

MY LIFE AS A MOM

Love Life As It Is. Enjoy What You Do.



ISSUE 2

February 2024

BOOK OF THE MONTHS

Mines to Hold
By Shayla Black

RECIPES OF THE WEEK

Weekly blog featuring tasty recipes.

LET'S TALK GARDEN

Preparing Your Garden for Spring: Winter Cleaning

DAY OF THE YEAR
Black History Month
American Heart Month
Valentine's Day
Presidents' Day

QUELA'S DESIGNS & PLANNING

Shop Your Favorite Merch

EDITOR'S NOTES

WINTER AFFILIATES

Check out some great deals for the Winter from my affiliates.

Look out for great deals on My Life as A Mom website.

Affiliates
Cricut
Cents of Style
The California Wine Club
Kiyonna Clothing
Seven Sister Scones
EasyCloset
ShareaSale
Minted
Monday.com
Basic Invites
BeeBeeCraft
Brytn Smile
AccuQuilt
Art of Tea
momAgenda
1st in Coffee
Barkev
Natalie Mills
Amazon
Tea Collection
Bumpin Blends
Wickbox
Garden in Minutes
Decor Steals
and more..

Website:
mylifehobbiesasamom.com



Happy Valentine's Day, friends!

Valentine's Day is just around the corner, and it's a perfect time to show your friends how much you appreciate them. Whether it's a small gesture like a heartfelt note or a grand gesture like a surprise gift, there are plenty of ways to show your love this month. My Life As A Mom has compiled a list of creative gift ideas that your friends will surely love. Additionally, we've picked out a book of the month that's perfect for curling up with on a cozy night in. And for those with a green thumb, we have some tips on how to start your own garden to brighten up your space. There's so much to look forward to this February, so make sure to subscribe to My Life As A Mom to stay in the loop on all the exciting things happening this month.

Sincerely,

Taquela Hudson
Blogger & Editor

BLACK HISTORY MONTH



SOCIAL MEDIA

FOLLOW MY JOURNEY AS A MOM ON SOCIAL MEDIA AND STAY UP-TO-DATE WITH OUR WEEKLY NEWSLETTER AND MUCH MORE.

SUBSCRIBE ONLINE

Social Media

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Instagram: [@mylifeasamomblog](#) | [@quelasdesign](#)
[@quelassipnparty](#)

Website

Blog: [www.mylifehobbiesasamom.com](#)

One Hope Wine:

<https://www.onehopewine.com/myshop/taquela-hudson>

doTerra: [my.doterra.com/quelascents](#)

Etsy Shop: [www.etsy.com/shop/quelasdesign](#)

Facebook Group
@QUELASSIPNPARTY



Facebook Page
@MYLIFEASAMOMBLOG



@QUELASDESIGN



@MYLIFEASAMOMBLOG



@QUELASSIPNPARTY

Calendar 2024

January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

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March

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31						

April

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May

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June

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July

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August

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September

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October

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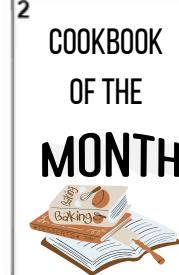
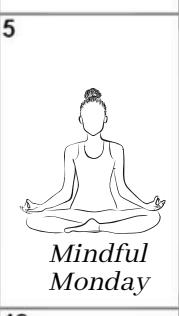
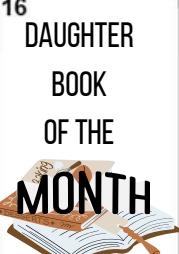
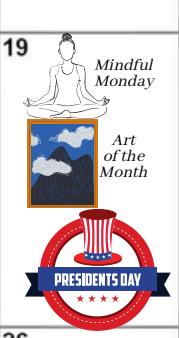
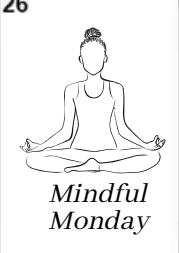
November

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24	25	26	27	28	29	30

December

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22	23	24	25	26	27	28
29	30	31				

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 Wine Wine Winesday	 BUT FIRST! Skin Care Thursday	 COOKBOOK OF THE MONTH	 Craft Time SWEETHEART Sip Saturday
 Get Ready with ME! Make-up of the Month	 Mindful Monday	6	 Wine Wine Winesday	 BUT FIRST! Skin Care Thursday	 BOOK OF THE MONTH	 Garden Time Flower of the Month SWEETHEART Sip Saturday
 Get Ready with ME!	 Mindful Monday	13	 Wine Wine Winesday	 BUT FIRST! Skin Care Thursday	 DAUGHTER BOOK OF THE MONTH	 Craft Time SWEETHEART Sip Saturday
 Get Ready with ME! Essential Oil of the Month	 Mindful Monday Art of the Month	20	 Wine Wine Winesday	 BUT FIRST! Skin Care Thursday	 ART OF THE MONTH	 Garden Time SWEETHEART Sip Saturday
 Get Ready with ME!	 Mindful Monday	27	 Wine Wine Winesday	 BUT FIRST! Skin Care Thursday		
			 NEW ITEM OF THE MONTH			

Feel Free To..

GARDEN

FLOWER OF THE MONTH

The violet is one of the earliest blooming plants in the spring. Violets typically have heart-shaped leaves and asymmetrical flowers that vary in color. Many are violet, as their name suggests, while others are blue, yellow, white, and cream. Some are even bicolored, often blue and yellow.

Native to Europe and Asia, the violet is indigenous to temperate regions in the Northern Hemisphere. Violets (*Viola*) are a genus of the Violaceae family. There are more than 400 species of violets in the genus.



Retrieved from: Almanac
<https://www.almanac.com/content/february-birth-flowers>

VIOLET

MY GARDEN

Declutter Greenhouse

Preparing for the Spring/Summer season, I usually kick off the process by cleaning my greenhouse in January.

When to start planting?

Starting in January, I plant in my greenhouse to ensure that they mature in time for the last frost.



SCENTS OF NATURE

Jasmine is a flower that is admired globally for its sweet fragrance and is used in various products like candles, perfumes, soaps, and lotions.

Gardenia is a genus of flowering plants in the coffee family, Rubiaceae, native to the tropical and subtropical regions of Africa, Asia, Madagascar, Pacific Islands, and Australia

Lavender has various benefits, including improving sleep, treating skin blemishes, relieving pain, reducing blood pressure, lessening menopausal hot flashes, combating fungus growth, and potentially promoting hair growth.

Cranberry-Orange Granola

SERVINGS: 12

TOTAL TIME: 40 MINUTES

Ingredients

1 3/4 c. of gluten-free rolled oats
3/4 c. chopped walnuts
1/2 cups chopped pecans
1/2 c. raw pumpkin seeds
1/2 c. unsweetened flaked coconut
2 tbs chia seeds
1/2 c. all-fruit orange marmalade
2 tbs coconut oil
1 1/2 c. tsp ground cinnamon
1 1/4 tsp ground ginger
1/4 sea salt (optional)
1/2 c. juice-sweetened dried cranberries

Directions

Preheat the oven to 325 degrees F. Line a 15 x 10 baking pan with parchment paper

1. In a large bowl combine all of the nuts and mix them well.
2. In a small saucepan, combine the oats, marmalade, oil, cinnamon, ginger, and salt (optional). Heat over low heat, and stir until everything melts. Pour over the mixture and stir well until everything is coated.
3. Spread the granola in the pan as evenly as possible. Bake in the oven for 25 to 30 minutes, or until lightly brown.
4. Remove the pan from the oven and gently stir in the cranberries. Let the granola cool completely on the pan. Store in air tight container and enjoy!

Recipe from: The Healthy You Diet From Dawna Stone

Favorite
Salad

Kale and Maple-Roasted Sweet

SERVINGS: 4

TOTAL TIME: 45 MIN

Ingredients

3 tbs pure maple syrup
1 tbs extra-virgin olive oil
1 tbs lemon juice
1/4 tsp sea salt
2 sweet potatoes, cut into 1" cubes
1/3 c. of pumpkin seeds
1 bunch curly-leaf kale
1/2 c. pitted and sliced Medjool dates
Walnut Vinaigrette (Optional)

Directions

Preheat the oven to 400 degrees F. Line a baking sheet with a parchment sheet.

1. In a large bowl, whisk together the maple syrup, oil, lemon juice, and salt. Add the sweet potatoes and toss to coat with the maple syrup mixture. Spread the potatoes on the baking sheet and roast, stirring occasionally, for 30 minutes, or until tender. Remove from the oven and set aside to cool slightly.
2. In a skillet over medium heat, toast pumpkin seeds for 2 minutes, or until they turn golden and begin to pop. Shake the pan often during toasting to make sure they don't burn. Transfer to a plate and set aside.

Served the kale with sweet potato, pumpkin seeds, dates, and dressing

Recipe from: The Healthy You Diet From Dawna Stone

Heart Shape Chocolate Chip Cookies



12 servings



45 minutes



INGREDIENTS

1/2 cup of shortening
1 cup of brown sugar
1 teaspoon vanilla extract
2 cups of baking mix
1 cup of milk chocolate chip
1 egg

DIRECTIONS

Preheat the oven to 350 degrees.

1. In a large mixing bowl add your shortening, brown sugar, and vanilla flavor and blend it with your hand-held mixer until the mixture is nicely whipped.
2. Next, add your egg and beat with the mixture for one minute.
3. Third, add your baking mix to the mixture and until the mixture forms a dough.
4. Last, add and fold your chocolate chip into the dough.
5. After, everything is fully mixed add flour to your surface or cupboard. Put your dough on top of the floured surface and roll your dough out until to the thickness that you like. Use a heart-shaped cookie cutter or any cookie cutter that you like cut the cookies and place them on a cookie sheet.
6. Bake the cookies for 10 to 15 minutes or until the cookies are golden brown.
7. Take the cookies out of the oven let them cool for 10 minutes and enjoy!!!



No Bake Red Velvet Cheesecake

SERVINGS: 8

PREPPING TIME: 15 MIN

TOTAL TIME: 4 HOURS

Ingredients

8oz of cream cheese, room temperature
1 cup of sour cream
2/4 cup of sugar
1/2 cup of red velvet cake mix (dry)
1 graham cracker pie crust
1/2 container of whipped cream

Directions

- 1.In a bowl add the softened cream cheese, sugar, cake mix, and vanilla flavor.
- 2.Blend the mixture on high until it gets creamy and smooth.
- 3.Add the whipped cream to the batter and fold it into the batter.
- 4.Pour the cheesecake battered into the crust and spread it until even.
- 5.Chill the cheesecake in the fridge for three hours or overnight for a better setting.
- 6.Serve the cheesecake and enjoy!!

Thai Iced Tea Ice Cream

SERVINGS: 1 QUARTS

BY MERRILL STUBBS

TOTAL TIME: 1 HOUR 15 MINS

BY CHRIS W.

Ingredients

1 cup heavy cream
1 dash salt
2 cups whole milk or half-and-half
1 cup Thai iced tea leaves (can be found at Asian grocery store)
2 egg yolks
1 teaspoon vanilla
1 (14-ounce) can condensed milk

Directions

- 1.In a small saucepan, gently heat heavy cream, salt, and milk mixture with tea until almost simmering, then steep for about 10 to 20 minutes until desired flavor.
- 2.Using a slotted spoon, remove the leaves then reheat and make custard by bringing the milk mixture to a low simmer over gentle heat, then, while constantly mixing, add in the yolks. Stir in the vanilla and condensed milk.
- 3.Let chill, then freeze according to ice cream maker's instructions.

Recipe from: Ice Cream & Friends

The Best Lime Ice Cream

BY MERRILL STUBBS

 Serving 3  15 minutes

INGREDIENTS

$\frac{3}{4}$ cup white sugar

1 $\frac{1}{2}$ cups heavy cream

2 tablespoons grated lime zest

$\frac{1}{3}$ cup lime juice

DIRECTIONS

1. Combine all of the ingredients, stirring until the sugar is dissolved.
2. Freeze in an ice cream maker, or in a wide, shallow container, stirring from time to time.
Devour! Note: Don't be dismayed if the ice cream never gets really hard in your freezer -- the texture should be airy and light.

Recipe from: *Ice Cream & Friends*



QUELA'S SIP & PARTY
PRESENT
**SWEETHEART
WINE TASTING**

Valentine's Day is a special day to celebrate love, and what better way to celebrate than by sipping your favorite wine at your favorite spot with your loved one? Whether it's a cozy restaurant, a scenic park, or a quiet spot by the river, make sure to choose a location that is meaningful to both of you. And don't forget to pick out the perfect bottle of wine to share together. Cheers to a romantic and unforgettable Valentine's Day!



**Shopping Made
Easy: Simply Scan
the QR Code.**

SWEETHEART

Sip Saturday

Suggestive drinks for Valentine's made with selective wines.

POMEGRANATE GRAPEFRUIT FROSE

Vintner Rosé California \$15	Reserve Rosé Sonoma Coast \$35	Herstory Rosato Italy \$28
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WHITE WINE MOJITO

Vintner Sparkling Brut California \$27	Hospitality Sparkling Brut California \$32	Herstory Prosecco Italy \$32
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ROSE BERRY BLISS

Vintner Rosé California \$15	Reserve Rosé Sonoma Coast \$35	Herstory Rosato Italy \$28
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SANGRIA

Frizzante Red Wine Italy \$30	Hospitality Red Blend California \$32	Hospitality Cabernet Sauvignon California \$33
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SHAYLA BLACK

New York Times Bestselling Author



Mine to Hold

A WICKED LOVERS NOVEL

"Sizzling, romantic, and edgy, a
Shayla Black story never disappoints!"

—SYLVIA DAY, #1 New York Times Bestselling
Author of *BARED TO YOU*

Book of the Month

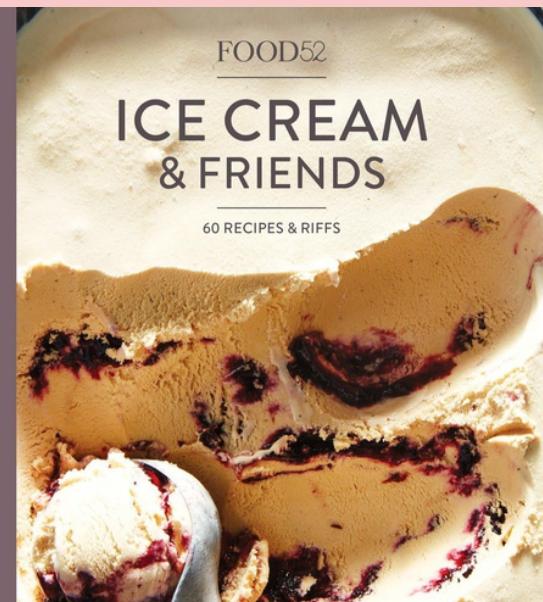
Tyler Murphy was an LAPD detective, single and happy--until a near-fatal tragedy crippled his friend, fellow detective Eric Catalano. While Tyler supported Eric, he also became a shoulder for Eric's wife, Delaney, to lean on. But with one naughty suggestion from Eric, a drunken night with Delaney spilled into erotic abandon. Before it was over, Tyler saw his best friend's wife as a woman and yearned for more.

When Eric struggled to deal with the aftermath, Delaney begged Tyler to leave. Crushed, he fled to Louisiana, hoping to escape his longing for the one woman he could never have again...and unaware of what he'd left behind.

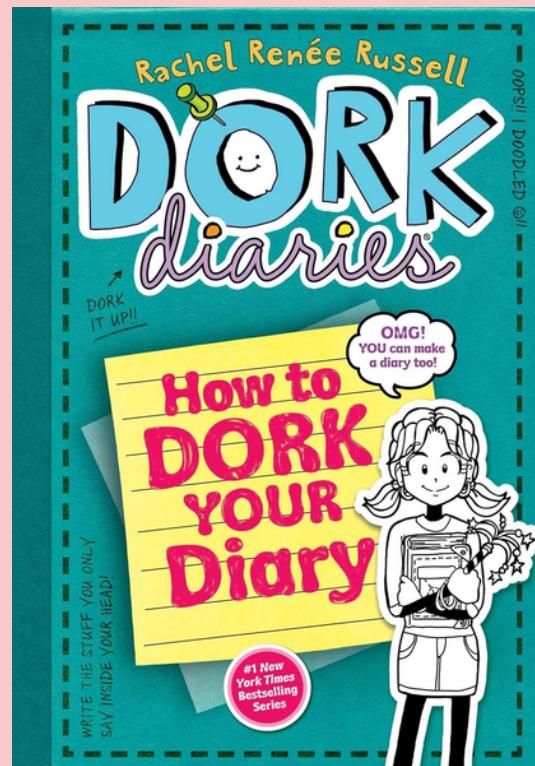
FOOD52

ICE CREAM & FRIENDS

60 RECIPES & RIFFS



Cookbook of the Month



Daughter's Choice



BOOK REVIEW

BOOK TITLE

AUTHOR

PAGE LENGTH _____

FICTION NON-FICTION

GENRES

READING STATUS

DATE STARTED

DATE FINISHED

THE BOOK IN ONE SENTENCE

RATING



99

MY FAVORITE QUOTE

REVIEW





February

Wine of the Month

I Love You More Shimmer

Our dazzling ONEHOPE Shimmer Collection is the perfect addition to any occasion. This California Sparkling Rosé is floral and effervescent with flavors of pomegranate and pink lady apple.

\$59 Retail Price | **\$53.10** Wine Club Price





Deep Blue

Six Ways It Can Benefit Everyone

1. Post-Workout Perfection

Deep Blue is your go-to companion for post-workout recovery. Whether you're into heavy lifting or intense aerobics, Deep Blue Rub and the Deep Blue Stick will help soothe those trouble spots, while also moisturizing your skin. Just a dab will leave you feeling revitalized and ready for your next fitness goal!

2. Desk Dwellers

Typing at a desk all day, every day isn't as easy as it looks! After a long workday at the office, treat your fingers, arms, hands, neck, and shoulders to a soothing massage with Deep Blue Soothing Blend. Dilute this beautiful blend of CPTG® essential oils with Fractionated Coconut Oil to enjoy cooling relief on those affected areas.

3. An Athlete's Secret Weapon

Whether you're a professional or you just enjoy community sports, Deep Blue Rub is an essential addition to your sports kit. It's even a game changer for high school athletes with back-to-back practices, games, and workouts. Keep it handy for quick and effective relief whenever your body needs it most.

4. Weekend Warriors

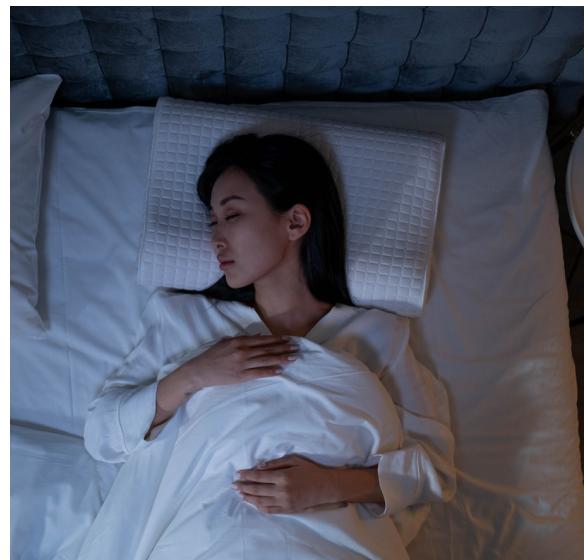
After hours of gardening, heavy lifting, or DIY endeavors, your body will be crying out for some TLC. Treat yourself to the cooling relief of the Deep Blue Stick, rolling it onto your lower back, shoulders, neck, or wherever discomfort may be lurking.

5. Prepping for Anything

You never know what you'll come across in your adventures, but you can always count on Deep Blue to keep yourself prepared! Whether you're on the road, at a cabin, or on a thrilling adventure, this trusty natural solution will be there to offer relief whenever you need it. With their convenient size, Deep Blue Rub Samples are within arm's reach so you're ready for any unexpected discomfort.

6. Calling All Creators

You can't create works of art if you don't feel like a work of art! Say goodbye to strained and tired hands with a soothing massage. Experience the cooling, warming sensation of Deep Blue Rub as your hands embrace the natural emollients, leaving them soft and smooth. No greasy after-feeling either—only pure bliss!



SCAN QR CODE TO
START SHOPPING

Skin Care

Thursday



spa Replenishing Body Butter

Pamper your skin with the rich hydration and luxurious feel of the doTERRA spa Replenishing Body Butter. The base of this natural formula combines shea and cocoa seed butters, known for their deep moisturization and ability to promote skin suppleness. Jojoba seed oil absorbs quickly into the skin and helps keep skin looking hydrated while avocado oil provides essential fatty acids to nourish and soften skin. CPTG® essential oils of Wild Orange, Douglas Fir, and Frankincense turn this indulgent formula into an intensely aromatic spa experience while providing purifying and rejuvenating benefits.



spa Exfoliating Body Scrub + Body Mineral Sunscreen Lotion

The doTERRA spa Exfoliating Body Scrub is a natural, indulgent body scrub that gently exfoliates and polishes skin with natural sugar cane, leaving a healthy, natural glow. Infused with CPTG® essential oils of Wild Orange, Grapefruit, and Ginger, this luxurious scrub provides a custom at-home spa experience that entices the senses, pampers the body, and warms the soul. Formulated with a rich blend of kukui, macadamia, and coconut oils, the doTERRA spa Exfoliating Body Scrub not only removes dead skin cells through exfoliation, but replaces vital hydration to keep skin looking smooth and soft.



spa Refreshing Body Wash

The invigorating scents of CPTG® Bergamot, Grapefruit and Cedarwood essential oils are refreshing and uplifting, making it an ideal body wash to start the day. Natural surfactants derived from coconut oil and essential fatty acids provide gentle yet thorough cleansing without irritating the skin like other harsh soaps and body washes. This natural gel cleanser provides a perfect foaming action that glides across the skin without stripping the skin of its natural oils. Formulated with only nature's finest ingredients, the doTERRA spa Refreshing Body Wash will leave your skin feeling clean, smooth, and fresh.

spa Hydrating Body Mist with Beautiful Blend

Feel completely rehydrated all over your body! The aromatic benefits of our Beautiful Captivating essential oil blend combine with the nourishing properties of coconut, sunflower, avocado, and passion fruit. This hydrating mist, with the unique 360 degree technology sprayer, will help improve overall appearance of healthy-looking and radiant skin.



—RESOLUTIONS SHEET—

DATE: _____ S M T W T F S

WORK

EXERCISE

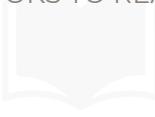
WEIGHT GOALS

DAILY STEPS

PERSONAL DREAMS

KIDS

MONTH | PLANS

BOOKS TO READ 

DAILY WALKS 

MEDITATION HOURS 

FAMILY TIME 

PLACES TO VISIT THIS YEAR

MONEY TRACKER:

PLANNED SAVINGS: _____

YEARLY PURCHASES: _____

Shop Now

Winter

SALE

Up to 10% off
with code WELCOME23



GET READY WITH ME

Sunday

- *Food Prep*
- *Get Ready For The Week*
- *Organize Sunday*
- *Moment As A Mother*

...



Daily Questions

Everyday

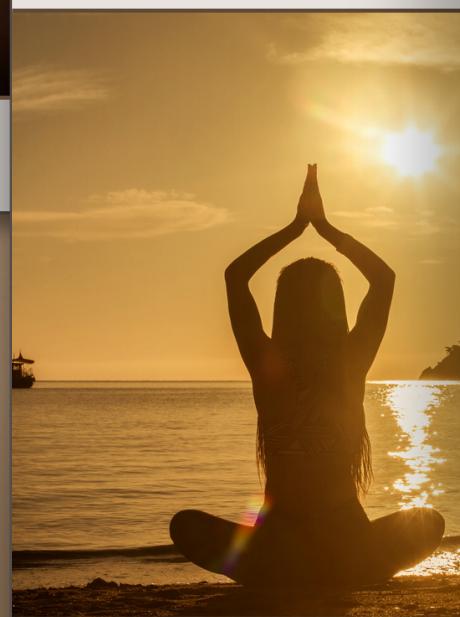


QUOTES

Wine Quotes



Mindful Quote



Moment As A Mother

MOMENT AS
A MOTHER

LEARN THE STRENGTH
WITHIN

MAM
#Momlife



Affiliates

This entire page contains affiliate banners and will be compensated by making sure that My Life As A Mom stay-up-to-date when you make a purchase by clicking on my links on the blog.

Starlette Galleria

MAKE IT YOUR OWN

Whether you want a subtle look or a show stopper, our rings will help you get there.

SHOP NOW



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100% AUTHENTIC.

SHOP NOW

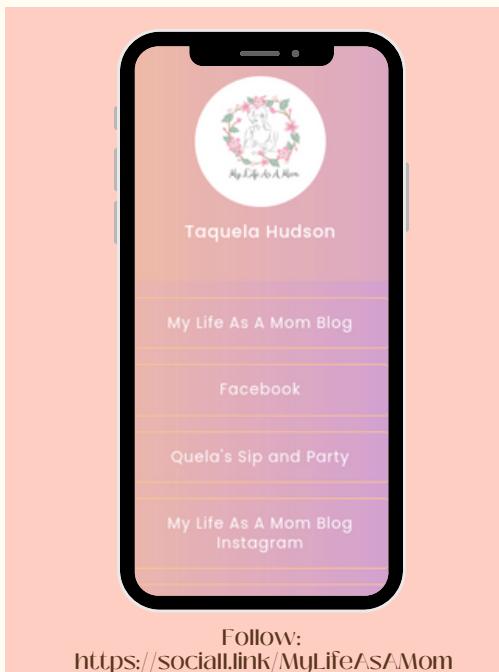


Order Pappy Van Winkle online at Nestor Liquor & get it delivered right to your door!

NESTOR LIQUOR

SHOP NOW

My Life As A Mom Newsletter



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MOMENT AS
A MOTHER
LEARN THE STRENGTH
WITHIN

MOM
#Momlife

What to look for?

Top Podcast - Sharing my favorite podcast
Affiliate Post - Check out some deals from some of my affiliates
All About Wine - Wine Wine Winesday every Wednesday
Garden Saturday - Take a Scroll in my garden

natural
cleaning Recipes

Come make homemade
sanitizers, disinfectants,
and more with me on
My Life As A Mom Blog



Design



SKIN CARE

Routine



Cleanse

Curabitur vehicula consectetur ligula, eget consectetur lorem tincidunt ut. Curabitur lobortis mi massa, porttitor pharetra lorem imperdiet vel.



Exfoliate

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Hydrate

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Moisturize

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Protect

Curabitur vehicula consectetur ligula, eget consectetur lorem tincidunt ut. Curabitur lobortis mi massa, porttitor pharetra lorem imperdiet vel.

BOOK CLUB



JOIN ME FOR A BOOK

DISCUSSION EACH
MONTH



MY LIFE AS A MOM

Love life as it is. Enjoy what you do.

HAPPY
Easter



ISSUE 3

MARCH 2024

BOOK OF THE MONTHS

The Great Undoing
By Daisy Haines

RECIPES OF THE WEEK

Weekly blog featuring tasty
recipes.

LET'S TALK GARDEN

Preparing Your Garden for
Spring: Winter Cleaning

DAYS OF THE YEAR

- Easter
- National Reading Month
- St. Patrick's Day
- National Colon Cancer Awareness Month
- Epilepsy Awareness Month
- Development Disability Awareness Month
- Brain Tumour Awareness Month
- National Women's History Month
- National Nutrition Month

QUELA'S DESIGNS &
PLANNING

Shop Your Favorite Merch

Digest Coming Soon

Published on January 26, 2023