



FREE

The Re-Connection Era

Understanding the significance of staying connected with your village

Money and Mindfulness

Observe our 30-day challenge to set up your financial resolutions

New Year, New Beginnings

Embracing the concept of “out with the old and in with the new” in 2026

Benefits of Dry January

Feedback from Dr. Sadiq on the pros of cutting alcohol from your lifestyle



January 2026





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Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore aspects of mental, financial and spiritual health. Our goal is to bring you information that you can use to live a happy, healthy and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding nature of technology, knowledge and evolution of the healthcare field, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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The Reconnection Era: Re-Building Interaction

By: Victoria H

We have the world at our fingertips with today's technology so why may we feel so isolated? The ability to connect with people all over the world is better than ever before yet we still don't have the village that we once knew growing up. 2026 is a new year and an opportunity to live in our Reconnection Era. We now can choose to rebuild the presence, community, and human connections that once shaped our lives.

It wasn't too long ago that people had a "village" to rely on. Having neighbors to watch children before and after school, family members available to help with appointments, and friends that would sit and talk with you about the day used to be a common standard. Now our busy calendars, constant screen time, frequent moves, and a new culture of independence have slowly chipped away at how things once were. The new reality is that we are trying to parent without the support systems that made it once sustainable.

It is completely natural to long for connection. Friendship and community provide much needed emotional and physical support. Parents can feel grounded when others validate their season of life and children get to build life-long friendships with other kids. Most importantly, children get to witness their caretakers interact and build a sense of belonging beyond the home.

Rebuilding the village doesn't have to require grand plans or perfect gatherings. Sometimes it means being the one to speak up first, even if it feels uncomfortable. Don't be afraid to offer to hang out in a safe place. A



casual meetup at the park, farmers market, or a stroll through your favorite department store together can help build a connection while running your usual errands. These moments don't have to be formal or impressive or even impede your busy schedule. What matters most is consistency to grow connection, comfort, and potential support. Schedules won't always align so it's important to keep trying and not give up on each other.

Many of us hesitate because we don't want to seem needy or intrusive. The truth is, most people are craving connection as much as we are. Everyone could benefit from more community, shared moments, and reminders that we're not alone. When one person reaches out, it often opens the door for others to do the same. For example, I struck up a conversation with a mom at a park. Our children played so well together that she offered her number to text me when they visit the park again to see if my family could join. That small act of reaching out has led to a newfound family friendship.

Creating a connection is more about participation than about perfection. It's about recognizing that we are all doing our best in a world that no longer makes it easy to stay physically connected. Our Reconnection Era happens by choice with one conversation, meetup, and moment of courage at a time. Let's get back to reaching out, gathering simply, and building the village our children will remember!

Be sure to try the free "Peanut App" that helps connect you with other moms in your area!





Blood Donation: A Routine to Save Lives

By: Usman Mehmood

Blood Donor Month is a silent yet very potent reminder of the fact that, every year, ordinary people can do extraordinary things. It only takes an hour to save a life or lives and it is a matter of a simple, safe act that can save lives. Blood donation is not a theatrical act of heroism that is depicted in films or newspaper articles; it is a daily practice of human brotherhood that hospitals need on a daily basis. However, the importance of blood donation does not make the process as widespread as it should be.

Not only a celebration of donors, but this month is the month of awareness, responsibility, and informed participation. It is concerning the lack of comprehension of the importance of blood donation and the reasons why it can be the best option to make it a routine to change the healthcare outcomes. It is important to understand that not everyone is capable of giving blood.

It is true that many individuals give a single blood donation when there is a crisis or campaign, and never come back. Although that initial donation is a good one, the consistency of a reliable blood supply is the contribution of regular donors.

Being a regular, be it every three or four months, depending on the eligibility of the person, makes blood

donation a reliable factor in the healthcare system. Hospitals are able to schedule surgeries with ease. Emergency departments are free to react. Long-term patients are able to be provided with regular care.

Personal health awareness is also created through regular donations by the donor. All contributions come with the basic health checks which are the hemoglobin levels, pulse, and blood pressure. With time, donors also gain awareness of their wellness, nutrition and lifestyle.

More to the point, regular donation will turn blood giving into a long-term event of altruism rather than a charity basis.

Donation of blood must never be pressure or obligatory. It is a collective or mutual duty that is based on an informed decision. The ability to give should be encouraged and supported. The incapacitated must never be blamed or sidelined, there are numerous other forms of being able to support healthcare as a volunteer.

Blood Donor month is not a heroic thing. It is about humanity. It is about understanding that behind each bag of blood is another individual who decided to save the life of another human being.



Thyroid Health Awareness

By: Hana Dawood

As you go about your day, you may forget that a small, often overlooked gland at the base of your neck plays a critical role in maintaining your body's balance. From appetite to body temperature to bone development, your thyroid plays an extensive role in each of these processes.

Let's cover the basic functions of your thyroid. Thyroid produces two different hormones: thyroxine (t4), and triiodothyronine (t3), which is crucial for thermoregulation. These hormones regulate how the body maintains its energy, heart rate and overall energy levels. They also support the nervous system, maintaining cognitive roles such as emotions and memories. In addition, these hormones play a huge role in metabolism which determines how quickly foods can be absorbed or processed which ultimately drives your appetite. These mentioned functions touch only the surface in the various processes that the thyroid has an influence on. As research is progressing, there are more and more discoveries on the thyroid's impact on the body's processes in balance.

In short, we often take our thyroid for granted. When people's thyroids go out of balance, they start experiencing a whole range of symptoms. Though



thyroid conditions are common among Americans, it is important to know the signs and symptoms. One of the most common thyroid conditions is hypothyroidism, which is marked by an abnormally low activity of the thyroid. Symptoms can include constipation, slow speech, slow pulse, etc. Hypothyroidism can be due to an autoimmune condition, or when the pituitary gland does not produce enough thyroid stimulating hormone.

One individual diagnosed with hypothyroidism at age 15 reported falling asleep throughout the day and waking up without a voice, symptoms that significantly impacted her quality of life. The opposite condition can also occur. Hyperthyroidism is when the thyroid is overly active. Causes of this disease can also be due to an autoimmune disorder or consuming too much iodine in your diet or even taking too much thyroid medication when treating an underactive thyroid. Symptoms can include nervousness, heart palpitations, weight loss, high blood pressure etc. If these conditions progress without treatment, they can lead to much bigger problems. This highlights how a single, small gland can disrupt, or restore, the body's overall balance in day-to-day life.





World Introvert Day: Stay Amused This Winter

By: Ayesha Khan

World Introvert Day is a reminder that quiet time isn't something to escape from and rather it's something to celebrate. While I consider myself more of an extrovert, the colder months often brings out my introverted side. Winter naturally complements the introverted lifestyle, offering slower days, and fewer expectations to be outside. In the quiet moments, introverts often find creativity, clarity, and comfort and exactly where they feel most at home.

This season, let yourself lean into solitude. Here are a few comforting and meaningful ways one can enjoy the season while staying tucked away:

1. Dive into immersive indoor hobbies

This is a good moment to use these quieter months to lose yourself in the activities you love. Reading novels, journaling, doing crafts, playing an instrument are all great examples of hobbies you can enjoy right at home. These hobbies allow you to slow down and don't require constant interaction, just your presence and creativity.

2. Create cozy daily rituals

Whether it's a peaceful morning ritual or an evening wind-down, these small moments can help you recharge and feel grounded. Simple intentional routines can bring comfort and stability during the colder seasons. Light a candle, make a warm drink, and do things that feel right for you.

3. Enjoy solo gentle movements

You can choose to stay active at home and avoid crowded gyms. Stay active with movement that feels calm and restorative like at-home yoga, mat pilates, stretching, or low-impact workouts. These practices support both mental well-being and physical health.

4. Indulge in comfort entertainment

Whether it's rewatching your favorite comfort shows and films or listening to your go-to podcasts and music, entertainment at home can be deeply soothing. When selected with purpose, it can be calming rather than distracting, providing comfort, ease, and familiarity on chilly days.

5. Reorganize and declutter your personal space

Redecorating, decluttering or refreshing your space can be surprisingly calming. Work on creating your environment that feels peaceful and personal to you, which makes staying in even more enjoyable. Adding soft lighting and extra blankets can make it extra comforting.

6. Set intentions for the coming year

Winter is a natural time for reflection. Whether it be big resolutions, or gentle intentions, use this time to gently reflect on what you want more or less of in the coming seasons and set some meaningful intentions. Use these moments as a time to journal, meditate, or simply sit with your thoughts.



30 Day Money and Mindfulness Challenge

By: Usman Mehmood

Money is never mostly about figures. It is very emotional to a majority of the people. It possesses memories, fears, hopes and unofficial convictions that have been developed over years. Another unforeseen cost will lead to panic. Comparison with others can be a source of self-doubt. Even the success itself may seem to be unstable, like it can just vanish. Hence, it is not only a question of making more money or organizing your budgets better but the key is to change your relationship with money.

The 30-Day Money Mindfulness Challenge seeks to do exactly that. It is not a monetary meltdown school or a saving camp. Rather, it is a relaxed, step-by-step process that can make you less anxious about money, create more conscious spending, saving, and earning habits, and achieve a more positive emotional relationship with money as an expression of who you are and what you can accomplish.

Incidentally, money anxiety is not always a result of insufficient revenue. Most of the high income earners are equally stressed to their low-income earners. The problem is usually that of uncertainty and ignorance. Where money seems too big or too complicated, the mind reels in its absence by worrying.

Uncontrolled money stress may influence sleep, relations, choices, and even the physical well-being. Individuals can evade the sight of bank statements, be time-wasting with bills, or spend sprees to alleviate emotional pain. In the long run, this establishes a shaft of guilt and fear that strengthens detrimental habits. Mindfulness is a way out of this cycle as it

creates mindfulness, compassion, and purpose in financial choices.

Money management is not about limitation or excellence. It is concerning being able to listen to what is coming in and out of your finances and how it feels. It is being alert to emotional triggers in the course of spending; it is being cognizant of your values in the course of saving.

It is being congruent between earning objectives and personal wellness as compared to the ongoing stress. With financial awareness and mindfulness, you become able to react rather than respond. This change will in turn go a long way in alleviating anxiety.

The challenge is split into four weekly themes which build up on each other. Each day would have a basic meditation, routine or practice that does not last longer than 10-15 minutes.

Week 1: Awareness Without Judgment

Observation is devoted to the first week. You monitor your expenditures, observe your emotional responses towards money and learn to monitor money-related talk in your mind. No effort is made yet to correct anything. The goal is clarity.

A key realization that many participants make during this week is that they are actually stressed by the numbers, and/or by evading them. Giving a look at finances may be empowering in itself.

Week 2: Rewriting Money Stories

All people have the subconscious notions on money concepts such as I am bad with money is stressful or I will never have enough. No logic can ever impact decisions as much as these stories.

During the second week, you recognize these stories and start doubting them. When you write in a journal and reflect, you get to know how these beliefs came about and whether they are useful to you or not. Limiting stories are gradually substituted with balanced, realistic stories that help in developing.

Week 3: Mindful Spending, Saving, and Earning

The effective habits presented in this week are based on purpose. You get to know to take time before you buy anything, save intentionally not out of fear, and consider earning a form of value exchange not hustle all the time.

Thoughtful spending does not imply the elimination of happiness. It is living within your means of things that really matter to you. Most respondents discover that they are inclined to spend less on items that fail to bring satisfaction, and they are not deprived.

Week 4: Integration and Long-Term Balance

The last week is on sustainability. You think about the improvements, see what habits become natural, and develop the simple personal system that you would be able to sustain after the challenge.

Gratitude and self-trust are as well significant here. You also learn to enjoy financial gains as they come in small steps as opposed to being obsessed with what might happen later.

Emotional relief is one of the most effective results of this challenge. When money is handled with interest and not dread, then anxiety starts to fizzle. Even when their income does not increase, the participants usually state that they feel calmer, more confident, and more in control.

This change of emotion enhances making of decisions. The decisions that will be made are not rushed or evasive. Money turns out to be an instrument instead of being a source of stress all the time.

Money making is usually linked to self-esteem. The society pushes many individuals to do more, make more and demonstrate more. The challenge redefines earning as possible to be oriented towards competencies, limits, and personal values. You get to know how to pose healthy questions.

- *Is this work sustainable?*
- *Is it in accordance with my priorities?*
- *Am I making a profit out of fear or desire?*

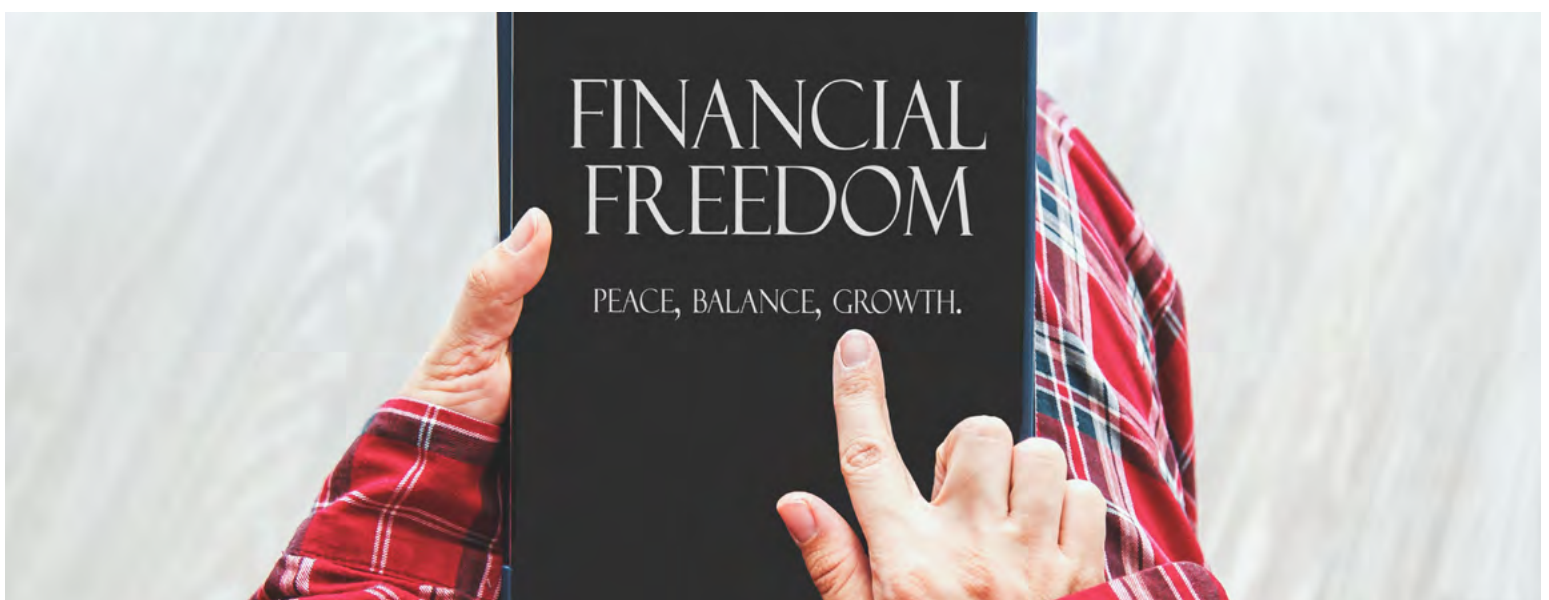
Such attitude will keep burnout at bay and promote financial and emotional stability in the long run.

The 30-Day Money and Mindfulness Challenge is really simple, but this is its strength. It does not require radical reforms and unrealistic discipline. Rather it deals with consistency, awareness as well as compassion.

Even little actions taken every day within 30 days can lead to significant improvement. In the end, money is not as scary and overwhelmingly superior. You have ceased to fight with your money that you are in a relationship that is founded on trust and understanding.

A healthier financial life does not begin with spreadsheets or strict rules. It begins with awareness and kindness towards you. When mindfulness meets money, anxiety softens, clarity increases, and confidence grows naturally.

The 30-Day Money & Mindfulness Challenge is an invitation to slow down, tune in, and reshape how you relate to one of the most influential aspects of modern life. Not by forcing control but by cultivating balance. And often, that shift makes all the difference.





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New Year, New Beginnings

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine
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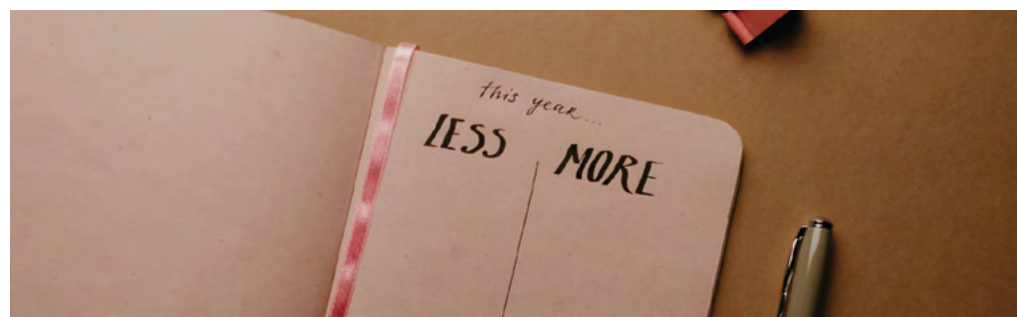
Business is not easy. There are countless responsibilities to juggle both mentally and physically. Everything from work life balance, managing finances, leading people, and your personal health can take a toll on your wellbeing. No matter what happened last year, the new year symbolizes an opportunity to start fresh and embrace change.

The first thing to do is to let go of the past. It is not easy to forgive ourselves for the mistakes we have made. We may find ourselves replaying interactions in our heads wishing we would have said things differently or brooding in ways we could have performed better. It is completely normal to reflect and be hard on ourselves because it shows that we are growing. When we look back on our actions with criticism, we train our brain to not make those same mistakes again. Every misstep is not a failure but a steppingstone toward improvement. Each challenge you faced last year has prepared you for a stronger, wiser version of yourself.

Now is the time to embrace the new. You are in charge of who you are and your destiny. You have the power to be the person that you envision. Each year you become a better version of who you are. Celebrate the wisdom you have gained, lessons learned, and resilience you've built knowing that you are capable of not repeating the same mistakes as before. Everything that you learned from last year has become a tool that you can use to help navigate the year ahead.

As you move forward, set clear intentions. Define what success looks like for you, both personally and professionally. Break big goals into smaller, achievable steps, and remember that progress is more important than perfection. Surround yourself with positivity, seek opportunities for growth, and don't be afraid to ask for help when needed. The new year is not about erasing the past but about building on it to create a future that aligns with your values and aspirations.

The new year is a blank canvas, and you hold the brush. Let go of what no longer serves you, embrace the lessons learned, and step boldly into the possibilities ahead. Every day is a chance for a new beginning, so make this year your masterpiece.



Media Corner: A Review of Department Q

By: Alex Tilton

The goal of a detective story is to keep the audience engaged without giving away whodunnit. It can't be impossible to figure out, and it can't be too easy either. Department Q somehow manages to do a good job of this and still disappointed me with the ending. The acting, writing, locations, production value and pacing are all excellent. No complaints there. My complaint, as per usual, is with character motivations. Spoilers ahead.

Department Q is the story of Detective Chief Inspector Carl Mork (played by Matthew Goode). He's an Englishman working in Scotland to solve a cold case of a missing prosecutor named Merrit Lingard who vanished while on a ferry boat traveling from the Scottish mainland to the island where she grew up, in the company of her mentally handicapped brother William. Mork is recovering from an attempt on his life that got his partner paralyzed and a young patrolman killed. His boss, superintendent Moira Jacobson (played by Kate Dickie), is eager for a larger budget and accepts a proposal from the Lord Advocate (Scotland's Attorney General) to investigate cold cases which provide good optics for public relations.

Jacobson wants to use the budget money for current cases and so assigns Mork to work on the cold cases by himself with minimal resources. Mork extracts more assets from Jacobson and sets to work picking a case with the help of his new assistant, a refugee named Akram, who may or may not have been a Syrian secret police agent before emigrating to Scotland. Akram is highly capable and intelligent and badly wants more challenging work. Mork subsequently acquires the help of Rose, a detective on light duty while recovering from a traumatic incident of her own. Mork's disabled former partner James, desperate for a way to contribute, rounds out the team by doing research from his hospital bed. We learn that Merrit was a very successful, and somewhat ruthless prosecutor. Not an innocent or sympathetic person by any means.

The detectives assume the most likely motive was revenge and begin accordingly, but they also investigate her reasons for making the trip where she vanished and who she might've been going to visit. We learn that her brother wasn't born disabled, he was injured during a break-in where Merrit's high school boyfriend tried to rob the house. And that the boyfriend died trying to escape from the police. We also learn that when she disappeared, Merrit was secretly dating an investigative reporter. Later we learn that Merrit herself planted the idea for the robbery in her boyfriend's head. Although she was quick to tell him to not actually do it, she first told him when he could expect the building to be empty *and the precise location of the jewels*. She also told him they could run away together.

Throughout the series we are occasionally shown Merrit being held captive in a large old decompression chamber. Her captors occasionally make her guess why she's there, and after four years she still hasn't figured it out. But like the detectives trying to find her, Merrit assumes it's work related. We are shown that one of the villains is an older woman, whose face we get to see. The other is a man whose face we never see. From this we know two things: we've never seen the woman in any other context, or we would recognize her. And we have seen the man before, or else they would show us his face.



The team uncovers a lot of intrigue and conspiracy related to cases she was working on, but ultimately none of this has anything to do with her kidnapping. We are also shown flashbacks of Merrit growing up on her small Scottish island and desperately wishing she could move away from that dead-end life and from her father with whom she has never gotten along.

This is where I got frustrated.

The villains turn out to be the mother and brother of Merrit's dead high school boyfriend. The brother is a psychopath who'd been in and out of trouble his whole life and the mother is almost as bad. He killed and assumed the

identity of the investigative reporter in order to get close to Merrit, because he and his equally disturbed mother both blame Merrit for his death.

On one hand, this would only make sense as motive for violently crazy people (which they are). On the other hand I can kinda see it. When they tell her, Merrit angrily denies any responsibility, which is consistent with her personality. But the problem with that reaction is that it completely killed my sympathy for her. Yes, Merrit did tell her boyfriend not to rob the house...right after she told him in great detail exactly how to rob the house. She definitely has some responsibility here. And it's especially hypocritical coming from a prosecutor of all people.

I appreciate complex characters; a pure and innocent Merrit would've been boring. But she takes zero

ownership of a problem she helped create so she's impossible to like. She's only innocent in the most technical sense, but in her mind that's all that matters.

There's also a B plot involving the members of Mork's team coming to terms with their own traumas. It's well done, and, importantly, it's relatively brief. It's used to make the protagonists more interesting and to give the audience a break from the relentless pursuit of the case, which is the correct way of using a B plot. At no point does it get dull or plodding. Indeed, the B plot seems to know exactly what it is and stays in its lane at all times. Well done.

Overall the show was very good. I intend to watch the upcoming second season. But I really, really wish they'd found a way to stick the ending.

Health Benefits of Dry January

By: Dr. Riffat Sadiq, CEO of WNY Medical PC, Channel Creator

When it comes to the New Year, a lot of people set goals and resolutions to better themselves in a variety of ways. A popular trend in recent years is Dry January, also known as quitting alcohol for the first month of the New Year. It is estimated that 54% of adults consume alcoholic beverages. This is the lowest rate in the 90 years of alcohol consumption tracking. Quitting alcohol, for both the short term and the long term, will provide many benefits to your health.

There are a vast variety of health benefits that come with removing alcohol from your daily routine. Within the first week of quitting alcohol, our bodies are able to relax and unwind easier than before, showing normal sleeping patterns. As your body rebalances, you will feel more alert and energized. You will experience less bloating and more skin hydration. As we move into the second week of Dry January, you may notice increased mental clarity, improved gut health, and a decreased



chance of acid reflux. Better work performance may benefit you, too, due to the brain's gray matter recovering.

As you reach the end of Dry January, you should notice a rejuvenation in your health. Upon further discussion with your doctor, they may notice a more normal blood pressure level. If you were previously experiencing liver issues, you should feel improvements in liver fat levels and overall liver function.

Your body has thanked you for all you've done to help it this month, and maybe the dryness will continue for a few more months, to come.

Overall, it is wonderful to point out that individuals around the world are consuming less alcohol these days. There are endless health benefits that come with eliminating alcohol consumption from your lifestyle. Whether you decide to take one month or one year off from drinking alcohol actively, your body will certainly thank you for doing so.



Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself? Watch and subscribe to Dr Sadiq's videos on YouTube, DrRSMD.





Coloring Corner

Yummiest Veggie-Loaded Vegetable Soup

Recipe Source: hummusapien.com

Directions

Step 1:

- Heat oil in a large dutch oven over medium-low heat.
- Once hot, add onion and 1 tsp kosher salt and cook for 5 minutes, stirring often.
- Add garlic, carrots, celery, and potatoes and cook for 5 more minutes, stirring often.
- Add Italian seasoning and cook for 1 more minute.

Step 2:

- Add broth, water, tomatoes, corn, beans, bay leaf, and several grinds of black pepper.
- Bring to a boil and then reduce the heat to low and simmer, covered, until the vegetables are tender, about 35 minutes.

Step 3:

- Remove from heat and stir in parsley and lemon juice.
- Remove bay leaf and season to taste with salt and pepper.
- Serve hot with crusty bread.
- Leftover soup stored in an air-tight container in the refrigerator for 5 days.

Ingredients

2 tbsp extra virgin olive oil

1 large onion, diced

4 cloves garlic, minced

3 medium carrots, diced

3 stalks celery, diced

2 medium potatoes,
peeled and diced

2 tsp Italian seasoning

4 cups vegetable broth
+ 1 cup water

2 15oz cans diced tomatoes

1 cup corn kernels

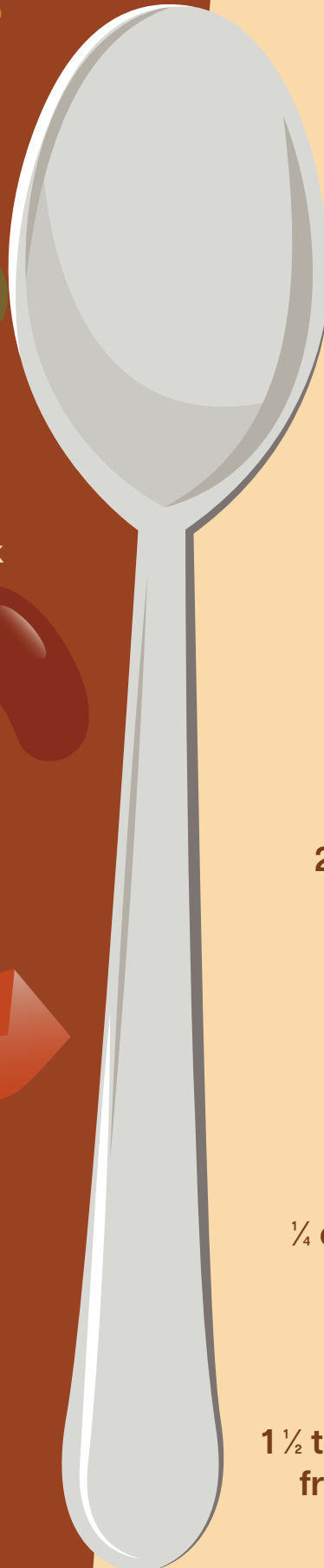
1 15oz can kidney beans,
drained and rinsed

1 bay leaf

¼ cup fresh parsley, chopped

1 tbsp freshly squeezed
lemon juice, or to taste

1 ½ tsp kosher salt, or to taste +
freshly ground black pepper



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