



# Cooking School

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## Recipe: Green Smoothie

### Ingredients

- Solid Base
  - 1 orange
  - ½ c baby kales
  - ½ c frozen pineapple
  - ¼ tsp lemon rinds
- Liquid Base
  - 1 c Ice
  - 1 c water

*Note: This food sampling is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. This is best consumed within 24 hours.*

### Instruction

1. Using a high speed blender, blend together all the ingredients. Serve immediately



## Recipe: Chia Seed Pudding

### Ingredients

- Fillers
  - 6 Tablespoons of Chia Seeds
  - 16 oz ( 2 cups) 80 calories coconut milk
  - 1 teaspoon vanilla extract
  - 1-2 Tb honey or maple syrup

*Note: This food sampling is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. This is best consumed within 24 hours.*

### Instruction

1. Using a medium bowl, mix 6 tablespoons of chia seeds with 2 cups of coconut milk and 1 teaspoon of vanilla extract together. Mix well to make sure there is no lumps of the chia seeds. Add some honey to taste ( 1-2 Tb.)
2. Pour the mixture into a mason jar or an empty spaghetti jar. Close the cap and shake it well.
3. Let it sit for 2 hours. Serve with chopped fruits on top ( e.g. strawberries and blueberries and mango)



## Recipe: Blueberry Coconut Smoothie

### Ingredients

- Solid Base
  - 1 lb. frozen blueberries
  
- Liquid Base
  - 3 cups 80 calories coconut milk
  - Optional: ½ cup coconut vanilla ice cream

*Note: This food sampling is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. This is best consumed within 24 hours.*

### Instruction

1. Using a high-speed blender, blend together all the ingredients. Serve immediately



## Recipe: Ambrosia Salad

### Ingredients

- small can of pineapple tidbits, drained the liquid and rinse with water
- 1 small can of mandarin oranges, drained the liquid and rinse with water
- ½ cup apple, chopped in dime size
- ½ cup grapes, sliced into halves
- ½ cup miniature marshmallow
- 2/3 c light sour cream or plain yogurt
- Optional: 1-2 Tablespoons shredded coconuts or chopped nuts

*Note: This food sampling is highly perishable, so always prepare and serve them as soon as possible for optimal freshness and flavor. This is best consumed within 24 hours.*

### Instructions

1. In a medium bowl, mix all the fruit together
2. Add marshmallow.
3. Mix in sour cream or plain yogurt. Mix well
4. Top with 1-2 Tb shredded coconuts or chopped nuts if desired.