

The Great  
SILA DIY  
Book

# RECIPE ARTS & CRAFTS

## DRAWING WITH NINKE

### DIRECTIONS

1. Follow Ninke's directions, try to make it your best creation!
2. Take a picture and send it to the SLA ([stichtinglustrumacd@gmail.com](mailto:stichtinglustrumacd@gmail.com))
3. Draw for fun and improve your skills!

### MATERIALS

Pens

Markers

Drawing Pencils

Eraser

Paper

Pencil sharpener

# RECIPE ARTS & CRAFTS

## PAPERCRAFT POKÉMON

### DIRECTIONS

1. Choose your starter Pokémon: Charmander, Bulbasaur, Squirtle or Pikachu.
2. Print the papercraft pieces, which can be found on the following pages.
3. Cut out all the parts.
4. Fold the parts.
5. Glue the parts together by matching the numbers to finalize your Pokémon.
6. Take a picture of your Pokémon and send it to the SLA ([stichtinglustrumacd@gmail.com](mailto:stichtinglustrumacd@gmail.com))

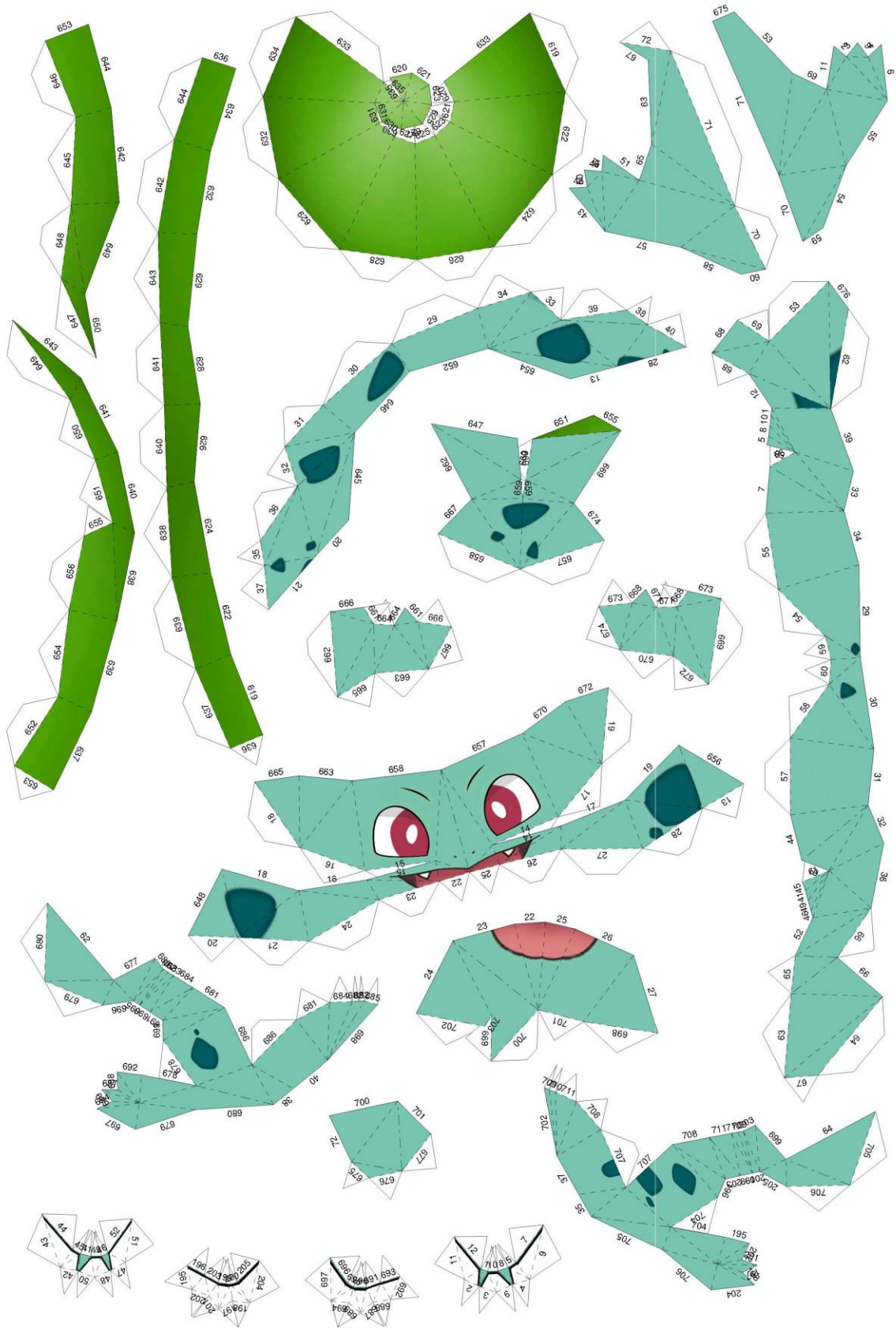
### MATERIALS

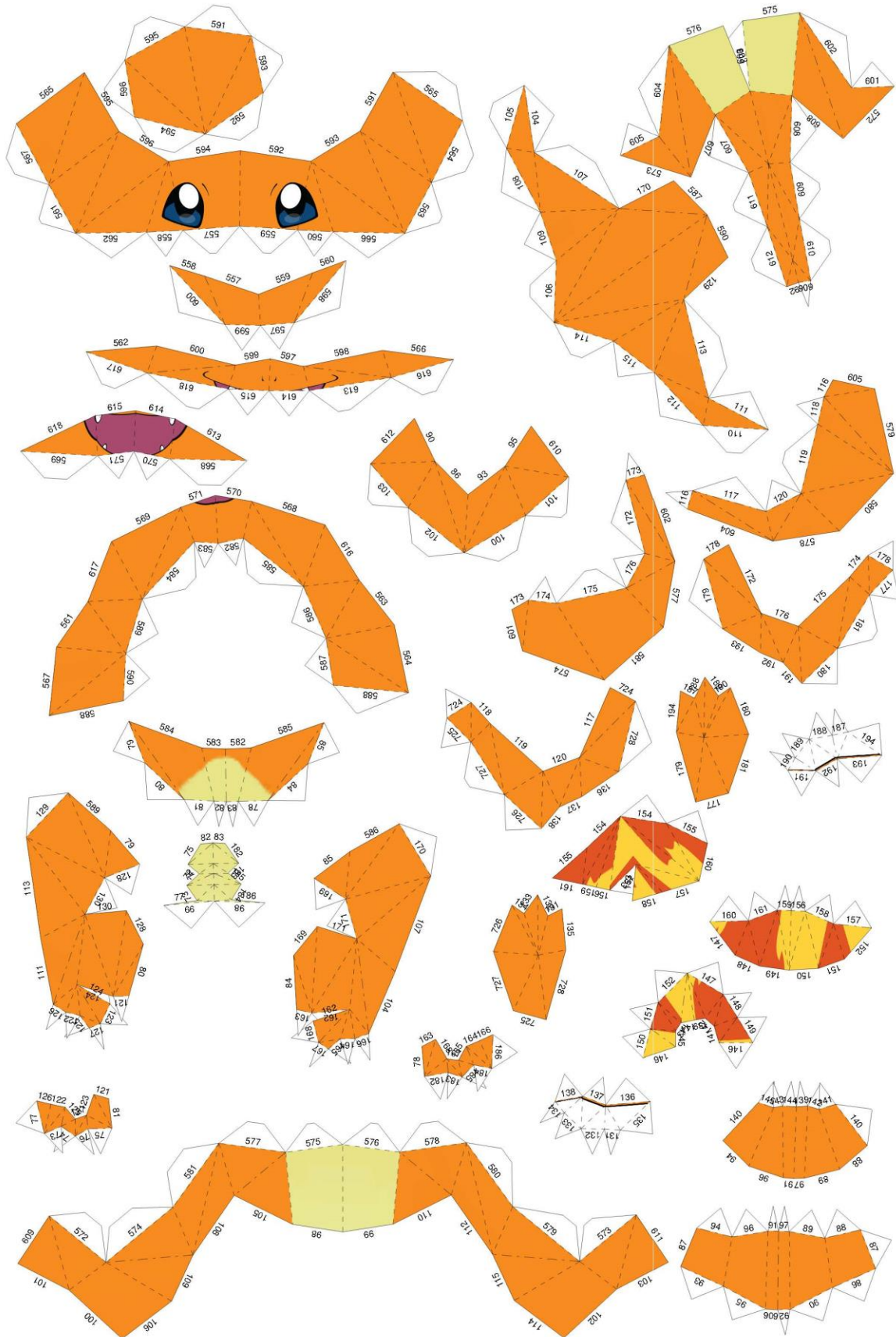
Printer

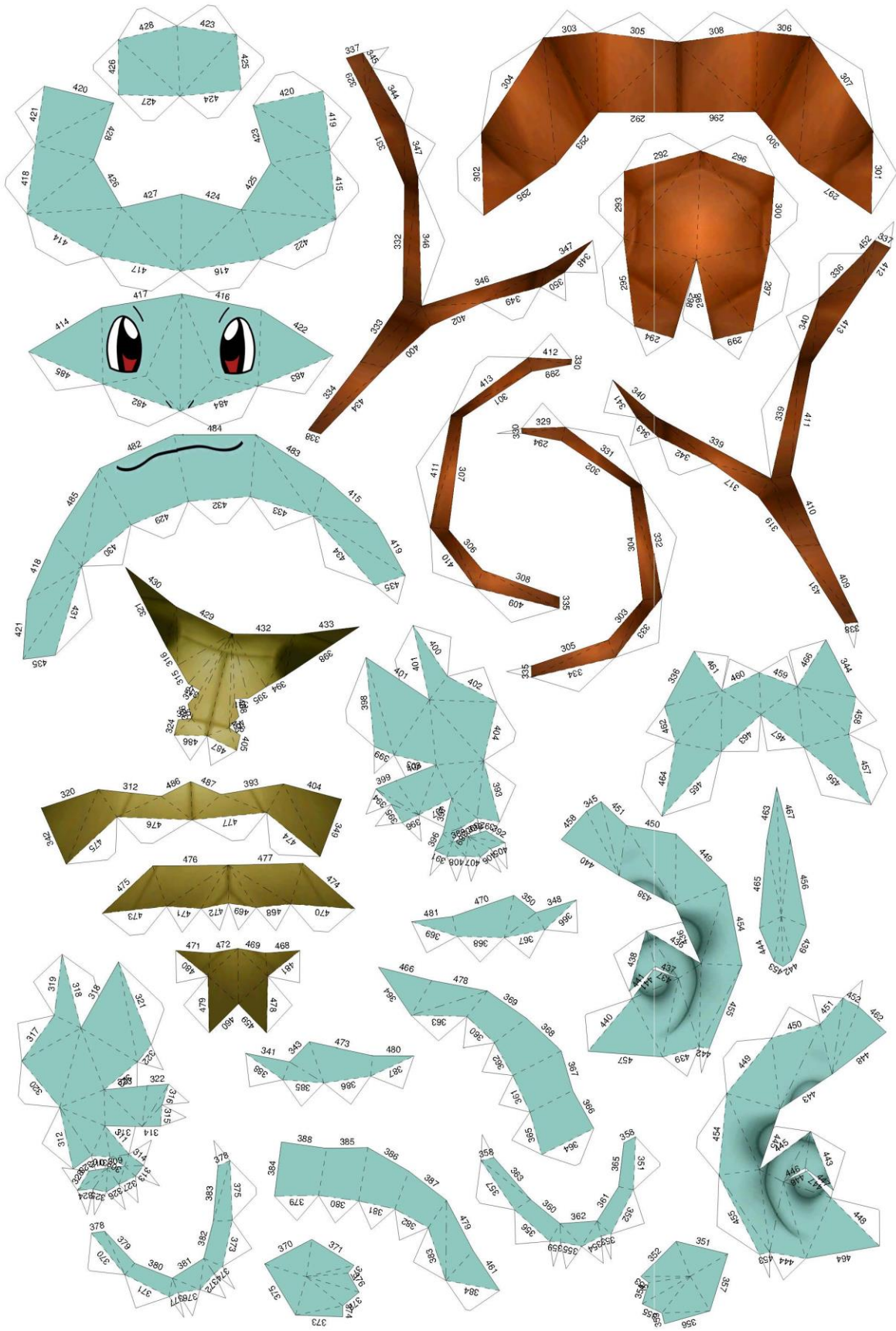
Scissors

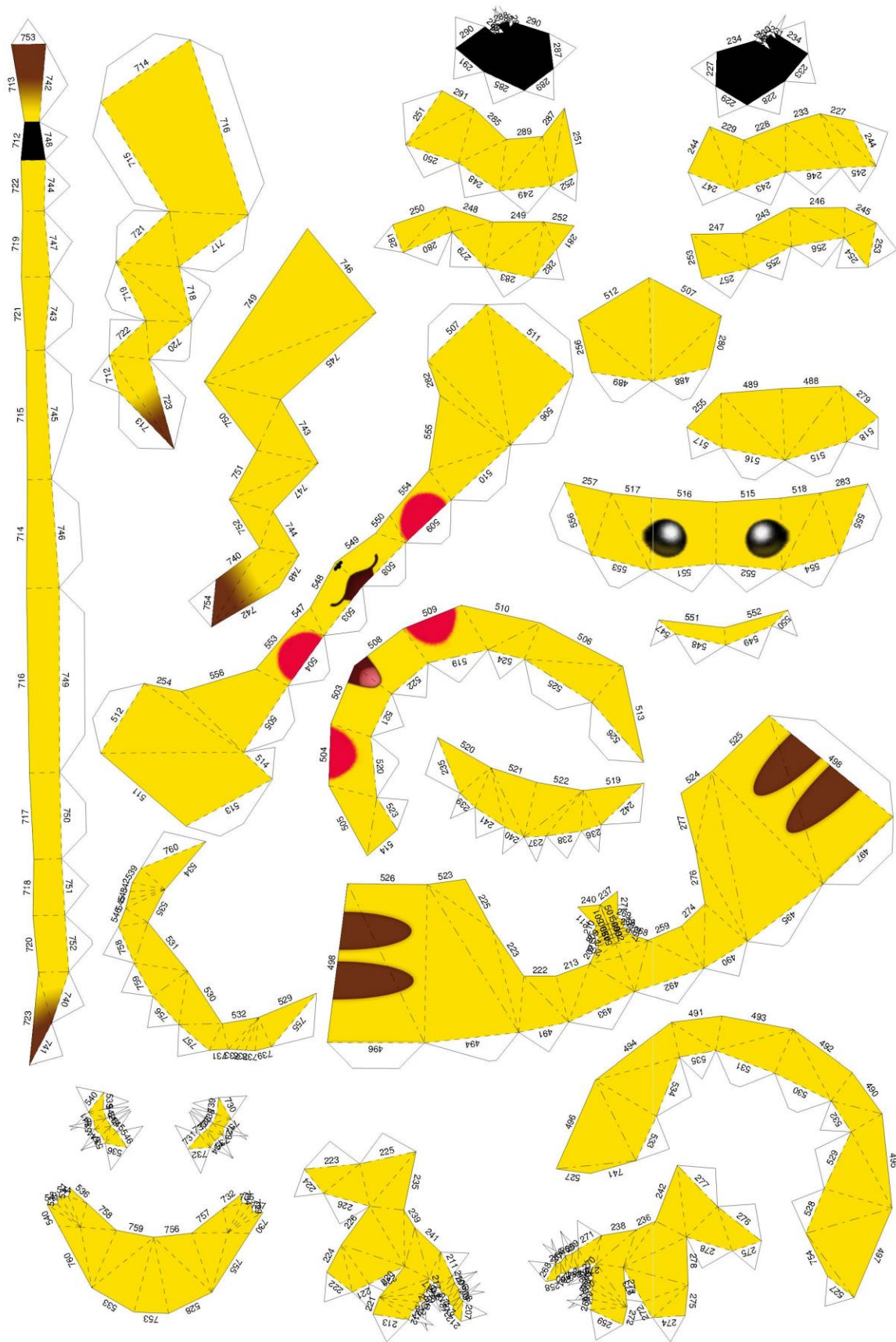
Glue

Creative skills









# RECIPE PERSONAL HYGIENE HOMEMADE LOTION BARS

## DIRECTIONS

1. If your beeswax or cocoa butter is still in large blocks, chop them down to smaller pieces to facilitate melting.
2. In a double boiler combine the coconut oil, cocoa butter and beeswax in a 1 : 1 : 1 ratio.
3. Stir to combine while dissolving.
4. Time to be creative! Now is the time to add any additional ingredients of your choice.
5. Pour the hot mixture into a heat safe container and leave to cool and set at least overnight. If you want them to set quicker, you can put them in the fridge.

## LOTION BAR INSPIRATION

- Relaxing Bar: add a 4:3 ratio of Lavender essential oil and Ylang-Ylang essential oil
- Lip Balm: add some Vitamin E oil for additional lip nourishment or Peppermint essential oil for a fresh and tingling feel. Empty an old lip balm container or tin and fill up.
- Vanilla Almond Bar: not a fan of coconut oil? Swap it out for some almond oil and add Vanilla fragrance

## SHOPPING LIST

50 g Coconut Oil

50 g Cocoa Butter

50 g Beeswax

Cupcake liners or other heat safe container

Optional:

Essential oil or skin safe fragrance of your choice

Other fun embeds, oils or ingredients for your lotion bar



# RECIPE PERSONAL HYGIENE HOMEMADE TOOTHPASTE

## DIRECTIONS

1. Mix together 150 grams of baking soda and a teaspoon of sea salt. Mix it thoroughly with a fork or a whisk.
2. Add a few drops (about 1-2 teaspoons) of an essential oil, for example a peppermint extract.
3. Add a few drops of water and stir well. Repeat until the paste has the desired structure. You can make it as thick or thin as you like.  

Do not make it too thin because the paste will be diluted faster by saliva!
4. Put the toothpaste in a glass jar and store it out of direct sunlight.

## SHOPPING LIST

150 g baking soda

1 tsp fine sea salt

1-2 tsp/ a few drops  
peppermint extract or other  
essential oil

Water

A glass jar

# RECIPE PERSONAL HYGIENE HOMEMADE MOUTHWASH

## DIRECTIONS

1. Add all the ingredients in a glass container and mix thoroughly.
2. Shake your mouthwash before each use. Use about 2-3 teaspoons for a minute or two.

## SHOPPING LIST

2 tsp baking soda

118 mL (filtered) water

2 drops peppermint extract

2 drops tea tree essential oil

A glass container

# RECIPE FOODS & DRINKS

## EASY MINI-PIZZA

8 pieces | 15 min | 200 °C oven

### DIRECTIONS

1. Get the puff pastry out of the freezer in time! Make sure it's at room temp. and ready on the baking paper on the oven tray.
2. Preheat the oven at 200 °C.
3. Mix the tomato puree with the herbs.
4. Apply 1 table spoon of the tomato puree to each puff pastry cut, leaving a clear edge on all sides.
5. Cut the bell pepper and the mozzarella (and possible other things) into small cubes.
6. Place the bell pepper and mozzarella (and other things possibly) on each puff pastry cut, in a triangle shape so that only half of the cut is covered in ingredients.
7. Fold the undecorated half of each pastry cut over to the other side and press the sides to make sure they are nicely closed!
8. Sprinkle some of the grated cheese on top!
9. Place the mini pizzas in the pre-heated oven for 15 minutes and...

***Buon Appetito!***

### SHOPPING LIST

8 cuts of frozen puff pastry

Some Herbs

(Provence mix / Italian mix / garlic powder / oregano / basil /etc... whatever you like or already have at home)

1 bell pepper

1 ball of mozzarella

100 grams of tomato puree

50 grams of grated cheese

Oven tray + Baking paper!

Optional:

Some other ingredients for inside such as mushroom or chicken/ham ( the one you can put on your sandwich normally) etc...

# RECIPE FOODS & DRINKS

## EASY CRISPS

15 min | 200 °C oven

### DIRECTIONS

1. Preheat the oven at 200 °C.
2. Prep the potatoes into fine slices, using a knife or a cheese slicer or a vegetable peeler.
3. Boil the fine slices of potato in hot boiling water that contains salt for 3 minutes.
4. Drain all the water from the potatoes and place them onto the kitchen paper to really suck all the water out of the slices, the dryer the better!
5. Place the dried slices on the oven tray with baking paper, add salt and pepper and possibly a little bit of olive oil.
6. Bake the crisps for 15 minutes in the pre-heated oven and ENJOY!

### SHOPPING LIST

Waxy potatoes

(vastkokende aardappelen)

Salt / peper

Oven tray + Baking paper!

Pan

Kitchen paper

Some olive oil

# RECIPE FOODS & DRINKS

## HOMEMADE EGGNOG

8 servings

### DIRECTIONS

1. In a saucepot, combine the milk, nutmeg, cinnamon and vanilla. Cook on medium low heat until the mixture comes to a low boil. Don't forget to stir!
  2. In a bowl, whisk together the egg yolks and sugar until fluffy.
  3. Slowly add the milk mixture to the egg mixture until everything is well incorporated. Make sure you do this slowly and gradually, otherwise you end up with scrambled eggs.
  4. Cook the mixture over medium heat until it becomes thick, about 3 – 5 minutes.
  5. Let cool a bit, add the whipped cream and alcohol and enjoy!
- You can forego the alcohol for a non-alcoholic eggnog, but keep in mind that your eggnog will spoil faster!
  - Let your eggnog chill in the fridge overnight to let the flavors combine better for a more intense experience.
  - You can keep the eggnog in the fridge for up to a week, but make sure to toss it afterwards if not fully consumed.

### SHOPPING LIST

4 egg yolks

250 mL milk

250 mL cream

110 g white sugar

1/2 teaspoon vanilla extract

1/4 teaspoon nutmeg

1/4 teaspoon cinnamon

175 mL rum or brandy