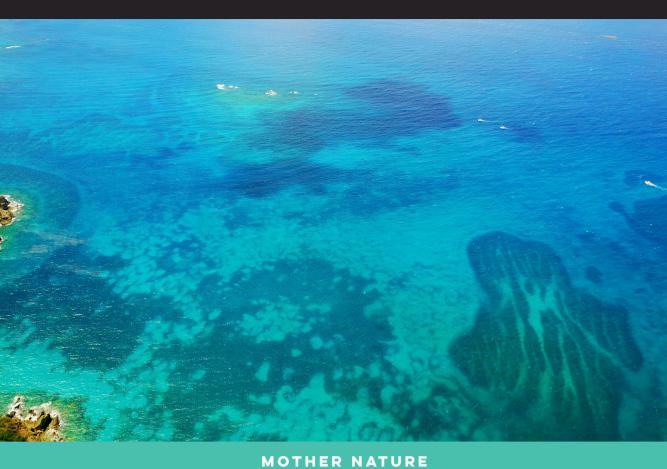
# ewsletter

MAY IS FOR THE MOMS!



May is for the mons! May 8th was Mother's Day, we hope everyone paused to celebrate and

honor all of the "MOM's " in our lives, including Mother Ocean! MOTHER OCEAN DAY is celebrated on May 10th, introduced for the first

time in 2013, and founded by South Florida Kayak Fishing Club.

Here are a few surprising things you might not know about the ocean:

- There are more historic artifacts under the ocean than in museums all

- around the world.
- The longest chain of mountains is virtually entirely beneath the ocean. This is known as the Mid-Ocean Ridge. It stretches across a distance of 65,000 km. the Mid-Ocean Ridge is less explored than the surface of Mars or Venus.
- endangered or threatened. - 94 percent of all living species exist within the ocean!

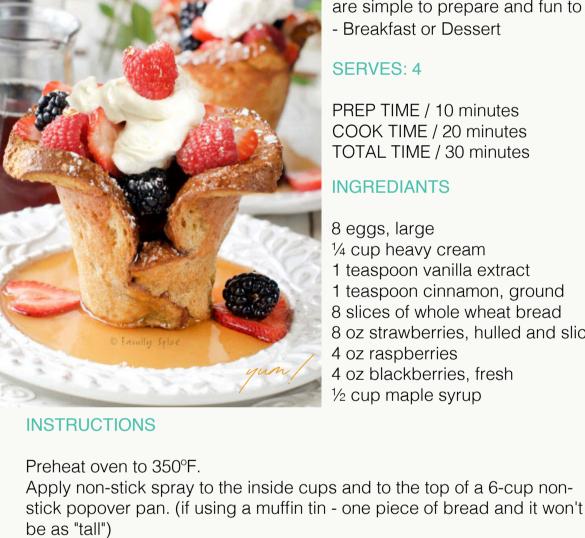
- The ocean is home to over a million different species, many of which are

- The Pacific Ocean is the world's largest water body, occupying a third of the Earth's surface.
- Blue whales are the largest animals to ever exist on our planet with hearts
- the size of small cars. May is the month to pause and pay homage to this incredible force of na-

ture and make plans to come sailing with us, enjoying what it has to offer to the fullest. And make sure you bring your MOM. We hope everyone had a wonderful mother's day, keep celebrating your

RECIPE OF THE MONTH

#### These Baked French Toast Cups are simple to prepare and fun to eat



mothers this month!

## Breakfast or Dessert

BAKED FRENCH TOAST CUPS

SERVES: 4 PREP TIME / 10 minutes

### TOTAL TIME / 30 minutes

**INGREDIANTS** 8 eggs, large 1/4 cup heavy cream 1 teaspoon vanilla extract

COOK TIME / 20 minutes

8 slices of whole wheat bread 8 oz strawberries, hulled and sliced 4 oz raspberries

4 oz blackberries, fresh

1 teaspoon cinnamon, ground

½ cup maple syrup

bowl.

sugar...:-)

whole wheat bread.

baking, top loosely with foil.

In a shallow bowl whisk together eggs, heavy cream, vanilla extract and cinnamon. Cut along the diagonal, from the center to one corner of each slice of Dip bread into egg batter, one at a time. Flip bread over to soak other side of bread.

of the cup. Add a second soaked slice of bread into the same popover cup, filling up the other side of the same cup. Bake the toast cups for 20-25 minutes, until they're light golden brown.

Press one slice of bread into a cup of the popover pan, filling up one side

Remove bread from egg mixture, allowing excess to drip back in the

You want them to be lightly toasted, but still moist, so don't over-bake. If the tops start to brown too much before the rest of the cup is finished

Allow the cups to cool slightly in the muffin pan before removing them.

You might need to use a fork to help lift them out of the pan. While the French toast cups are baking, wash the berries and let them dry on paper towels. Place baked cups on serving plates and fill with fruit and whipped cream.

Serve warm with maple syrup. (If using it as a dessert...fruits or filling of choice and try topping with some chocolate sauce/caramel/ powdered

PHOTO OF THE MONTH

plate created by chef Mackenzie

hoto of the month winner

This months photo of the month winner! Photo taken and cheese

