

Compliments of Jodee Harris

essential living

205



Make Your Home Bloom!

Decorating Tips for Spring



Jodee Harris

Vice President, First
Commonwealth Advisors,
Senior Financial Advisor,
Infinex Investments, Inc. •
4509033



2501 Sharkys Dr • Latrobe, PA 15650

Office: 724-832-6181

jharris@fcadvisor.com • www.fcbanking.com/jodee-harris

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2501 Sharkys Dr
Latrobe, PA 15650
Office: 724-832-6181
jharris@fcadvisor.com
www.fcbanking.com/jodee-harris



You wake up to the sound of birds chirping, as you walk outside, you're greeted with the smell of freshly cut grass and a warm breeze. That's right folks, it's golf season. Golf isn't just about the hole in one, it's about enjoying the great outdoors, whether you swing the clubs or not. We've scoured the globe to find the most incredible golf holes that will put your skills to the ultimate test. We promise, even the mini-golf enthusiasts will be impressed.

After a long day of staying under par or using our Pet Based Fitness Guide to start a new fitness routine with your best friend, you've probably worked up an appetite. Our One-Pot Wonders are perfect for days when you want a home-cooked meal without all the work. Not only are these meals easy to pull together (we're talking 20 minutes or less of prep time), with just one pot, the clean up time is even faster!

If skipping to dessert is more your style, we fully relate. That's why we've concocted the most delightful and delicious milkshakes for you. Don't worry, these aren't your boring and basic chocolate and vanilla. These shakes take their name seriously and are shaking up the tastiest ingredients that will forever raise your standards for all future milkshakes.

From exercises with your pets, easy dinners and over the top milkshakes, this issue is a hole in one, if we do say so ourselves.

— From the Publisher

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CEO

Dan Zdon, CEO

Publisher

Josh Kimball, Publisher
publisher@essentiallivingmag.com

Editorial

Tisha Davis, Creative Director
Emily Schaffer, Executive Editor
Erin Ragan, Editor-in-Chief
editorial@essentiallivingmag.com

Sales

Charlie Wesser, VP of Sales
Mark Douglass, Director of Sales Operations
sales@essentiallivingmag.com

Marketing

Becky Truhler, Marketing Coordinator
marketing@essentiallivingmag.com

Operations

Jonathan Wesser, VP of Operations
Mindy Stansbarger, Production Manager
Ryan Duderstadt, Print Production
Brianna Jahangir, Production Manager,
Marketing Services
Allen Wardell, Client Success Manager
Greg Thatcher, IT Director
John Matson, HR Manager
Shelly Martin, Controller
operations@essentiallivingmag.com

Partnerships

Bjorn Piltingsrud, VP of Strategy and
Business Development
partnerships@essentiallivingmag.com

One-Pot Wonders

Is there anything better than a delicious dinner with an easy cleanup?

Doing the dishes is one of those chores that few people enjoy. Much like folding laundry, you must do it, but boy, oh boy is it a pain. And there's nothing more annoying than cooking an amazing meal, only to turn around and be greeted by a mountain of dishes. And when you have to wash items by hand instead of just chucking them in the dishwasher? Don't even get us started. For the record, everything should be "dishwasher safe" at this point.

Whether you're looking to avoid the mess, spend your nights binging your favorite show instead being hunched over the sink or just have a love/hate relationship with cooking, we're here to help! This issue is all about one-pot wonders! That's right, everything is cooked in just one pot.

And these dishes are by no means "lazy" meals. No boxed mac 'n' cheese over here! We're serving up three drool-worthy recipes that will not only warm you up, keep you full AND impress a crowd, but that are also so easy to make. And even easier to clean up!

These recipes may come together in one pot, but they do take time to develop their rich flavors. With recipes like our creamy mushroom bacon risotto, these one-pot wonders are a labor of love. Luckily, we have easy step-by-step instructions to keep the prep simple and the mess minimal.



Cast-Iron Shakshuka



Prep Time
10 minutes

Cook Time
30 minutes

Yield Amount
6 servings

Say hello to your new favorite brunch item! This North African dish is known for its brilliant red sauce that's packed with rich flavor and poached eggs.

INGREDIENTS

- 2 tbsp. olive oil
- ½ yellow onion, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 28 oz. can crushed tomatoes with liquid
- 1 tsp. paprika
- ½ tsp. turmeric
- ½ tsp. cumin
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. cayenne pepper
- 4 eggs
- ½ c. feta cheese, crumbled
- ¼ c. freshly parsley, chopped
- 1 avocado, halved, pitted and sliced
- Toasted bread for serving

INSTRUCTIONS

1. Heat the olive oil in a cast-iron skillet, then add the chopped onion.
2. Sweat the onion for 5 minutes over medium heat before adding the minced garlic.
3. Then add the red bell pepper and cook until softened (about 5-7 minutes).
4. Add the can of crushed tomatoes and the seasonings.
5. Stir to combine, then reduce the heat to low and allow the mixture to simmer for 10 minutes.
6. Use a spoon to create 4 holes or "pockets" in the mixture.
7. Then, carefully crack 1 egg in each hole.
8. Place a lid on top of the skillet and allow the eggs to cook for 5-7 minutes.
9. Once there is a thin white film over the egg yolks, remove the lid and turn off the heat.
10. Garnish the shakshuka with feta cheese, fresh parsley and sliced avocado.
11. Serve with toasted bread and enjoy!



Prep Time
20 minutes

Cook Time
30 minutes

Yield Amount
8 servings

Creamy Mushroom Bacon Risotto

● Anything with bacon is always a good idea, and this risotto is no exception to the rule!

INGREDIENTS

- 1 tbsp. olive oil
- 3 pieces bacon
- 2 tbsp. unsalted butter
- ¼ c. white wine
- 2 lbs. cremini mushrooms, sliced
- 1 tsp. dried thyme
- ½ tsp. salt
- ½ tsp. pepper
- 1 shallot, minced
- 1½ c. arborio rice
- 4 c. vegetable broth
- 1 c. Parmesan, freshly grated
- Fresh parsley, chopped

INSTRUCTIONS

1. Add the olive oil to a Dutch oven, then use kitchen scissors to cut the strips of bacon into bite-sized pieces.
2. Cook over medium heat, stirring continuously to prevent the bacon from burning.
3. Once lightly cooked (about 5 minutes), use a spatula to remove the bacon from the Dutch oven and place on a plate to the side.
4. Add 1 tablespoon of butter and a splash of the white wine to deglaze the pan.
5. Then, add the sliced mushrooms and season with dried thyme, salt and pepper.
6. Cook for 5 minutes, then remove from the pot and place on the plate with the bacon.
7. If there's any liquid from the mushrooms, drain it before adding the other tablespoon of butter.
8. Once the butter has melted, add the minced shallot.
9. Sweat the shallot for 5 minutes over medium-low heat until translucent.
10. Next, add the rest of the white wine and the rice.
11. Toast the rice until all the liquid has been absorbed, then add 1 warm cup of vegetable broth.
12. Stir continuously until the broth has been absorbed, then repeat this process as you slowly add in the rest of the vegetable broth.
13. Once all of the vegetable broth has been absorbed, add the bacon and mushrooms back to the pot.
14. Stir in the freshly grated Parmesan cheese.
15. Finally, serve with freshly chopped parsley and enjoy!



Prep Time
20 minutes

Cook Time
40 minutes

Yield Amount
6 servings

One-Pan Baked Tuscan Chicken with Pasta

● This flavorful Italian dish served with creamy pasta is just what you need on a gloomy day!

TUSCAN CHICKEN INGREDIENTS

- 4 chicken breasts, room temperature
- 2 tbsp. olive oil
- 1 tbsp. oil from jar of sun-dried tomatoes
- 1 tsp. dried thyme
- 1 tsp. oregano
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ c. chicken broth

PASTA INGREDIENTS

- 18 oz. box campanelle pasta
- 1 c. water
- 1 can coconut milk
- 1 jar sun-dried tomatoes with oil
- 1½ c. marinated artichoke hearts

- 2 c. spinach

- 1½ c. mozzarella cheese
- Fresh parsley, chopped

TUSCAN CHICKEN INSTRUCTIONS

1. Preheat the oven to 375° F, then grease a 9" by 13" baking dish with olive oil.
2. Pat the chicken breasts dry with a paper towel, then season with the oil from the jar of sun-dried tomatoes, dried thyme, oregano, salt and pepper.
3. Place the chicken breasts in the prepared baking dish and add the chicken broth.
4. Bake for 25 minutes, then remove the chicken breasts from the prepared baking dish.

PASTA INSTRUCTIONS

5. Add the pasta, water, coconut milk, sun-dried tomatoes and artichoke hearts to the baking dish.
6. Use a spoon to stir until everything is combined.
7. Bake for 30 minutes, stirring after 15 minutes.
8. After 30 minutes, add the spinach and 1 cup of mozzarella cheese.
9. Stir to combine, then place the chicken breasts on top of the pasta.
10. Bake for another 7 minutes.
11. Garnish with the rest of the mozzarella and chopped parsley.

The Coolest **GOLF HOLES** in the World



Cape Kichappers, hole 15 — photo by Jacob Sjöman

Golf is often known as one of those refined, sophisticated, country club goer-type of sports. But we're here to tell you, golf doesn't always have to be as conventional as its made out to be. There are plenty of funky, offbeat, yet super challenging golf courses, with crazy hard holes all throughout the globe. These golf courses still demand an intense level of precision and strategy, but you can leave those Vineyard Vines pink and green collared shirts at home. On these courses, everyone will be looking at your swing, not your level of preppiness.

But a golf course isn't just a whole; it's the sum of its parts — which, when it comes to golf, means it's

all about the holes. All of these cool, exciting golf courses earned their spot on this list not only for their overarching features and location, but also for the unique holes they offer. For each destination, we spotlight the best hole at the course so you won't miss out on the hype of an optimal hole-in-one experience. After all, that's what it's all about.

There are some exceptional golf courses out there. While most of these destinations require a passport, the international flight will be well worth it. If golfing is a passion of yours, it's time to pack your bags and explore the very best golf courses — and holes — that the world has to offer.

Cape Kidnappers

Hole 15 | New Zealand

The Course: New Zealand in general is known to host some of the world's most spectacular views. Hawke's Bay on the North Island's east coast is no exception. The rugged coastline and moody beaches throughout the course are guaranteed to make you feel like you're one with nature.

The Hole: All the holes on this course offer some seriously beautiful sights. While it's really hard to pick favorites with this course, hole 15 ultimately, takes the cake. Picture this: a 460-foot cliff drop to your left and a deep cave on your right. What else could you ask for?

Carbrook Golf Club

Hole 15 | Australia

The Course: The Carbrook Golf Club is located in Queensland, commonly known as one of the most vibrant regions in all of Australia. The weather is fantastic year-round, making for some ideal golfing conditions. This course is relatively new (just three decades old), but provides a wild and thrilling experience, just as the Aussies like it.

In fact, the lake surrounding the course is home to 12 bull sharks, each rumored to be around 10-feet in length. Sounds a little scary, but who doesn't love a round a golf with some sharks watching over you in the distance?

The Hole: Hole 15 takes this shark thing to a whole new level. This hole is literally in the middle of the lake. So to get a hole-in-one, your ball has to overcome a seriously cool challenge: sharks.



Photo provided by Golf Bluegreen Dunkerque

Golf Bluegreen Dunkerque Course

Hole 4 | France

The Course: Dunkerque Golf Course is located in northern France. It's a bizarre course that attracts players from all over the world. It's a 27-hole course that offers panoramic views of the surrounding French countryside; even non-golf lovers would find this golf course captivating. Add a nice bottle of champagne and a hot baguette and you'll never want to golf anywhere else.

The shapes within the course are known to be quite unique, which is why we love hole 4, (more on that below). The quirky landscape is meant to resemble the eccentric lifestyle of the region itself.

The Hole: An Ace of Spades that jets out into the water, hole 4 offers golfers a challenge with its breathtaking and distracting looks alone.



The Elfege Baca Shootout

3 miles from peak | New Mexico

The Course: This one is not necessarily your run-of-the-mill golf course. It's more like a shootout 7,000 feet above sea level.

The Hole: Your target hole is three miles from the peak on a 50-foot patch of dirt. Sounds impossible, right? Maybe, but it also sounds like a lot of fun. Only a few golfers have gone home with the grand-prize — a hole-in-one (hundred). No one has gotten the one-shot win quite yet, with the best score so far standing at nine tries.

Legend Golf and Safari Resort

Hole 19 | South Africa

The Course: If you're the kind of person that watches the Masters every year, I'm sure you've heard of this course. It's iconic, one of the world's most renowned courses.

Each hole within the course has been designed by a different golfing legend, including Padraig Harrington, Colin Montgomerie, Trevor Immelman and many more. This is the kind of course golfers dream about.

The Hole: The Legend Golf and Safari Resort has been nicknamed Home of the Extreme 19th. The extreme 19th hole features the highest and longest Par 3 in the world. So, that pretty much explains why this hole is the best. This course, and hole 19 more specifically, is truly something special.

FITNESS GUIDE

— TO WORKING OUT WITH YOUR PET —

Are you a fitness junkie? Are you also a pet parent? From downward dog poses alongside your actual dog to long walks on the beach with your significant other (aka your furry friend), this guide will give you some ideas for spending quality time with your pet while still getting in your workout.

***Disclaimer:** Not all pets are the same. Activities will vary depending on your pet type and breed. For example, a German shepherd puppy and a 20-year-old Siamese cat do not have similar interests. Trust us on this one.



PET TYPE: Dog

BREED: Yorkshire Terrier

ACTIVITY: Casual Stroll



If you have a Yorkie, head out together on a light walk. Yorkies can be energetic, but you have to remember they're one of the smallest dog breeds. They're not the best companion for a 15-mile hike in the blazing sun.

Also, they're not great on a leash and tend to get scared around other people/dogs — especially big dogs. That doesn't make for the most ideal of circumstances. Try to stick to a walking location where the chances of running into large crowds are unlikely. Essentially, remote locations are best. If this isn't doable for all the city dwellers out there, stick to indoor fetch sessions and circular strolls through your apartment.

PET TYPE: Cat

BREED: British Shorthair

ACTIVITY: Indoor
Workout/Playtime



Most people think of cats as lazy, but their little bodies actually do need exercise. Think about it — at heart, cats are hunters who really benefit from some physical activity to develop their inborn skills.

Try playing some games with your cat, while simultaneously turning it into a workout for you. Try an indoor workout, and in between each set, use feathers or small balls to play with your cat. We guarantee you'll both be having a grand ole time.



PET TYPE: Parrot

ACTIVITY: Yoga

We don't know many people who have a pet parrot, but we're not in the business of leaving people out. So here we are — fitness activities for parrot pet parents. Try saying that three times fast: parrot pet parents, parrot pet parents, parrot pet parents.

Anyway, we presume it would be a bad idea to take your parrot outside — so at-home exercise it is! Parrots come with an uncanny natural ability to get excited, be present and speak their mind — always. Given this, opt for some yoga alongside your parrot. If you're feeling extra daring, take them outside the cage and do a child's pose. That's when you're on your knees and reach your arms straight out in front of you. We can bet your parrot will take this opportunity to land on your arm for the ultimate bird-human yoga bonding experience.

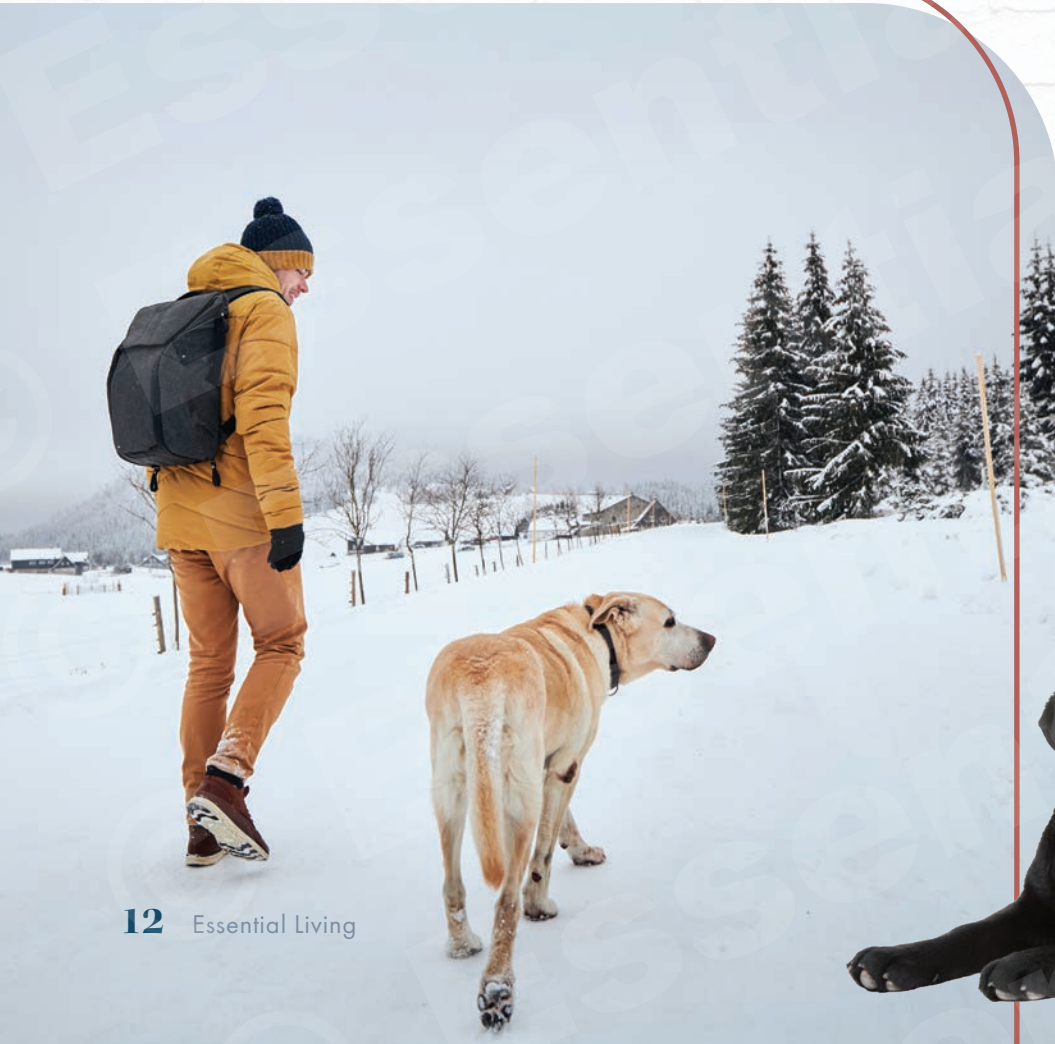


PET TYPE: Dog

BREED: Labrador Retriever

ACTIVITY: Hiking

Labs can be some of the most loyal hiking companions. Your lab wants to exercise just as much as you do. Seriously, they have a ton of energy! And what better way to get out all that pent-up energy than with a long hike? So hit the trails with your pup, and don't forget to bring enough food and water for the both of you!



PET TYPE: Rabbit

ACTIVITY: Jumping. Seriously.

Okay, this one is a little far out, but stick with us here. In their natural habitat, your rabbit will jump around. What if you turned this activity into a makeshift workout?

It's time to unleash the bunny and mimic its every move. When it jumps, you jump, until you two are moving in unison. Don't laugh — this will be a killer, high-intensity workout, and you'll finally know what life is like as a bunny rabbit.



PET TYPE: Dog

BREED: German Shepherd

ACTIVITY: Running

German shepherds are packed full of energy! Take that as an opportunity to get into running with your dog. We can just about guarantee they will be eager to join and will be the perfect running buddy.

If you and your dog are new to running, take it slow. You want to ease in with short-distance runs at a steady pace. Your dog might effortlessly break into a fast stride, but it's important to create structure and set a consistent pace. After a few weeks, you two might bump up the mileage a bit. Who knows!



Ever notice how pets and their owners always seem to look alike? A hilarious concept, yet also so weirdly accurate that you sometimes have to do a double-take. We likely do this subconsciously because we want to have some kind of deeper connection with our furry friends. It only makes sense that we gravitate toward a pet type or breed that has a mini-me resemblance. But looks aren't the only thing that makes that special bond; it's quality time, as well. Depending on your pet, that quality time could mean different things, like lots of cuddles and chill time or a 10-mile run through the mountains. **Take your pick.**



MAKE YOUR HOME BLOOM!

NATURE WILL HAVE SOME COMPETITION WITH THESE SPRING DECOR IDEAS

April showers brought May flowers to brighten up the world outside. Now, it's time for spring-inspired home décor to brighten up your home on the inside, finally vanishing those winter blues.

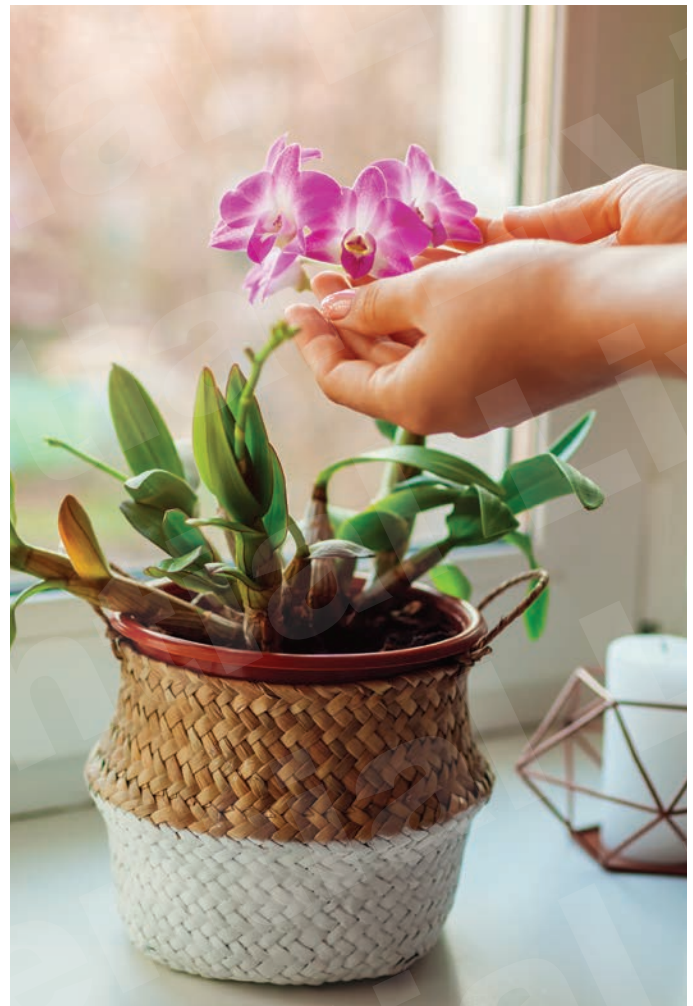
And you don't need to go full-on Joanna Gaines to springify your space. Try these simple tweaks that will leave your home feeling light, airy and refreshed!



LIVEN IT UP

This one may seem like a given, but our daily surroundings can really influence our mood and the way we feel. Ditch the dreary winter colors that have been keeping us hibernating for months on end and add some nature into the mix with fresh florals. Nothing screams spring like a centerpiece bouquet of colorful, blooming flowers!

If flower arrangements really aren't your thing, houseplants and succulents make a great addition, and you don't need to be constantly buying new ones. If your last houseplant didn't do so well, don't despair — bring in the greens with something faux. Trust us, your mother-in-law won't know the difference.



MOTHER NATURE'S SPACE

Although Mother Nature does most of the work for decorating the outdoors, she can't do it all! Each spring, do a big refresh (and cleaning) outside. There are plenty of creative ways to incorporate the warmth of spring on your front porch, outdoor deck or apartment balcony. You could pick out a new doormat, or hang flower baskets and a new spring-inspired wreath on the front door. Plus, don't forget to rake up all the leaves left behind from the cold months.

MAKE A STATEMENT

Set the scene for spring with some statement accent pieces. You can place these throughout your house and in your outdoor space to tie together all the spring colors. Vibrant accessories, unique vases and even artwork can help to lighten up a room from those muted winter tones.



BRIGHTEN UP THE SPACE

As nature gets reenergized with green grass and bright flowers, you'll start to feel reenergized too! Show off that energy with a new rug. Rugs are a fun way to add some color and personality to a space without much work. Try a funky rug with bright and bold colors in the main living area. It could be the wow factor you never knew you needed.



POPS OF COLOR

If you have throw pillows lying around your house that are in desperate need of an upgrade, dress them up with covers that give you all the spring vibes. Swap out those heavy winter wool throws for something lighter, like linen. Throw pillows and blankets are a great opportunity to add pops of color and texture to make your space cheery and inviting.



ELEVATE YOUR TABLESPACE

Using seasonal pieces can help change up the look of your home throughout the year, without breaking the bank. Your tablespace is the perfect example of this. For a spring table setting, fresh florals are a must. You can even continue this floral theme into your dinnerware, with colorful plates and linens. There's no better way to welcome in a new season than making it the centerpiece for your next gathering with friends and family.

LIGHTER AND BRIGHTER

At the start of each season, we can tell a new story within our homes. For spring, this means adding natural elements that will help make our spaces lighter and brighter. Time to let in the sunshine!

LITTLE DETAILS, BIG MOOD

The first signs of spring can give us the mental refresh we need. It's also the perfect time to give our homes a much-needed refresh as well. Go through your house and be sure there are no lingering signs of winter. This can include the hidden Santa that you thought it would be funny for someone to find (and of course they never did). And don't forget to swap out the peppermint candles for a fresh scent, like lavender or rose!





6 ways

to Fish in America

Fishing is one of America's most popular sports, with 50 million Americans fishing each year. Americans spend almost \$10 billion on gear, bait, boats, guides, fish houses and clothing each year. Why the popularity? Fishing is accessible, and you can adapt the sport to your preferences.



“If people concentrated on the really important things in life, there’d be a shortage of fishing poles.”

– Doug Larson

There are infinite ways to fish.

How you fish depends on the climate where you live, your skill set, your personality and the type of water near you. Do you live near a lake, stream or ocean? Do you prefer to fish alone or with friends and family? Do you enjoy a learning curve or prefer something simple? Income

matters, too. A basic fishing boat, gear, licenses and trailer could cost \$10,000. Used boats are cheaper. Pontoon boats, excellent for family fishing, start at around \$18,000 and could go as high as \$60,000. Depending on the type of fishing you like, you may need a special rod, special line and, usually, a special reel. Bait varies.

Famous Fishing Lures

Rat-L-Trap Swim bait



Trolling or casting, for bass or walleye

Hula Popper



Casting for bass

Gold Bead Rubber Leg Crystal Bugger



River trout

Rooster Tail



Trolling or casting, for rainbow and brown trout

Swedish Pimple



Pike, trout, walleye, perch, albacore and bonito

Sinking Twitch Bait



Saltwater fish

Fly fishing requires a scientific knowledge of the bait lifecycle, feeding times and a sense of where the trout hang out.

Sometimes the sport is easy. Just drop a hook with a worm over the side of the boat and see what happens. Sometimes fishing is complex and almost an art form. For example, fly fishing requires a scientific knowledge of the bait lifecycle, feeding times and a sense of where the trout hang out. Fly fishing also requires skill and dexterity to pay out the line and drop the right fly in the right spot, setting the hook at just the right moment.

It's reel easy to do.

Why do people love fishing? For one, fishing is accessible to almost anyone. About 90% of Americans live within six miles of freshwater lakes or streams or the ocean. Then, there is the variety: America affords so many ways to enjoy fishing. You can spend time alone, with friends or with family. A fishing boat or pontoon boat adds to the fun, but fishing from shore can be equally satisfying. And

almost unlike any other sport, fishing is a sport you can enjoy even if you're skunked. You still experience the beautiful scenery, the peaceful sound of the waves and time outdoors.



Trolling



Still



Casting



Ice



Six Ways to Fish in America



Big Game



Fly

Should you keep what you catch?

Ironically, almost half of all the people who fish let their catch go, and don't eat them. They want to enjoy the sport without affecting the fish population (or having to clean the fish). Many conservationists will tell you the opposite: that culling fish makes the species stronger and prevents overcrowding. But the best reason to keep fish is to eat them.

Chefs suggest:

- For Grilling: Fish with some heft lend themselves to the grates of a grill — salmon, tuna and swordfish are all popular.
- For Baking: Look for cuts of denser, bigger fish such as Arctic char, sablefish and Pacific halibut.

The American Heart Association recommends eating fish at least

two times a week. Doctors remind us that fish are filled with omega-3 fatty acids and vitamins such as D and B2 (riboflavin). Fish are rich in calcium and phosphorus and are a great source of minerals, such as iron, zinc, iodine, magnesium and potassium. If prepared well, fish taste great, especially if they are freshly caught. After a day outdoors fishing in America, a fish dinner makes for a special celebration.

Shaking Up Milkshakes

There is no denying that milkshakes are delicious even in their simplest form of ice cream, milk and syrup. But with the versatility that milkshakes offer, there's no reason to keep them simple.

In these craveable recipes, milkshakes aren't the entire dessert, but instead serve as the base for sweet, sugary toppings that will leave your sweet tooth in an explosion of happiness. Don't worry — some of them have fruit, so that counts for something, right?

Banana Split Milkshake

Your favorite soda shoppe treat is about to get even better. Sweet vanilla ice cream is blended with fresh bananas and topped with an assortment of goodies to make you feel like a kid again. Date to the Sock Hop not included.

INGREDIENTS

MILKSHAKE

- 2 c. vanilla ice cream (about 2 scoops)
- 2 ripe bananas
- $\frac{3}{4}$ c. whole milk
- $\frac{1}{8}$ tsp. salt

THE GOODIES

- 4 tbsp. chocolate syrup
- 2 slices of banana with peel on
- 2 chocolate Pirouettes
- 2 tbsp. rainbow sprinkles
- Whipped cream

INSTRUCTIONS

1. Combine ice cream, bananas, milk and salt in a blender. Blend on medium to combine. If needed, add a bit more milk to achieve desired consistency.
2. Drizzle half of chocolate syrup along the inside of the serving glasses. Divide milkshake among glasses. Cut banana slices partway, leaving the peel on, and place 1 on the rim of each glass.
3. Garnish with whipped cream, remaining chocolate syrup, rainbow sprinkles and a chocolate Pirouette for each shake.



Prep Time 5 minutes
Yield Amount 2 servings

Loaded Cherry Milkshake



Prep Time

15 minutes

Yield Amount

2 servings

With this shake, cherries are just the start of an over-the-top showstopper. This shake isn't joking around when it comes to flavors and toppings. We won't judge you if you don't want to share, and we promise not to tell your dentist.

INGREDIENTS

MILKSHAKE

- 2 c. vanilla ice cream (about 2 scoops)
- 1 c. frozen cherries
- 1 c. whole milk
- ½ tsp. salt

CHERRY TOPPING

- 1 c. frozen cherries
- 2 tbsp. sugar
- 1 tbsp. water

THE GOODIES

- 2 ice cream cones
- 2 strawberry iced donuts
- 2 mini glazed donuts or donut holes
- 2 chocolate-covered pretzel sticks
- 2 Oreos
- Whipped cream
- Vanilla icing
- Mini marshmallows

INSTRUCTIONS

1. To make the topping, combine 1 cup frozen cherries, sugar and water in a small saucepan. Cook over a low flame, stirring occasionally to prevent burning. Remove from the heat once the mixture reaches jam consistency, about 10 minutes.
2. For the milkshake, combine ice cream, remaining cherries, milk and salt in a blender. Blend on medium to combine. If needed, add a bit more milk to achieve the desired consistency.
3. Coat the rim of each glass with vanilla icing and roll in a bowl of mini marshmallows.
4. Divide milkshake among glasses and top with cherry topping.
5. Place a strawberry iced donut on each shake. Use vanilla icing to attach ice cream cone. Add whipped cream on top of the strawberry iced donut and add one mini donut to the middle of each. Top off with an Oreo cookie and chocolate-covered pretzel. Take a moment to admire, then enjoy the sugar rush!

Spiked Grasshopper Milkshake

We love traditional Grasshopper flavors, but sometimes things could use a bit of an adult twist. Creme de Menthe is blended with vanilla ice cream and poured into a chocolate syrup-coated glass to create an absolute flavor bomb.

INGREDIENTS

MILKSHAKE

- 3 c. vanilla ice cream (about 3 scoops)
- ¾ c. whole milk
- ½ tsp. salt
- 2 tbsp. Creme de Menthe

THE GOODIES

- 4 tbsp. chocolate syrup
- 2 maraschino cherries
- 2 chocolate Pirouettes
- 2 mint cookies
- Whipped cream
- Chocolate icing

- Sugar pearls
- Caramel sauce

INSTRUCTIONS

1. Combine ice cream, Creme de Menthe, milk and salt in a blender. Blend on medium speed to combine. If needed, add a bit more milk to achieve desired consistency.
2. Use a knife to coat the rim of each mason jar with a thick layer of chocolate syrup. Sprinkle sugar pearls along the rim of each jar. Divide milkshake among the jars.
3. Top with whipped cream and caramel sauce. Stick one chocolate Pirouette and mint cookie into each shake. Place a cherry on top and ta-da!



Prep Time

5 minutes

Yield Amount

2 servings

Wild Berry Milkshake



Prep Time
15 minutes

Yield Amount
2 servings

We've all heard about the goodness of berries, and this milkshake is full of them! A deliciously fruity combo of raspberries, blueberries and strawberries add an extra layer of fruity flavor, while a delectable vanilla donut on top creates the perfect vessel to enjoy this fruity concoction.

INGREDIENTS

MILKSHAKE

- 2 c. vanilla ice cream (about 2 scoops)
- 1 c. frozen blueberries
- 1 c. whole milk
- 1/8 tsp. salt

BERRY TOPPING

- 1 c. frozen berry medley (raspberries, blueberries, strawberries)
- 2 tbsp. sugar
- 1 tbsp. water

THE GOODIES

- 2 vanilla donuts with icing and sprinkles

INSTRUCTIONS

1. To make the topping, combine the frozen berries, sugar and water in a small saucepan. Cook over a low flame, stirring occasionally to prevent burning. Remove from the heat once the mixture reaches jam consistency, about 10 minutes.
2. For the milkshake, combine ice cream, blueberries, milk and salt in a blender. Blend on medium to combine. If needed, add a bit more milk to achieve the desired consistency.
3. Divide milkshake among glasses and top with berry topping.
4. Top each shake with a donut and add 2 paper straws in each of the donut holes. Enjoy!

Death By Chocolate Milkshake

When it comes to chocolate, too much of a good thing doesn't apply. Created for the chocolate connoisseur, this shake is literally overflowing with chocolatey goodness that will have you questioning if it's all just a dream. Lucky for you, it's just a few minutes away from reality.

- Chocolate Pirouettes
- Oreos
- Thin pretzel twists and sticks
- Chocolate icing
- Mini marshmallows rolled in cocoa powder
- Whipped cream

INSTRUCTIONS

1. Combine ice cream, chocolate syrup, chocolate milk and salt in a blender. Blend on medium to combine. If needed, add a bit more milk to achieve the desired consistency.
2. With a knife, create a thick layer of chocolate icing around the rim of each glass. Roll rim of glasses in a bowl of chocolate sprinkles.
3. Drizzle chocolate syrup along the inside of the serving glasses. Divide milkshake among glasses.
4. Top with whipped cream, remaining chocolate syrup and chocolate sprinkles. Load it up with all the goodies your sweet tooth desires!



Prep Time
5 minutes

Yield Amount
2 servings

Chocolate-Covered Strawberry Milkshake



Prep Time

15 minutes

Yield Amount

2 servings

Inspired by everyone's favorite Valentine's Day treat, this milkshake is perfect for sharing with a loved one or having all to yourself. A juicy strawberry topping and swirl of chocolate syrup make this shake simply irresistible.

INGREDIENTS

MILKSHAKE

- 3 c. strawberry ice cream (about 3 scoops)
- $\frac{3}{4}$ c. whole milk
- $\frac{1}{8}$ tsp. salt
- 2 tbsp. chocolate syrup

STRAWBERRY TOPPING

- 1 c. strawberries, sliced
- 2 tbsp. sugar
- 1 tbsp. water

THE GOODIES

- Whipped cream
- 4 chocolate Pirouettes
- 2 whole strawberries
- Cocoa powder

INSTRUCTIONS

1. To make the topping, combine the strawberries, sugar and water in a small saucepan. Cook over a low flame, stirring occasionally to prevent burning. Remove from the heat once the mixture reaches jam consistency, about 10 minutes.
2. For the milkshake, combine ice cream, milk and salt in a blender. Blend on medium to combine. If needed, add a bit more milk to achieve the desired consistency.
3. Drizzle chocolate syrup along the inside of the glasses. Divide milkshake among glasses and add strawberry topping to each.
4. Vertically cut the last 2 strawberries partway and place 1 on the rim of each glass. Top with whipped cream, then put 2 chocolate Pirouettes into each shake. Finish with a dusting of cocoa powder!

Find Out What's Shakin' With One Milkshake Trucker



We talked to the owners of Mason Jar Madness, a milkshake food truck that serves up outrageous servings of shake-based treats.

What's the idea behind your truck?

We started the truck as a family project during COVID-19 lockdowns to help our children understand what is involved in starting and running a business. As a family, we brainstormed ideas, did basic competitive research, worked on the menu and read each and every

contract (building of the truck, website, bank account info, etc.). Obviously, the best part for the kids was "taste testing" different menu combinations.

Why milkshakes?

In doing research, we came across this genre of milkshakes called "Freak Shakes," and the kids really grooved on it, so we just went with it.

What's the reaction been?

Our overall mission is really simple – to make people smile! That is the number one priority. There is nothing more fun than to watch that young child, or a child at heart, come up to the truck to pick up this crazy milkshake — their eyes get wide, and they get this HUGE smile on their face.

Learn more about Mason Jar Madness at madnessmilkshakes.com



A VISUAL GUIDE TO

THE PRODUCE AISLE

Let's be honest, we're all a little bored of the usual fruits we find in the grocery store. Luckily, nature has an abundance of sweet treats for us to enjoy—in all different shapes, sizes and even scents!

CHERIMOYA

aka Custard Apple

"The most delicious fruit known to men."—Mark Twain

Native to: Tropical areas with high altitudes

Taste: Banana and pineapple with hints of strawberry

Ways to enjoy: Chill and scoop like custard



POMELO

The world's largest citrus fruit.

Native to: Southeast Asia

Taste: A more delicate and floral take on grapefruit

Ways to enjoy: Juice, marmalade, fruit salad, candied



BUDDHA'S HAND

No flesh, pulp, juice or seeds here!

Native to: Northwestern India

Taste: What it lacks in taste, it makes up for with a sweet lemon aroma

Ways to enjoy: Candy the peels, zest into baked good, grate over favorite dishes



MANGOSTEEN

Has won the title "Queen of Fruits" and "Fruit of the Gods"

Native to: Southeast Asia

Taste: Sweet with a touch of tang, notes of banana or peach

Ways to enjoy: Raw, especially with ice cream



SALAK

aka Snake Fruit

Don't worry, it won't hiss.

Native to: Indonesia

Taste: An astringent kick with sweet undertones

Ways to enjoy: Eaten fresh, pickled, canned



BREADFRUIT

The aroma of fresh-baked bread without the bread!

Native to: South Pacific

Taste: A potato in fruit form

Ways to enjoy: Roasted, baked, fried, mashed

RAMBUTAN

Rambutan is derived from the Malay word "rambut" meaning "hair"

Native to: Southeast Asia

Taste: Sweet and creamy with a dash of sour

Ways to enjoy: Raw, canned





Give the gift of a referral!

There is no greater gift for me than to work with your family and friends. If you know someone who could benefit from my services, I would love to help them!



Jodee Harris

Vice President, First Commonwealth
Advisors, Senior Financial Advisor,
Infinex Investments, Inc. • 4509033

2501 Sharkys Dr • Latrobe, PA 15650
Office: 724-832-6181
jharris@fcadvisor.com
www.fcbanking.com/jodee-harris



Jodee Harris
First Commonwealth Advisors
2501 Sharkys Dr
Latrobe, PA 15650

Referrals
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Jodee Harris

Vice President, First Commonwealth
Advisors, Senior Financial Advisor, Infinex
Investments, Inc. • 4509033



2501 Sharkys Dr • Latrobe, PA 15650
Office: 724-832-6181 • jharris@fcadvisor.com
www.fcbanking.com/jodee-harris

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