

# Happy Holidays

This year we thought we would share a recipe with the ones we love. Full disclosure we have yet to perfect it, but I think that's part of fun. It's a unique one and only a dedicated cook should consider trying it out.

Recipe for a an enjoyable holiday (no matter what you celebrate) aka

HHV Est. prep time 4hr-3 days

Cook time: 2hr-10 years.

Ingredients:

1. Parents (any number will suffice preferably cheerful dilute with relaxation technique of choice see 'recipe' and yoga and yogurt for your mum recipe) ensure that recipe has been reviewed and parameters are agreeable to both: Recipe will not be possible without this important first step.
2. Grandparents (same as above preferably well-seasoned with grandchildren special moments ahead of time such as playing games or listening to grandparent stories)
3. Children any amount will suffice but must have screen time promised delivered and then taken away prior to mixing with the above ingredients or they will not be able to mix properly.
4. Teenagers need to be at the right temperature and recently posted to social media. Do not use a cold or hot one because hoodies will be donned or taken off and coagulation will not be possible at all with any other ingredients. If ideal temp ingredient will enhance entire dish to perfection.
5. Associated family and special friends: use these ingredients as needed. Typically, they are the most helpful having had insight into their own version of this recipe. If they have not had successful attempts at this recipe, you may keep them to the side and ignore them because they/he they who attempt this little piece of harmony is the ruler of the day and can dictate as they wish.

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Once you have assembled all the necessary ingredients take a deep breath and repeat after me: Happy Holidays vibes can only happen if it starts with me, and I think I can.

This mantra will get you through and those who feel your vibe will be HHV ya you know me!

1. Turn off the TV, phone, and social media at least to get started

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2. Tune into the positive vibes that speak to you (this is different for everyone foodies think favorite food and bring it lovers think hugs and give them you get the idea) do not rush this step. The teens smell fear fake it till you make it. Others will follow once they get it.

3. Allow others to share your vibe, feeling, joy even if it's a hope to have it. Hope is a key ingredient to this recipe and is patience. Both ingredients come along once the mixing begins. Our basic ingredients dictate their amount. If you use generously, they tend to do the same. Again, use the mantra as mentioned above and if all else fails revert to the ruler for a day option because ingredients such as indifference and/or anger can sore the whole lot.

This is the tricky part that you must just feel out. It's kind of like a pinch of the method where you have assembled your ingredients and just know when to mix.

Are the grandparents appeased? Do the parents share the same game plan? Are the kiddos pacified? Are the teens lukewarm?

Are your answers to these questions yes then proceed with mixing.

If you answered no re-assess and spread your vibe generously among your ingredients it will be worth it! I promise!

Take a moment to enjoy what you have created. There is no greater gift during the holidays than a successful Happy Holiday Vibes recipe aka H2V

Results may vary because the color size and makeup of your ingredients differ, but the finished product is all the same. It should taste like your favorite memory but new, brighter and somehow sweeter.

I hope you enjoy this recipe as much as my family and I do. We have yet to perfect it but it sure has been fun trying.

May your holidays be bright! Love, The Wilsons

December 2023

Happy Holiday Vibes

(from The Wilsons)