

Recipes for Home-Made Food Mentioned in *Messenger Will*

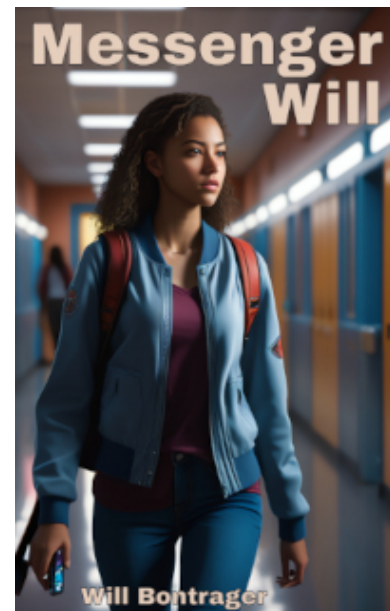
Generally, these are foods mentioned as a comment in a scene. The recipes themselves are not printed in the novel.

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Notes:

- In these recipes, dairy, oat, or other milk may be substituted for almond milk.
- Currently, I get flavor oils from **Nature's Flavors**, the oils used for flavoring chocolate.



Recipes Index

- **Strawberry-flavored Topping** (no processed sugar version)
Strawberry-flavored Topping (with powdered sugar version)
This glorious topping is mentioned several times in the book
- **Non-mushy Oatmeal**
If you abhor the idea of eating oatmeal because it's always so mushy and unappetizing, try this recipe. You may discover a whole new way of looking at things.

The recipes follow.

Strawberry-flavored Topping (no processed sugar version)

Used on oatmeal in the book. It can also be used on other cereal, fruit pies, chocolate-cream pie, waffles, ..., or just eaten with a spoon.

8 ounces softened cream cheese

8 drops strawberry-flavored oil (hugely adjust quantity if substituting flavor essence)

4-6 drops red food coloring (more for a redder result)

1/4 cup thawed orange juice concentrate

1/4 cup almond milk

Place the softened cream cheese into a mixing bowl. Add a tablespoon or so of the thawed orange juice concentrate.

Stir well. The lumps need to be stirred out.

Add the strawberry oil. Add the red food coloring. And add another tablespoon or so of the orange juice concentrate.

Stir until well blended.

Add the rest of the orange juice concentrate and, again, stir until well blended.

Blend the almond milk into the mixture.

Note: An electric mixer may be used to whip the mixture for a lighter-textured topping.

Refrigerate for some hours. The longer it sits in the refrigerator, the more the taste may blend and the texture become smoother.

Strawberry-flavored Topping (with powdered sugar version)

Used on oatmeal in the book. It can also be used on other cereal, fruit pies, chocolate-cream pie, waffles, ..., or just eaten with a spoon.

8 ounces softened cream cheese

6 drops strawberry-flavored oil (hugely adjust quantity if substituting flavor essence)

4-6 drops red food coloring (more for a redder result)

1/3 cup powdered sugar

1/4 cup almond milk

Place the softened cream cheese into a mixing bowl. Add the powdered sugar. Add two or so tablespoons of the almond milk.

Stir well. The lumps need to be stirred out.

Add the strawberry oil. Add the red food coloring. And add the rest of the almond milk.

Stir until well blended.

Note: An electric mixer may be used to whip the mixture for a lighter-textured topping.

Refrigerate for some hours. The longer it sits in the refrigerator, the more the taste may blend and the texture become smoother.

Non-mushy Oatmeal

1/2 cup water

1/2 cup oatmeal

Measure the water into a microwave-safe serving bowl.

Microwave for a minute or more — until the water has a few boiling bubbles.

Add the oatmeal and lightly stir to moisten all oatmeal flakes.

Cover for 5 minutes. (Give it the full 5 minutes, or you'll end up with tough oatmeal.)

Serve.

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