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Breakfast

Hearty Veggie Breakfast Burrito

Ingredients:

- 1 zucchini
- 1 squash
- 12 cherry tomatoes
- 4 eggs
- 1 cup shredded cheese
- 2 avocados
- 4 tortillas
- Salsa
- Olive oil
- Salt
- Pepper

Instructions:

1. Slice zucchini and squash into half-circles and cut cherry tomatoes in half.
2. Sauté zucchini and squash in olive oil until soft, then add cherry tomatoes.
3. Season with salt and pepper. Beat eggs in a separate small bowl and add into pan once tomatoes are wilted.
4. Stir ingredients together in pan. Once eggs are almost set, add cheese and salsa and stir until eggs are just cooked.
5. Spoon into tortilla, add avocado and wrap.
Baked Egg in An Avocado

**Ingredients:**

1 avocado  
1 egg  
Salt and pepper to taste

**Instructions:**

1. Preheat oven to 425°F.  
2. Slice avocado in half.  
3. Scoop out pit to create hole for the egg.  
4. Place avocado in a small baking cup.  
5. Line with tinfoil for minimal clean-up.  
6. Crack the egg into the hole. Bake for 15-20 minutes.  
7. Season with salt and pepper, or seasoning of your choice.  
8. If you have them, sprinkle chopped scallions on top.
Baked Oatmeal Bar

Ingredients:

- 2 cups uncooked quick-cooking oats
- 1/2 cup packed brown sugar
- 1/3 cup raisins
- 1 tablespoon chopped walnuts
- 1 teaspoon baking powder
- 1 1/2 cups fat-free milk
- 1/2 cup applesauce
- 2 tablespoons butter, melted
- 1 large egg, beaten
- Cooking spray

Instructions:

Preheat oven to 375°.
Combine the first 5 ingredients in a medium bowl.
Combine the milk, applesauce, butter, and egg.
Add milk mixture to oat mixture; stir well.
Pour oat mixture into an 8-inch square baking dish coated with cooking spray.
Bake at 375° for 20 minutes.
Serve warm.
Feel Good Favorites

Hearty Black Bean Quesadilla

Ingredients:

- 1 (15 oz.) can black beans
- 1 cup frozen corn kernels
- ½ small red onion
- 1 clove garlic
- ¾ bunch fresh cilantro
- 2 cups shredded cheese
- taco seasoning to taste
- 10 taco sized tortillas

*Serves: 10

Instructions:

1. Drain the can of beans and rinse lightly.
2. Place the beans in a large bowl along with the corn (no need to thaw).
3. Rinse the cilantro, remove the leaves, and chop roughly.
4. Dice the onion and mince the garlic.
5. Add the cilantro, onion, garlic, and shredded cheese to the bowl with the beans and corn.
6. Mix up a batch of taco seasoning and add to the bowl.
7. Stir everything until evenly mixed.
8. Place a half cup of the filling on one side of each tortilla and fold over.
9. Cook in a skillet on both sides over medium heat until brown and crispy and the cheesy filling has melted.
Homemade Baked Mac and Cheese

Ingredients:

1 ½ cup Elbow Macaroni
1 ½ tbsp. Butter
1 ½ tbsp. Flour
1 ½ cup Milk
10 oz. Extra Sharp Block Cheddar Cheese
½ cup Ritz Crackers (crushed)

Instructions:

1. First, preheat your oven to 350 degrees.
2. Then, bring a regular sized saucepan with 3-4 inches of water to boil.
3. Boil the macaroni in a regular for about 10 minutes, and then drain - do not rinse - and place into a casserole dish of any size. Set aside. In an additional small saucepan, melt the butter on medium heat.
4. Once melted, add the flour and milk into the pan and stir constantly on medium heat until thickened.
5. This should take about 8 minutes. Lower the heat, and cut the cheese into small-sized cubes.
6. The smaller cubes increase the overall surface area of the cheese, and allow it melt substantially faster.
7. Add the cheese cubes into the already heated mixed, and cook while stirring until fully melted.
8. Once melted, pour the cheese mixture into the casserole dish with the macaroni and stir.
9. Try to ensure that all of the noodles have been adequately covered in cheese.
10. For a delicious yet optional garnish, sprinkle Ritz cracker crumbs on top of the macaroni and cheese.
11. Finally, place the casserole dish into oven and bake at 350 degrees for about 20 minutes, or until the cheese is bubbly.
12. Use a pot holder to carefully remove the casserole dish from the oven, and let sit, allowing it to cool, for 3-5 minutes.
13. Plate and enjoy!
Burrito Bowl

**Ingredients:**

- 1 cup cooked brown rice
- 1/2 cup black beans, drained and rinsed
- 2-3 tablespoons salsa, or to taste
- 1 tablespoon plain Greek yogurt
- 1 tablespoon shredded cheddar or Mexican-blend cheese
- diced avocado
- meat of choice (optional)

**Instructions:**

1. Prepare brown rice according to package instructions.
2. In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese.
3. Microwave on high for 30-60 seconds, or until heated through.
4. Top with sliced avocado, diced tomato, guacamole, pico de gallo, crushed tortilla chips, or other desired toppings.
One-pot Wonders

Southwest Chicken Skillet

Ingredients:

1 cup uncooked long grain white rice
1 cup salsa
1.5-2 cups precooked shredded chicken
1 (15 oz.) can black beans
1 (15 oz.) can corn
1 Tbsp. chili powder
1¾ cups chicken broth
1 cup shredded cheese
2-3 green onions, sliced

Instructions:

1. In a large skillet, combine the rice, salsa, chicken, black beans (drained), chili powder, and chicken broth.
2. Stir until everything is evenly combined.
3. Place a tight fitting lid on the skillet, turn the heat on to high, and let the skillet come to a full boil.
4. As soon as the skillet comes to a boil, turn the heat down to low and let it simmer for 30 minutes.
5. Make sure it is simmering the entire time, turning the heat up slightly if needed (you should be able to hear it simmer quietly).
6. After 30 minutes, turn off the heat, remove the lid, and fluff the mixture with a fork.
7. All of the liquid should be absorbed and the rice should be tender.
8. Sprinkle 1 cup of shredded cheese over top, replace the lid, and let it sit for a few minutes, or until the cheese is melted. Meanwhile, slice the green onions.
9. Sprinkle the green onions over the melted cheese and serve hot.
Rose Chicken with Broccoli

Ingredients:

1 oz (1-2 tablespoons) olive oil
1-5 oz. chicken breast
1 tablespoon fresh thyme, roughly chopped
½ tablespoon minced garlic
½ teaspoon light chili powder
1 teaspoon salt
½ teaspoon pepper
3 oz. broccoli florets
1 teaspoon garlic
½ oz. (1 tablespoon) butter
3 oz. chopped (canned) tomatoes
4 oz. heavy cream
1 teaspoon salt
½ teaspoon pepper

Instructions:

1. Combine olive oil, fresh thyme, minced garlic, chili powder, salt and pepper in a bowl.
2. Add chicken breast and coat evenly with spices.
3. In hot sauté pan, heat oil and brown chicken breast on both sides until internal temperature hits 165 degrees (about 4 minutes on each side).
4. After chicken is done cooking, remove from pan and allow to rest.
5. Using the same pan add butter, garlic and broccoli florets, sauté for 45 seconds.
6. Add diced tomatoes and heavy cream to pan.
7. Reduce heat and bring to a simmer.
8. Add salt and pepper to taste.
9. Serve broccoli and tomato mixture over the chicken
Chicken Sausage and Broccoli Penne

**Ingredients:**

- 2 quarts water
- 8 ounces uncooked multigrain penne pasta
- 1 pound chopped broccoli
- 1 tablespoon olive oil
- 2 (3-ounce) smoked chicken sausages OR Chicken Breast
- 1/2 teaspoon freshly ground black pepper
- 1/8 teaspoon kosher salt
- 1 1/2 tablespoons fresh lemon juice
- 2 ounces Romano cheese, grated (about 1/2 cup)

**Instructions:**

1. Bring 2 quarts water to a boil in a large saucepan.
2. Add pasta; cook 7 minutes.
3. Add broccoli; cook 2 minutes.
4. Drain pasta mixture, reserving 2/3 cup cooking liquid; keep pasta warm.
5. Heat a large skillet over medium heat.
6. Add oil to pan; swirl to coat.
7. Add sausage to pan; cook 6 minutes or until browned, stirring occasionally.
8. Add 2/3 cup reserved pasta water, pasta mixture, pepper, and salt to pan; bring to a boil.
9. Cook 2 minutes or until slightly reduced.
10. Stir in juice, and sprinkle with cheese.
One Pot Cilantro Lime Chicken

Ingredients:

4 boneless skinless chicken breasts pounded to ½ inch thickness
2 tablespoons butter
1 cup uncooked brown rice
2 teaspoons minced garlic
2 ¼ cups chicken broth
½ cup loosely packed cilantro leaves, roughly chopped
juice of 3 limes
¼ teaspoon salt
¾ teaspoon black pepper

Instructions:

1. Add butter to a large skillet (one that has a lid) and melt over medium heat.
2. Once butter is melted, add chicken and cook 1-2 minutes on each side just until lightly browned.
3. Transfer chicken to a plate.
4. Add rice and garlic to pan and stir over medium heat for 1-2 minutes until garlic is fragrant.
5. Add chicken broth, lime juice, and cilantro. Place chicken on top of the rice.
6. Reduce heat to medium-low, cover and cook 25 minutes or until rice is fully cooked and liquid is absorbed.

Optional sauce:
1 avocado
juice of 1 lime
¼ cup milk
handful of cilantro
¼ teaspoon garlic powder
Salt to taste

*While chicken and rice are cooking, make the sauce. Add all ingredients to a food processor or blender and pulse until smooth. Add more lime juice or a little more milk if needed until pourable. Drizzle sauce over chicken and rice. Sprinkle with additional cilantro if desired and serve.
Sandwiches

Bacon Guacamole Grilled Cheese

Ingredients:

2 slices of bread
2 slices bacon (try with turkey bacon)
1 tablespoon butter, room temperature
1/2 cup shredded cheese of your choice
4 tablespoons avocado

Instructions:

1. Cook the bacon and set it aside on a paper towel to drain (or if turkey bacon, cook in microwave for about 3 minutes). Butter one side of each slice of bread.
2. Then, sprinkle half of the cheese onto the unbuttered side of one slice of bread followed by the guacamole and bacon.
3. Top with the remaining cheese and place the remaining slice of bread on top with the buttered side up.
4. Grill over medium heat until the edges of the sandwich are golden brown and the cheese has melted (about 2-3 minutes per side).
Buffalo Chicken Wraps

**Ingredients:**

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 1 pound skinless, boneless chicken breasts, cut into bite-size pieces
- 1/4 cup hot sauce
- 10 inch flour tortillas
- 2 cups shredded lettuce
- 1 celery stalk, diced
- 1/2 cup blue cheese dressing

**Instructions:**

1. Heat the vegetable oil and butter in a large skillet over medium-high heat.
2. Place the chicken in the pan; cook and stir until the chicken is no longer pink in the center and the juices run clear, about 10 minutes.
3. Remove the pan from the heat.
4. Pour the hot sauce over the cooked chicken and toss to coat.
5. Lay out the flour tortillas and divide the chicken evenly among the tortillas.
6. Top the chicken with lettuce, celery, and blue cheese dressing.
7. Fold in the sides of the tortilla and roll the wrap burrito-style.
Microwave Quiche

Ingredients:

1-2 eggs
Seasonings to taste (chili, onion, garlic, rosemary, thyme; dried or fresh; salt and pepper)
Vegetables of choice (peppers, broccoli, onion, spinach)
Shredded cheese of choice
Meat of choice (bacon, sausage, ham), optional

Instructions:

1. Place vegetables, seasonings, and other ingredients in a microwave safe container.
2. Crack egg(s) and add to the mixture.
3. Scramble eggs using a fork, ensuring ingredients are combined.
4. Microwave for about 1 ½ minutes.
Muffin in a Mug

**Ingredients:**

¼ cup muffin mix:  
1 cup wheat flour  
1 tsp teaspoons baking powder  
½ tsp salt  
¾ cup brown sugar  
½ tsp cinnamon  
1/8 tsp ground cloves  
1/8 tsp ground allspice  
2 tbsp smashed fruit of choice  
1-2 tbsp water

**Instructions:**

1. Place muffin ingredients in mug.
2. Microwave for 1-2 minutes.
The Pepperoni Pizza Wrap

Ingredients:

- 1 medium flour tortilla wrap
- 2 tablespoons pizza sauce
- 1 stick string cheese
- 6 slices pepperoni
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder

Instructions:

1. Place the wrap on a microwave-safe plate.
2. Pull apart the string cheese into even pieces.
3. Spread the pizza sauce over the tortilla, followed by the cheese and pepperoni slices.
4. Season the pizza as desired before wrapping it like a burrito.
5. Microwave for 30 seconds.
Cinnamon Sugar Tortilla Delight

**Ingredients:**
- 1 (10 inch) flour tortilla
- 2 teaspoons butter-flavored spread
- 1 1/2 tablespoons cinnamon sugar

**Instructions:**
1. Spread tortilla with butter-flavored spread; sprinkle with cinnamon sugar.
2. Roll into a tube shape, then place on a microwave safe plate.
3. Microwave on High for 30 seconds to warm.
Breakfast Casserole

Ingredients:

1 pound hot ground pork or turkey sausage
1 30 oz. package hash browns
1 ½ tsp salt
1 tsp pepper
1 cup shredded cheese
6 large eggs
2 cups milk

Instructions:

1. Cook sausage in large skillet over medium-high heat until no longer pink & then drain well.
2. Prepare hashbrowns according to package directions.
3. Mix together sausage, hashbrowns, and cheese.
4. Lightly grease 13x9 in baking dish and place hashbrown, sausage, and cheese mixture evenly in bottom.
5. Whisk together eggs, milk, salt, & pepper and pour evenly over the potato mixture.
Pasta Casserole

Ingredients:

1 pound package penne pasta
1 pound ground beef
Italian Sausages (optional)
2 cups shredded mozzarella cheese
½ cup parmesan cheese
1 large jar pasta sauce
Vegetables optional (spinach, peppers, onion)

Instructions:

1. Cook penne pasta & drain.
2. Cook ground beef & drain.
3. Cook Italian sausages & slice.
4. Mix together pasta, beef, sausage, mozzarella, parmesan, & pasta sauce.
5. Place evenly in greased 9x13 in baking dish & top off with light mozzarella.
6. Bake at 375° for 20-30 min
**Hamburger Casserole**

**Ingredients:**

- 1 lb. box medium shells
- 1 lb. ground beef, cooked with garlic, onion, salt and pepper to taste
- 2 cans tomato soup
- 1 cup cheddar cheese
- 1 cup mozzarella cheese

**Instructions:**

1. Cook noodles according to package directions.
2. Drain.
3. After browning beef, add 2 cans tomato soup to the frying pan (with the hamburger). Add 1/2 cup water.
4. Stir and cook over medium heat for 3 minutes.
5. Pour noodles in a greased 9x13 baking dish.
6. Pour beef mixture over noodles and stir.
7. Sprinkle cheese over casserole and cover with foil.
8. Bake in a 375° oven for 20 minutes.
9. Remove foil and bake for 10 minutes longer.
10. *Can bake under broiler for 3-5 minutes to brown cheese, if desired*
Cold Classics

Greek Orzo Salad

Ingredients:

1 lb. orzo pasta  
3 tablespoons olive oil  
1 cup crumbled feta cheese  
1/2 hothouse English cucumber, cut into 1” pieces  
1 small red onion, cut into 1” pieces  
1 pint cherry tomatoes, halved  
Spinach, chopped  
4 tablespoons lemon juice  
2 teaspoons salt  
1 teaspoon black pepper  
Shrimp (optional)

Instructions:

1. Bring a large pot of heavily salted water to a boil.  
2. Add the orzo and cook according to the package instructions.  
3. Drain thoroughly, add to a large bowl, and pour over the reserved dressing.  
4. Toss to combine and let sit to the side to cool to room temperature.  
5. Preheat the oven to 425 degrees F.  
6. Spread shrimp on a sheet pan.  
7. Roast for 6-7 minutes until the shrimp just turns pink.  
8. Remove to a plate and allow to cool.  
10. To the cooled orzo, add the cucumber, red onion, cherry tomatoes, olives, feta cheese, spinach, and shrimp.  
11. Toss to combine. Drizzle olive oil and lemon juice.  
12. Finish with salt and pepper and toss until combined.  
13. Serve and enjoy.
Pesto Garbanzo Bean Salad

Ingredients:

1 can (15 ounces) chickpeas, rinsed and drained
1/3 cup basil pesto
1/2 cup kale, finely shredded
1/2 cup cherry tomatoes, chopped in half

Instructions:

1. Toss chickpeas, kale, and cherry tomatoes together.
2. Coat with pesto.

*Optional*:

1. Roast chickpeas and tomatoes.
2. Line a cookie sheet with tin foil.
3. Place the chickpeas on one half and the cherry tomatoes on the other half.
4. Toss each side with olive oil and salt and pepper.
5. Place in a 500 degree oven for about 10 minutes until golden, tossing after five minutes of roasting time.
**Greek Yogurt Chicken Salad**

**Ingredients:**

2 cups leftover or pre-cooked chicken  
1/2 cup diced red onion  
1/2 cup diced apple  
1/2 cup grapes, halved  
1/4 cup dried cranberries  
1/4 cup slivered almonds  
1/2 cup plain Greek yogurt  
1 tablespoon freshly squeezed lemon juice (or more, to taste)  
1/2 teaspoon garlic powder

**Instructions:**

1. In a large bowl, combine:

   - Chicken
   - Red onion
   - Apple
   - Grapes
   - Dried cranberries
   - Sliced almonds
   - Greek yogurt
   - Lemon juice
   - Garlic powder
   - Salt and pepper, to taste.
On-The-Go

Mason Jar Yogurt Breakfast Parfait

Ingredients:
6-oz. vanilla Greek yogurt (or flavor of your choice)
1/2 cup Maple granola
1/4 cup strawberries (or fruit of your choice)
1/4 cup blueberries (or fruit of your choice)
1/2 pint mason jar

Instructions:
2. Spoon 2 tablespoons of yogurt into the bottom of the jar, then pour 1/4 cup of granola on top of the yogurt.
3. Layer with berries (or fruit of our choice).
4. Next add another layer of yogurt and granola, followed by a layer of strawberries or fruit of your choice.
5. [*Fruit preserves can be used instead of fresh fruit*]
Overnight Oats

**Ingredients:**

- ¼ cup uncooked old fashioned rolled oats (quick oats also work)
- ¼ cup plain Greek yogurt (regular yogurt works too)
- ¼ - ⅓ cup milk
- 1 ½ tsp chia seeds
- ¼ tsp vanilla (optional)
- Sweetener of your choice
- Fresh fruit

**Instructions:**

1. Place oatmeal in a small canning jar (or container)
2. Add in yogurt, milk, chia seeds, vanilla (optional)
3. Add preferred sweetener (brown sugar, honey, maple syrup, stevia, jam, etc.)
4. Stir up, then place in the refrigerator covered, to eat the next morning.
5. Add fresh fruit just before you eat.
Social Snackage

Pineapple and Black Bean Salsa

Ingredients:

1 can (15.5 ounces) black beans, rinsed and drained
1 1/2 cups chopped pineapple (canned or fresh)
1 jalapeno, stemmed, seeded, and minced
3 tablespoons finely chopped red onion
1/4 cup chopped fresh cilantro
1 tablespoon fresh lime juice
Coarse salt

Instructions:

1. In a medium bowl, combine black beans, pineapple, jalapeno, red onion, cilantro, and lime juice.
2. Season with salt & pair with your favorite tortilla chips
Nutella + Greek Yogurt Dip

Ingredients:

4 Tbsps Nutella (homemade or store bought)  
2 cups non-fat Greek yogurt  
2 lbs fresh organic strawberries, whole

Instructions:

1. In a medium mixing bowl, measure out the non-fat Greek yogurt, then add the Nutella.
2. Using a whisk, whip the two ingredients together vigorously for about 3 minutes, or until completely combined.
3. Serve immediately with strawberries, bananas, graham crackers, or your favorite dippers.
Zucchini Pizza Bites

Ingredients:

- 1 tablespoon olive oil
- 3 zucchini, cut into 1/4-inch thick rounds
- Kosher salt and freshly ground black pepper to taste
- 1/3 cup marinara sauce
- 1/2 cup shredded mozzarella
- Pepperoni or pepperoni minis
- 1 tablespoon Italian seasoning (optional)

Instructions:

1. Preheat oven to broil. Heat olive oil in a large skillet over medium high heat.
2. Working in batches, add zucchini and cook, flipping once, until golden, about 1-2 minutes on each side.
3. Season with salt and pepper, to taste.
4. Place zucchini rounds onto a large baking sheet.
5. Top each zucchini round with marinara, mozzarella and pepperoni.
6. Place into oven and cook until the cheese has melted, about 1-2 minutes.
7. Serve immediately, sprinkled with Italian seasoning, if desired.
**Sweet Potato Chips**

**Ingredients:**

- Cooking spray
- 1 (14-ounce) sweet potato, very thinly sliced, divided
- 1 teaspoon finely chopped fresh rosemary, divided
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper, divided

**Instructions:**

1. Cut a circle of parchment paper to fit a microwave-safe plate; coat parchment lightly with cooking spray.
2. Arrange one-fourth of the potato slices in a single layer on parchment.
3. Sprinkle evenly with 1/4 teaspoon rosemary, 1/8 teaspoon salt, and a dash of pepper.
4. Microwave at POWER LEVEL 9 for 4 minutes.
5. Check for crispness. Continue to cook at 30-second intervals until done.
6. Repeat procedure with remaining potato, rosemary, salt, and pepper.
7. Serve with your favorite dip.
Black Bean Dip

**Ingredients:**

1 can black beans
½ can green chilies
⅛ tsp cayenne
⅛ tsp cumin
Salt to taste
Pepper to taste

**Instructions:**

1. Open can of black beans and drain liquid.
2. Place beans in bowl and mash until only slightly chunky.
3. Add chilies, spices, salt, and pepper.
4. Mix well and serve.
Beverages

Tropical Infused Water

**Ingredients:**

- Pitcher with lid
- Ice
- Water
- 1 ½ orange
- 2 strawberries
- 1 small lemon
- 1 small lime
- Mint

**Instructions:**

1. Fill pitcher ¾ full with water.
2. Add 2 cups of ice.
3. Slice oranges, lemon, strawberries, and lime into wedges and add to pitcher.
4. Add mint leaves.
5. Stir Mixture & let sit for 30 mins.
6. When ready to serve, pour over ice.
Fruity Sparkling Water

**Ingredients:**

1 tablespoon lemon juice  
1 cup strawberries (leaves cut off)  
Sparkling water of choice  
Ice  
Mint

**Instructions:**

1. Blend the strawberries until smooth.
2. Put blended strawberry through a strainer and catch all the juice in glass with ¼ ice, and discard whatever doesn’t make it through the strainer.
3. Add lemon juice and mint leaves to taste to glass with ice and strained strawberry.
4. Lastly top off glass, to taste, with sparkling water of choice

*Try with other fruits such as: oranges, berries, pineapple, watermelon*
Smoothies

Peanut Butter Banana

**Ingredients:**

- 2 frozen bananas
- 2 tablespoons natural peanut butter
- 1 cup milk (can use nut or soy)
- 1/2 cup plain Greek yogurt
- Honey to taste
- *Ice (optional)

**Instructions:**

1. Blend all ingredients in blender until smooth, add to cup or glass, and enjoy
Strawberry Banana

**Ingredients:**

- 1 frozen banana  
- 1/2 cup frozen strawberries  
- 1 cup milk (can use nut or soy)  
- 1/2 cup plain Greek yogurt  
- Honey, to taste  
- *Ice (optional)*

**Instructions:**

1. Blend all ingredients in blender until smooth, add to cup or glass, and enjoy
**Mocha Delight**

**Ingredients:**

1 frozen banana  
1 cup strong-brewed coffee  
1 tablespoon unsweetened cocoa powder  
1/2 cup plain Greek yogurt  
Honey, to taste  
*Ice (optional)*

**Instructions:**

1. Blend all ingredients in blender until smooth, add to cup or glass, and enjoy.