

## Last Message from Mary Lou

I had another devotion ready for today's message that may have been a little more thought provoking, but enough of that for now. I'm moving on to food!

As you might know I love to cook. Tim & I usually eat the same meals, but there are a few foods that I alone like. And it is so hard to cook just one serving of anything. So today I'm sharing my latest food hack with you.

I love Eggs Benedict; if you do too, you might know it is difficult to make.

Poaching eggs is bad enough, but it's the Hollandaise Sauce that has eluded me! Tried store bought. Hmmmm...not so good. Tried making it from scratch. Hmmmm...OK but to get it just right is hard. And it doesn't keep, so use it or lose it.

This is my discovery:

1. You don't need to have that perfect little stack of English muffin, Canadian Bacon, Poached egg with Hollandaise all over. Just eat bites of all of them together.
  2. Whatever kind of buttered toast you like is OK. Need the butter.
  3. Canadian Bacon, ham, regular bacon is OK if that's your favorite.
  4. Poach the egg - however it works for you is OK (after cooking it I put my egg in a little dish, chop it a bit & eat it with a spoon.
  5. So my food hack for this dish is to assemble your buttered toast, warm meat, poached egg on your plate. THEN just squeeze lemon juice into the egg & eat. Ymmmmmm! Use as much juice as tastes right to you. ENJOY!
- P.S. This way is way more less fat & calories, too! But don't let that stop you!

You'll have to let me know if this worked for you  
& maybe share some of your discoveries with me!

It's been quite an experience for me with all the messages. I have soooooo enjoyed writing mine and reading each one of all the others' messages. C U SOON!!!!

*O give thanks to the Lord, for he is good, for his steadfast love endures forever.*