

An Unlikely Culinary Column

By Karen Kain

For years I have been taking pictures of people living with disabilities. I also like to cook, but I never thought I would be taking photos of food and writing a column for the local paper.

It is funny how life has led me in an unlikely direction. The last three years, I have been traveling around the US and Singapore, talking to families who live with unique (disabled) children. I am always meeting wonderful people who inspire me. I love taking photos and making videos of individuals doing amazing things no matter their ability. With the help of the Mac Store I designed my own website and began editing and sharing videos of people living a unique life experience. My daughter Lorrin was born in 1994; she was vaccine injured at six weeks of age. The vaccine gave her severe brain damage leaving her body a train wreck but her soul powerful. Lorrin died in 2009, and I have been trying to figure out what I will be when I grow up ever since. Writing a food column was not anywhere in my sights.

During Lorrin's life I stayed home and focused on cooking healthy and healing meals. I learned much about how important it was to eat fresh and local. I focused on nutrition to keep my daughter healthy, but it was equally as important that I stay healthy too. I love to eat and I love to cook, and experiment with new recipes combining my favorite foods.

My husband and I moved from the Los Angeles area to a small

town of 300 in Eastern Oregon called Halfway. My niece Mackenzie Kero and her husband just bought their first home in Vernonia. Each time we visit I think maybe we should have moved here. I love Vernonia and it is an honor to be a part of the local paper. I hope my recipes inspire you to explore new foods. I look forward to sharing with you and would love to hear what you are cooking.

Healthy Klondike Bars – Dairy Free

A big trend in today's diet is called the Paleo way of eating. It is referred to as a caveman diet; if a caveman couldn't eat it, neither can you. This includes eating meat, fish, nuts, leafy greens, veggies, fruit and seeds, omitting pasta, cereal and candy. You don't have to keep track of how much you eat or count calories. The thought is that our bodies have not adjusted to eating so many grains and today's diets are full of grains. As obesity remains an ongoing battle I was excited to try a paleo, vegan sweet dessert.

The weather is heating up and providing healthy choices for summer snacks will be in demand. Who doesn't have that childhood memory of eating

ice cream in the summer? Here is my version of a Klondike Bar, it is easy to make, healthy and delicious. I think you will find your kiddo's sweet tooth fully satisfied and have them asking for more.

Healthy Klondike Bars Dairy Free

Directions:

Line a casserole sized pan with parchment paper and set aside. In a blender combine the ice cream ingredients; blend until they are well combined. Pour the batter into the lined dish. Place in a freezer until the ice cream is frozen solid, 4-6 hours. Remove the pan from the freezer and pull out the cream via the parchment paper. Using a solid knife cut the ice cream into 8 squares, then return to the freezer while you prepare the chocolate mixture. Whisk together the melted coconut oil, and cocoa powder and maple syrup, breaking up the clumps. You can add more cocoa powder for a darker chocolate flavor or more maple for sweeter chocolate. Spoon the chocolate mixture over each ice cream bar, making sure to coat all sides evenly. Place the bars once they are coated on a plate lined with parchment paper and put back in the freezer. Once each bar is covered store in a sealed container in the freezer until you are ready to serve. Enjoy!

Ingredients:

Vanilla Ice Cream Bars:

- 2 Cans light coconut milk
- 1/4 Cup melted coconut oil
- 4 Tablespoons honey
- 2 Tablespoons maple syrup
- 1 1/2 Vanilla extract

Chocolate Coating:

- 13 Tablespoons cocoa powder
- 8 Tablespoons melted coconut oil
- 1/2 Cup maple syrup



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Vernonia's 16th Annual Community Garage Sale

The annual Community Wide Garage Sale will be held on Saturday August 23, 2014 from 9:00 AM to 5:00 PM. Any resident or business wishing to be included on the map can sign up by calling Helen Bateman at 503-429-6203. Deadline to sign up is Wednesday, August 20th. The map showing sale locations will be available Friday, August 22nd and the day of the sale at Vernonia Realty, 953 Bridge Street.

Upcoming Events

Vernonia Area Chamber of Commerce Meeting - Tuesday, July 8, 6:30-7:00 PM in the West Oregon Electric Board Room, 652 Rose Ave.

Baby & Toddler Time - Wednesday, July 9, 11:00-11:30 AM at the Vernonia Library. Songs, rhymes, very short books, toys and bubbles! For ages 0-3. Older siblings are welcome.

Summer Reading Program performance by storyteller Christopher Leebrick - Tuesday, July 15, 10:00 AM at the Vernonia Library, 701 Weed Ave. Leebrick's program includes world folk tales, original stories, narrative poetry, whoppers and jump tales.

Vernonia Night Out - Tuesday, August 5, 5:00 PM at the Vernonia Fire Station, 555 Bridge St. This is a community appreciation night for all the first responders that help keep our community safe and healthy. BBQ, Family Fun Activities, Raffle & Demonstrations. Contact: Brandi Abney 503-429-8252.

Vernonia Volunteer Fire & Rescue Golf Benefit - Sunday, August 3, 7:00 AM at the Vernonia Golf Course, 15961 Timber Rd. Enter by July 28. Contact: Randy Carlton 503-429-8252.

Bear Creek 10k/5k Run/Walk - Saturday, August 16, 9:00 AM start at Anderson Park. Contact kelliem@westoregon.org

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