

Outfit of the Day (OOTD) – Neutral Monochrome Spring Wear

Spring weather is finally here in Toronto! I was waiting for this moment to start wearing my heels instead of boots. I am a neutral colour kind of gal, so I wanted to pull off something minimal monochrome look for this past Shabbat. Hope you all like it!

DETAILS

[Felted Wool Brown Hat](#) – H&M

Hair – Natural Waves

Makeup – “No-Makeup” look

Brown Shirt – Forever 21

[Ashen Gabrielle Midi Skirt](#) – Wilfred/Artiza

[Monaco 2 Tan Heels](#) – Franco Sarto

Accessories – Black Hair Tie, [Pandora Eternal Clouds Ring](#), & [Pandora Sterling Silver Bangle Bracelet](#)

Nail Colour – OPI Staying Neutral

Style Guide

What I love doing is to pick a hero or two of my clothing piece. My hero pieces are my midi skirt from Wilfred and the

wool hat from H&M.

I really wanted to wear my brown wool hat, so I decided to use the colour as a base in my outfit of the day. I wanted to do a similar tone in my outfit for this past Shabbat, so I decided to grab a 3/4 sleeved shirt from Forever 21 that best matched the hat. Thankfully I had a shirt that had a similar tone to it.

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I love this midi skirt from Wilfred. It's comfortable and drapes beautifully. It has pockets! And when a skirt has pockets, it wins my heart. I chose this neutral grey colour because it goes well with different outfit combinations. It is a beautiful piece that I own and it's perfect for all seasons.

The oldest piece that I own from this outfit are my heels from Franco Sarto. These wedges are my go-to and I wear them almost everyday during the spring, summer, and fall. Hm...I may need to replace it with a new pair...Anyways, when I say I love these wedges, what I am really saying is I LOVE THESE WEDGES! They are super comfortable and so stylish. I am a wedges type of gal. I find wedges are heels that won't make you tired, uncomfortable and won't let you sink on grass like regular heels. I choose a neutral beige colour because it can go with many outfits.

The best thing I've done with my collection of wardrobe is to see if I can have multiple use of it. I usually stick with basics because I tend to find more use to it.

See...modesty can be done in a stylish way! Hope you enjoy my outfit of the day and will be posting more soon in the coming weeks.

The Kosher Pet Life

Ever wonder what we should feed our pets? Has it ever crossed your mind of what is the "kosher" pet food standard for your furry ones?

This subject wasn't the first thing that came to mind. Until, I saw an article about the kosher pet food commandments.

I would love to share what I've learned, so the Kosher Pet Food Fact Sheet was born. This will list all the information on what we can and cannot feed our pets during the whole year-round and Passover.

[Click here or image below to download the information sheet.](#)



Based on the information, we must be aware of ingredients that are listed in the pet food. There is some pet food that are not safe and we must be well aware if there are any recalls. Hopefully this small guide will help you, as it helped me and my fur ball Rocky.

For more information, regarding pet foods and being kosher, visit [Kashruth Council of Canada: Kosher Certification Agency.](#) If you have any Halakhic questions regarding Pesach, always remember to consult your local Rabbi.

The Book of Esther Bible Study

Shabbat Shalom lovely ladies!

We will be live on our [CMY YouTube Channel](#) around 3PM for the book of Esther Bible Study.

If anyone is having tech issues, please post on the comments on our [Facebook](#) page. You may also post any questions there as well.

If you know of anyone who does not have Facebook, you can share the link with them but keep it limited to women only.

Vegetarian Options During Passover

If you are a vegetarian or vegan during Passover, it may seem that you lack options for recipes during the week. But we have found a list (and a good one too) from an article we like online that gives you alternatives for both nutrition and flavor during Passover.

There are two different (main) traditions in eating style during Passover. The first one, which is considered the main one in the West, is that of European Jewry, the Ashkenazi tradition. This tradition, in summary, bans all food that is Kitniyot or “appears to puff or raise”, even if it does not have yeast/leaven in it. The second tradition is that of Middle Eastern Jewry (Israeli & Yemen) & Ladino Jewry (Spanish

& Italian Jews) of the Sephardics who ban yeast/leaven but allow Kitniyot foods during Passover. What is considered Kitniyot you may ask? Foods like beans, rice, hummus, soy, corn, green beans, etc. (You can also find the complete list [here](#).)

For a vegetarian, most Kitniyot foods have the nutritional value that is needed but many people are not aware of this tradition because we live in the West where almost everything during Passover season is geared to the Ashkenazi tradition. If you live a vegan or vegetarian lifestyle while Jewish- you can still enjoy real food and not be under the harsh nutritional value of only eating matzah in every dish. And I teach everyone who enters our shul that we must adopt the Jewish traditions that fit you, your family and HaShem, not just the one that is most popular unless you live in that community because most people within Messianic Judaism do come from a Church background and was not raised in these traditions. Furthermore, while we are commanded to eat matzah, we can and should- but to eat it in everything can also be hard on your stomach, so having options is great for everyone.

So, here is a “Top 10” list of “must-haves” for Vegetarians during Passover. Notice that seitan meatless meat is not on the list as it is too controversial between Rabbis on whether Vital Wheat Gluten is Kosher for Passover or if it is an instant recipe for nonobservance of the Holy Day properly. So if you crave meatless, it may be safe to avoid using Vital Wheat Gluten at least for the week of Passover and get your meatless cravings by eating more creatively. Besides, it is only a week...you can survive with no meatless meat for 7 days. Trust me. Enjoy!

The list is taken from:
<https://forward.com/food/154303/keeping-up-with-tradition-a-vegetarian-passover/>

1) **Quinoa** is not only a great source of complex carbohydrates

but also contains 8 grams of protein per cup. Check out my flavor-packed Vegetable Quinoa Pilaf below!

2) **Eggs** offer essential amino acids, vitamins, and minerals. I purchase free-range eggs, which have the added benefit of a nice dose of omega-3 fatty acids.

3) **Avocado** provides excellent heart-healthy fat that will give you lasting energy. One of my go-to breakfasts on Pesach is mashed avocado on matzah with a touch of lemon juice and sea salt.

4) **Nuts** are another source of heart-healthy fat and also give you a bit of fiber too. I am so grateful that there is a [Kosher for Passover almond butter](#) on the market! I'll definitely be packing an almond butter & jelly matzah sandwich with some fresh fruit for work a few days of the holiday.

5) With so many of my usual snack foods like hummus and granola bars cut out of my diet on Passover, I survive on **fresh and dried fruit** throughout the holiday. I carry bananas, oranges, or boxes of raisins wherever I go, so that I always have an easy snack on hand.

6) Since tofu, tempeh, and seitan are out of the picture, I use **Portobello mushrooms** instead since they have a great meaty texture and delicious, savory flavor. I stuff them with sautéed onions, spinach and matzah meal for a main dish (I make a variation of this [recipe](#)) or I grill them with red peppers and zucchini for a side.

7) [Vegan chopped liver](#) with Tam Tams is a yummy start to any seder. The eggs offer a great source of protein, the walnuts contain omega-3, and the mushrooms are one of the only plant-based sources of vitamin D.

8) Salad can get boring so easily, so I jazz mine up with interesting toppings. **Hearts of palm** are super easy to find in the Passover section and I love slicing them up on top of my

salads. They have a great texture and taste and give you a nice dose of potassium, zinc, and iron.

9) Another delicious dip I always have in my fridge around Pesach is **Sabra's Caponata**. They make a bunch of excellent dips that are free of *kitniyot*. They're a perfect size to bring to work or a Pesach picnic.

10) When I'm missing grains, I cook up some **Matzo Meal Couscous** (*Savion* is one brand I like) in vegetable broth and toss in some roasted broccoli, garlic, and sautéed mushrooms. It has a toothsome chewiness and a neutral flavor that's ready for any seasoning or add-in you see fit.

This list of items certainly will satisfy anyone in your home, vegetarian or not. So this Passover, try some new foods and recipes out.

Read

more: <https://forward.com/food/154303/keeping-up-with-tradition-a-vegetarian-passover/>

It's Cleaning Time!

It's this time of the year again and many of us are looking forward for Passover. Of course, there are many things that we need to be to prepare for the high holidays such as, remove all the chametz, do the passover grocery shopping, and of course cleaning/decluttering your home.

Cleaning your entire home can be a lot of work. The bigger the home, the more cleaning to do. But do not worry, we have you covered. Introducing...**[THE NISHMATI CLEANING CHECKLIST!](#)** Of course, cleaning your home may take a long progress to go

It has often been the thought of most scholars that Vashti's group of women were wives of the nobles in court who lived the lives of what we call "socialites" or people who enjoy parties and wealth without any reason or purpose other than enjoyment. Imagine gossiping women who covet each others wealth and who were disrespectful of their husbands. The Chofetz Chaim and the New Testament both teach us that life and death is in the power of the tongue and that the tongue reveals our hearts. If HaShem judges our hearts, it seems that Vashti did not have a heart of gold.

The problem was if Vashti refused the King, her husband- she would then be the poor example to those other women. This would lead to rebellious wives throughout the entire kingdom who like today, would sadly believe that they rule their husbands and are "independent" – quite frankly, also believing that they could do and say whatever they wanted to. This type of feminism would have damaged many homes in Esther's day as it does today.

Therefore, it would not have been wise for the King to ignore Vashti's defiance. People would have seen him as a weak King. So because Vashti was prideful of her position and listened to her group of friends, she was dethroned. This can also happen to us spiritually when we do not make wise decisions.

And for those of you who are married and have husbands who do not serve HaShem, you should want to be a good witness to your husband. Besides, who are you to deny your husband the chance of salvation at your own hands just because he is not getting with your program? We married our husbands right, then he deserves mercy and grace from us as we have received from HaShem so that we can work out our salvation together as a couple. Don't you want to see a miracle happen in your own homes? Or are we wives to act like Jonah who was angry at HaShem for having mercy on his enemies?

See Vashti's sin was not just ignoring her husband's call, it

was judging him for his actions and viewing herself as more wise and righteous as well as gossiping about him with her friends. She was disloyal and in the end, was replaced by Esther who showed the King grace and mercy. Through Esther, the pagan King was able to give favor to the Jewish people because she gave the King respect and at the same time used wisdom to make her petitions known privately. Did the pagan King receive salvation? Probably not, but HaShem used him for His own purpose of saving the Jewish people. This could not have been done with a Queen-like Vashti who was self-righteous and judgmental.

Think about it- Vashti's "no show" was on purpose and was done in order to make the King look a fool. How many times have we argued with our husbands and wished for a chance to prove him wrong? However, Esther handed her perils within the King's chamber in the wisdom of privacy. Because Esther did this in private, Esther is now openly celebrated as a wise and brave Queen. So may we learn to be good wives with good motives so that we can be blessed by HaShem and not uprooted so that we do not have to watch others reap what would have been our rewards. May we learn to be like Esther, who was bold and wise, who respected her husband as her spiritual and physical authority- even though he was not like her because she cared more about her calling than her comforts. Amen.

Easy Hamantaschen Recipe

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Preparation Tips:

Keep the dough on the thinner side and do not overfill.
Make sure the edges are tightly pinched.

Don't add too much flour to the dough, it will get drier and hard to seal shut.

Easy Filling: use an already prepared apricot, prune, chocolate, peanut butter or any other filling that you like.

Dough Ingredients

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ cup oil

2 eggs

1 tsp. vanilla

2-2 $\frac{1}{2}$ cups flour

1 tsp. baking powder

Dough Directions

Mix the eggs, sugar, oil and vanilla.

Add 1 cup of flour and the baking powder. Mix.

Add the remaining flour until the dough forms a soft, but not sticky ball.

Roll out the dough and cut out circles.

Put a teaspoon of filling in the center of each circle.

Gently fold the sides and pinch shut tightly.

Bake for 10-12 minutes on 350°F.

Yields: 20 Hamantaschen

Product Review: January Neshama Box

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"Each month, the **Neshama Box** has a devotional booklet written

by and for Messianic women. Since we all love to get special surprises, your **Neshama Box** is filled with curated items that go along with the theme of the month.” – Neshama.com

Disclaimer: This box was paid for by Nishmati and was not sponsored so we can give our honest thoughts. Enjoy!

Women's Monthly Bible Study Online: “Modesty Inside & Out” – Thursday, February 1st, 2018 | 9PM EST

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Thursday, February 1st, 2018 | 9PM EST

Join us online via ZOOM Conference every 1st Thursday of the month.

The link to the study is posted here and on www.facebook.com/nishmatisoul the day of the study. Women Only! See info below.

Thanks. – Nishmati

Join us for our February Online Women's Bible Study

Tonight!

Online Bible Study via Zoom Conferencing

Topic: Modesty Inside & Out

When: Feb 1, 2018 9:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://zoom.us/meeting/register/575cf567d6178c9fdc2040ba88984b7b>

After registering, you will receive a confirmation email containing information about joining the meeting.

Share and pass on! Women Only!

See you soon!

-Nishmati

Study Notes [Click Here!](#)

**Outfit of the Day (OOTD) –
Modest Casual Winter/Fall
Fashion**



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DETAILS:

Striped Long sleeve shirt- Old Navy

Army Green Poncho- Chiaramente

Ripped Boyfriend Jeans- Jordache

Camel color Rider Boots- Shoedazzle

Handbag: Calvin Klein Tote

Scarf- Vintage scarf made in Italy

Hair: Very Messy Bun



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Style Guide:

A fun poncho is a great piece to have for anyone of any style and age. It is warm, it covers areas you may want to hide or if you have problem areas- like a tummy lol it conceals and evens the shape.

Adding details like the striped long shirt breaks the color up and gives the outfit a modern look. I like to play with different textures and patterns. Using the sleeves as the focal point and the dark army green color of the poncho, you get to add dimension and texture without going overboard with patterns.

The jeans- who doesn't love a great pair of jeans. Boyfriend jeans are the way to go for anyone who fears to have their pants look too tight or pants that will not cover you if you bend or sit down (no one wants to sit behind someone who doesn't know that their pants are not covering certain areas lol). Boyfriend jeans are also loose enough to give you a great comfy fit and casual enough to rock with a nice blouse or a t-shirt. If you flip the bottom hems, you can also wear these jeans with heels for a more posh look.



Rider boots are super AWESOME!!! You slide them on. End of story. To have rider boots in a neutral camel color means that they will fit with almost anything. Camel is also a color that is posh and makes anything look put together even if you are not trying.

The tote bag can be used as a laptop bag, a carry-on, a diaper bag, a shopping tote, and so forth and so on. It is also in a nice camel and dark brown that is easy to match with almost

any style of clothing. I love this tote because it literally carries anything and doesn't get too heavy.

The messy bun is the way to go when in a rush but still want to look cute. It is playful and youthful. Just flip your head over, grab the hair and lightly twist into a half bun. Then tie it into place with a long elastic. To puff it out, slowly pull pieces to make it fuller being carefully not to completely take the bun down. The last step of this hair look is to grab your favorite lightweight scarf and tie it like a headband. You can leave the tails down in the back or wrap it around like I did and form a nice bow in the front. -Add sunglasses if you wish. Now you look hip and cool for those wintery days where you can't get too cute because the snow is 20 cm high!

For more OOTD and fashion advice, check back in with us from time to time!

-Nishmati