

DANA'S INFLIGHT DELIGHTS

Cooking with Dana



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Biography

Foreword

It started with a Sunday drive to the airport with my Dad to watch the airplanes land. The fascination of seeing those planes fly by us was pure joy. My brother and I would fly to Los Angeles to visit my Dad on Pacific Southwest Airlines. I thought to myself one day I want to be a stewardess, as they were once called back in the day! Those bright orange and pink outfits with knee high boots; needless to say they were glamorous!!!

During those time restrictions applied for these women; there was a weight, height and nursing requirement. These women were thin and beautiful from head to toe.

When I had this ideal of writing this book I went back to my childhood days and the desire to fly on the plane one day; but today something more comes to my mind as I watch on HBO a documentary on the obesity we struggle with in the United States.

The attack of obesity in our country is truly astounding. In order to turn this around, we must start getting pro active about our own health and especially our children's health.

I hope that this cookbook will help heighten the awareness of my fellow flight attendant, and give them a more healthy choice then fast food when they are working.

I'm writing this book especially for those who feel they are not creative enough to bring food on their trip. I want you to feel good with the food choices you make, and you don't have to be a chef, nor a cook; just willing to take charge of your health and body.

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Chapter 1

When Dreams Comes True!!!

It's been 17 years since that time and many things have changed. The weight restriction is gone and for that I am thankful. In training and on probation we had to weigh in every week, and if you didn't meet your weight you were in serious jeopardy of loosing your job.

As I write now, I begin to ask myself the questions; how did those women back in the 60's make it? How did they keep those thin figures?

My diet in the beginning of my Flight Attendant career; due to the lack of funds, were oatmeal, roman noodles, peanuts and raisins (provided by Southwest). I say that in all seriousness. The resources for a balance diet were extremely slim.

As years have passed, with trail and error I have found some items that have allowed me to have a balance diet and good food ... you must *"eat right for the flight"*.

Traveling will take a toll on your body, but along with sleep, exercise, and a balance diet you can stay healthy.

My second love has been cooking, which lead me to attend and graduate from the California Culinary Academy.

One of my first thoughts was to find a way to create a menu that would accommodate flight attendants to achieve a healthy and tasty balance diet while flying.

Flight Attendants days can be as long as twelve hours, and each airport offering the same boring, fattening and pricey food. With a bit of experimenting with different items on the plane, I believe I have the solution to end those days of running off the plane to get the same old' same (Pizza, salad and burgers...etc.).

If you are willing to spend a little extra time to preparing some these delicious meals I have created, I believe your taste buds would be more than satisfied. More important, "*eating right for the flight*" by fueling the body with the right stuff, you will eliminate the common health problems associate with eating out frequently.

The more I fly, I definitely see the need for healthier foods, and the sure way of obtaining it is by cooking meals before flying.

I hear time and time again that flight attendants find it too time consuming and high maintenance, because you have to insure that the food is iced properly through out the day. The answer is yes, but spend a little time today, and it will add years of time to your life later, it will be well worth it!

While writing this book, I flew with a flight attendant who is a chef like myself, and she also had a food bag. Our third flight attendant didn't have a food bag and was resulting to airport food.

After watching us warm up our food and pulling out healthy snacks which we gladly shared, she felt inspired to try to start bringing a food bag.

The other issue that I often hear from flight attendants that is a concern is they don't feel they're creative enough, or an even more common excuse, "I don't cook".

Well *Dana's Inflight Delights* is the answer for you. "No experience needed". Not a natural born cook? No problem! Not creative? No problem. After reading this book you will have fulfilling, tasteful, no fuss food and snacks that will make bringing a food bag for your trips as natural as packing your toilet tree bag! :)

In *Dana's Inflight Delights* recipe book you will see that I use many ingredient several times, and other items that may be use in different ways, such as "sweet potatoes" that's has become a new hit because of the Potassium and Vitamin A, I hope this will make it a little easier for you!:)

Finally, remember, have fun and enjoy
"Dana's Inflight Delights"



Chapter 2

Breakfast a Go-Go

Egg and Cheese Panini

Morning Crews

Over night San Francisco (SFO):

After a short over night in SFO, We were face with a long day so I knew I needed some fuel for the day. I normally have a package of instant oatmeal, it was the only thing that could be found in my bag, but as you already know from the earlier days, oatmeal isn't my choice for breakfast.

The small cafe by the restaurant offered breakfast Panini's for a small fee of \$6.50, but of course my thoughts were, if I had made my own at home, I could have made at least 10 Panini's, with some change left over.

My point is you can make it just like you enjoy it, and save some money. Also, knowing that you prepared it will ease your mind of the common health problems that comes with eating out frequently.

So here are a few ideas I think would work for breakfast which can be made the night before leaving for a trip.

Smoked Salmon and Egg Panini

Cream cheese, Red Onion

Take 2 eggs and beat

Add pepper (I normally do not use salt because of the smoked salmon has plenty of salt)

2 Slice cream cheese into slices (1/4 inch, but it depends on how much cheese you like)

Take a small skillet and cook eggs with red onion

Lightly butter one side of the bread that will be the first slice in Panini press or skillet

Add egg mixture with Smoked Salmon on top

Add cream cheese

Capers on top(Optional)

Place other slice of bread on top

Press until Golden brown beach sides

.. Enjoy!!

“This same process will go for the next two sandwiches”.



Freestyle Panini

Egg and provolone cheese

(Note: when I bought the breakfast Panini in SFO their Panini had a light cheese that works better and healthier) its also melts better! :)

Egg Whites, spinach, Cheese (for those that don't eat meat but need the protein)

Enjoy a protein pack breakfast!!!

* Note: before placing the spinach with egg whites, make sure you have cooked the egg whites a bit before

There's lots of water in spinach and you don't want runny filling for the bread*

Place the cheese on the bread and add the egg white mixture

Top with other slice of bread and place in Panini press or pan

Remember if you don't have a Panini press, just use a pan as if you were making a grilled cheese sandwich.

Brown on each side, making sure the cheese is melted.

Chapter 3

Parfaits

Parfaits are something most flight attendants love to eat for breakfast instead of a breakfast sandwich. So here's my alternative to that.

I got this particular idea after eating fruit from a famous yogurt place in Los Angeles.



Mango

Pineapple

Kiwi

Strawberries

Blueberries

Pomegranate seeds

Raspberries

Flax Seeds/ instead of granola: which provides better healthier addition

Honey

Cut fruit into bite size cubes and place in bowl, toss lightly, before eating; sprinkle flax seeds, and a small amount of honey toss lightly.

Add fresh mint on top if you prefer, which adds freshness to the fruit!

Delicious and enjoy**

**Note: some fruits will not always be available because they're seasonal, but any fruit you like will do.*

*Bananas, yogurt and flax seeds with honey are options...
Just remember the options are limitless!*



Chapter 4

Lunch

Although salads are a high in demand for lunch, it can be rather disappointing when your lettuce doesn't hold up.

Majority of the time you will have to eat your salads the first day of your trip but I have found that spinach and arugula is greenery that will hold its texture for at least 2 days.

My suggestion when packing salad items would be to keep the lettuce separate from the other vegetables; also, salad dressings may be an issue, but if you bring dressing, keep it light.

My one solution for salad dressing is a pump bottle that I got at Marshall's.

I fill it up with Olive Oil and 2 cloves of Garlic. Squeeze lime and spray olive oil over salad...

This is a great instant dressing on the road.

**Note: you buy a few bottles and place any herb you like to change it up.*



Warm Kale Salad, Roasted Beets with Chicken and goat cheese

- 1-2 Cups of Kale washed and dried
 - 2 Chicken breast (when you have left over chicken breast from some the other recipes this is where you can use the rest)
 - 1 Bunch of Beets... Trimmed and clean
 - Sliced 1/4 inch and roasted in oven at 425 degrees
 - If you need chicken you can roast the chicken at the same time
 - After chicken and beets are done
 - Take a skillet and add 1 TBL of Olive oil
 - Get skillet hot
 - Add Kale and sauté until tender to bite
 - Place Kale in bowl
 - Add Chicken and Roasted Beets toss lightly
 - Season with Salt and Pepper
 - Add Goat Cheese on top
- This salad has become one of my favorites and you will see why!!

Well as I was making an egg salad for one of my trips, I decided to try something different and put a twist on the original BLT...

I took the egg salad and turkey bacon added mixed greens with herb goat cheese on top. Now some may say "what" but I say, oh yeah!

In my egg salad I put capers sweet pickles, and salt and pepper, a little mayonnaise and mustard.(I normally use Aioli mustard from Trader Joes), this went great with the goat cheese & turkey bacon; and I chose sourdough bread, but nice whole wheat grain bread would be just as tasty.

In this same sandwich you can also take the turkey bacon and make a great BLT. Add for crunch and taste, cucumber with Roma tomatoes...
Yummy!

I love making a rice or pasta dish, and sometimes I can use one whole chicken and make several meals from them.

Chicken Fried Rice is quick and easy and filling.

1 cup of rice

1 clove of garlic

1/2 yellow onion

1 Tbls. Olive oil or vegetable oil

2-3 Tbls Soy Sauce

Carrot and peas mixture (frozen is okay), and you can replace the peas for green beans if you wish

Chopped Chicken

(left over rice is good for this!)

Cook rice and while rice is cooking chop up garlic onions

in a medium skillet heat up oil

Add onions cook until translucent

Add garlic

Add cooked rice

Stir until it's heated through, and then add peas and carrot (the heat from rice will heat up veggies)

Add chicken

Stir and top with green onions ... Enjoy!

So there I was back in San Francisco at the hotel, where I order a salad and soup, which cost me \$13.00 and some change. Which led me to ponder the following: “with \$13, how much soup and salad could I have made?

Probably, enough to feed at least four people!



Chapter 5

So let's talk soups, which pack well and can be kept safely for the length of your trip. With different seasons I thought I could show you three soups that are classics with a twist:

Winter and Fall Soups

1 Butternut Squash / Sweet Potato / or Carrots
1 Butternut Squash peeled and cut into cubes
2 medium sweet potatoes peeled and cut into cubes
1/2 sweet onion diced medium
1 twig of thyme
1-2 Cups of Chicken stock (or vegetable stock)
Drizzle Olive Oil on squash and potatoes
Season with salt and pepper
Place on baking & bake until fork tender at 400 degrees
Sauté onions
Add "Stock" until simmer
Take squash and sweet potatoes and place in blender
Pour stock over and blend until smooth
If need, you can add more stock if its too thick
Place back in pot and turn heat low
Add thyme
Fresh cracked black pepper
Taste to adjust seasoning if needed

Spring and Summer Soups

Zucchini -Sweet Peas Soup

3 zucchini cut into cubes
1/2 Sweet Onion (use this onion so it won't dominate the soup)
2 cups of "vegetable broth"
Sauté onions and Zucchini
Add 1 cup of frozen sweet peas
Stir and cook until Zucchini is tender and peas warm through.

Warm vegetable stock in sauce pan
Add Zucchini and peas to Vegetable Stock
Remove from heat and cool for about 10 minutes before placing into
blender(you may use a food processor if you have one)
Blend until vegetables are smooth.
Pour back into pot and turn heat to medium until heated through

Options: If you like you can add 1/2 cup of whole peas which gives the
soup more texture
Also add 1/3 cup of Heavy Cream
Mix Sprinkle fresh parsley chopped(this adds a brightness to the
soup)

Toast Baguette to dip Soup!!!

Roasted Tomato Soup with Mussels/ Shrimp



“Jazzed up Tomato Soup from Trader Joes”

2-3 Shallots
2 Garlic
1 Medium Tomato (diced with seeds removed)
Cilantro
Organic Chicken Broth or Clam juice
Chives
tomato paste (2 tsps)
2-3 Lbs of Mussels (if you want no fuss with the cleaning of the mussels your local grocery store might sale them already clean)

But if you have fresh mussels you will need to go through them and clean each one by removing the beard at the end of each one. If any mussels have open then they are not good for cooking discard them.

Minced the shallots and garlic(you don't want big bites of garlic)
Chop cilantro and set aside for later
Sauté the shallots and garlic
Add diced tomato
Add the tomato soup
Add tomato paste(this just add another depth of tomato)
Bring up to a boil

Heat-up a separate pan, for the mussels (I have found when you heat up the pan it helps the mussels open)
Place mussel in pan after heating it
Add 1 cup of Chicken stock or clam juice(you may use a good white wine if eating this at home only)... :)
Place mussel in a bowl and pour soup over the mussels

Top with a Parmesan cheese and fresh parsley!!

This is a perfect dish, if you have last minute “guest” visit.

Chapter 6

Summer! Summer! Summer! Time!!!

Summer is one of my favorite times because the grilling is non stop!! And what else goes great with grilled meat, but fresh salads and fruit.

I got this particular recipe from one of my favorite top chefs "Bobby Flay", but add my own "Dana's Inflight Delight" twist to it!



Grilled Zucchini, Yellow Squash and Red Onions with a Mint Pesto

3 Medium size Zucchini sliced 1/4 inch thick length wise
3 Yellow Squash sliced 1/4 inch thick length wise
Red Onions sliced the same as the squash

Mint pesto

1 bunch of mint(tear the leaves from the stem)
1/3 cup of Walnuts slightly toasted
1/3 Parmesan Cheese
Virgin Olive Oil

Place the 3 ingredients in the food processor and blend until smooth,
then
added the Olive Oil while it's still blending, until its smooth

Take the Squash and Onions and place in a bowl then add pesto.

Toss and serve with more parmesan cheese on top!!!

**Note: this goes great with pasta if you want to bring a starch to the meal
or keep it light... It's up to you!!*

**Note: I use walnuts instead of pine nuts for this pesto because it goes
better with the mint.*

Chapter 7

Thai Spices Rub Ribs

Shrimp paste
3 -5 garlic cloves
Black pepper
Fish sauce
Onions
Cilantro

Place in food processor blend
Pour over ribs
Rub and cover ribs with rub
Marinate over night
Grill...



Sweet potato Fries & Thai Spice Skirt Steak

Shrimp paste
3 -5 garlic cloves
Black pepper
Fish sauce
Onions
Cilantro

Place in food processor blend
Pour over ribs
Rub and cover ribs with rub
Marinate over night
Grill...

Marinate skirt steak in marinade for a day (or at least 3 hours)
Grill for 5-7 minutes on each side which will leave the steak medium rare and tender.

Remember this steak is thin, so it doesn't take long to cook

Take 2 medium sweet potatoes
Cut into thin slices (French fries size or steak size fries)
Toss with olive
Salt & pepper
Place on sheet pan in oven
300- 350 for about 5 minutes
Check and turn
Cook 10 minutes Or until fork tender
Place in bowl
Add chopped parsley
Serve with steak

Chapter 8

Panini Mania



I had longed for quite sometime for a "Panini Press", but through my waiting period I just did it the old fashion way ... "Two Skillets", one that's a cast iron skillet, that I purchased at a yard sale for a dollar.

As a wedding present, a dear friend gave my husband and me, a gift certificate to one of my favorite stores "Williams Sonoma".

While shopping we saw a Panini Press on sale! Ladies this is a dream come true like shopping for that perfect shoes for summer. This is the best gadget to have in your kitchen so by all means "invest" especially for those of you who have children. The sandwiches are endless and way better than your standard grill cheese (no offense) here area a few of my favorite sandwiches to make:

I have discovered while cooking chicken breast always make extra for sandwiches and chicken salad.

I take thin chicken breast, season with salt and pepper and roast in the oven at 375 degrees. You will get the most for your money this way, because you can take a few of the breast and make Panini sandwiches and chicken salad for the rest of the family.

1 Baguette / Sour Dough Bread
1 slice of provolone cheese
1 -2 Rounds of Herb Goat Cheese
1 Chicken Breast
1 TBL Pesto (divide between the 2 slices of bread)
1 tsp of Dijon Mustard

Place the 1 TBL of the pesto
Add goat cheese and spread it around (it's soft so it should spread easy)
Add Chicken Breast (if it's too thick slice in half)
Add Provolone Cheese
Spread goat cheese on other slice
Place on top of the chicken
Spray Panini Press with Canola / or a drizzle of Olive Oil
Place sandwich in press and allow 3-4 minutes on each side or until cheese has melted.

Slice and serve... Enjoy

**Remember for the plane just wrap in aluminum foil to heat on burner

Veggie Italian Style Panini

Eggplant or Zucchini

Sundried Tomatoes' in Olive oil (may purchase at Trader Joes or any local market)

Smoked Mozzarella (if not available, regular is good)

Slice the Eggplant or Zucchini into 1/4 inch
drizzle olive oil and season with Italian season

Roast in 400 degree oven until tender

Take the baguette and place eggplant

One slice of the mozzarella

Add sundried tomatoes

Zucchini slice and continue to layer cheese

Place on the Panini press and toast until cheese is melted

Enjoy!

Note: This is a good sandwich to dip in a marinara sauce



Chicken Polenta Lasagna

I start making this recipe after Trader Joes stop carrying this Lasagna. Instead of making your typical Lasagna with noodles, try making this with "Polenta", which is another name for grits, but used in Italian cooking. You can find readymade Polenta at Trader Joes.

This preparation is a little time consuming but well worth it!

Meat Sauce

1 Pk of Chicken Breast
1/2 Yellow Onion chopped fine
3 Cloves of Garlic minced
1 Can of Crushed Tomatoes(or 4 medium fresh tomatoes chopped roughly)
2 TBL of tomato paste
1/2 Tsp of Oregano
1/2 tsp of Basil(dry spices for this meat sauce works better than fresh)

Heat olive oil up and sauté the onions and garlic until translucency
Add chicken and brown
Add tomato paste
Add dry spices

Add 1 can of crushed tomatoes(or fresh tomatoes)

Turn the heat down and simmer

While that's cooking, you can start cooking the Polenta

Take the Polenta and break apart and put it in the food processor

1/4 of Heavy Cream (you may substitute this with chicken stock)

1/2 cup parmesan cheese

Pulse until smooth but not creamy

you want the polenta to hold to the sauce so if it's too creamy the sauce will run

Take a glass Pyrex and spoon in 3/4 of the polenta

***if you want the bottom portion to be more

Add the sauce with chicken

Add goat cheese (or mozzarella) on top

Add the remaining of the polenta

Sprinkle parmesan cheeses on top

Bake at 325 degrees until warm and cheese is melted

(25-30min.)

Chapter 9

3 Potato Salad

2-3 Yukon Potato

2-3 Red Potato

2-3 Sweet Potato

Roast potatoes at 375 degrees until fork tender(the sweet potatoes will cook quicker then the other potatoes so be mindful to remove them early.

You don't want mushy potatoes :(

Cool

2 -3 Mayonnaise

1/2 Dijon Mustard

2 TBL Capers

2 Celery Stalks chopped

1/2 Sweet Onion

Mix all ingredients

Salt and Pepper to Taste

1/4 Cup of Parsley (sprinkle on top)

Papaya Salad (Thai turn cool)

Green papaya (green mango optional)

1 Cup of Green beans

1 Carrots Julienne

1 Medium Tomatoes (Seeded)

1 Lime juice

1-2 Tbl Fish Sauce

1 tsp of Sugar

Thai peppers (optional)

Dried shrimp (or add cooked shrimp) optional

Take the green papaya and add the juice of one lime

Toss until well coated

Add Sugar and Fish Sauce

Add tomato, green beans and carrots

Add shrimp last

Toss and Enjoy

Note: green papaya, fish sauce can be purchased in your local Asian Market

Note: This salad is known through out Thailand which I love because it's such a refreshing salad that is quick and easy to make. Of course In Thailand it's made with many Thai peppers but you can leave peppers out and still enjoy this wonderful salad on the road!!

Chapter 10

Southern Shepard's Pie

Traditional Shepard's pie is a dish we all familiar with, but now "Did" will take it up a notch!

2-4 Chicken thighs Grilled
2 -3 Medium size Sweet Potatoes Baked
1/2 cup Crème' fraiche with chopped chives
1/2 cup sour cream
Smoked Cheddar cheese shredded

Season the chicken thighs with salt, pepper, smoked paprika
Grilled and shredded the chicken by pulling it off the bone
Place In bowl and add BBQ (if you're not inspired to make your own
then use your favorite from the store)
Once the sweet potatoes are cooked mash (the consistency you need
is just like mash potatoes because this will be the base for the pie
Start by layering in a glass dish 4x6 (is a nice size)
Sweet potatoes
Chicken
(if there's enough do 2 layers)
Then add sour cream
Add cheddar cheese
Chives sprinkled on top
Bake at 325 degrees for 10-15 minutes

Enjoy!!

Chapter 11

Sweet Potato, Smoked Turkey Tamale

This next dish will be a great dish for thanksgiving left over's which might be more time consuming due to the "masa" but the flavors for this dish is well worth the work!!

Once the turkey is smoked you will need to shred the meat and place aside
Boil the sweet potato until fork tender
And prepare the "masa" as directed on the package (a brand to look for to speed up this process) MaSeCa Instant Corn Masa Mix
You will need corn husk (which can be founded at any local grocery store)
Soak the corn husk to make easier to work with

First day prepare the turkey for the smoker by soaking in a "salt brine" with herbs, lemon , orange cut up. This can be done a day ahead
Once the turkey is smoked you may use it different dishes.

Place masa in corn husk
Add Smoked turkey
If you have left over dressing add a TBL (optional)
Add Sweet Potatoes
Wrap carefully (like a burrito)
Tie the ends
Place in steamer
Steam for 20-25 minutes

You can top with a spicy cranberry relish
Take leftover Cranberry sauce
Chop Green Onions
1/2 Tsp of Cayenne(or depending on how much spice you can handle)

Enjoy this wonder leftover meal!!

Chapter 12

Desserts



Graham Crackers and nut tarts filled with grilled Banana's (Or Peaches) Top with a Cinnamon Honey

Take graham crackers and nuts pecans, walnuts or almonds pulse in
food processor until finely ground

place in bowl

Add melted butter

Add 6TBL of Honey

Add 1 tsp of Cinnamon

Mix together

Take muffin pan (a small one if you have it)

Slightly oil with baking spray

Take mixture and fill each hole

Press and make even in pan up until the top

Bake at 300 degrees until golden brown

Let cool

Slice banana's in 1/4 inch rounds

Add 1 TBL of Butter to Grill pan

Grilling the bananas will be quick.(You're looking to sear them
enough to bring out the sweetness of them)

Add 1 tsp of Brown sugar & allow sugar to melt

Add banana's in nut cups

Add one spoon of vanilla ice cream (optional)

Top with cinnamon honey (warm up in microwave for 25 seconds

Viola!!

Enjoy and be the biggest hit friends and family with this one!!

Summer pudding'



This traditional dessert goes way back, but it's so simple and easy I had to add it to my dessert.

Take a cup of each berries

Strawberries

Raspberries

Blueberries

Blackberries

Cranberries (if you have them)

Place berries in a pot

Add 1 1/2 cup of sugar (I add 1/2 cup more because of the cranberries)

Bring to a simmer until berries are cooked but still holding its own)

Optional *** add 1/2 tsp of good vanilla *** I love the one from William Sonoma

..A little pricey but worth it...

Ciabatta bread (but French bread works well too...)

Your local grocery store bakes and sells this daily fresh for cheap!

Cut bread length wise into squares(the whole loaf maybe needed)

Take a medium bowl and line it with plastic wrap with extra hanging over the sides so you may wrap the pudding

You will start to layer the bread and berries n the bowl

Take the slices of bread and dip into the berries

Line the bowl with bread

Add berries

Layer with bread

Continue to layer until you reach the top of the bowl leaving 1/4 inch from the top to set a weight on top

Wrap the plastic over the top

Place a plate on top

And add a can on top to add weight

Place in the refrigerator

While the pudding is setting lets make whip cream!

Take heavy cream

Add 1 TBL of sugar

Take hand blender on mix on high until fluffy

the pudding should set for 1-2 hours

take a plate and flip bowl

Unwrap like gift

Slice and place a nice spoon full of whip cream...

Viola!! Enjoy



In closing, I would like to thank my Heavenly Father for all gifts He has given me, that I may touch others' lives for the better! I would like to thank my husband Jock, who has given me support, love and encouragement through this project. May you all be bless

with

Dana's Inflight Delight!!

Hair Done By: Bobbi Raw Remedies in Las Vegas