



Oh Sweet Mercy

THE SWEET THINGS IN LIFE

Thank you for your interest in partnering with me to promote your brand! Please allow me to introduce myself and my blog...

About Dawn

Dawn is a 45 year old wife and homeschooling mom of a blended family. The older kids have made her a grandma and she loves it! She loves creating beautiful food and photographing it to share with her readers. Reading, crocheting, designing, keeping backyard hens, and riding the Harley with her hubby are just a few more of the sweet things in her life.

About Oh Sweet Mercy

Oh Sweet Mercy is primarily a food blog which focuses on the wildly popular Trim Healthy Mama plan. THM advocates incorporating real, whole, organic foods, avoiding overly processed foods and ingredients, avoiding sugar (AND all artificial sweeteners like sucralose), and combining healthy carbs and healthy fats (such as coconut oil) in a way that keeps blood sugars stable.

While the primary focus of *Oh Sweet Mercy* is healthy, tasty recipes that fit THM guidelines, readers will also find occasional posts on:

- Faith (particularly from a Messianic/Torah Observant Christian perspective)
- Family, such as parenting and family activities
- Homeschooling
- Reviews of products and services I have personally used
- Giveaways! Because I love to bless others!

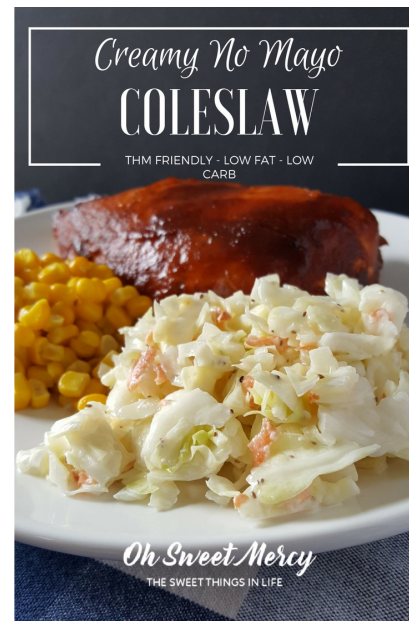
I typically avoid controversial topics, but if I feel that a controversial topic would be of interest to my readers I may choose to write about it.

In general, I like to keep things positive and tasty on the blog!



MEDIA KIT

A few of the tasty things you'll find on Oh Sweet Mercy:





CREAMY NO MAYO COLESLAW (LOW FAT, LOW CARB)

APRIL 9, 2017 BY DAWNHYDER LEAVE A COMMENT (EDIT)

This post may contain affiliate links. Please see our disclosure for more information.
Most creamy coleslaw recipes require mayo, but what if you don't want to use mayo? Allergies and the fat content are two big reasons why you're looking for a creamy no mayo coleslaw recipe. I'll just go ahead and throw out one of mine. -Toss out of mayo and forget to put it on the grocery list. Or forget to buy it even though it was on the list.

CONTINUE READING



LOADED SWEET POTATO FRIES (WITH CREAMY CAJUN RANCH)

MARCH 31, 2017 BY DAWNHYDER LEAVE A COMMENT (EDIT)

This post may contain affiliate links. Please see our disclosure for more information.
Fries are awesome, right? And if you like sweet potatoes, loaded sweet potato fries are even more so. If you're a THM, though, you don't want to deep fry those beta-carotene filled fries, pile on the meat and cheese, then douse everything with fat-filled ranch dressing. Well, you might want to, but that is not the THM way. Too much fat. Too many carbs - unstable blood sugar. All...

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CREAMY CAJUN RANCH DRESSING (LOW FAT & PROBIOTIC)

MARCH 28, 2017 BY DAWNHYDER LEAVE A COMMENT (EDIT)

This post may contain affiliate links. Please see our disclosure for more information.
Low fat dressings can be disappointing (but they don't have to be!) Store bought varieties are often loaded with sugar and unwanted ingredients. Making your own is the answer! Whipping up this easy, low fat (or fat free), probiotic rich Creamy Cajun Ranch dressing will give a cool kick to salads and more. This tasty dressing is part of another recipe I'll be posting in a few days. It's a THM...

CONTINUE READING

FOLLOW ME TO THE SWEET SIDE

f o i s t w

ABOUT OH SWEET MERCY



Hi there, I'm glad you stopped by! Wife. Mom. Stepmom. Grandma. Torah keeping believer in Yeshua. Trim Healthy Mama. Reimagined in my faith, intentional with my family and creating nourishing food are important to me, and share what I learn here to encourage you to be real in the sweetest areas of YOUR life!

SEARCH

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LATEST FROM OUR INSTAGRAM

@OHSWEETMERCY
It's a Trim Healthy Mama sharing the sweet things in the kitchen & Torah-keeping. Yeshua following perspective. Home / Paleo / Gluten free / Low carb / Keto friendly



LOAD MORE...

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A fresh, new look for Oh Sweet Mercy

At the end of March, 2017 I had a complete redesign done at *Oh Sweet Mercy*. My readers love the fresh, new look and clean design and so do I! There were also backend improvements that will enhance my reader's experience.

There's still some "clean up" in progress after the big overhaul, but I'm working tirelessly to tie up loose ends and make all of *OSM* beautiful and easy to navigate.

Who is reading Oh Sweet Mercy?

My reader base is largely comprised of women, age 25 to 44, who consider themselves cooking enthusiasts/aspiring chefs, health and fitness buffs, and foodies.

What are Oh Sweet Mercy readers looking for?

My readers are looking for healthy **recipes**, **tips**, and **products** for living a successful Trim Healthy Mama lifestyle. There are also people just looking for healthy, tasty recipes. Most of my recipes are suitable for just about any diet or are easily adaptable.

I only endorse products or services that I personally have experience with, and my readers know they can trust the information I provide.

Oh Sweet Mercy believes in the power of partnership

I am very blessed to be connected with a super talented group of fellow THM bloggers. We regularly share each other's content and promote reviews and giveaways because we know together we can reach even more THMs with valuable information to help them succeed on their Trim Healthy Mama Journey.

A Home With Purpose, Briana Thomas, Joy Filled Eats, Mrs Criddle's Kitchen, Nana's Little Kitchen, and Wonderfully Made and Dearly Loved are just a few of the great THM bloggers I partner with.

Ready to partner with Oh Sweet Mercy?

I'm excited to work with you! To begin sponsorship with *Oh Sweet Mercy*, please contact Dawn at ohsweetmercyblog@gmail.com.

Quarterly Stats

1st quarter 2017

monthly average
google analytics

sessions	27,245
users	21,357
pageviews	33,612

Social Media Stats

Pinterest	4,916 followers
Facebook	2,872 fans
Instagram	563 followers
Twitter	439 followers
YouFood	10.9K followers

Contact me for most recent stats