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## Unusual christmas facts from around the world

It takes an army of elves to prepare for the Christmas season at Disney World every year. After all, at 43 square miles, the most popular family destination in the world is roughly the size of San Francisco. Decorating for the holidays means unloading 150 trucks with semi-trailers of decorations, dreaping 15 miles of wreath and 8.5 million lights, hanging 1,314 wreaths and trimming about 1,300 trees with 300,000 feet of ribbon and bows across four Disney World theme parks, two water parks and over two dozen Disney World Resort hotels. Here are some other highlights of Christmas at Disney World by the numbers: a Christmas tree with a base 20 feet wide, Costumed performers and 15 buoys dazzle Main Street, USA in Mickey's Once Upon a Christmastime Parade 11 countries dressed for holidays around the world at Epcot World Showcase More than 800 performers each night at Candlelight Processional and more than 200 guest choirs throughout the run of the 70-meter-high One Tree event occupy the center of the stages in the Entrance Lobby of Disney's contemporary resort The 35,800 white LED lights45-foot-tall tree in the lobby of Disney's animal kingdom hut features authentic African décor handmade baskets and reproductions of traditional Life-size African masks6 creations cooked by Walt Disney World pastry chefs, including:- one 16-metre-high gingerbread cottage at Disney's Grand Floridian Resort & Spa baked with £1,050 of honey and includes more than 160 hours of decorating - one life-size gingerbread house at Disney's Beach Club Resort with chocolate and fondant ponies , giant sugar run poles, handmade poinsettias and hand-painted portraits of famous Disney characters Wreath with a diameter of 25 feet that adorn the Cirque du Soleil building in Disney Springs365 days of the year that guests can buy for holiday merchandise at Disney's Christmas Day store Thank you for letting us know! Updated Dec 18, 2020 Weeknights are wild. There are hobby meetings, sporting events, dates, late-night work calls, children's bath time, TV show premieres (of course), and there is... Dinner? Trying to cram in making a recipe, eating dinner (let alone enjoying a meal) and cleaning the kitchen in less than an hour always seemed like it would take some kind of divine intervention. Well, let me introduce you to the power pressure cooker, aka game mix. The power pressure cooker makes the impossible possible. You can create a healthy, balanced meal in less than an hour from start to finish. Even decadent dishes such as stewed short ribs or whole meals like salmon with potatoes and broccoli can be enjoyed from start to finish with the breeze throughout the week. Is there anything easier than throwing a whole meal in one pot and letting the pot work? I can't remember anything. It's like you've significantly upgraded an already kitchen staple, crockpot. Here are some of my favorite recipes for cooking under pressure:1. Ramen SoupFor those nights when all you need is a big hug, ramen is the perfect dish! High in anti-inflammatory ingredients such as fresh ginger, garlic and spinach this 20-minute soup is good for you in every way. This quick ramen is balanced with lean protein from chicken and soft-boiled eggs, noodle starches and salty soup that make you crave more! To get even more nutritionally stumbling across this recipe, try doubling carrots and spinach for extra vitamin strength.~ See recipe here!2. 4-minute salmon, broccoli and potatoESthis is better than a perfectly balanced meal in just 4 minutes? I can't remember anything! This wonderfully oily fish blends so well with super food broccoli and potato starch that you won't believe it was made in such a short time! Salmon is a great source of Omega-3 fatty acids (aka fish oil) that help our heart, skin, joints, GI tract and more!~ See recipe here!3. Beef GyrosA hot pie wrapped around freshly made gyros, toppings and even Tzatziki sauces, oh my! This recipe goes from fridge to plate in less than an hour with just 15 minutes of preparation! When creating tzatziki sauce, be sure to grab plain Greek yogurt. This yogurt is naturally higher in protein, adding another nutritional benefit to this great dish! You can also opt for a whole wheat pie to add extra fiber!~ See recipe here!4. Shrimp BoilThis recipe is perfect for summer nights on the beach, a classic recipe for cooking shrimp that you don't have to spend all day preparing! This recipe is fun finger food to the maximum! It's delicious, satisfying and tastes best when served on a picnic table. To move this recipe to the next level, adjust the proportions of vegetables to proteins. By increasing corn and reducing the amount of Andouille sausage you can reduce total sodium and calories while increasing fiber and vitamins!~ See recipe here!5. Mexican QuinoaComplete one pot meal with fiber, protein, and a lot of flavor! This is the dream of a vegetarian and a meat lover! Quinoa is the perfect substitute for white rice in this classic recipe, while also commending beans for creating protein-filled dishes. Plus the addition of all these vegetables creates a meal that bursts with flavor. Top of this Mexican quinoa with fresh avocado to round it off perfectly.~ See recipe here!6. Lo MeinThis Lo Mein will crush every greasy, take-out craving you have without the usual guilt! It's not very common, you can replace a sinful bowl take-out with something so delicious and easy to make at home! Make this Lo Mein in less than 15 minutes from start to finish. It's faster than it takes for a delivery man to show up at the door!~ See the recipe here!7. The whole Rotisserie ChickenEveryone knows that the secret to batch cooking is to have a whole chicken cooked for use in different ways during the week! This recipe makes the most perfect moist chicken that can be used as it is, for tacos, for soup, and for sandwiches all week! Tip: hold the bones and leftovers to make the amazing chicken stock you'll have handy! Cooking the stock longer and at a lower temperature will create a delicious bone broth rich in vitamins, minerals and proteins.~ See recipe here!8. Chicken and Lentils Soupl'ts coziest soup around! Rich in protein, fiber and B vitamins, this soup will satisfy all your cravings! It also couldn't be easier to eat rushed on weekdays, all you have to do is chop and let your pressure cooker do the job! In just 30 minutes you will have a warming soup that can be enjoyed by the whole family!~ See the recipe here!9. Vegan Quinoa Burrito BowlsIs there's someone who doesn't enjoy a good burrito bowl? This vegetable bowl is the perfect one-pot meal that's easy to customize! From vegans to meat lovers, everyone will enjoy this light, fiber-rich bowl. Add all the toppings you want to make a burrito bowl that's just as good as a restaurant!~ Check out the recipe here!10. Rice and beans A classic rice and bean dish is a staple for a number of reasons. It is full of perfectly complimentary proteins, excellent texture and balanced spices. Now, you can create this filling balanced meal in less than an hour! No more pre-soaking those beans! This perfectly experienced, filling balanced meal will have everyone fighting for another bowl! ~ See recipe here!11. Summer Quinoa SaladYour fresh in season berries are made for this quick salad! Take this nutritious thick salad to a party or serve it as a light, summer dinner for everyone to look for a recipe! Quinoa, fruits, vegetables and nuts create a dish that is perfectly balanced with all food groups. You can topped this salad with boiled chicken breast or leave as-is to meet everyone's needs!~ See recipe here!12. Minesweeter soupThis Mineshtre soup is quick and vegetarian, which makes it perfect for any dinner during the week! It is rich in vitamin C, antioxidants and vitamin A which makes it the perfect dinner for the whole family! Tip: Use whole grain noodles to increase the fiber and vitamins of the B group of this delicious food!~ See the recipe here!13. Lemon Garlic ChickenMake your protein and side dish at the same time with delicious chicken that the whole family will love! In less than an hour you can have a nice and balanced plate with vegetables and protein. This delicious lemon garlic chicken will give you protein and excitement to season any plate!~ See recipe here!14. Chicken FajitasQuick, easy and very few dirty dishes are used to create these fajitas that will counter even your favorite Mexican restaurant! Feel free to top them with whatever you want, but be sure to include fresh avocados for a lump of vitamins and minerals. Tip: If you enjoy sour cream on fajitas, opt for plain Greek yogurt which is in protein, lower in calories and equally tasty!~ See recipe here!15. Coconut chicken chicken A big bowl of coconut chicken curry over rice is what dreams are made of! This bright, delicious dish is full of vegetables and lean protein without dryness! Which can usually take a few hours, make this colorful dish in just 30 minutes with your power pressure cooker!~ See recipe here!16. Cashew ChickenThis take-out classic can be on your plate in just 20 minutes, but you can pretend you've taken hours to create it when everyone asks about the recipe! You can double the green pepper to increase the vegetables without sacrificing any flavor. Serve this classic over brown rice for extra fiber and minerals.~ See recipe here!17. MeatloafMeatloaf is a sliced bread menu, but it never took just 20 minutes to make! This recipe includes meatloaf and sides to create a single-pot sleep. Perfect for serving after long working days, this dish is a comforting staple. And don't be fooled by the short cooking time, this meatloaf is the best of both worlds - it's juicy and quick to make!~ See the recipe here! Despite its obvious roots in the concept of crockpot, strength pressure cooking meals can be much healthier. Without the need for fatty sauces to create flavor and prevent dryness, the power pressure pot uses the heat generated by the water to cook food. This leads to more flavor without dryness and overall leaner meals. A pot of pressure power is the answer for anyone striving for healthy, balanced meals with a crazy schedule for the week. He can really do anything. You won't be disappointed and you'll feel great after enjoying healthy, balanced meals while easily juggling all the activities you enjoy! Featured photo credit: Unsplash via unsplash.com unsplash.com

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