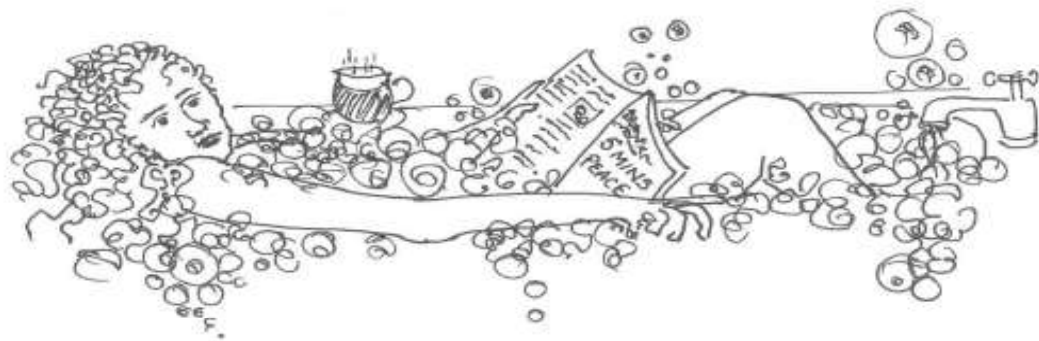


# Five Minutes' Peace



## ONLINE!!!

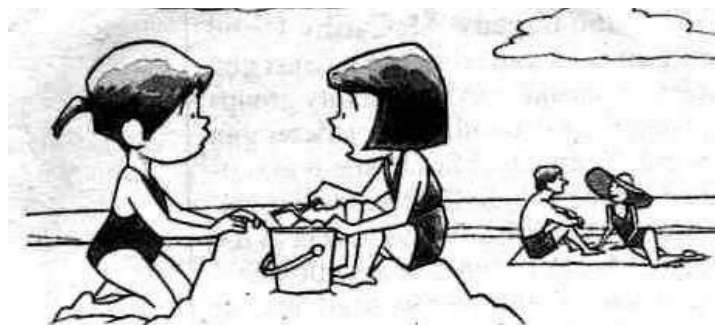


### What are Memes?

If you already know, then congratulations: You are officially part of that elite group of people that spends too much time on the Internet. If you don't, don't worry about it; it must be nice to still have productivity in your life.

In case you happen to be one of the curious, the above is a meme. In a nutshell, memes are the inside jokes of the Internet. They can take many forms, such as phrases, images, websites, and videos. The only common factor that unites them all is that they are spread via the Internet.

For the more intellectually inclined, the word meme was coined by Richard Dawkins in the "The Selfish Gene". According to Dawkins, a meme is a concept that could be spread from person to person or group of people in a manner analogous to the process of evolution. Just as species rise and fall according to natural selection, memes can evolve via mutation and competition. A perfect example of this evolution can be found in the "Y u no guy" meme. The meme features a distinctive face of frustration that usually accompanies a question written in shorthand that draws attention to a particular issue.



**"I'm never having kids. I hear they take  
nine months to download."**

### Painful Password Protocols and other Internet Joys

- ~ Password must contain a capital letter, a number, a plot, a protagonist with some character development and a surprise ending
- ~ Me: "The Internet used to come through the phone line and it made a terrible noise like robots screaming."  
My grand-daughter: "Shhhhhh Granny, take your pills".
- ~ [please enter password] said the screen -  
ilovedogs  
[password must contain at least one capital] -  
iloveparisdogs
- ~ murder, she wrote  
[your password must contain at least one number and one upper case letter] said the screen  
murd3R , she wrote, frowning
- ~ I was rather disappointed when I was alerted that I couldn't use "beef stew" as an Internet password. Apparently it's just not stroganoff.....
- ~ Facebook: You have one event today  
Me: OH NO, what did I forget??  
Facebook: Someone you met in 2003 invited you to a gallery opening in Arizona
- ~ Ugh, it was awful on the bus commute home. Everyone was on their devices. It's not like it used to be, you know, with everyone staring blankly out of the window waiting for the end of the world or death. whichever happened sooner.....
- ~ 9am: Very busy day today. I need to focus and stay off the Internet  
1pm: Did you know that Texas has the largest population of prairie dogs?
- ~ \*turns on Internet\*  
Me: Facebook, I need a break from just trying to achieve one small thing today - show me all the fantastic achievements of everyone else all at once
- ~ I like my men like I like my coffee - with free wifi
- ~ Before the Internet I had to rely on my family to tell me I'm not funny

### **Parmesan Spinach Muffins (for 8)**

400g fresh baby spinach, washed                      ½ cup ricotta cheese  
½ cup finely shredded Parmesan cheese, plus more for garnish  
2 large eggs, beaten                      1 clove garlic, minced  
¼ tsp salt                      ¼ tsp freshly ground pepper

Preheat oven to 400°F. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add all ingredients and stir to combine. Coat 8 cups of a muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full). Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 mins. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan.

### **Mozzarella, Basil & Zucchini Frittata (for 4)**

2 Tbs extra-virgin olive oil                      7 large eggs, beaten  
1½ cups thinly sliced red onion                      1½ cups chopped zucchini  
¼ cup thinly sliced fresh basil                      1 cup fresh mozzarella balls  
3 Tbs chopped soft sun-dried tomatoes                      ½ tsp salt/pepper

Sauté onion and zucchini in oil in a heavy based pan, and cook, stirring frequently until soft, 3 to 5 mins. Whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the pan under a grill until the eggs are slightly browned, 1½ to 2 minutes. Let stand for 3 minutes. Top with basil. To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 4 slices and serve.

### **Avocado Toast with Egg, Arugula & Bacon (for 2)**

1 small avocado, mashed                      2 slices whole-wheat bread, toasted  
Pinch of ground pepper                      1 cup arugula                      2 slices bacon  
1tsp extra-virgin olive oil                      2 large eggs

Spread avocado on toast. Season with pepper. Top with arugula. Cook bacon in a small nonstick skillet over medium heat until crisp. Drain on a paper towel-lined plate. Fry eggs in oil till soft-set yolk. Top the toast with the eggs and crumbled bacon.

### **Crunchy Granola Wedges (8 slices)**

1 cup rolled oats                      1 cup sunflower seeds or chopped nuts  
1 cup wheat flakes                      ½ cup honey                      1 cup dried cranberries  
Pinch of salt

Preheat oven to 400°F. Spread oats, wheat flakes and seeds (or nuts) on a baking sheet. Bake until fragrant and starting to brown, about 10 mins. Coat a 9-inch pie pan with cooking spray. Cook ½ cup honey in a large saucepan over medium-high heat, without stirring, until large foamy bubbles form and it starts to darken at the edges. Immediately pour the toasted oat mixture into the honey, add cranberries and salt and stir until completely coated. Quickly press the granola into a greased pie pan. Cool and cut into wedges.

### **Strawberry-Banana Protein Smoothie (1 large glass)**

½ medium banana                      1 cup hulled strawberries, fresh or frozen  
4 ice cubes                      ½ cup diced mango, fresh or frozen                      ¼ tsp vanilla  
½ cup nonfat plain Greek yogurt                      1 Tb ground flaxseed (flaxmeal)  
1Tb natural nut butter, such as cashew or almond

Combine everything in a blender and whizz until smooth.