



# Nadia's E-News

A regular update on news and other interesting things exclusively for Nadia's friends ♥

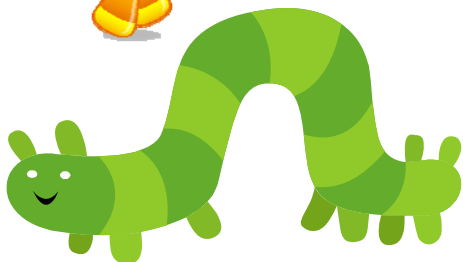
## Go Green with Nadia♥♥♥



Did you know that the pages of Nadia's books are made from recycled paper? Yes, so many trees, water, and other natural resources were saved as a result ♥.

## Eco-Friendly Tips:

- ♥ Turn off the water while brushing your teeth.
- ♥ Don't kill spiders! There are an estimated 40,000 species of spiders, and they all eat insects. They're an important part of the food web and provide natural pest control.
- ♥ Plant a leafy tree that loses its leaves in fall on the south side of your home. Its shade will cool your house in the summer. After the tree's leaves fall, sunlight will help warm your house in winter. Trees help clean the air we breathe. They produce oxygen and reduce carbon dioxide.
- ♥ Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by E-mail.



Hello Boys & Girls!

Thanks for taking time out of your busy schedules to read Nadia's E-News. Here you will stay updated with tips and fun, new exciting things that Nadia enjoys sharing with you. Be sure to try the Apple & Banana Snack recipe and have a Happy & Safe Halloween!

Please visit her website for more updates:

[www.nadiaeverheart.com](http://www.nadiaeverheart.com)



Hey, don't forget to enter the monthly coloring contest. There's a prize awaiting all winners! Stay tuned for a new coloring sheet from Book #2.

**BIG NEWS!!!!** Just like most of you, Nadia thinks it's important to eat healthy snacks that are tasty. Here is a simple recipe for a delicious treat. Enjoy!

## Apple & Banana Snack

### Ingredients:

- ♥ Bananas (peeled)
- ♥ Apple slices
- ♥ Cereal crumbs (any kind leftover)
- ♥ Peanut butter (warmed)
- ♥ Melted chocolate (optional)
- ♥ Nuts (any kind – optional)

### Directions:

Take banana and/or apple slices and roll around in peanut butter and/or chocolate. Then roll fruit around in cereal crumbs, and/or nuts.

Enjoy a healthy and tasty treat♥



## Happy Reading!

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[tia@heartheadpublishing.com](mailto:tia@heartheadpublishing.com)  
[www.nadiaeverheart.com](http://www.nadiaeverheart.com)

