

Tahini + Vanilla Ice Box Cake

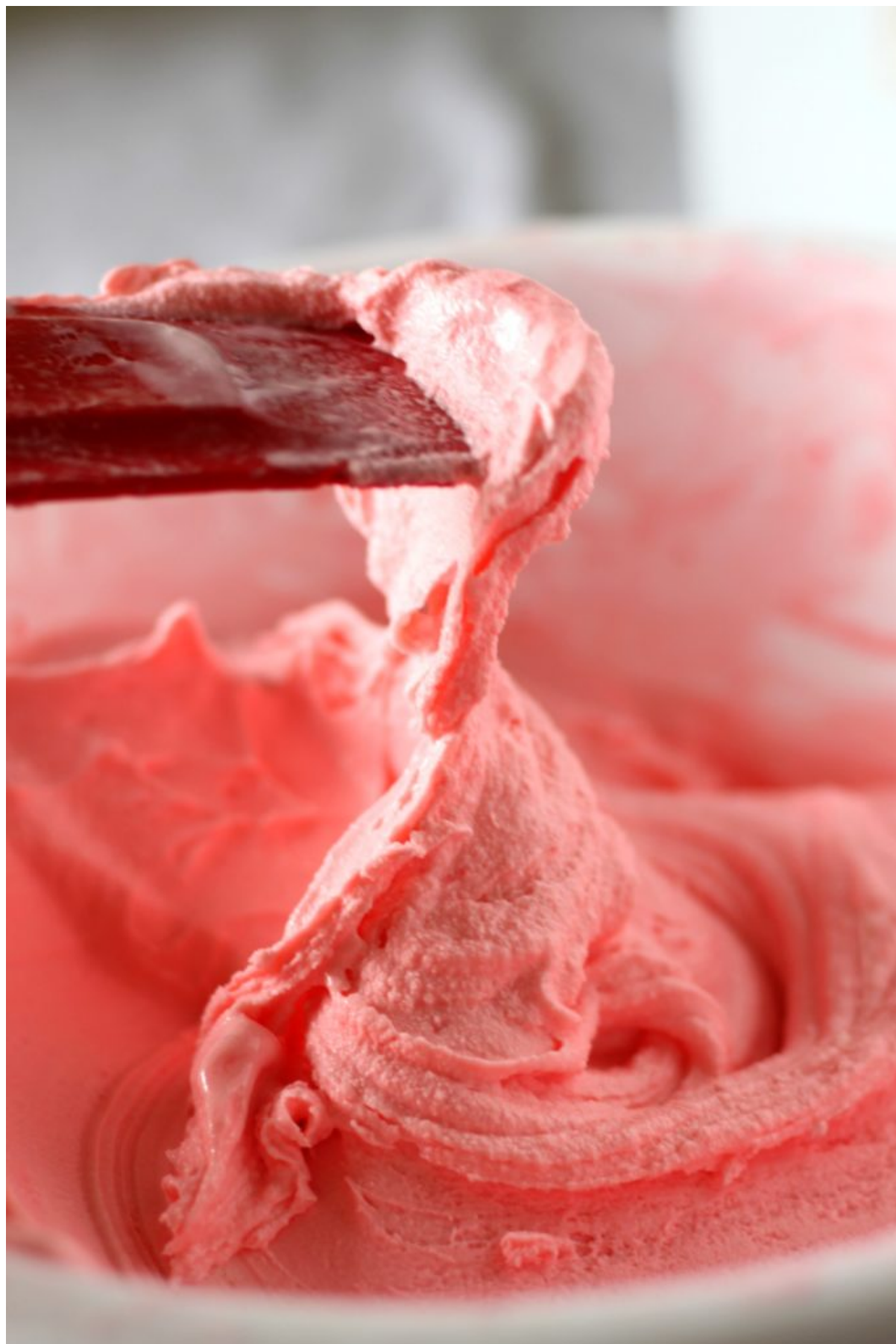
Tahini + Vanilla Ice Box Cake



Team. I'm editing this post from The Rape Treatment Center of Santa Monica's conference, **The Roads to Respect**. Headliner for this conference: The original bad b*tch, Jane Fonda. Goal of the conference: Learning how to help kids thrive as they transition into adulthood. Topics to be covered:

- Child/adolescent development through a gendered lens – how it's different for girls and for boys.
- Instagram, Vine, YouTube, Ask.fm, Tinder, and more – how the pervasive role of social media in adolescents' lives is impacting their relationships, communication skills, and self-esteem.
- Why it's important to talk with kids about Internet pornography, and how to have age-appropriate conversations.

I mean, exciting stuff, right!? And adding to the excitement is the fact that I was THIS close to getting a selfie with Jane Fonda but then her handler was all, "She's gonna take a break now. Come back at lunch." It will happen folks. IT. WILL. HAPPEN. (Update: It did not happen. We chatted, but I was too chicken to ask for a pic).





But in all seriousness, this conference is what I live for. It's what I do and what I want to keep doing for as long as I can. As much as I love food blogging, my heart is in this work. I am inspired to be an advocate for young people. I was inspired before I became a mother but was exceedingly inspired when I became a mother; especially a mother of a daughter. It's hard enough to get through the worries and angst of adolescence in a safe environment but if recent increases in

hate speech and crimes tells us anything, it's that empathy education and individuals who are willing to teach it are in need much more now than ever. This work is frustrating and sad, uplifting and motivating. It's exhausting. It can be just as soul-crushing as much as it can be soul-enduring. My commitment to this work is why I rarely post on this blog. It's absolutely why, when someone asks me where I want to see my blog go in 5 years, I think to myself, "I don't know. It is what it is". There are times when I wish I had more time to learn the art of monetizing my blog or creating those fun overhead videos showing how to cook something. But I just don't have the time. Speaking of time, I gotta jet. Jane Fonda is talking about the role of patriarchy and it's effect on developmental growth in adolescents.

For this full recipe of this easy but DELICIOUS tahini and vanilla ice box cake, head on over to Interfaithfamily.com.

P.S. I think I've lost count on just how many recipes of mine include tahini! I LOVE the stuff. Also? If you can believe it, there was a time when I didn't actually like tahini. I didn't even like halva! I remember visiting the Mahane Yehuda market in Jerusalem and being offered free samples of the stuff, left and right, and saying 'no' to all of it! I said 'No' to free tahini and halva!! What the hell?! Who was that girl!? I don't know but, needless to say, I've grown up a lot since then.











**Cheesecake Ice Cream
w/Candied Lemon Peel (no
machine needed!)**



Team, I'm teaching health this summer at our school's summer school. I don't even know what to do with this new venture. Let's review my qualifications for a second. OK, I am, actually, the Department Chair for our Health team (which, consists of one devoted and beloved teacher). And sure, I studied early childhood development in social work school. And, yes, ok, I know a few things about mental health being as that I'm the Director of our School Counseling Department. But just because I know some things doesn't mean I know how to TEACH some things. I can facilitate a workshop on issues of diversity or issues of social emotional health in adolescents like it's nobody's business but teaching a State-certified Health curriculum to 13 and 14 year-olds for 4 hours a day is 100% another story. Also, I'd really like to point out that my Head of School (and mentor) will have his son in the class (and so will a few other of my colleagues) so I'm ~~horrificed~~ excited to teach them things like, chlamydia, what the scrotum is and the cycle of ovulation. Try not to be jealous.





BFFS share ice cream



. . . or do they?

So I'm a little late on the whole Shavuot-and-cheesecake-thing but who says a quick and easy recipe for cheesecake ice cream can ONLY be posted prior to Shavuot. This is the type of user-friendly recipe that can be, and should be, enjoyed ALL THE TIME. I decided to mix-in candied lemon peel because I'm on a lemon kick these days but you can mix-in anything your little heart desires. Consider the ice cream base your blank canvas. Create!

A few things to note: The ice cream is very creamy due to the inclusion of whipped cream, which I made at home but you could easily substitute with store-bought whipped cream. I liken the texture to gelato than what is traditionally thought of as 'ice cream'. It's also not ragingly sweet, which I truly like because it lends itself to the sweetness of whatever mix-in you choose. I have a feeling I'll be making this A LOT this summer. Enjoy!

P.S. Hi, Julee!



[amd-zlrecipe-recipe:20]