

ALL EMBRACING HOME CARE

Inside
Look



JANUARY
2025

See page 2 for some exciting news!

Lovin' on your loved ones.

Leadership Lowdown



Dee
Decimus
Holmes,
Owner/
Founder

Happy New Year!

I pray you all had a wonderful Christmas and a Happy New Year with friends, family and your loved ones. 2024 came and went so fast, I'm not sure if it is because I'm so busy or if it's because I'm getting older. Either way, I'm excited for 2025 and the possibilities it brings.

Our family joined my parents in Arizona this year for Thanksgiving and celebrated my oldest daughter Zendaya's 8th birthday. Continued on page 2.



We help people of all ages live as independently as possible, without compromising their health and safety.

Leadership Team

Lisa Loland, CEO	701-330-8373
LaRae Guzman, HR Generalist	701-330-0159
Amanda Hjelle, Director of Services - Fargo Branch.....	701-317-8459
Hanson O'Leary, Director of Marketing.....	701-330-8373
Lachen Stadstad, Director of Home & Community Based Services..	701-317-8488
Emily Schenk, Developmental Disabilities Program Coordinator	701-317-8277
Cheyenne Chaput, Executive Assistant	701-330-8373
Jodee Rose, Director of Education.....	701-203-1637
Sonia Esquivel, Program Specialist.....	701-330-8373
Melody Shibata, Scheduler.....	701-317-2940
Dee Decimus Holmes, Owner/Founder	701-330-8373

Care Manager Team

Sara Alferness	Tami Hilliard	Melissa Petrovic
Blessing Babatunde	Amanda Hjelle	Raji Dolapo
Callie Baier	Thomas Hjelle	Elizabeth Renner
Barnett Breana	Gretchen Holden	Marta Rodriguez
Lucinda Bockarie	Ty Holmes	Jodee Rose
Samantha Bogardus	Danielle Hough	Tammy Sandbothe
Favour Fnu	Margaret Irons	Emily Schenk
Vangie Byfuglien, RN	Elaine Johnson	Marissa Schiller
Carolyn Calkins	Dianne Johnson	Eden Scott
Nancy Calkins	Sandra Johnson	Monica Seh
Kelli Case	Emily Just	Kevin Shibata
Cheyenne Chaput	Josephine Kamara	Melody Schibata
Susan Clemetson, RN	Kathy Klang	Michelle Smith
Maria Cronquist	Justine Kobetsky	Rebecca Sandrol
Sofia Cruz Williams	Annabelle Kottke	Lachen Stadstad
Kiley Davidson	Gayle Kuhn	Chase Swenson
Dee Decimus Holmes	Nicole Larson	Tammy Thompson
Karen Deziel	Lisa Loland	Katrina Tjepkema
Terrie Dusek	Donna McMahon	Kylie Torkelson
Sonia Esquivel	Stacey Metzler	Sarah Vageline
Michelle Fox	Arya Mickelson	Ally Verville
Ivy Garnett	Leisa Mondry	Olivia Washington
Alison Goodfellow	Angela Morton	Brandon Watt
Amanda Gunderson Belgarde	McKenna Myron	Charlotte Welch
LaRae Guzman	Hayden O'Leary	Jean Wellman
Julie Guzman	Gina O'Leary	James Zuck
Amber Herrop	Hanson O'Leary	
Lacey Haskell-Daucsavage	Michele Omlid	
Chelsea Hehr	Rosemary Opaye	
Sandra Hersrud	Lori Otten, RN	

She received a set of twin silicone babies; she had been talking about them for at least 8 months! Ellavail is 5 $\frac{3}{4}$ (and do not forget the $\frac{3}{4}$ or she'll remind you) is growing up too fast. She's almost as tall as Zendaya. We take family photos every year with my parents, and I wanted to share them.



My mom Vangie and dad Robert have been married 50 years this Jan 4, 2024. This is truly an extraordinary milestone, 50 years of love, laughter, and unwavering commitment. My parents' journey together is a testament to the beauty of partnership and the strength



of love. Through life's highs and lows, they have stood by each other, creating a bond that inspires everyone lucky enough to witness it.



Their love has been the foundation of our family, filling our lives with warmth, joy, and countless cherished memories. I want to thank them for showing me what it means to love selflessly and to face life's challenges with grace and unity. I wouldn't have been able to be where I am today without their support.

2025 is going to be a great year for All Embracing Home Care as we continue to provide services throughout the Red River Valley and in rural areas, reaching individuals that may not have had services otherwise. Thank you to my team who continues to show up, go above and beyond and love on your loved ones!



Dee

Meet our new Scheduler, Melody Shibata!

"Hello everyone!

I'm excited to introduce myself as the new Scheduler at AEHC. With five years of experience as a caregiver, including hospice and end-of-life care, I've developed a deep understanding of the importance of compassionate, reliable support. I'm truly passionate about creating schedules that not only meet the needs of our clients but also support and empower our amazing caregivers. When I'm not at work, I enjoy spending time with my family, especially my children, who keep me busy and remind me of the joy in everyday moments.

I also love reading and gardening—caring for both my indoor and outdoor plants has become a calming hobby that helps me maintain



balance in my life. I believe that balance is key to both personal well-being and professional success, and I bring this philosophy into everything I do.

Clear and open communication is something I truly value, and I'm excited to work closely with each of you to create a positive, supportive environment and the best care possible to our clients. I look forward to getting to know everyone and contributing to this wonderful team!

Welcome!!

Meet Your Goals with a Positive Mindset

by Lisa Loland, CEO

As we wrap up another year, I want to take a moment to reflect on our collective achievements, express my deepest gratitude, and share my warmest wishes with you all.

I want to take a moment to reflect on the meaningful work we've accomplished and extend my heartfelt thanks to everyone who makes our mission possible.

To our incredible staff, thank you for your unwavering dedication, compassion, commitment, and hard work make a profound difference in the lives of those you care for. Your commitment to providing quality, personalized care is the foundation of everything we do. Your passion and teamwork have been the driving force behind our success, and I couldn't be prouder of what we've accomplished together this year. I hope you feel proud of the positive impact you've made this year. Please know that your efforts are deeply appreciated, and I am truly grateful for each and every one of you. I hope you enjoyed a well-deserved break with your loved ones and come back refreshed and inspired for the exciting opportunities that await us in the year 2025!

To our cherished clients and families, thank you for trusting us to care for you and your loved ones. It has been an honor to be part of your lives, and we are committed to continuing to provide the compassionate, professional care that you deserve. We are thankful for the relationships we've built, and we look forward to continuing to support you in the coming year.

As we welcome in 2025, let us carry forward the spirit of kindness, empathy, and collaboration that defines our work. I'm filled with optimism for what lies ahead. Together, we will continue to make a positive impact and improve the lives of those we serve.

Wishing you all a joyful holiday season filled with peace, love, and happiness, and a New Year filled with good health, success, and moments of joy.



MEDICAL TERMS



B E E N I S E G Q L N N I S Q C K
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We Are A Proud National VA Provider

All Embracing Home Care is proud to serve the veterans in and around the Grand Forks and Fargo/Moorhead communities. Our local Vets have selflessly served our country and we are here to serve them. We have experience providing in-home care services to veterans that allows them to live happy, independent lives in the comfort of home.

The families of veterans often ask, "Does the VA provide home health care? Yes, All Embracing Home provides home health aides and homemaker services for veterans."

To find out more, give us a call today 701-330-8373





Medicare Supplements • Medicare Advantage • Healthcare



BRENT VIK

 **1551 28TH AVE S, STE A
GRAND FORKS, ND**

 **(701)757-5757**



We do not offer every plan available in your area. Currently we represent [10] organizations which offer [54] products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

*Products are not underwritten by Farmers Union Insurance.



COMMUNITY GRAND FORKS Corner

by Emily

Monthly Events

Breakfast at the GF Senior Center Weekdays 8:30am-9:00am
Hot Meal drive-thru & inside at the GF Senior Center Weekdays 11:30am-Noon
*For 60+. Obtain required paperwork and key tags in the Senior Center.
 Order frozen meals ahead of time., pick up during the drive-thru or inside.*

Memory Cafe - Every 2nd Tuesday of the month @ Calvary Lutheran Church 1-3pm
*An educational event for people living with Dementia/Alzheimer's & their family.
 Hosted by Home Therapy Solutions.*

Bingo at the GF Senior Center Every Wed & Thurs. - 1pm

JANUARY

1.....New Years Day
 4.....UND Hockey at The Ralph- **6:07pm**
 5.....UND Hockey at The Ralph- **7:07pm**
 9.....Galactic Bingo at Southgate- **9pm**
 9.....Community Celebration of the new Altru Hospital- **2pm**
 11.....Movie Night at Base Theater- **2:30pm**
 17.....UND Hockey at The Ralph- **7:07pm**
 18.....UND Hockey at The Ralph- **6:07pm**
 20.....Blizzard Bash at the ICON Sports Center- **1pm**
 24.....Hairball at The Ralph- **7pm**
 24.....Blizzard Bash at the ICON Sports Center- **1pm**

FEBRUARY

1.....Monster Jam at FARGODOME- **1pm**
 7.....UND Hockey at The Ralph- **6:07pm**
 8.....UND Hockey at The Ralph- **7:07pm**
 14.....Valentines Day
 21.....UND Hockey at The Ralph- **6:07pm**
 22.....UND Hockey at The Ralph- **7:07pm**
 22.....XTreme International Ice Racing XiiR at The Ralph- **3pm**

MARCH

2.....\$1200 Bingo Giveaway at Southgate- **5:30pm**
 7.....UND Hockey at The Ralph- **6:07pm**
 8.....UND Hockey at The Ralph- **7:07pm**
 15.....St. Patrick's Day Parade in Downtown Fargo- **11am**
 29.....Fargo PRCA Rodeo at FARGODOME- **7:30pm**

Emily Schenk Program Coordinator

Hello, my name is Emily Schenk and I am the Developmental Disabilities (DD) coordinator for All Embracing Home Care (AEHC). I started working here in September of 2021 as a Care Manager and took on the coordinator position a year ago. I oversee the individuals we support on the DD side and make sure they are getting the proper cares they need and deserve.

I have 9 years of DD experience as a Direct Support Professional (DSP) at REM and The Listen Center. Including 2 DSP years here at AEHC. I grew up in Thompson, ND and graduated in 2010. I now live in Grand Forks with my 3 daughters. In my spare time I enjoy doing everything & anything with my girls. They are very active in sports and keep this mama busy.

I truly enjoy assisting individuals with disabilities. I've had many different jobs and this field is my favorite. Assisting individuals in need is very rewarding and the bonds you make is something I'll cherish forever.



Providing optimal childcare and educational opportunities to children ages birth to 5 years old.

CALL TODAY! 701-775-0670

624 North Washington Street - Grand Forks, ND

info@elwaycclc.com



COMMUNITY Corner

Fargo/Moorhead

Monthly Events

by Amanda

Amanda Hjelle,
Director of Services -
Fargo Branch

Trollwood Village Month Events

Every Monday **Exercise** - 9:30 am (Rosewood room); **Bingo** - 12:30 pm
Every Tuesday **Grocery Bus** - 1:00 pm; **Dominoes** - 12:30 pm;
Bible Study - 2:30 pm in Library
Every Wednesday **Exercise** - 9:30 am (Rosewood Room); **Whist** - 12:30 pm
Every Thursday **Bingo** - 12:30 pm
Every Friday **Crafts** - 12:30 pm
First Wednesday of each Month **Trollwood Foot Care Clinic**, 10:00 am - 2:00 pm
First Thursday of each Month **Trollwood Foot Care Clinic**, 10:00 am - 2:00 pm
2nd Tuesday of Every Month **Parkinsons Support Group**, 2:30 pm - 4:00 pm

Memory Cafe

Every Monday...9:00 am - 11:00 am - Coffee and Conversation
Every Monday..... 1:00 pm - 2:30 pm - Music Therapy,
Education Creative Arts, Games, Puzzles & Socialization,
Bethel Church; 2702 30th Ave. S, Fargo, ND

Caregivers Cafe

4th Wednesday of every Month 1:00 pm - 2:30 pm
Linger Laugh and Learn Center;
1122 1st Ave. N, Fargo, ND

JANUARY

2 **Bingo at Bardown Bar and Grill**
4 **Pancake Breakfast**
Moorhead Masonic Center
6 **Monday Meetup Craft Connection for Adults**
Moorhead Public Library
9 **Plant Swap**
Baker's Garden and Gift
10 **Fargo Force**
Scheels Arena
11 **Club Pillates**
Brewhalla
11 **Youth Ice Fishing Derby**
10 **Monday Meetup Craft Connection for Adults**
Moorhead Public Library
21 **Jesus Cares Ministry**
Ascension Evangelical Lutheran Church
10 **Hairball**
Scheels Arena

FEBRUARY

1 **Frostival: Cardboard Sled race**
Mickelson Park & Softball Fields
8 **Frostival: Snow Golf**
South Elmwood Park
15 **Fargo Pond Hockey Classic**
Lindenwood Park
28 **Home and Gardon Show**
Fargodome

MARCH

15 **Celtic Festival**
Historical & Cultural Society of Clay County - Hjemkomst Center
15 **St. Patrick's Day Parade**
28 **Butterfly Ball**
Avalon Events Center

Advertise Here!!!

Give us a call today for more details.

701-330-8373



THE EXTRA EMBRACE



Top 3 Tips to Stay Safe During Winter for Aging Adults

Lachen Stadstad
Program Coordinator

Winter can be beautiful, but it also presents unique challenges, especially for aging adults. The cold weather, icy sidewalks, and shorter days can increase the risk of accidents. Here are the top three tips to help seniors stay safe and enjoy winter with confidence:

1. Prevent Slips and Falls

Icy sidewalks and driveways are a major concern for aging adults, as falls can lead to serious injuries. To reduce the risk:

- Wear non-slip footwear
- Use ice melt or sand
- Use walking aids

2. Stay Warm and Layered

As we age, we are more sensitive to cold temperatures, and prolonged exposure can lead to hypothermia or frostbite. To stay warm:

- Dress in layers
- Cover extremities
- Stay indoors during extreme weather

3. Maintain Proper Lighting and Visibility

Winter's shorter days can limit visibility, increasing the risk of accidents, especially during walks or driving. To stay safe:

- Use motion-sensor lights
- Ensure good indoor lighting
- Be visible to others

By taking these simple precautions, aging adults can enjoy a safer, more comfortable winter. Stay warm, stay steady, and enjoy the season with confidence!

HAPPY Birthday to these Care Managers

January

Jean Wellman.....	02
Elaine Johnson.....	14
Sarah Vageline	20
Thomas Hjelle	21
Angela Morton.....	25
Karen Deziel	26
Aria Mickelson	31

February

Stacey Metzler.....	04
Nicole Larson.....	08
Annabella Kottke.....	15
Eden Scott.....	17
Terrie Dusek	20

March

Amanda Hjelle.....	1
Sandra Hersrud	4
Sandra Johnson	6
Tammy Sandbothe.....	14
James Zuck.....	21
Ty Holmes.....	21
Chase Swenson.....	23
Nancy Calkins.....	23
Sofia Williams.....	28
Dianne Johnson.....	29

Enjoy Your
Special Day!!



THE EXTRA EMBRACE



Empowering Therapy

by Cheyenne

Cheyenne Chaput,
Executive Assistant



Winter Health Tips: Stay Active, Stay Safe

Winter can be a challenging time to stay active, especially when the cold temperatures and icy conditions limit outdoor activities. However, regular physical activity is crucial for seniors, not just for staying fit but also for maintaining balance, muscle strength, and overall well-being. Exercise can also improve mood and help manage conditions like arthritis, joint pain, and even depression, which can worsen during the winter months. The key to winter fitness is finding ways to stay active while staying safe in the cold weather.

Here are some winter health tips to help you stay active, safe, and comfortable:

1. Indoor Walking: A Simple Way to Stay Active

If venturing outside in the winter is too risky, indoor walking is an excellent alternative. Walking is a low-impact activity that helps improve cardiovascular health, strengthen muscles, and improve balance.

2. Chair Exercises: Easy and Effective Workouts

Chair exercises are a fantastic option for seniors, especially if you have mobility issues or balance concerns. These exercises can help build strength, improve flexibility, and keep your joints moving—all from the comfort of a chair.

3. Stretching: Maintaining Flexibility and Balance

Maintaining flexibility and balance becomes more important as we age, and stretching exercises are an excellent way to keep muscles limber and joints healthy. Stretching can also reduce the risk of injuries and help alleviate stiffness caused by colder temperatures.

4. Balance and Strengthening Exercises

Balance exercises help you feel steady on your feet, which is especially important during winter when the risk of slipping on ice or snow is high. Strengthening exercises also help maintain muscle mass, which can naturally decline with age, reducing the risk of falls.

5. Outdoor Safety: When to Exercise Outside

If you do want to take your exercise outdoors, it's important to do so safely. Winter weather can be unpredictable, and icy conditions can make outdoor exercise risky.

6. Mental Health and Mood: Stay Motivated to Move

Staying active during the winter is not just about physical health—it's also essential for maintaining mental well-being. Lack of sunlight and cold temperatures can lead to seasonal depression or the "winter blues" for some seniors.





Workplace Wellness *by LaRae*

LaRae, Guzman,
Human Resources Generalist



Five New Year's Resolutions For Caregivers To Consider In 2025

Whether you are new to caregiving, have been doing this for a while or see it in your near future, there are five resolutions to consider that can make your life easier.

1. Recognize the good things you do as a caregiver

It's easy to get caught up in our own imperfections and become our own worst enemy. We need to recognize and acknowledge all the good we do for our loved ones. The caregiving role is difficult and overwhelming. It takes grit, resilience and commitment. It also takes a willingness to accept our mistakes and realize perfection is a myth. If it weren't for you, where would your loved one be right now?

2. Make self-care a priority

When we ignore our own needs it results in increased stress, depression, anxiety, illness, and eventual burnout. Caregivers tend to be sleep deprived, have poor eating habits, do little or no exercise, continue to work when ill, postpone medical appointments and are at a higher rate for substance abuse. Self-care not only benefits you but those you are caring for.

3. Set and maintain boundaries

Establishing boundaries is meant to ensure your caregiving relationship is mutual, respectful, supportive and caring. You do this by defining and sharing what you can and cannot do, what you are willing and unwilling to do, and what you have time for. When healthy boundaries are not established, feelings of disappointment, anger and resentment build up on both sides leaving you exhausted and stressed.

4. Reach out for support and help

It can be difficult to ask for help and support. Either we

don't know what we need, we don't want to be seen as a burden, or we feel guilty that we can't do it all on our own. Asking for help and support doesn't mean that you are incapable of handling your caregiving situation. It just means you are one person trying your best to care for another. Keep a running 'help wish list' to refer to when people ask what they can do to help. Know what resources are available to you in the community including support groups, in-home care, delivered meals, etc.

5. Schedule 'me' time

It could be 5 minutes or 5 hours; it's not about quantity, it's about quality. It's time to do whatever brings joy and meaning to your life. It can be a solitary activity or time spent with trusted friends and family. It's easy to let time fall by the wayside. But it's important to make it part of your ongoing routine. Add it to the calendar just the way you would add an important doctor's appointment.

This year resolve to make things easier for yourself. Prepare yourself for the upcoming year; see it as an opportunity for growth. It's all part of doing the best job you can for your loved one.

Here's to a happy and healthy 2025!

It's your life and you deserve to live happy and healthy.



"Lovin' On Your Loved Ones"

2211 SOUTH WASHINGTON - GRAND FORKS, ND 58201

701.330.8373



WWW.ALLEMBRACINGHOME CARE.COM

All Embracing Home Care, LLC is an equal opportunity employer/provider



Congratulations to Lachen Stadstad!



Lachen Stadstad, our Director of Home & Community Based Services attended and graduated from the 2024 Chamber of Commerce Leadership Program.

The Chamber of Commerce held its first Leadership Training Program in 1985. Since then, over 1,100 business professionals have graduated from the program. It is designed to give local and regional

participants an opportunity to develop the leadership skills necessary to achieve success in their career, family & community along with fun volunteer and leadership challenge activities help to immerse you in our communities.

Over the course of three months, participants attend orientation and seven one-day sessions covering topics from Leadership and Team Building to Communications and Community History. Each session is held at a different location in the Grand Cities. The program ends with a wrap up session and graduation ceremony.

Yay!!



Struggling with Transportation?

If you have a driver... we may have a solution.

All Embracing Home Care has an ADA Compliant Van.

PUBLIC ADA VAN RENTAL OPTION:

- Half-day\$75*
- Full-day \$150*
- Weekend: (5pm Fri. until 8am Mon.) \$300*

*Plus mileage. Gas returned at same level it was picked up at.

Proper training and release form required before rental.

LOVIN ON YOUR LOVED ONES....

Our van is an option for any AEHC employee to use while transporting clients for AEHC purposes. (Some restrictions do apply.) Proper training and release form required before transporting.

Family of clients or friends are authorized to drive or ride in our company van with prior approval from AEHC's owner Dee Decimus Holmes. Proper training and release form required before transporting.

Our Office Assistant can answer any questions you have about the van and how we schedule it out for client use. We encourage care managers to reserve this vehicle for our clients, so that they can get out and enjoy life. It's just another way we continue to keep "lovin on your loved ones."

Give us a call today and let's see what we can do for you.
701-330-8373



All Embracing Home Care Foundation

Our Vision...

The vision of our All Embracing Home Care Foundation is to create a future where every individual can experience the highest quality of care, services, and equipment. The All Embracing Home Care Foundation aspires to be a driving force in creating a healthier and more compassionate world. We see a community united in the belief that, "accessible and quality home care is a fundamental right." Our vision is to serve as a catalyst for positive change by mobilizing resources, fostering partnerships, and inspiring a culture of philanthropy. Through our efforts, we strive to build a sustainable foundation that ensures the continued growth and impact of All Embracing Home Care. Ultimately

leading to a society where the health and well-being of all individuals are prioritized and upheld with dignity and respect.

Our Mission...

It is the mission of the All Embracing Home Care Foundation to be dedicated in supporting and advancing the mission of All Embracing Home Care. Our foundation is committed to raising essential funds to ensure accessible, compassionate, and high-quality home care services for individuals in need. We believe in the transformative power of health and well-being. Our goal is to cultivate a community of generous donors

and partners who share our commitment to improving lives. Through strategic fundraising initiatives, community engagement, and collaboration, we aim to secure the resources necessary to enhance the reach and impact of All Embracing Home Care, ensuring that everyone receives the care they deserve in the comfort of their homes.



Family Recipes



Potato Soup

Submitted by:
Michele C.

- 2lb Diced Potatoes
- 1 pk of Ranch Mix
- ½ bag of Bacon Bits
- Garlic Powder
- 32 oz. Chicken Broth
- 2 Cans of Cream of Chicken
- 2 C. of Sharp Cheddar Cheese
- 1 Stick of Cream Cheese
- Pepper

Put in crockpot on high for 4 hours & enjoy!

Garden Special

Submitted by:
Alverna J.

Ingredients:

- | | | |
|---------------------|-----------------|-------------|
| 4 qts ripe tomatoes | 1 qt celery | 1 qt onions |
| 1 qt water | 6 sweet peppers | 3 T. salt |
| 2 T. Sugar | | |

Directions:

Dice peppers, onion, celery, add water and cook together for 20 minutes. Add tomatoes which have been peeled and cup up, seasonings and after it all comes to a boil, put into hot jars. Process in hot water bath for 30 minutes for quart jars and 25 minutes for pints.



Gingerbread Cake

Submitted by:
Beth Friesen

Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1 1/2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- Heaping 1/4 teaspoon allspice
- Heaping 1/4 teaspoon ground cloves
- 1/2 cup oat milk
- 7 tablespoons sunflower oil
- 2/3 cup packed organic brown sugar.
- 1 teaspoon pure vanilla extract
- 6 tablespoons aquafaba (liquid can of chickpeas)
- 1/3 cup + 1 tablespoon unsulphured molasses (not blackstrap molasses)
- 1/3 cup strongly brewed hot coffee.

Directions:

- Preheat the oven to 350°F. Line a 9x5" loaf pan with parchment paper.
- In a large bowl, combine the flour, baking soda, salt, ginger, cinnamon, nutmeg, allspice, and cloves. Whisk well to ensure the baking soda is evenly mixed in.
- Pour the aquafaba into a small bowl. Whip aquafaba until uniformly foamy.
- Add the whipped aquafaba, oat milk sunflower oil, brown sugar, and vanilla.
- In a separate bowl pour the molasses and hot coffee into the bowl and whisk until well combined and add to mixture.
- Using your electric mixer on low speed, combine the dry and wet ingredients just until combined, do not overmix.
- Pour the cake batter into the pan. Bake in the preheated oven for 50-55 minutes.

Serve with vanilla cream sauce and enjoy.



If you would like to submit a "Family Recipe" for this page, please email your recipe card to Hanson: Hansono@allembracinghomecare.com