

# What Mom Really Wants: A Whine-Free Afternoon: Banana Pecan Muffins

“Mom – she touched me!”

“Well he wouldn’t stop looking at me!”

“That’s because you won’t play with me.”

“I don’t wanna play with you. I’m not a baby anymore!”

“Mom – she called me a baby!”



Crying. Whining. Yelling. Don’t forget the fiery darts coming out of your child’s eyes.

If only whining could be neutralized. Will there ever be a cure?!?

***I know what you truly want for Mother’s Day. It’s not breakfast in bed or a bouquet of roses. None of those little coupons promising dishes will be done for a week. You don’t want jewelry either. Okay, I should say you don’t***

***want just jewelry. Sweetest Moms Tip:  
Don't ever say no to jewelry.***

What you really want is for your children to get along. To stop whining, nagging, tattling and everything else in between.

People, I've figured it out. It's not a séance or new video game that teaches manners either.

There is something you should know. This recipe will calm your kids down. Mellow them out. Create a peaceful environment where everyone can hear themselves think. Can you picture it? I'm still in the stage of not being able to use the bathroom by myself- so you can imagine why I created this recipe.

## **The Trick**

Muffins are a friendly enough food to kids at any age. From toddler to teen, a muffin is a welcome sight.

I've disguised these muffins to appear normal, slightly sweet & delicious. Kids will ever know your plan to keep them calm for an afternoon.



**Cardamom** is a natural anti-depressant and helps reduce muscle spasms. It's also used for heart issues and stomach pains. Bottom line, by using this spice, you are taking care of multiple things that can make kids cranky. Have you ever experienced the horrors that come with a child having growing pains? Not fun. Or he ate too much at lunch and now everything is making him angry due to gas or a bloated stomach? My son has actually come home sick from school only to find the problem was an upset stomach from lunch time.

**Cloves** will surprise you. I use ground cloves quite often. Did

you know cloves are an amazing remedy for headaches? So whether the whining is causing a headache or the result of one, cloves are important for calming the situation.

**Pecans** have a wealth of vitamins and nutrients. Possibly lesser known is that nuts have been proven to lower anxiety. No matter what started the whining sound, a lower amount of anxiety will definitely help!

**Bananas** are simply the best. They can level out your metabolism and be the perfect go-to snack when you're on the run as a typical banana is only 90 calories. They are high in potassium and have natural occurring sugars in them.



So give yourself a treat, make some muffins and put the whole family in a better state of mind. This will be the best Mother's Day yet! ☐

I am citing [Organic Facts](#) for the information listed above about spices and foods.[amd-zlrecipe-recipe:85]