

# Intentional Inspirations

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**August 22, 2015**

Dear Friends,

It has been a busy week at our home as we began our new homeschool year on Monday. I have to say that the days actually went very smooth and drama free. I think it was about the best start to our homeschool year than we've had in a while! Yeah!

The weather here has cooled a bit and we even had some overnight temperatures in the low 60's. It has felt so good! I am ready for the cooler days of fall and the changing of the seasons.

My youngest son celebrates his 8th birthday next week, so I have been busy planning his Lego cake! I am going to make 3 cakes baked in bread pans to be the Lego bricks. Then I will use Oreos for the little bumps on the top, then totally frost the cake and Oreos with blue frosting. I'll have to take a picture and post it on my blog next week!

I do hope you are enjoying these Saturday "Intentional Inspirations" newsletters. It has been fun for me to get a bit more personal with you and share my life in a way that inspires and encourages you!

Now let's dig into this week's Inspirations!

## **1. Free Trim Healthy Mama Recipe Cards!**

You can now download my THM Friendly Recipe Cards for free! I made these recipe cards with many of my THM recipes on them so you can easily print them and use them. I hope you find them useful!

To download them for free, just [go to my Trim Healthy Mama page](#) and scroll down until you see the download link. Enjoy!

## 2. Trim Healthy Mama Tip: How to make larger batches of the Fuel Pull cakes.

A reader contacted me this week asking how to make my Trim Healthy Mama Fuel Pull Cakes in larger batches. She loved the cakes and wanted to make up a bunch at once and freeze them for later. I told her I would explain in this week's newsletter!

It really isn't that hard to multiply the recipe. The key is baking the cakes in small containers or muffin pans. I am going to take my [Chocolate Cake \(THM:FP\) recipe](#) and multiply it for you so you can see how it is done. The first recipe is the original recipe for one serving. The second recipe is the multiplied version (I simply multiplied the ingredients amounts by 6). Keep in mind that each individual recipe makes two little cakes or cupcakes.

Chocolate Cake - FP

(Individual Recipe - Makes 2 small cakes)

1 Tablespoon oat fiber  
1 Tablespoon coconut flour  
2 Tablespoons cocoa  
1/2 teaspoon baking powder  
1/2 teaspoon glucomannan  
dash sea salt  
2 Tablespoons Truvia  
1/3 cup egg whites  
1 Tablespoon water  
1/2 teaspoon vanilla

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Chocolate Cake - FP

(Multiplied X6 Recipe - Makes 12 small cakes)

6 Tablespoon oat fiber

6 Tablespoon coconut flour  
3/4 cup cocoa  
1 Tablespoon baking powder  
1 Tablespoon glucomannan  
1/4 teaspoon sea salt  
3/4 cup Truvia  
2 cups egg whites  
6 Tablespoon water  
1 Tablespoon vanilla

In a medium-sized bowl, mix together dry ingredients first. Add in remaining ingredients and mix until smooth. Spoon into lightly greased muffin pans or cupcake liners and bake at 350 degrees for about 20-25 minutes.

### **3. Try the Make Over Your Mornings Online Course for FREE!**

Crystal Paine is gearing up to run a one-day sale on her Make Over Your Mornings course next Tuesday, August 25th! But from now until then, you can sign up and receive FREE access to Day 1!

Go ahead and [sign up and give Day 1 a try for free](#). Download the handout and watch the video. You are going to love it!

### **4. Need a reading list of great books for your kids?**

A Charlotte Mason Home has put together an amazing list of ["Twaddle-Free Literature by Grade Level"](#).

You already know how much our family loves reading aloud great books together. This would make a great list to print out and take to the library with you. If you need more great ideas and resources for reading aloud, check out [this post](#) and [this post](#), which includes a free printable!

### **5. How to stop Windows 10 from spying on you!**

This week I ran across this article that talks about how the new Windows 10 may be spying on you more than you realize. Unless you

took the time to read the Terms of Service when you updated to Windows 10 (I know I didn't), you won't know these things.

The good news is that there is a way to go into your Windows 10 settings and "opt out" of these "spying" options. [Head on over to this post](#) for the full directions on how to do this.

## **6. Subscribe to Epic and give your kids thousands of books to read!**

I wasn't sure what I thought about [this app](#) the first time I heard about it. First of all, I really prefer real books, especially to read to my kids. But I decided to check this out since they offer a 30 day free trial.

I was actually surprised by all the books that are offered. I was able to search by topic or reading level, and I loved that it keeps track of what books my kids have read.

[Epic is available on iPhone and Android devices](#), as well as on desktop. I do want to point out that you really need a device with a fairly large screen to make it work. I tried to view books on my little Android Smartphone and it was just too small of print. It could be that the iPhone app works a little differently too. You'll just have to sign up for the free trial and give it a try.

They offer a free 30 day trial, then once your trial expires they charge \$4.99 per month and you can create profiles for all your children for that one price!

## **7. What I am reading this week!**

Since we started our homeschool this week, I haven't had as much time to read. But I have been enjoying a book set during the Civil War called, *Candle in the Darkness* (and I think this is still free on Kindle).

[Click here](#) to see the link to this book and all the other books I am currently reading.

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I hope you have enjoyed this issue of **Intentional Inspirations**. If you want to read previous issues, just click on the header at the top and it will take you to the Intentional Inspirations Archives!

Each Saturday I will continue to bring you valuable content that will help you live intentionally!

Have a wonderful weekend,

*Sheri*

**You can also connect with me here:**

[www.SheriGraham.com](http://www.SheriGraham.com)

[www.SheriGraham.com/intentionalplanner](http://www.SheriGraham.com/intentionalplanner)

[www.12weekholidayplanner.com](http://www.12weekholidayplanner.com)

[www.homeschooling-central.com](http://www.homeschooling-central.com)

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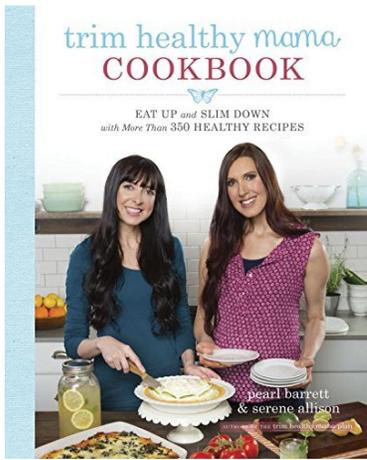
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## **New on the Blog This Week**

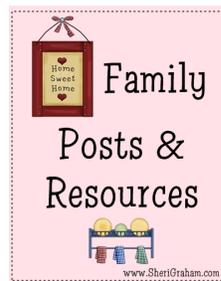


In this post I share one of the best tips that I have learned over the past 17 years of homeschooling! [\[Read Post...\]](#)



Pearl and Serene are coming out with two brand new books! Read all the details and how you can be some neat freebies for pre-ordering one or both of the books. Also, you can now download my THM recipe cards for free! [\[Read Post...\]](#)

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