



# A FEW OF LULU'S FAVORITE THINGS

## Four-Count Breathing

- Inhale for the count of four.
- Hold your breath for the count of four.
- Exhale for the count of four.
- Hold your lungs empty for the count of four.
- Repeat.

Conscious breathing exercises help reset your parasympathetic nervous system, a network of nerves that assist the body to relax and conserve energy. Resetting this system helps your mind and body feel safe and calm after periods of stress. Practice up to eight counts per step to find what count works best for you. As with anything else, practice improves performance and response.



## LuLu's Affirmations

- I am (insert your name), and (insert your name) is great.
- Everything works out (perfectly for me).
- The solution is already in the room.
- What has happened has already happened.
- It is what it is.
- Right now, in this moment, I am okay.



## Rachel's Knoll

Rachel's Knoll is a sanctuary within Seven Canyons Golf Club, preserved by a legal legacy thanks to Rachel Lunt, who fell in love with Sedona years ago and wanted to create a



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park for meditation and relaxation that would remain accessible to the public. You can find directions by Googling “Rachel’s Knoll Sedona” and looking for the most up-to-date reference.



## DIY Linen Spray

3 tablespoons witch hazel  
2 tablespoons distilled water  
40 drops quality essential oils

1. Use a small funnel to combine witch hazel and distilled water in a 4-ounce glass spray bottle.
2. Add 40 drops total of your favorite essential oils.
3. Shake spray bottle to combine before each use.
4. Store out of direct sunlight for up to a year.

### Notes

Oils can break down some plastics, so always use glass containers with essential oils. Look for oils marked “100% pure essential oil” to ensure the highest quality.

### Some favorite oil combinations:

- lavender and marjoram (calming)
- lemon and rosemary (energizing)
- bergamot and grapefruit (uplifting)



## Creamed Eggs

1 teaspoon butter, cold

1 egg

1 teaspoon fresh herbs of your choice (consider sage, chives, thyme, or basil)

salt and pepper

1 tablespoon heavy cream

1. Spray an oven-safe 6-ounce ramekin (or muffin-tin cup) with nonstick spray.
2. Add ingredients to ramekin in the order listed. Do not mix together.
3. Bake at 400 degrees F. for 12 minutes, or until slightly browned on top.
4. Remove from oven and let cool five minutes.
5. Serve directly from the ramekin or scoop egg onto a plate or serve over toast or grits.

### Notes

- Dry herbs work, but they aren't as flavorful as fresh herbs.
- Garlic and onion powder or salt can be used instead of regular salt and pepper. Be careful not to over-season, especially if using salted butter.
- If cooking in an air fryer: Bake at 360 degrees F. for 12 minutes.



## Gloria's Poppyseed Cake

### Cake

- 3 cups flour
- 2¼ cups white sugar
- 1½ teaspoons salt
- 1½ teaspoons baking powder
- 1½ teaspoons vanilla extract
- 2 teaspoons almond extract
- 1½ teaspoons butter flavoring
- 1½ tablespoons poppy seeds
- 3 eggs
- 1½ cups milk
- 1 cup plus 2 tablespoons oil

### Glaze

- ¼ cup orange juice
- ½ teaspoon almond extract
- ½ teaspoon butter flavoring
- ½ teaspoon vanilla extract
- ¾ cup sugar

1. Grease a Bundt pan or two loaf pans.
2. To make the cake: In a large bowl, mix all cake ingredients together.
3. Pour batter into greased Bundt pan and bake at 350 degrees F. for 50 minutes. (If using two loaf pans, bake for 40 minutes. Make sure the centers of the loaves are firm.)
4. Allow cakes to cool in pan(s) for 10 minutes, then turn out onto a cooling rack.
5. To make the glaze: In a small bowl, mix all glaze ingredients together and stir until sugar is dissolved.
6. Using a pastry brush, liberally glaze top and sides of warm cake.

**Notes**

- Use flavor emulsions instead of extracts; emulsions do not “bake out” like some extracts do.
- Loaves freeze well. Cool completely then wrap in plastic wrap and seal in a gallon-size zip-top freezer bag. Freeze for up to 3 months.



## **Manny's No-Bake Cookies**

- 1 cup creamy or crunchy peanut butter
- ½ cup refined coconut oil
- ½ cup honey
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 4 tablespoons cocoa powder
- 2½ cups quick or regular oats

1. Set a sheet of wax paper on the counter.
2. In a saucepan over medium heat, combine peanut butter, coconut oil, and honey. Stir consistently until melted and combined.
3. Add vanilla, cinnamon, and cocoa powder. Stir until thoroughly combined.
4. Add oats and stir for two minutes to soften slightly.
5. Use a ¼-cup scoop to drop cookies onto wax paper. Allow to cool completely.
6. Makes 9 large cookies.

**Notes**

- Cookies can be stored, covered, on the counter for a few days or in the refrigerator for up to two weeks.
- Cookies are dairy free and gluten free.