

# Growing Bolder

**Growing Bolder**...The TV program on **RLTV**, if you are wondering which channel number this is on... it`s 175...if you are wanting to check it out! Its tag line is that... it`s not about the age...but its about the attitude. This program truly inspires, I have watched it for quite some time now, and still feel I need to do more.... but others can benefit from it, so if you haven`t flipped to this channel yet, it`s time to.

The stories they share, are of people of all ages achieving and making a difference in their lives and the lives of others around them. They interview Centenarian`s ...[who has lived passed 100]...in their program "**Centenarian Project**".

**Victory Garden** is another good one, if you are like me, who is yard or garden challenged...Then this is a place for you. This program can open your eyes to a thing or two about growing your own food, or just ornamental plants if you please.

**Bob villa** is for DIYers, ... ....building homes from shipping containers, oops as bob villa would call it ISBU [ Inter-Model Steel Building Units]...or doing small fixes....tips and tricks.

The program ...**Taste of Histroy**, makes me feel, that if I need to cook and live without gas and electricity, I can !!!...especially if you are homesteading...or thinking of homesteading. All one needs is a few iron skilletts, pots and pans, chopping board, knife, and any old antique kitchen equipment you can find.

In fact one would think **RLTV** is more for people who are retiring or going to retire or have already retired, but believe me, this channel has the wisdom of ages, so if your house lacks a grandpa and/or a grandma to pass on the good old lessons of life, this channel does it for you.

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# Blue Berry and Banana Cake

I like this cake, because it`s simple to make, the fruits in it are good for you, so is the whole wheat flour, and I feel that whole milk has all the goodness of milk as nature intended it to be, with all the milk solids and fat. Fat helps to absorb the Vitamin A and Vitamin D. But the choice is yours, you can use a 2% or 1%, milk instead.

## Ingredients

1/2 cup oil

1 cup sugar

2 eggs

1 cup whole milk

2 cups whole wheat flour

1 tea spoon Baking Powder

1/2 tea spoon salt

1/2 tea spoon vanilla essence

1 cups of mashed banana

1 cup blue berries[can use frozen]

1 teaspoon lime juice

2 tablespoon sugar to sprinkle on the top towards the end of baking.

## Method

1] Grease and preheat oven to 350 degree F

2] In a mixing bowl, add eggs, sugar, milk, vanilla essence, lime juice, the fruits [liquid mix]

3] In a separate bowl, add salt, baking powder and whole wheat flour , mix it well.[powder mix]

4] Add the powder mix to the liquid mix and blend well with a wooden spoon for 3-5 minutes.

5] Pour into the baking pan or tin and bake for 35-40 minutes.[ check with a tooth pick or knife, if it comes out clean, viola! its done]

6] After 25 minutes of baking, open oven and sprinkle the two table spoon of sugar on the top of the cake.

7] Serve hot with fcream or ice cream.