


## My mom's fudge

*by Jenna (.:Bibliophile:.)*

This fudge recipe is one I grew up with every year from about October through December, my mom would make several batches. She would get requests from people at her work and my dad's work because everyone loved it. Typically fudge is thought to be a relatively tough dessert to make but if you follow this recipe you should get the perfect fudge.

- **Gather the ingredients.** You will need 2 and a half cups granulated sugar, 3/4 a cup butter, 2/3 a cup evaporated milk, 12 ounce package or two cups of semi-sweet chocolate chips, 7 oz jar of marshmallow fluff, 1 teaspoon vanilla.
- **Combine the ingredients.** Take a 3 quart saucepan and put it on high heat, then add the butter, sugar and evaporated milk. Stir slowly until the butter melts. Continue stirring after the butter melts.
- **Bring to roiling boil.** Bring the dish to a full roiling boil, stirring constantly. Set a timer for 5 minutes and lower the heat to medium once it has reached the roiling boil stage. The mix should continue to boil but it won't be too hot for you to be able to stir. Continue to stir constantly.
- **Add the remaining ingredients.** When the five minutes is up, remove from heat and add chocolate chips until they are melted and smooth. Add the marshmallow creme and stir until smooth. Then add the vanilla and stir until combined.
- **Let cool.** Once combined, add it to a 8 x 9 inch pan that has been greased and let it cool to room temperature.

## NEWS

**December is self-reflection month**

TeenHelp has a new theme each month and December is all about self-reflection. Self-reflection is a way to understand and know ourselves better so we can grow and develop. Our calendar has some ideas you could try to help with self-reflection.

http://www.teenhelp.org/images/resources/calendars/2020/December%202020%20Calendar.png

**Suggestions (1st December)**

Do you have a great idea you want to see implemented on TeenHelp? Send in your suggestions and ideas to be considered by TeenHelp Staff. We'll give you feedback on your idea and put the best ones up for discussion and a public vote so others can take part too!

http://www.teenhelp.org/forums/f2-announcements/t160786-suggestions/

## TRENDING TOPICS

**Holiday plans**

Times are tough right now but the holidays are nearly here. What are you looking forward to? Is there anything you're nervous or worried about?
http://www.teenhelp.org/forums/f32-chit-chat/t160883-holiday-plans/

**Christmas trees**

Do you have a real or artificial tree? What do you like to decorate your tree with? Share with others here!
http://www.teenhelp.org/forums/f32-chit-chat/t160841-christmas-trees/




## Alternative tree toppers

*by Cassie (cynefin)*

Part of the fun of the holidays is finding new and different ways to craft and accessorize. While the traditional lit star or angel look classic on the top of a Christmas tree, there are other toppers to choose from!

- **Use a hat to top your tree.** There are some tree topper hats, such as Frosty's top hat, that are specifically made for this purpose. You aren't limited to those, though. Use a Santa hat, or an elf's hat. You can even use one of your favorite hats! Try putting a scarf around the tree beneath your chosen hat and see what you think.
- **Try accessorizing the top with a bow.** A bow of any size will work, but a larger one will show that it is meant to be a topper. Purchase a large bow that is already made, or get some fabric and decorate your own.
- **Top with a snowflake.** Snowflakes have a similar shape to a star but are a bit more abstract. Attach a decorative snowflake to the top of your tree. Some have lights as well and can be put straight into your tree lights.
- **Decorative isn't everything!** Your topper doesn't have to match your tree or be decorative. Choose something that is important to you. Maybe it's a grandparent's hat, a necklace that has been passed down or something that makes you smile.

# NEWS

**TeenHelp's holiday competitions (8th December)**

Show us what the holidays mean for you in our friendly holiday competition. Click the link to find out more.

http://www.teenhelp.org/forums/f2-announcements/t160833-teenhelps-holiday-competition/

**New article (22nd December) Using baking as a mindfulness & grounding technique**

Baking can be a great grounding technique because it easily encompasses all five senses. Read the article to find out how you can use baking as a way to ground yourself.

http://www.teenhelp.org/forums/f185-food-recipes/t160966-using-baking-mindfulness-grounding-technique/

# TRENDING TOPICS

**Incredible self-help for OCD**

This self-help resource for OCD has been recommended by one of our users. Read about it here and consider trying it for yourself.
http://www.teenhelp.org/forums/f14-mental-health/t160921-incredible-self-help-ocd/

**Drink you like best**

Vote in the poll and let us know what drink you like best! See what others like drink as well.
http://www.teenhelp.org/forums/f184-food-recipes/t160880-drink-you-like-best/