



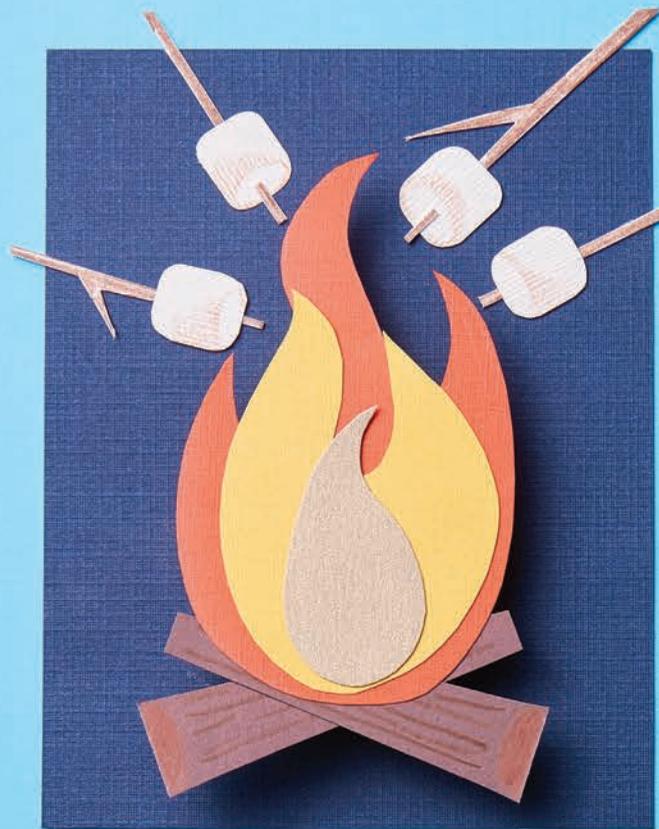
# GET OUTSIDE

MAKE THIS YOUR BEST SUMMER EVER!  
FROM CAMPING TRIPS TO SUMMER  
FESTIVALS TO BACKYARD BARBECUES,  
WE'VE GOT YOU COVERED.

PRODUCED BY **SIMONE OLIVERO**  
ILLUSTRATIONS BY **ALLISON + CAM**  
PHOTOGRAPHY BY **CARMEN CHEUNG**  
ART DIRECTION BY **STEPHANIE HAN KIM**

# HAPPY TRAILS

I thought camping wasn't for me—but then I experienced it through my kids' eyes.



I was never into camping. I went with my family when I was a kid (because I had to), but as I grew, so did my distaste. It's not that I'm precious or high-maintenance—I can go days without checking a mirror—it's just that I don't like to work. And camping is work.

My husband, Dan, is the rough and rugged type. Having been a Boy Scout as a kid, he is the ideal person to be with in the woods should we encounter a wild animal or want a perfectly roasted marshmallow. Before we had kids, I thought camping with him might be kind of romantic. What I didn't realize was that, for him, camping requires a minimum one-hour canoe ride to get to some remote area in the wilderness, where we hang our food on ropes between trees. You know, so the bears don't get it.

Worst of all, we have to bring our own shovels, if you know what I mean.

I played along for a few summers, but on one trip I was kept up all night by bears going at the food. And while I cried, Dan simply snored. The next morning, I paid the guy two tents over in bacon to get us back to the mainland in his pontoon, towing our canoe. For a while, the camping trips stopped. But then we had kids.

We settled on a rule: No canoe camping. We also arranged to go with friends we had met through our children. Our collective four kids, then ages eight and six, were all good friends, and we were in the process of bonding with the parents. Dan chose a place he deemed remote enough (two hours away) that was still accessible by car. Everyone was excited to go. I was just praying there would be a bathroom so I could finally retire my shovel.

The weekend got off to a bad start. On the morning we were due to leave, my son woke up with a raging fever. When we eventually set off the next day, Dan made a wrong turn, ended up trespassing on private property and then, three hours into our two-hour trip, drove to the wrong end of the park. We had to turn around and make our way to the other entrance using a combination of back roads. After a total of almost five hours in the car, we finally arrived. I saw a bathroom as we drove in, but it was little consolation at this point. It had just started to rain.

We got out of the car, Dan and I barely on speaking terms. But the kids? They were completely enthralled—and oblivious to the rain. They ran to their friends, who were eager to show them everything they'd discovered during the preceding 24 hours.

It rained the entire time we were there, but that didn't seem to matter. While I hid in the tent, Dan taught the kids how to fish,

which they loved. He showed them how to tie bowline knots, find good walking sticks and build a fire, though they were too young to try it on their own. He was teaching them actual survival skills. I still wasn't in love with camping, but I recognized the charm it held for the kids.

We went camping again, many times over several years. The next summer we went with a large group of neighbours and friends to a KOA campground in Lake Placid, NY. KOA campgrounds are like camping lite: You get to set up a tent and sleep in it, but there's a snack bar, a video arcade, an outdoor pool, mini golf, indoor bathrooms and showers, and a general store. Dan was mortified. This was akin to sacrilege, but he understood the value in the kids spending time outdoors—and us bonding with friends.

The first morning at that campground, I woke up around 6 a.m. to hear Dan rummaging around outside. There he was over the campfire, tending to a pot of boiling water for coffee. I turned to my left and pointed, where 10 to 15 people were waiting in line at the snack bar. He gave me a look I'll never forget.

Even at that KOA, again in the rain, he got all the kids together and took them for a hike, although there wasn't much of a trail.

Time passed and the trips continued, but my initial tolerance slowly turned to dread. I'd spend a week shopping, preparing and waterproofing the tent (it rained *every* time) and then a week unpacking, doing laundry and cleaning up. In between were three days of hardly sleeping, doing dishes at a communal sink in very cold water and waking up in a puddle, regardless of how many times I waterproofed the damn tent.

But the kids haven't lost their love for camping. They love being outdoors and having the freedom to explore. The beach swims, canoe trips, s'mores over campfires—it's like heaven to them. One summer, my daughter caught, cleaned, cooked and ate her own fish. I don't think she'd ever been prouder. And when my son successfully lit his first campfire? My heart may have burst. It makes us feel good as parents, knowing we're giving them something valuable, along with memories they'll carry forever.

As the kids got older, I got wiser. In the summer of 2016, instead of a camping trip, we rented a cottage in the Laurentians. We kept the main activities intact—hiking, fishing, canoeing—but also had a roof over our heads. We've been doing that ever since, and it's been a pretty good compromise. The kids and Dan still get their campfires and s'mores, but I get a dishwasher and a comfortable bed. Oh, and did I mention a real bathroom? —JULIE MATLIN

## SKIP THE TENT

ENJOYING THE GREAT OUTDOORS DOESN'T HAVE TO INVOLVE A LOT OF GEAR.



1. **Lynne Knowlton Treehouse**, Durham, Ont., \$898/NIGHT, AIRBNB.CA
2. **Oasis**, Fundy National Park, NB, \$120/NIGHT, PC.GC.CA
3. **Vintage Airstream**, Sundridge, Ont., \$220/NIGHT, AIRBNB.CA
4. **Glamping Pod**, Campbell River, BC, \$189/NIGHT, GLAMPINGHUB.COM
5. **Mongolian Yurt**, Cape Breton Island, NS, \$187/NIGHT, GLAMPINGHUB.COM

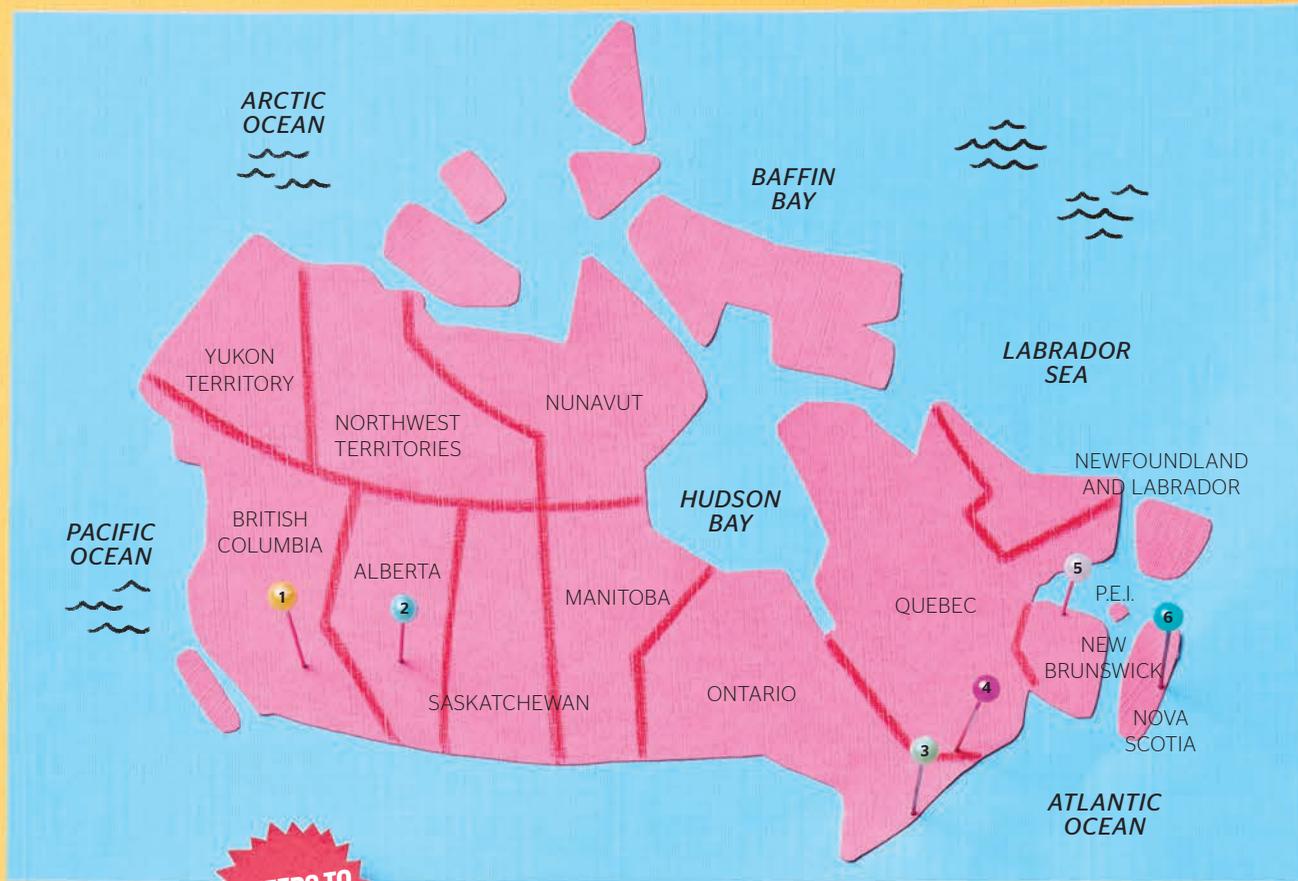


### FAMILY-FRIENDLY CAMPGROUNDS IN CANADA

PITCH A TENT, LACE UP THOSE HIKING BOOTS AND GET READY TO ENJOY THE GREAT OUTDOORS.

BY LISA VAN DE GEYN

- |   |  |  |   |   |  |  |  |  |   |
|---|--|--|---|---|--|--|--|--|---|
| <p><b>1</b></p> <p><b>ONTARIO</b><br/><b>Yogi Bear's Jellystone Park</b><br/>Enjoy a ton of amenities, like an outdoor movie theatre, wagon rides, basketball and bocce courts, an outdoor pool and a wading pool for the little ones at this family-friendly park.<br/>8676 OAKWOOD DR., NIAGARA FALLS</p> | <p><b>2</b></p> <p><b>NEWFOUNDLAND</b><br/><b>Newman Sound Campground</b><br/>Walk or bike across one of 11 hiking trails, paddle along the coast and check out the visitors' centre, where kids can safely interact with lobster and cod in the saltwater touch tank.<br/>TERRA NOVA NATIONAL PARK, MALLORYTOWN</p> | <p><b>3</b></p> <p><b>BRITISH COLUMBIA</b><br/><b>Alice Lake Provincial Park</b><br/>Four lakes, views of the Tantalus mountains, biking, kayaking, paddle boarding, fishing, hiking and more await your family at this picturesque campground.<br/>ALICE LAKE RD., SQUAMISH</p> | <p><b>4</b></p> <p><b>ALBERTA</b><br/><b>Kinbrook Island Campground</b><br/>Your family camping crew will find comfort in showers, firepits, cooking shelters, laundry stations, flushable toilets, pay phones and a fish-cleaning station.<br/>KINBROOK ISLAND PROVINCIAL PARK, BROOKS</p> | <p><b>5</b></p> <p><b>SASKATCHEWAN</b><br/><b>Kenosee Klassic Campground</b><br/>This activity-packed site keeps families busy. Bring your Rollerblades and skateboards for a family adventure on the paved path from the campground to the beach.<br/>MOOSE MOUNTAIN PROVINCIAL PARK, KENOSEE LAKE</p> | <p><b>6</b></p> <p><b>MANITOBA</b><br/><b>Debonair Campground</b><br/>A short drive south of Winnipeg, this family-friendly campground has a private sandy beach with a floating slide to keep the kids entertained, and firepits perfect for nightly s'mores.<br/>ST. MALO PROVINCIAL PARK, ST MALO</p> | <p><b>7</b></p> <p><b>ONTARIO</b><br/><b>Bon Echo Family Campground</b><br/>The campground's beachfront boasts a long, shallow shore, making it ideal for tots. Check out the pedal boat rentals, nearby trails, a playground and an on-site store that serves ice cream.<br/>BON ECHO PROVINCIAL PARK, CLOYNE</p> | <p><b>8</b></p> <p><b>QUEBEC</b><br/><b>Camping Lac des Plaines</b><br/>Set in the pretty Lower Laurentians, just 30 minutes from Montreal, this campground has a convenience store, restaurant, arcade and a bingo hall.<br/>2 CHEMIN DU LAC, SAINTE-ANNE-DES-PLAINES</p> | <p><b>9</b></p> <p><b>NOVA SCOTIA</b><br/><b>Hidden Hilltop Campground</b><br/>Whether your brood is into petting zoos or live music jams, there's something for everyone here. Each weekend has a theme, and dance parties are part of the nightly entertainment.<br/>2600 HIGHWAY 4, GLENHOLME</p> | <p><b>10</b></p> <p><b>NEW BRUNSWICK</b><br/><b>Mount Carleton Provincial Park</b><br/>Pets are welcome at this charming lakeside campground, which has amenities like showers and a kitchen shelter. There's an on-site playground and a great beach at Nictau Lake.<br/>7612 ROUTE 385, SAINT-QUENTIN</p> |
|---|--|--|---|---|--|--|--|--|---|



CHEERS TO SUMMER

## FESTIVAL SEASON

THERE'S SOMETHING TO CELEBRATE ACROSS CANADA THIS SUMMER. CHECK OUT THESE UNIQUE, FAMILY-FRIENDLY FESTIVALS FROM COAST TO COAST.

BY LISA KADANE

### 1. BRITISH COLUMBIA

**Kamloops Powwow, Aug. 2-4**  
Held at the Tk'emlups te Secwepemc Powwow Grounds each summer, this celebration of First Nations' culture and heritage features the Grand Entry, in which nearly a thousand dancers in ceremonial dress put on a vibrant performance. There's drumming, storytelling, Indigenous food, and arts and crafts.

TOURISMKAMLOOPS.COM

### 2. ALBERTA

**GlobalFest Fireworks Festival, Aug. 15-24**  
Marvel as the best pyrotechnic wizards from the US, Spain, China and Canada go head-to-head during this multi-sensory fireworks competition set to music—this year's theme is "Bohemian Rhapsody." It's held at Elliston Park in Calgary over five separate evenings. In addition to the explosive entertainment, check out the night market and international food vendors.

GLOBALFEST.CA

### 3. ONTARIO

**Toronto Caribbean Carnival, July 7-Aug. 11**  
This month-long event celebrates the bright colours and costumes, island beats and mouth-watering eats of the Caribbean through parades, events and performances at locations around the city. The Junior Carnival and Family Day on July 20 with young performers, presenters and a chef competition is specifically designed for kids and parents.

TORONTOCARNIVAL.CA

### 4. QUEBEC

**Gatineau Hot Air Balloon Festival, Aug. 29-Sept. 2**  
Watch—or hitch a ride—as dozens of colourful hot air balloons rise up into the sky at the largest balloon festival in the country. After the morning lift-off, head to the amusement park for rides and entertainment on the family stage. Don't miss Night Glow, when the balloons are inflated and illuminated after dark (weather permitting).

MONTGOLFIERES  
GATINEAU.COM

### 5. NEW BRUNSWICK

**Shédiac Lobster Festival, July 10-14**  
This delicious festival celebrates the Maritimes' famous crustacean with daily lobster eating contests, an ecological centre that teaches kids all about the clawed critters, and a Lobster Beach Day with games and lobster eating contests. Kid-friendly entertainers include magicians and storytellers, and a midway rounds out the fun.

SHEDIACLOBSTER  
FESTIVAL.CA

### 6. NOVA SCOTIA

**Halifax Busker Festival, July 31-Aug. 5**  
The world's top street performers set up on Halifax's charming waterfront to sing, dance and tumble with fire during this celebration of busking at its best and most entertaining. Kids will love the midway with rides and carnival food. Treat their taste buds to something different by checking out the various Indian, African and Asian food vendors.

BUSKERS.CA

## RETREAT FROM THE HEAT

Who wants a hot kitchen in the summer? Keep the cooking outside with tips from Food52's *Any Night Grilling*.



**GRILLED BREAD, A LOVE STORY** Did you know you can toast bread on the grill? In fact, it's the perfect way to revive a day-old loaf. Cut the bread into ½-in. slices and set over medium heat until char lines appear, about 1 min. Flip and repeat on other side. Finish by brushing with olive oil and sprinkling with flaky salt.

**CHEESE, PLEASE** Halloumi, paneer and queso panela are just a few of the cheeses that can stand up to the heat of your grill. Skewer them with meat and veggies, or grill them on their own as a tasty salad topper.

**SMOKY SALADS** Elevate your greens game with charred lettuces like escarole, cabbage, radicchio and romanesco. Be sure to coat the leaves well with olive oil before grilling to help protect them from burning. Grill for 30 to 45 seconds per side.

**PIZZA NIGHT** We're going to let you in on a little secret: Pizza is way more tasty when cooked on the barbecue than in the oven. Barbecue dough right on the grill (or, if you prefer, you can use a pizza stone), and then set up a topping station so kids can make their own creations. Topped pizzas can go back on the grill until cheese has melted, 3 to 5 min.

**SWEET TREATS** Don't forget dessert! Fruits like peaches, pineapples, mangos and bananas are the ultimate summer treat when grilled and paired with ice cream.

## A LITTLE FALL OF RAIN

DON'T LET GREY SKIES GET YOU DOWN. WE ASKED OUR EDITORS AND READERS FOR THEIR BEST RAINY-DAY HACKS.

### BAKE SALE

Rainy days usually equal baking! Bagel pizzas for lunch are a big favourite.

SARAH TERRY LYNN,  
VIA FACEBOOK

### SPLISH, SPLASH

Puddle jumping and playing in the rain!

SHARON WILSON,  
VIA FACEBOOK

### SCREEN TIME

Sometimes screens are OK. On rainy days, we pull out the DVD player and indulge in classic films, like *Spy Kids*.

CLAIRE GAGNÉ,  
SENIOR EDITOR

### BOX FUN

Nothing beats a big old cardboard box! Grab one at a store (or see if you have one lying around in the basement). Kids can modify and decorate it or just leave it plain. Recycle the box when it totally wears out or they don't play with it anymore.

ANGIE HEALEY,  
VIA FACEBOOK

### GO EXPLORING

If it's torrential rain or really cold, we go to the library or maybe the museum.

ERYN O'SHAUGHNESSY,  
VIA FACEBOOK

### GET CRAFTY

Raid your local dollar store for stickers, beads, glitter and more, and spend an afternoon crafting. When you're done, send the kids outside to rinse off in the rain.

SIMONE OLIVERO,  
SENIOR EDITOR

### SCIENCE TIME

Make oobleck! All you need is cornstarch and water (and food colouring to make it more fun). Small kids will love feeling the solution change from solid to liquid.

KIM SHIFFMAN,  
EDITOR-IN-CHIEF



## GET THE GEAR

UP YOUR GRILLING GAME WITH THESE BARBECUE ESSENTIALS



**PROFESSIONAL CEDAR WOOD BBQ GRILL SCRAPER**  
CLEAN YOUR GRILL WITHOUT WORRISOME WIRE BRISTLES.  
\$30. AMAZON.CA



**VERMONT CASTINGS 2-BURNER CONVERTIBLE BBQ**  
THE HEAVY-DUTY CAST IRON LID DELIVERS SUPERIOR HEAT RETENTION.  
\$600. CANADIANTIRE.CA



**BRADLEY SMOKER HICKORY SMOKING BISQUETTES** ADD A SMOKY PUNCH TO GRILLED MEATS OR VEGGIES. \$21. HOMEDEPOT.CA



**STUFFED HAMBURGER PRESS WITH LIFTER** CHEESE-FILLED BURGERS FOR DINNER? YES, PLEASE! \$28. WILLIAMS-SONOMA.CA



**CUISINART WOOD CHIP SMOKER BOX** CONVERT YOUR BARBECUE INTO A SMOKER WITH EASE.  
\$24. AMAZON.CA

# SOW THE SEEDS

Why digging in the dirt can help improve eating habits, give kids a mental health boost and reduce their risk for obesity.

## 1. PICKY EATERS

Think nothing will ever make your picky eater like kale? Try letting them grow the plant in your backyard. Research has shown that when kids have a hand in growing their own vegetables, they're more likely to eat them. One 2007 study from the *Journal of the American Dietetic Association* found that preschoolers who ate homegrown fruits and vegetables were more than twice as likely to get five servings a day as those who never ate food from a backyard garden. Plus, the mini gardener group preferred the taste of fresh produce to other foods.

## 2. FUN EXERCISE

Get your kids to put down the tablet and give you a hand. Though it might seem like planting, weeding, watering and harvesting veggies isn't likely to work up a sweat, when the American Society for Horticultural Sciences actually measured these gardening tasks, they determined that nurturing a garden constitutes moderate- to high-intensity physical activity for kids. Digging and raking were the most demanding jobs. And, if your kid doesn't like those duties, send them running back and forth to the gardening shed to fetch your gloves, watering can and other tools, and that will be sure to tire them out.

## 3. GOOD BACTERIA

Try not to worry about the fact that your kid is getting covered, head to toe, in dirt. All that soil exposes kids to germs that help them build strong immune systems. Researchers have noted that children who come in contact with more microbes—say, from growing up on a farm—have lower rates of allergies. As microbiologist Brett Finlay writes in his book, *Let Them Eat Dirt*, "When the immune system encounters a harmless microbe—and the vast majority of microbes are harmless—it detects it and, through a series of mechanisms that science does not yet fully understand, decides to ignore or tolerate it.... The consequence of missing out on this early training appears to be that, later in life, the immune system may react too fiercely to these harmless microbes." He explains that this reaction leads to inflammatory responses, causing things like obesity and asthma.

## 4. LESSONS ABOUT THE ENVIRONMENT

If your kids think all worms are made of gummi candy, it's time to show them how life starts, from the ground up. Offering kids a hands-on experience, in which they nurture seedlings, learn the importance of healthy soil and water, and discover where their food comes from, provides the understanding they need to appreciate the environment around them. Some schools have begun incorporating gardening programs into their curriculum because of the important health and sustainability lessons these opportunities afford kids, but it's just as easy to do this at home.

## 5. A MENTAL HEALTH BOOST

You might have noticed it's easier to find your Zen in the great outdoors; kids feel the same way. Gardening is actually so widely accepted as being good for your well-being that there's a name for it: horticultural therapy. Hospitals and rehab centres have introduced gardens in order to offer psychological benefits to patients. Research suggests there are stress-relieving benefits to gardening with kids. In fact, just spending time in the dirt—playing in a natural habitat instead of on an asphalt playground—has been shown to reduce kids' stress and inattention. —JILL BUCHNER



## PORTABLE FIRST-AID KIT ESSENTIALS

- first-aid tape
- antihistamine (like Benadryl)
- topical antiseptic cream (like Betadine)



- cortisone cream
- cotton swabs
- EpiPen (if previously prescribed by a doctor)
- first-aid guide
- flashlight
- gauze
- instant cold packs
- lighter (for sterilization)
- safety pins
- scissors



- pain relievers (like kids ibuprofen or acetaminophen)
- needles or pins (for removing splinters)
- insect repellent
- sunscreen (minimum SPF 30, with both UVA and UVB protection)
- Tensor bandages
- waterproof bandages of various sizes
- tweezers
- digital thermometer



# DIG IN!

How to get your kid started on their own veg patch (and flower garden, too!)

BY SIGNE LANGFORD



### ZUCCHINI, SQUASH AND PUMPKIN

These vines produce large edible flowers and look like they came from outer space, with clinging tendrils. Zucchini produce all summer long, while squash and pumpkins give little green thumbs something to look forward to in the fall.



### MILKWEED

Growing these fascinating wildflowers is good for the environment, and with any luck, they'll become home to a monarch chrysalis or two. The gorgeous pink flowers of this indigenous plant smell like honey—and feel neat, too—and the young pods are edible!



### CATNIP, CAT GRASS AND CITRONELLA

Got a kitty at home? Plant some cat grass or catnip in a pot and place it somewhere where your furry friend can enjoy it. Citronella is ideal for deterring pesky mosquitoes.



### SUNFLOWERS

These cheerful summer flowers are great for a few reasons: They grow quickly, can reach impressive heights and in the fall, produce hundreds of tasty seeds for roasting or sharing with birds and squirrels through the winter.



### TOMATOES

Perhaps everyone's favourite, because they're easy to grow and tend. Tomatoes fair well in containers and produce yummy fruit all summer long. For little fingers and mouths, tiny cherry or grape tomatoes are best.



### VINES

Cucumbers, pole beans and scarlet runner beans all bloom beautifully, attract pollinators and produce veggies. They also twirl and twine quickly upward, making them perfect choices for small spaces—even in a container on a balcony!



### FLOWERS

Blooms are needed for a pretty garden and for attracting pollinators. Morning glory and nasturtium are two plants that germinate easily, grow quickly and produce lovely, plentiful flowers all summer and into the fall. Bonus: Nasturtium leaves, buds and flowers are edible.



### THEME GARDENS

How about a pizza garden of tomatoes, basil and green peppers? Or a Greek salad garden planted with tomatoes, cucumbers and oregano? Plant an all-herb pot outdoors or find a dry, sunny spot near the kitchen.

## THE ULTIMATE BACKYARD PLAYGROUND

KEEP KIDS BUSY THIS SUMMER—WITHOUT GOING ANYWHERE.  
BY KAREN ROBOCK



**PLUM WOODEN PLAYHOUSE**, \$400, CANADIANTIRE.CA



**TABLE TENNIS SET**, \$25, HOMESENSE.CA



**VTECH KIDIZOOM ACTION CAM**, \$60, CHAPTERS.INDIGO.CA

COME AND GET YOUR LEMONADE!



**ANTSY PANTS LEMONADE STAND FABRIC COVER**, \$25; **FRAME KIT**, \$45, WELL.CA



**PORTABLE RECORD PLAYER**, \$80, HOMESENSE.CA

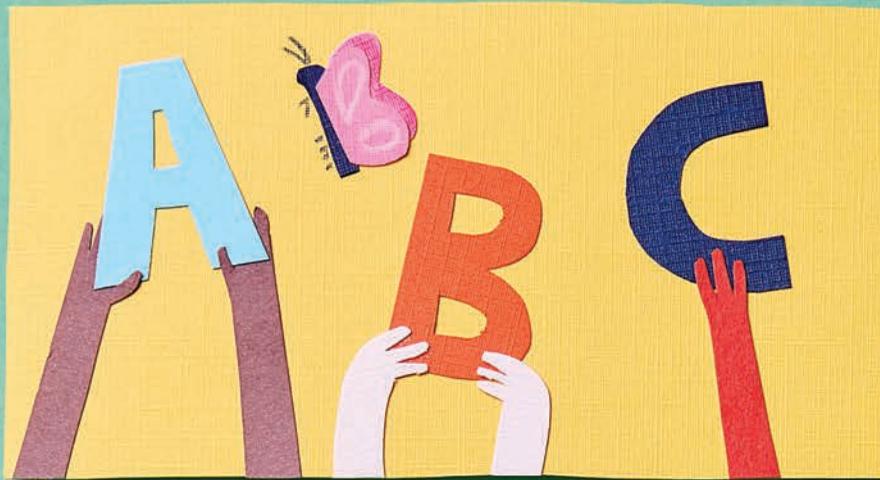


**BIG MOUTH SPRINKLER DINOSAUR**, \$80, CHAPTERS.INDIGO.CA



**WOODEN PETANQUE SET**, \$45, LEEVALLEY.COM

SCISSORS + THERMOMETER: ISTOCK PHOTO



## LET THE GAMES BEGIN

Corral the neighbourhood kids and teach them to play these nostalgic backyard games.

### WATER TRANSFER

This game is perfect for really hot summer days. Players take water from a large bucket and transfer it across the lawn to a smaller personal bucket. However, you must use a spoon or a measuring cup to move the water. First person to fill their bucket wins.

### COME A LITTLE CLOSER

Create a home base and a boundary for the game. The “it” person closes their eyes and counts to 20 while the other players hide. Once their eyes are open, they have three tries to guess where players are hiding. They can’t move but they can yell “come a little closer” until everyone is found or a player races to home base.

### ABC SCAVENGER HUNT

Make a list with the alphabet written on it. Each player must run around the backyard or neighbourhood and find a thing that starts with each letter. The first to find them all wins. Tip: Cut 26 tabs into a paper plate and write the alphabet on them. Players can rip off each lettered tab as they collect the items.

### OVERSIZED MEMORY

Take a piece of bristol board and cut it in half; draw the same number, letter or symbol on each piece. Repeat this process to make a big stack of cards, and then flip them upside down and spread them around the backyard—now you have a huge game of Memory. Whoever matches the most pairs wins.

### BLOB TAG

One person is “it” and runs around and tags someone. Once tagged, that player joins hands with the person who was “it” and they try to tag someone else, who will also join hands in the blob. Keep playing until every player is part of the blob.

### STUCK IN MUD

Players get five seconds to run away. When the “it” person tags a player, the player gets “stuck in the mud” and can’t move. To save those who are stuck, other players can crawl through their legs to free them. The “it” person changes once everyone is stuck.

### ISLAND AND SHARKS

Place pieces of paper (towels also work) on the ground as islands. Players walk around, and when the “it” person shouts “shark!” they race to an island. If the “it” person catches them off the island, they are out. Islands are slowly taken away or made smaller (to accommodate fewer players) as time goes on, until there is only one player remaining, who wins the game.

### RED LIGHT, YELLOW LIGHT, GREEN LIGHT

Players line up on one side of the yard with one person designated to control the traffic lights. “Red light” means freeze, “yellow light” means walk and “green light” means run. Get caught moving during a red light, and it’s back to the start for you. The first player to cross the yard becomes the new light controller. **TP**

## BACKYARD BUBBLE PARTY

GET READY TO MAKE THE BIGGEST BUBBLES EVER. HERE’S HOW.



### STEP 1

Create your own bubble solution by gently combining 4 cups water, 1 cup dish soap and 1 tbsp glycerine in a large bucket.



### STEP 2

To make a big wand, get two drinking straws and a piece of yarn that is six to eight times longer than one straw. Thread the yarn through the straws and tie in a knot.



### STEP 3

Using the straws as handles, dip the wand into the bubble solution, and then wave it through the air in a large sweeping motion. Tip: Holding your arms high while walking backwards results in the strongest, biggest bubbles!

# the Breakfast Club

Get a head start on your morning with tasty breakfasts that can be prepared in advance.

RECIPES BY **THE CHATELAINE KITCHEN** PHOTOGRAPHY BY **CARMEN CHEUNG**  
FOOD STYLING BY **ASHLEY DENTON** PROP STYLING BY **RAYNA MARLEE SCHWARTZ**  
PRODUCED BY **SIMONE OLIVERO** ART DIRECTION BY **AIMEE NISHITOBA**

French Toast Bread Pudding p.76



Stuffed  
Everything-Bagel  
Bagel Bites

p.76

PREVIOUS SPREAD: WALL PAINT COLOUR: SEA MIST GREEN 2041-50 BY BENJAMIN MOORE FORKS: ZARAHOME.COM/CA/ OPPOSITE PAGE: SURFACE PAINT COLOUR: PINK PEACH 2009-40 BY BENJAMIN MOORE PLATE: INDIGO.CA BOWL: WELL.CA THIS PAGE: WALL PAINT COLOUR: BRIGHT YELLOW 2022-30 BY BENJAMIN MOORE SPOONS: WELL.CA



Strawberry Fruit-Bottom  
Overnight Oats

p.76

Hash-Brown Waffles  
with Smoked Salmon  
+ Sour Cream

p.77



THIS PAGE: SURFACE PAINT COLOUR: COSTA RICA BLUE 2064-50 BY BENJAMIN MOORE PLATES: INDIGO.CA FORK: ZARAHOME.COM/CA/  
OPPOSITE PAGE: SURFACE PAINT COLOUR: WALES GREEN 2028-50 BY BENJAMIN MOORE



Freezable Breakfast  
Burritos p.77



### FRENCH TOAST BREAD PUDDING

PREP 10 MIN TOTAL 1 HR 10 MIN

- 6 eggs
- 2½ cups 2% milk
- ½ cup packed brown sugar
- 1 tsp cinnamon
- 1 tsp vanilla
- ½ tsp salt
- 400 g brioche loaf, cut in ½-in. cubes

#### Glaze

- 2 tbsp maple syrup
- 1½ tsp 2% milk
- 2 tbsp butter, softened
- assorted berries (optional)

1. Position rack in centre of oven, then preheat to 325F. Lightly butter a 9 x 13-in. baking dish.
2. Whisk eggs with milk, brown sugar, cinnamon, vanilla and salt in a bowl.
3. Arrange bread in prepared dish. Pour in milk mixture and submerge bread.
4. Bake, uncovered, until pudding is set in centre when jiggled, about 1 hr. Transfer to a rack to cool slightly.
5. To make glaze, combine maple syrup and milk in a small bowl and microwave on high heat for 5 sec, then whisk in butter until smooth. Drizzle over pudding just before serving. Scatter berries on top. Bread pudding can be kept refrigerated and covered up to 3 days.

**MAKES 8 SERVINGS.** PER SERVING: CALORIES 272, PROTEIN 9 G, CARBS 33 G, FAT 12 G, FIBRE 1 G, IRON 2 MG, SODIUM 375 MG. EXCELLENT SOURCE OF VITAMIN B12

**Kitchen Tip** Day-old bread works best for bread puddings, but if you don't have any, cut fresh bread into ½-in. cubes and toast in a 325F oven until just dry, 6 to 8 min.



### STUFFED EVERYTHING-BAGEL BAGEL BITES

PREP 20 MIN TOTAL 50 MIN

#### Everything Bagel Seasoning

- 1 tbsp toasted sesame seeds
- 1 tbsp dried garlic flakes
- 1 tbsp dried onion flakes
- 2 tsp poppy seeds
- 1 tsp kosher salt

#### Bagel Bites

- 600-g pkg store-bought pizza dough
- 125 g cream cheese, cut in ½-in. cubes
- ½ cup honey

1. Combine sesame seeds, garlic and onion flakes, poppy seeds and salt on a large plate. Set aside.
2. On a lightly floured work surface, divide dough into 4 portions. Roll each portion into a 12-in. log, then cut each log into 1-in. sections. Flatten each piece in your palm into a 2-in.-wide circle and place 1 cheese cube in centre. Pull up edges of dough to cover cheese and roll into a ball. Transfer balls to a lightly floured baking sheet. Cover with a damp tea towel and let rise for 20 min.
3. Preheat oven to 325F. Line 2 baking sheets with parchment.
4. Bring 4 cups of water to a boil in a medium saucepan. Add honey, then reduce heat to medium-high. Cook balls in batches of 6 until they begin to float, about 30 sec. Remove with a slotted spoon, shaking off excess water before transferring to plate with seasoning. Roll to coat. Arrange balls on prepared sheets.
5. Bake balls until golden brown, 20 to 25 min. Bagel bites can be kept refrigerated in a sealed container for up to 5 days.

**MAKES 48 BAGEL BITES.** PER BAGEL BITE: CALORIES 44, PROTEIN 2 G, CARBS 7 G, FAT 2 G, FIBRE 1 G, SODIUM 64 MG



### STRAWBERRY FRUIT-BOTTOM OVERNIGHT OATS

PREP 15 MIN TOTAL 15 MIN PLUS OVERNIGHT CHILLING

#### Strawberry Chia Jam

- 1½ cups chopped fresh or frozen and thawed strawberries
- 2 tbsp chia seeds, preferably white
- 2 to 3 tbsp honey

#### Overnight Oats

- 1½ cups unsweetened almond milk or 2% milk
- 1 cup quick oats
- 2 tbsp flax meal
- 2 tbsp honey
- 2 tsp chia seeds, preferably white
- ½ tsp vanilla
- pinch salt
- sliced strawberries, optional

1. To make strawberry jam, mash strawberries in a medium bowl with a potato masher. Stir in chia seeds and 2 tbsp honey. (Add more honey if you prefer it sweeter.) Carefully divide among four 250-mL Mason jars. Refrigerate until thickened, about 15 min.
2. To make oats, combine almond milk with oats, flax meal, honey, chia seeds, vanilla and salt in a medium bowl. Pour into jars, overtop of jam. Cover and refrigerate overnight before serving.
3. Serve topped with sliced fresh strawberries, if desired. Refrigerate for up to 5 days.

**MAKES 4 SERVINGS.** PER SERVING: CALORIES 237, PROTEIN 6 G, CARBS 43 G, FAT 6 G, FIBRE 7 G, IRON 2 MG, SODIUM 64 MG. GOOD SOURCE OF VITAMIN C

**Kitchen Tip** Make your own flax meal by grinding flaxseeds in a coffee grinder.

**Serving Tip** Make smaller portions by using eight 125-mL jars instead.



### HASH-BROWN WAFFLES WITH SMOKED SALMON + SOUR CREAM

PREP 10 MIN TOTAL 50 MIN

- 16 frozen hash-brown patties, thawed and torn (about 9 cups)
- 3 green onions, chopped
- 1 small onion, thinly sliced
- 2 eggs, lightly beaten
- ½ tsp garlic powder
- ¼ tsp each salt and pepper
- ½ cup all-purpose flour
- 2 tbsp butter, melted
- ½ cup sour cream
- 2 113-g pkgs smoked salmon
- 1 tbsp chopped chives

1. Pulse hash browns in a food processor until crumbled. Transfer to a large bowl, then stir in green onions, onion, eggs, garlic powder, salt and pepper. Sprinkle in flour and stir until just combined.
2. Place a wire rack over a baking sheet and set aside.
3. Preheat waffle iron to medium-high, then brush top and bottom plates with butter. Mound each waffle section with ½ cup packed potato mixture. Close waffle iron and cook until browned and crispy, 10 to 12 min.
4. Transfer waffles to prepared rack. Repeat with remaining potato mixture. Store in a sealable container and refrigerate for up to 5 days or serve warm topped with sour cream, smoked salmon and chives.

**MAKES 10 WAFFLES.** PER WAFFLE: CALORIES 350, PROTEIN 10 G, CARBS 56 G, FAT 10 G, FIBRE 6 G, IRON 4 MG, SODIUM 418 MG

**Reheating Tip** Reheat waffles in a regular toaster or toaster oven for about 1 min.



### FREEZABLE BREAKFAST BURRITOS

PREP 10 MIN TOTAL 40 MIN

- 540-mL can pinto beans, drained and rinsed
- 2 tbsp lime juice
- ½ tsp cumin
- 250 g fresh chorizo sausages, casings removed
- 2 red bell peppers, cored and finely chopped
- 8 eggs, lightly beaten
- 2 green onions, finely chopped
- 2 tbsp coarsely chopped cilantro
- 8 large flour tortillas
- 1 cup shredded cheddar salsa (optional)

1. Mash beans with lime juice and cumin in a medium bowl.
2. Heat a large non-stick frying pan over medium-high and cook sausages, using a fork to break up, until no pink remains, about 5 min. Add peppers for last 3 min of cooking and reduce heat to medium-low.
3. Whisk eggs with green onions in a large bowl. Pour into pan with sausage and cook, continuously stirring with a spatula, until soft curds form, 12 to 15 min. Remove from heat and stir in cilantro.
4. Arrange tortillas on a clean work surface. Spoon a portion of bean mixture onto the bottom third of each tortilla, then top with egg mixture and cheese. Add salsa, if desired. Fold ends over mixture and roll to enclose filling.
5. Wipe pan clean and heat to medium-high. Place burritos, seam-side down, in pan and cook until golden and slightly crisp, 1 to 2 min per side.

**MAKES 8 BURRITOS.** PER BURRITO: CALORIES 424, PROTEIN 22 G, CARBS 40 G, FAT 16 G, FIBRE 4 G, IRON 4 MG, SODIUM 866 MG. EXCELLENT SOURCE OF VITAMIN A



### NO-CHURN RHUBARB AND CUSTARD RIPPLE ICE CREAM

PREP 20 MIN TOTAL 2 HR 45 MIN PLUS 8 HR FREEZING TIME

- 200 g fresh or frozen and thawed rhubarb, cut in ½-in. pieces
- 1¼ cups granulated sugar, divided
- 398-mL can evaporated milk
- ¼ cup instant custard powder, such as Bird's
- 1 cup 5% cream

1. Mix rhubarb with ½ cup sugar and 2 tbsp water in a small saucepan set over medium. Simmer, stirring occasionally, until rhubarb is very soft and mixture thickens, 10 to 12 min. Transfer to a medium bowl. Set aside to cool, then cover and refrigerate until cold.
2. Wipe saucepan clean, then heat evaporated milk, custard powder and remaining ¾ cup sugar over medium. Simmer, whisking occasionally, until mixture thickens to a pudding-like consistency, 2 to 3 min. Transfer to a large bowl. Set aside to cool, then cover and refrigerate until cold, about 2 hr.
3. Beat chilled custard mixture using a stand mixer or electric mixer on medium-high, until smooth, about 2 min. Reduce speed to low and beat in cream until just combined. Increase speed to medium-high and beat until fluffy, 2 to 3 min.
4. Spread half of custard mixture in bottom of a resealable container or 9 x 5-in. loaf pan. Dollop half of the rhubarb on top and swirl. Repeat with remaining custard mixture and rhubarb. Cover and freeze until firm, about 8 hrs, preferably overnight.

**MAKES 10 SERVINGS.** PER SERVING: CALORIES 250, PROTEIN 4 G, CARBS 34 G, FAT 12 G, SODIUM 69 MG