL'S BRIDGE – SEDONA, ARIZONA**



# DESERT *Dreaming*

The American Southwest is home to some of the most awe-inspiring landscapes in the world. Offering travelers a unique blend of desert beauty, rugged canyons and wide-open skies, the region is a playground for those looking to explore natural wonders. These iconic destinations provide the perfect balance of adventure and tranquility, allowing visitors to fully experience the untamed beauty of the desert.



# *Sedona*

ARIZONA

Sedona is one of the most picturesque destinations in the Southwest, known for its striking red rock formations. The towering spires of Cathedral Rock and the sweeping views from Devil's Bridge make it a prime location for hiking and outdoor exploration. Sedona is also famous for its dramatic landscapes that shift with the changing light, particularly at sunrise and sunset. Beyond hiking, Sedona offers a variety of activities, including mountain biking, off-roading and stargazing. The charming town is home to vibrant art galleries and local shops, adding a touch of culture to the natural beauty that surrounds it.

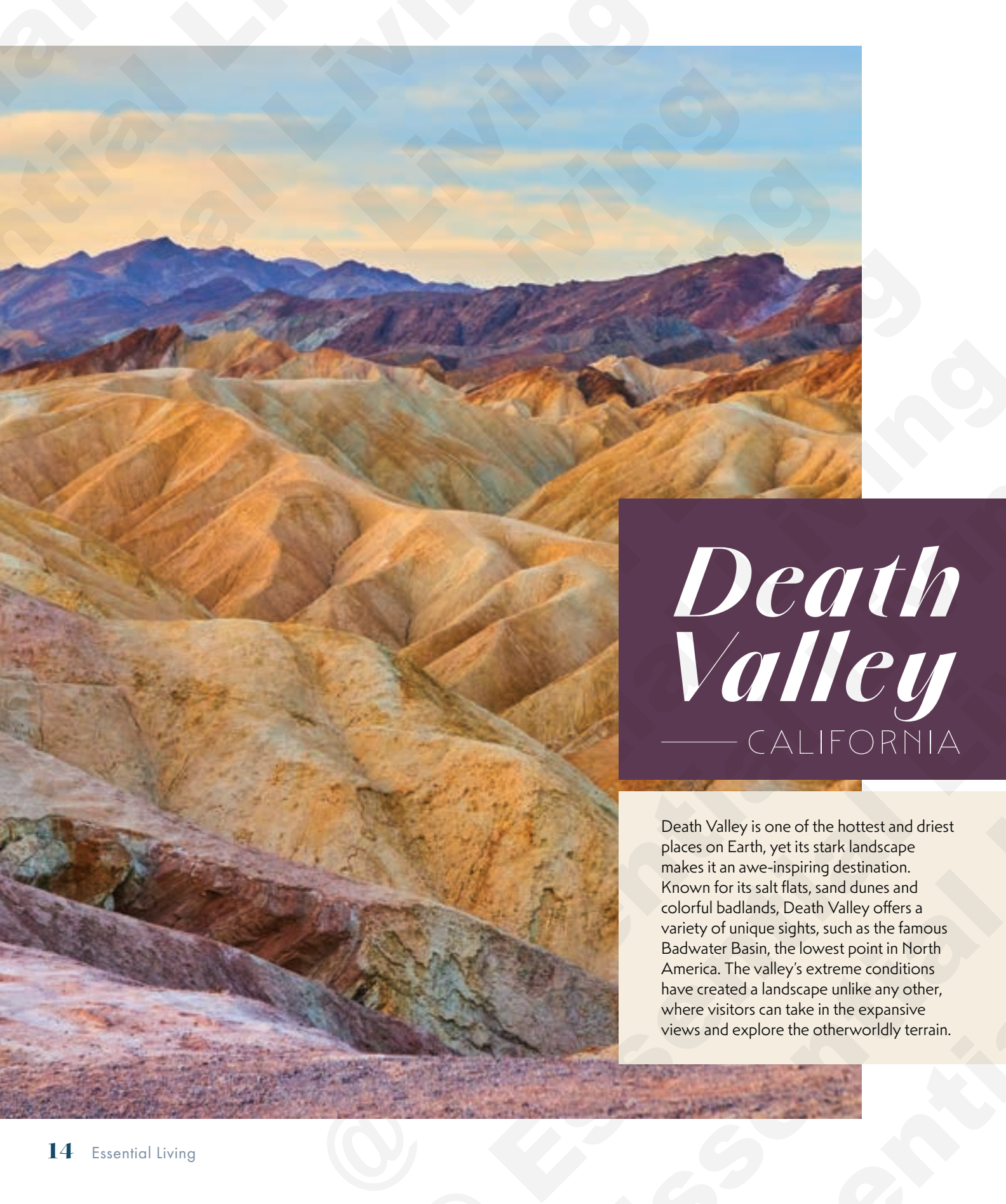


# *Monument Valley*

ARIZONA/UTAH

Monument Valley, straddling the border of Arizona and Utah, is renowned for its iconic sandstone buttes that rise majestically from the desert floor, creating a dramatic and unforgettable landscape. This area is a must-see for anyone looking to experience the timeless beauty of the Southwest. With its vast, open space, the valley offers excellent opportunities for photography and stargazing. Taking a guided tour through the valley allows visitors to learn about the rich history of the area while taking in the breathtaking views.





# *Death Valley*

— CALIFORNIA

Death Valley is one of the hottest and driest places on Earth, yet its stark landscape makes it an awe-inspiring destination. Known for its salt flats, sand dunes and colorful badlands, Death Valley offers a variety of unique sights, such as the famous Badwater Basin, the lowest point in North America. The valley's extreme conditions have created a landscape unlike any other, where visitors can take in the expansive views and explore the otherworldly terrain.

# *Big Bend* *National Park*

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TEXAS

Big Bend National Park in Texas covers a vast 801,163 acres, making it one of the largest national parks in the United States. Located along the Rio Grande River, the park is home to an impressive range of landscapes, from desert valleys and rocky canyons to lush river ecosystems and towering mountain peaks. Big Bend's diverse terrain offers over 150 miles of hiking trails, allowing visitors to explore everything from the arid desert floor to the cool, shaded canyons of the Chisos Mountains. One of the park's most popular hikes is the Lost Mine Trail, which provides sweeping views of the surrounding mountains. The park is also a haven for birdwatchers, with over 450 species of birds passing through or residing in the park.

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Whether you're hiking, stargazing or simply enjoying the scenery, the Southwest's natural beauty provides the perfect escape into the wild.





# REVOLUTIONIZE YOUR KITCHEN GAME

Cooking at home can be a joy or a chore, depending on the tools at your disposal. The right gadgets can save time, boost creativity and make you feel like a pro in your own kitchen. Here are five tools that can truly elevate your culinary game.



## Digital Food Scale

If you've been relying on measuring cups alone, a digital kitchen scale will feel like a revelation. It brings precision to baking, ensures consistent results and often cuts down on dishes — just weigh your ingredients directly into the bowl. It's especially useful for portioning proteins or following international recipes that use grams.

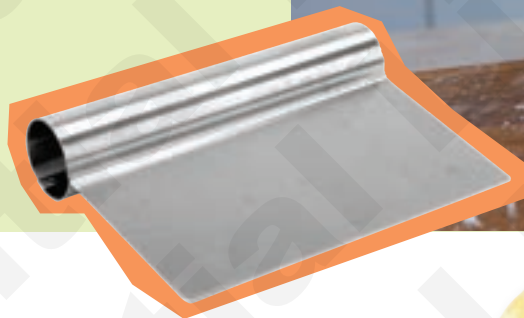


## Salad Spinner

Once you use a salad spinner, you'll never go back. Washing and drying greens becomes a breeze, and dry leaves mean your dressings cling better. You may even start to eat more salad just because it's suddenly less of a hassle. It also doubles as a great tool for drying fresh herbs, rinsing berries or even draining pasta in a pinch.

## Bench Scraper

This underrated multitasker helps you transfer chopped ingredients from board to bowl, clean flour off your counter and portion dough with ease. It keeps things tidy and saves your knife blade from doing a job it wasn't designed for.



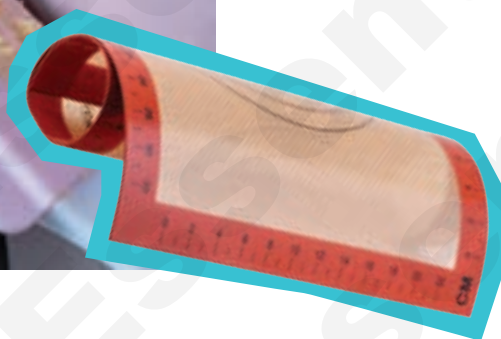
## Silicone Baking Mats

No more stuck-on cookies or wasted parchment paper. Silicone mats provide a nonstick surface for everything from roasted veggies to homemade granola. They're reusable, easy to clean and a game changer for anyone who wants to be more efficient in the kitchen.



## Microplane

Don't underestimate this small but mighty tool. A microplane lets you grate citrus zest, hard cheeses, garlic, ginger and even chocolate with finesse. It unlocks intense flavor from small ingredients and adds just the right finishing touch to both savory and sweet dishes.



# National Park Highlight

## Hot Springs National Park



At just 5,500 acres, Hot Springs National Park in Arkansas is a hidden gem among the nation's 63 parks. Famous for its natural hot springs, this park offers much more than just a soak. From hiking trails to historic landmarks, there's no shortage of reasons to explore this unique destination. Here's a look at what makes these hot springs so special and how to make the most of your time at Hot Springs National Park.





Known as the “American Spa,” this southeastern sanctuary is home to 47 thermal hot springs, with water believed to have healing properties dating back centuries to when Native American tribes lived on the land. You can enjoy a relaxing dip in the naturally heated 143-degree waters at the Buckstaff Bathhouse or the Quapaw Bathhouse. These springs aren’t just for soaking — they’re also safe to drink. Refresh yourself with a taste of 4,000-year-old water from one of the many drinking fountains scattered throughout the park.

The park itself blends urban and natural landscapes, offering something for everyone. With 26 miles of hiking trails, visitors can choose from both beginner and more challenging routes. The Sunset Trail takes you through the park’s more remote areas, while the West Mountain Trails offer a shorter, scenic walk. For a different experience, explore downtown Hot Springs, home to the historic Bathhouse Row.

Fall is the perfect time to visit Hot Springs National Park. With the changing leaves providing stunning views, you can explore the trails or unwind in one of the historic bathhouses. For lodging, you can immerse yourself in nature by camping at Gulpha Gorge Campground or “glamp” at a nearby accommodation in the charming downtown.

***Now, all that's left to do is cross Hot Springs National Park off the bucket list!***



# Chowder to Enjoy by the Spoonful

Chowder is the ultimate comfort food, perfect for warming up on a chilly day. With its rich, creamy textures and hearty ingredients, it's a dish that can be customized to suit any craving. Whether you're in the mood for a classic lobster chowder with a spicy twist or a veggie-packed version that's both wholesome and satisfying, these recipes will take your taste buds on a delicious journey.

## Curried Lobster Chowder

This Lobster Chowder elevates traditional flavors with a hint of curry spice for the perfect bowl!

Prep Time: 15 minutes  
Cook Time: 25 minutes  
Yield: 4 servings



### Ingredients

- 2 tbsp. butter
- 1 yellow onion, diced
- 2 stalks celery, diced
- 2 carrots, diced
- 1 red bell pepper, diced
- 2 Yukon gold potatoes, diced
- 2 garlic cloves, minced
- 1 tbsp. red curry paste
- 2 tsp. curry powder
- 1 tsp. turmeric
- 1 tsp. smoked paprika
- 1 ½ tsp. pepper
- ½ tsp. salt
- 4 c. seafood stock
- 1 c. coconut milk
- 1 c. heavy cream
- 1 c. canned lobster meat, diced

### Instructions

1. Add the butter to a large pot and heat over medium-high heat. Once melted, add the onion, celery, carrots and bell pepper.
2. Sauté for seven minutes, then add the garlic, potatoes and red curry paste. Stir to combine.
3. Sprinkle in the curry powder, turmeric, paprika, pepper and salt. Pour in the seafood stock and bring to a boil. Reduce the heat to medium-low, cover and simmer for 15 minutes or until the potatoes are tender.
4. Use an immersion blender (or transfer to a blender) to puree the soup until smooth. Stir in the coconut milk and heavy cream.
5. Remove from heat and ladle into bowls, topping with lobster meat.

# Broccoli Cheddar Chowder

This classic comfort food is surprisingly easy to make and loaded with delicious flavor that's sure to warm you up and keep you full!

Prep Time: 20 minutes | Cook Time: 35 minutes | Yield: 6 servings

## Ingredients

- 6 tbsp. unsalted butter
- 3 large carrots, chopped
- 2 stalks celery, chopped
- 1 white onion, diced
- 3 garlic cloves, minced
- 2 tsp. pepper
- 1 ½ tsp. salt
- 1 tsp. dried thyme
- 3 ½ c. chicken broth
- 2 heads of broccoli
- 5 tbsp. flour
- 3 c. milk, room temperature
- ½ c. heavy cream, room temperature
- 8 oz. cheddar cheese, freshly grated

## Instructions

1. Add two tablespoons of the butter to a large pot and heat over medium-high heat until melted.
2. Add the carrots, celery and onion. Sauté for four minutes, then reduce the heat to medium and add the garlic. Cook for another two minutes.
3. Add the seasonings and stir to combine. Pour in the chicken broth, increase the heat to bring it to a boil, then reduce to medium-low and cover. Let it simmer for 15 minutes.
4. After the allotted time, remove the lid and add the broccoli. Reduce the heat to low, stirring occasionally.
5. While the broccoli is cooking, make the roux by adding the remaining butter to another small saucepan. Melt over medium-high heat, then whisk in the flour until a thick paste forms. Then, slowly pour in the milk, whisking as you pour. Once the milk is added, stir in the heavy cream. Then, remove from heat. The roux should be thick but not lumpy.
6. Pour the roux into the large pot, stirring to combine. Finally, add the grated cheddar cheese and stir until melted.
7. Serve warm and enjoy!



# Ramen Corn Chowder

Combine two of your favorite soups into one dish in this unique recipe!

Prep Time: 10 minutes | Cook Time: 20 minutes | Yield: 4 servings

## Ingredients

- 1 tbsp. butter, chopped
- 3 strips of bacon
- ½ white onion, minced
- 1 15-oz. can of corn
- 1 5-oz. can of cream of corn
- ½ tsp. pepper
- ½ tsp. curry powder
- ½ tsp. salt
- 1 c. milk
- ½ c. cheddar cheese
- 1 package ramen noodles, cooked
- Green onions, for garnish
- Sesame seeds, for garnish
- Red pepper flakes or chili oil, for garnish



## Instructions

1. Add the butter to a large pot and heat over medium heat. Once hot, add the bacon and cook for five minutes, stirring occasionally.
2. Once the bacon is cooked and crispy, use a spatula to remove it from the pot and place on a paper-towel-lined plate.
3. Next, add the onion and corn. Sauté over medium heat for 3-5 minutes until the onion is translucent. Then, add the cream of corn, pepper, curry powder and salt. Stir to combine, then pour in the milk.
4. Allow to simmer, then stir in the cheese until melted and the chowder is thick.
5. Add the bacon back in along with the cooked ramen noodles. Stir to combine, reducing the heat to medium-low and allowing to simmer for a few minutes.
6. Then, remove from heat and add your favorite ramen toppings before enjoying!

# Leek and Potato Chowder

This flavorful chowder recipe is perfect for a cozy night in.

Prep Time: 15 minutes | Cook Time: 35 minutes | Yield: 6 servings

## Ingredients


- 2 tbsp. unsalted butter
- 2 strips of bacon, chopped
- 3 leeks, washed and sliced
- 5 Yukon gold potatoes, peeled and diced
- 2 garlic cloves, minced
- 2 tsp. dried thyme
- 2 tsp. pepper
- 1 ½ tsp. salt
- 2 c. chicken broth
- 2 bay leaves
- 1 c. half and half
- Green onions, for garnish
- Microgreens, for garnish



## Instructions

1. Add the butter to a large pot and heat over medium heat. Once hot, add the bacon and cook for five minutes.
2. Remove the bacon from the pot and place it on a paper-towel-lined plate. Add the leeks and potatoes, sautéing for 5-7 minutes before adding the garlic. Sauté for an additional two minutes, then add the thyme, pepper and salt.
3. Stir to combine, then pour in the chicken broth and add the bay leaves. Bring to a boil, then reduce to medium-low heat and cover. Let it simmer for 15 minutes, or until the potatoes are soft.
4. Remove the bay leaves, then use an immersion blender (or transfer to a blender) to puree the soup.
5. Stir in the half and half and return the bacon to the chowder. Remove from heat and garnish with your favorite toppings before serving!

# FISHING FOR HAPPINESS

A man wearing a cap, sunglasses, a light-colored long-sleeved shirt, and dark waders is standing in a river. He is holding a fishing rod that is bent, indicating he has caught a fish. The background shows a clear blue sky and a line of green trees on the far bank. The water is dark blue and reflects the man and the sky.

**F**ishing might not be the first thing that comes to mind when thinking about a mood boost, but its benefits go deeper than just reeling in a good catch. It's a simple, meditative experience that can help you unwind, reconnect with nature and maybe even hook a new hobby along the way.



# A MOMENT OF MINDFULNESS

**F**ishing encourages you to slow down and be present. Whether you're standing on a dock at sunrise or sitting in a quiet boat surrounded by rippling water, the distractions of everyday life tend to fade into the background. You're paying attention to small details like the movement of the water, the sound of birds overhead or the quiet anticipation of a tug on the line. This kind of immersion offers a break from the noise and screens that fill our days, giving your brain the breathing room it needs to reset.

Even the routine of fishing can be grounding. Tying knots, baiting a hook, casting and waiting — each step brings your focus to the here and now.



# BOOSTING MOOD NATURALLY

**S**pending time outdoors is a proven way to lift your spirits. Sunlight helps your body produce vitamin D, which plays a key role in regulating mood. Add fresh air, scenic surroundings and a little physical activity and you've got a recipe for reduced stress levels and an overall sense of calm.

# CONNECTION AND CAMARADERIE



While fishing solo has its perks, heading out with friends or family adds another layer of happiness. Bonding over shared experiences, swapping stories or just enjoying companionable silence helps deepen relationships. Even quick conversations at the bait shop or among fellow anglers can bring a sense of community.

## GETTING STARTED

You don't need to be an expert or have high-end gear to begin. A basic rod and reel, some bait and a little patience are really all it takes. Choose a calm freshwater lake or river, check your local fishing regulations and grab a day license if needed. Live bait like worms is a great starting point for beginners, but lures can also be fun to experiment with. Early morning or evening is often the best time to fish, when the water is cooler and fish are more active.



# REELING IN THE JOY



**Y**ou don't have to catch anything to feel like you've gained something. Fishing teaches patience, invites gratitude and often rewards persistence. Whether you're a seasoned angler or trying it out for the first time, it's a perfect opportunity to slow down, breathe deeply and appreciate the simple joy of being in the moment.

# a visual guide to **Big Birds**

Birds come in all shapes and sizes, but some stand out as true giants of the skies and land. Whether they dominate the skies with their massive wingspans or rule the land with their towering presence, these avian giants continue to capture our curiosity and admiration.



## Largest Bird Nest **Bald Eagle**

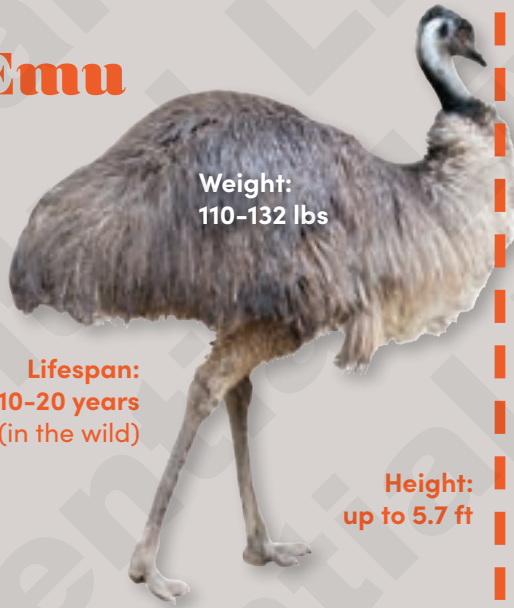
The largest nest on record was nearly 10 feet in diameter and **20 feet tall**.

5-6 ft in diameter

3-4 ft tall

# Biggest Bird Runners—Up

## Emu

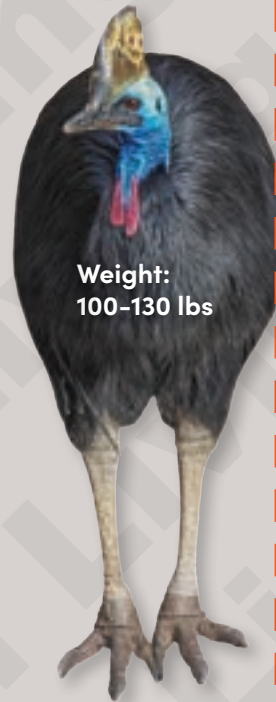


Weight:  
110-132 lbs

Lifespan:  
10-20 years  
(in the wild)

Height:  
up to 5.7 ft

## Southern Cassowary



Weight:  
100-130 lbs

Height:  
up to 5.9 ft

Lifespan:  
18-20 years  
(in the wild)

## Heaviest Flying Bird

### Kori Bustard

These heavyweights only fly when absolutely necessary, preferring to conserve energy by walking.



Weight:  
up to 42 lbs

Height:  
5 ft

Weight:  
13-26 lbs



Wingspan:  
over 11 ft

## Largest Wingspan

### Wandering Albatross

Thanks to their massive wingspan, wandering albatrosses can glide for hours without flapping, making them use less energy than when sitting in a nest.



Height:  
9.8 ft

Weight:  
1,100 lbs

## Largest Bird in History

### Elephant Bird

Despite their enormous size, elephant birds couldn't fly – instead, their powerful legs made them fast runners, helping them navigate Madagascar's dense forests until their extinction around 1,000 years ago.

## The Biggest of Them All Common Ostrich



Height:  
up to 9 ft

Weight:  
200-300 lbs

Lifespan:  
30-40 years  
(in the wild)

These giants don't just take home the gold for being the **tallest and heaviest birds on Earth**, but they also hold the record for:

- Being the fastest bird on land, reaching speeds of **43 mph**.
- Laying the **largest eggs at a whopping 3 lbs** (on the flip side, they also lay the smallest eggs relative to body size).



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## BAKED BURRATA AND MARINARA SAUCE DIP

- 1 baguette, sliced into 1" pieces
- 1 tbsp. olive oil
- 2 c. marinara sauce
- 6 oz. fresh burrata cheese
- ½ tsp. red pepper flakes

1. Preheat the oven to 400° F.
2. Brush the bread with olive oil and sprinkle with salt.
3. In an oven-safe dish, add the marinara sauce. Place the burrata in the center of the dish and sprinkle with red pepper flakes.
4. Bake the bread and dip for 7-8 minutes, until the sauce is bubbling at the edges and the bread is golden brown.
5. Serve immediately and enjoy!

# HOMEMADE Cranberry Sauce



**PREP TIME:** 5 minutes  
**COOK TIME:** 15 minutes  
**YIELD:** 6 servings

You'll never buy canned cranberry sauce again after making this easy recipe!

## INGREDIENTS

- 12 oz. fresh cranberries, rinsed
- ¼ c. white sugar
- ¼ c. orange juice
- ¼ c. brown sugar
- ½ tsp. ground cinnamon

## INSTRUCTIONS

1. In a medium saucepan, bring sugar, water and orange juice to a boil.
2. Add in the cranberries and cinnamon. Bring to a simmer, stirring occasionally until cranberries start to pop and sauce thickens.
3. Remove from heat and it will thicken as it cools. Cover and refrigerate for at least two hours.



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PREP TIME: 10 MINUTES  
COOK TIME: 20 MINUTES  
YIELD: 6 SERVINGS



## Old-Fashioned Applesauce

### INGREDIENTS

- 4 lb. tart apples
- 1 tsp. cinnamon
- 1 c. water
- $\frac{3}{4}$  c. sugar

### INSTRUCTIONS

1. Peel, core and quarter the apples.
2. Bring apples, water and cinnamon to a boil in a Dutch oven.
3. Reduce heat; cover and simmer for 10-15 minutes until apples are tender.
4. Remove from heat and add sugar, stirring until dissolved.
5. Mash apples until desired texture is reached.



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