

Smoothie Bowls

Ingredients:

- 1 Banana
- 1 Cup of Frozen Mixed Berries

Add ins:

- Honey
- Granola
- Chocolate Chips
- Chia Seeds
- Shredded Coconut

Equipment:

- Blender
- Butter Knife
- Cutting Board
- Small Bowl
- Spoons

Instructions:

1. Add frozen berries and banana (cut up) to a blender and blend on low until small chunks are formed.
2. Add milk and blend on low until mixture is a thick smooth consistency.
3. Scoop into bowls, add toppings, and enjoy!

Mozzarella Sticks

Ingredients:

- 8 String Cheese Sticks
- 1/4 Cup of All Purpose Flour
- Two Large Eggs
- 1 cup Bread Crumbs
- 1 TSP Italian Seasoning
- 1/2 TSP Garlic Powder
- 1/2 TSP Kosher Salt
- 1/4 TSP Black Pepper
- 2 TBSP Olive Oil

Equipment:

- Air Fryer
- Whisk
- Tongs
- Parchment Paper
- 3 Bowls
- Fork

Instructions:

1. Preheat the Air Fryer to 390 degrees.
2. Unwrap and cut the mozzarella sticks in half.
3. Add flour to a bowl
4. Whisk eggs together in second bowl
5. Combine breadcrumbs, Italian seasoning, garlic powder, salt, and pepper in a third bowl.
6. Put mozzarella sticks in flour, then dunk in the beaten eggs, then roll in the

breadcrumb mixture.

7. Air Fry mozzarella sticks for 6-7 minutes

8. Make marinara sauce while they fry.

9. Enjoy!!

Marinara Sauce

Ingredients:

- 1 (28 oz) Can Crushed Tomatoes
- 1TBSP Olive Oil
- $\frac{3}{4}$ TSP Salt
- 1 Garlic Clove
- Pinch of Black Pepper
- $\frac{1}{4}$ TSP Dried Oregano

Equipment:

- Medium Bowl
- Fork
- Measuring Spoons

Instructions:

1. Dump tomatoes into a medium bowl.
2. Add in oil, salt, garlic, oregano, and black pepper and mix until everything is incorporated.
3. Enjoy!!

French Fries

Ingredients:

- 2 Potatoes sliced into $\frac{1}{4}$ in sticks
- Olive Oil
- Pinch of Salt

Equipment:

- Air Fryer
- Bowl
- Tongs

Instructions:

1. Preheat the Air Fryer to 380 degrees.
2. Drizzle potatoes with olive oil, sprinkle with salt, and toss to coat.
3. Place potatoes in an air fryer in a single layer.
4. Air fry for 12-15 minutes, flipping half way, or until crispy.
5. Make CFA sauce.
6. Enjoy!!

Chick fil a Sauce

Ingredients:

- 1/4 cup honey
- 2 TBSP mustard
- 1/4 cup BBQ Sauce
- 1TBSP Lemon Juice
- 1/2 cup Mayonnaise

Equipment:

- Bowl
- Fork

Instructions:

1. Mix all ingredients together.
2. Enjoy!!

Oreo Balls

Ingredients:

- 12 Oreos
- 1/3 Package Cream Cheese
- 5oz Melted Chocolate

Equipment:

- 2 Bowls
- Food Processor
- Measuring Spoons
- 2 Spoons

Instructions:

1. Blend the oreos in the food processor into fine crumbs.
2. Add cream cheese and pulse in bursts until well combined.
3. Scoop mixture out (about one tablespoon at a time), and form into balls on a cookie sheet.
4. Place oreo balls in the freezer for 15 minutes.
5. Melt chocolate in 10 sec intervals (so it doesn't burn).
6. Dip oreo balls in melted chocolate and use a spoon to pour chocolate over the top, then lift and allow excess chocolate to run off.
7. Return to the baking sheet and allow them to set.
8. Enjoy!!

Tiramisu

Ingredients:

- 1 Package of ladyfingers
- 1/4 cup unsweetened cocoa powder
- 1/3 cup granulated sugar
- 1 1/2 cups heavy whipping cream
- 8oz container of mascarpone cheese
- 1 tsp vanilla extract
- 1 cup brewed DECAF coffee
- Large bowl
- 1 tsp
- 1/4 cup
- 1/2 cup
- 1 cup
- Individual cups

Equipment:

- Stand mixer with whisk attachment
- Bowl
- Spatula

Instructions:

1. Carefully cut the ladyfingers into bite-sized pieces, place them in a small dish, and set aside.
2. Pour the heavy cream into the mixing bowl of a stand mixer fitted with the whisk attachment, and begin whipping the cream on medium speed. Gradually pour the sugar and vanilla into a separate bowl and continue mixing until stiff peaks form. (Be careful not to over-whip, or the heavy cream tends to curdle.)

3. Remove the mixing bowl from the stand and, using a spatula, gently fold in the mascarpone cheese until completely combined.
4. Dip the bite-sized ladyfingers in coffee and place two or three pieces in the bottom of each cup.
5. Spoon a layer of the mascarpone mixture over the coffee-soaked ladyfingers and smooth it out with the back.
6. Add a few more lady finger pieces (dipped in the coffee) on top of the cream mixture.
7. Fill the rest of each cup with the remaining mascarpone cream and, using a flat knife, smooth out the cream evenly at the top of the rim of each glass.
8. Dust the top of each glass with a generous layer of cocoa powder. Place the filled glasses on a small baking tray, cover with plastic wrap, and refrigerate for as long as possible.

<https://mostlovelythings.com/easy-tiramisu-italian-dessert/print/84263/>

Easy Guacamole

This easy guacamole recipe is quick and simple to make. Great with tortilla chips or as a topping for

Prep Time: 10 mins

Additional Time: 30 mins

Total Time: 40 mins

Servings: 16

Yield: 2 cups

Ingredients

2 ripe avocados, peeled and pitted

1 small onion, finely chopped

1 ripe tomato, chopped

1 clove garlic, minced

1 lime, juiced

salt and pepper to taste

Directions

Step 1 Gather all ingredients.

Step 2 Mash avocado in a medium serving bowl.

Step 3 Stir in onion, tomato, and garlic.

Step 4 Season with lime juice and salt and pepper to taste

Step 5 Cover and chill guacamole for 30 minutes to allow flavors to blend

Best Salsa Recipe

How To Make Delicious Salsa: Secrets of making the Best Homemade Salsa Recipe! This restaurant style salsa recipe is loaded with flavor, has an amazing texture, and a secret ingredient.

Prep Time 5 mins Total Time
5 mins

Equipment

Food processor

Ingredients

4 ripe tomatoes, cored and quartered

1 red onion, peeled and quartered

3 garlic cloves, peeled

3 jalapenos, stemmed and seeded (you can substitute 1-2 habanero or serrano peppers.)

1/3 cup fresh cilantro

3 tablespoons fresh lime juice

2-3 teaspoons ground cumin

2-3 teaspoons sugar (optional)

1 1/2 teaspoons salt

15 ounces crushed San Marzano tomatoes (1 can)

4.5 ounces diced green chiles, mild, medium, or hot (1 can)

Instructions

1. Place the fresh tomatoes, onion, garlic, peppers, cilantro, lime juice, 2 teaspoons cumin, 2

teaspoons sugar (if using), and salt in a food processor. Pulse until the contents are fine and well blended.

2. Pour in the crushed tomatoes and green chiles. Puree until mostly smooth. Taste, then add more cumin and sugar if desired. Refrigerate until ready to serve.