

Chocolate Almond Flour Donuts with Egg Creams

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I am an extremely scheduled person. I need my routine and schedule to feel 'contained'. I need it to feel safe. I'd like to be all, 'I go wherever the wind takes me', but with a full time job, 2 kids, a husband and a hobby or two, my structure and routine is what gets me through the day. When I studied adolescent development and learned more about attachment theory and how structure and boundary-setting is not only beneficial for child development but also for caregiver attachment, I didn't quite understand just how much it is needed until I had kids of my own. Heck, I didn't realize how much I needed it as an adult until I had two little people and myself to care for. I recently started yet another side gig (this one in the home decor side of life – you can find my yarn art and boho mobiles [HERE](#) and see more pictures below) and when talking to a friend about it she asked me how I find the time. I reflected on that question a lot for some reason and realized it wasn't so much that I was 'finding' the time as 'creating' the time via my daily routine. By the time I get home, it's 'go' time. My husband and I are switching off between bathing children, doing laundry, cooking dinner, cleaning dinner, playing with children and then getting children ready for bed. Every afternoon/evening is a sprint but it's worth it because by 8pm, the kids are in bed and that's when I get my 'me' time. That's how I find the time. I create it in order to take care of myself so that, in the end, I can take care of them.





Speaking of time, I am finally on spring break and am loving every second of it. I also finally went camping with the kids for the first time. I had been kind of dreading camping with kids for a long time. I used to have this giant fear of being tired. It so consumed me, this fear of being tired, that it actually prevented me from doing things like camping with my husband and Siona. But a person learns a lot about themselves

after a year of solo-parenting while pregnant, including that one can survive and function on very little sleep and massive amounts of coffee. So, with that in mind, I told husband I was ready to give camping with kids a try . . . so long as he packed all the coffee in the world. Next thing you know, we're packing up the car and headed for Anzo Borrego, CA. It's not every day your husband plans a camping trip for you in the desert during a heat wave. Hot doesn't even begin to describe what this was. Sadly, because it was as hot as it was, our camping trip was cut short by a night and we ended up only staying one night. BUT, we truly made the most of it and the girls were friggin' champs. We also saw a real live roadrunner and heard coyotes howling at the moon so . . . worth it (pics from the trip are below).





Anyway, I wanted to bring you a chocolatey treat before you finish your Passover meal-planning. I also wanted to send a friendly reminder that egg creams are completely kosher for Passover and should absolutely be enjoyed. I had my first egg cream when I visited my now in-laws in 2009 and it is now a family tradition to enjoy one (or several) each Passover. It's honestly a simple thing and, truth be told, I would not really enjoy someone adding seltzer to my chocolate milk but for some reason, during Passover, it's so frikkin' delicious. I hope

you enjoy! Happy Passover!

P.S. This recipe is dedicated to my friend, David Wolkin, who is part Jewish Hipster superhero extraordinaire and part grouchy ol' Jewish zaidy who just wants to be left alone with his egg creams and his white fish. This is for you, buddy. Also, your wife is AWESOME. Seriously, how'd you score that one!?



Saying 'good night moon' in the Anzo Borrego desert.



My squishy face, Ed.



Sunrise in the desert



The last of the blooming cacti for the season.



One of my wall-hangings – found on my Etsy shop,
LadyPops Shops



A customizable mobile – found on my Etsy site.

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