



Favorite recipes from SAMLARC Members & Friends






Table of Contents

Appetizers	1
Entrees	5
Sides	11
Desserts	15
Surprises	19



EASY CAPRESE BITES

INGREDIENTS

- ½ cup balsamic vinegar
- 10 cherry or grape tomatoes, cut in half
- 10 oz mozzarella cheese, cubed (or mini mozzarella balls)
- 20 fresh basil leaves, cut in half if large
- ½ cup olive oil
- salt and pepper to taste

Shared by Sam L.

DIRECTIONS

1. **Bring balsamic vinegar to a boil in a saucepan, then simmer until reduced. Pour into a bowl and let cool.**
2. **Thread mozzarella pieces, basil leaves, and tomato halves onto toothpicks. Place on serving platter.**
3. **Drizzle balsamic reduction and oil over.**

Prep Time: 15 Min
Cook Time: 15 Min
Total Time: 30 Min
Servings: 8



ARTICHOKE SPINACH & GARLIC DIP

INGREDIENTS

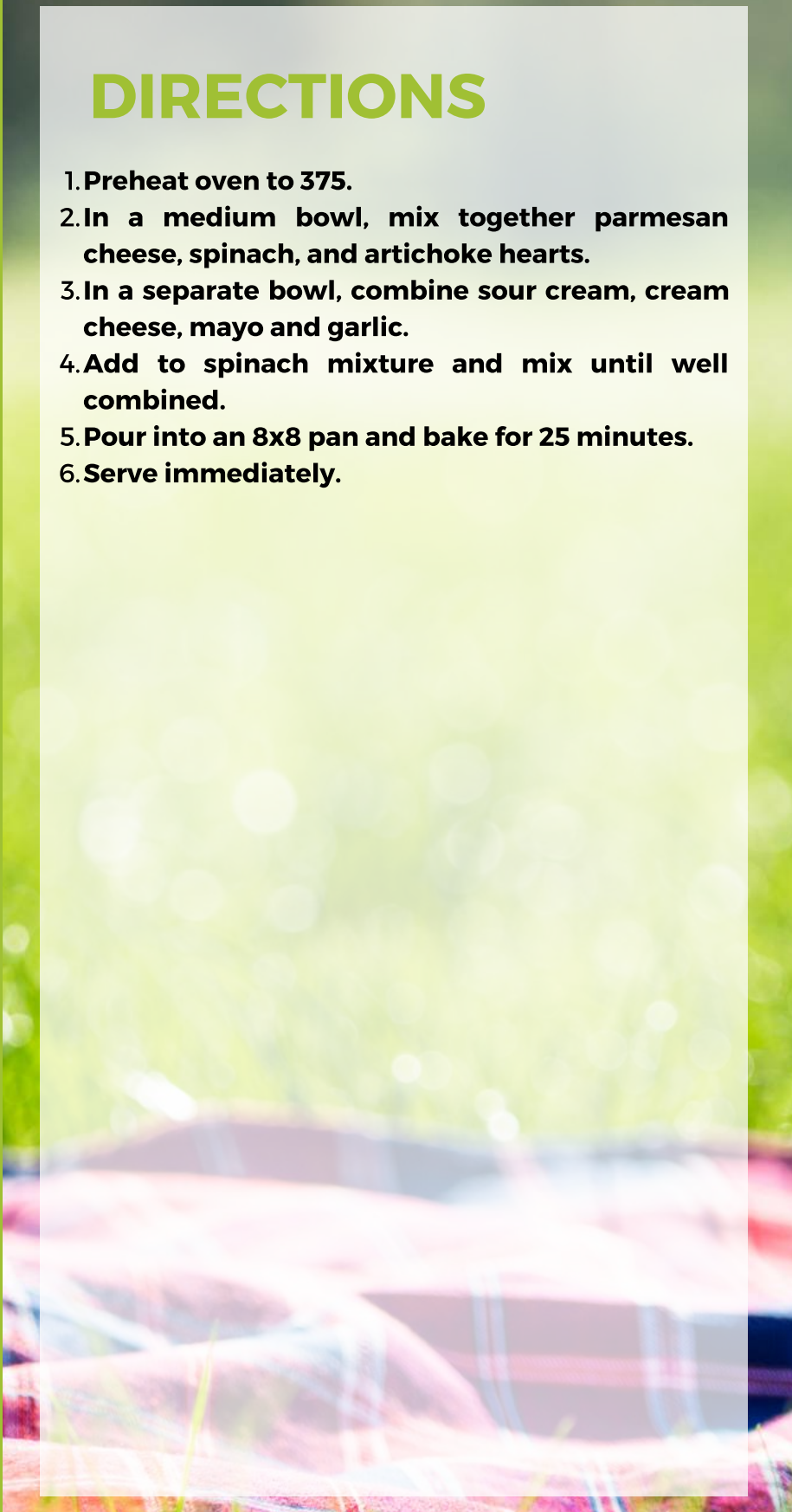
- 1, 14 oz can artichoke hearts
- 2 tsp garlic
- One 10 oz box frozen spinach
- 1/3 cup mayonnaise
- 8 oz cream cheese
- 2 cup parmesan cheese
- 2/3 cup sour cream

Shared by Deanna B.

DIRECTIONS

1. **Preheat oven to 375.**
2. **In a medium bowl, mix together parmesan cheese, spinach, and artichoke hearts.**
3. **In a separate bowl, combine sour cream, cream cheese, mayo and garlic.**
4. **Add to spinach mixture and mix until well combined.**
5. **Pour into an 8x8 pan and bake for 25 minutes.**
6. **Serve immediately.**

Prep Time: 5 Min
Cook Time: 25 Min
Total Time: 30 Min
Servings: 16





WATERMELON FETA & MINT SKEWERS

INGREDIENTS

- watermelon, cut into 1-inch cubes
- firm block of feta cheese, cut into 1/2 or 3/4-inch cubes
- mint leaves
- aged balsamic vinegar (not balsamic glaze)

Chef's Note:

Ingredients are not measured so that you can make as many or as few as you would like - we suggest making plenty, as this is a crowd pleaser!

Shared by Carla G.

DIRECTIONS

1. Thread a piece of watermelon onto a skewer, followed by a mint leaf, cube of feta, another mint leaf, and a piece of watermelon. Repeat for each skewer.
2. Before serving, drizzle with balsamic vinegar. Can be chilled in the refrigerator for up to 1 hour if desired

Prep Time: 10 Min
Cook Time: 0 Min
Total Time: 10 Min
Servings: Make to scale





PIÑA COLADA SNACK MIX

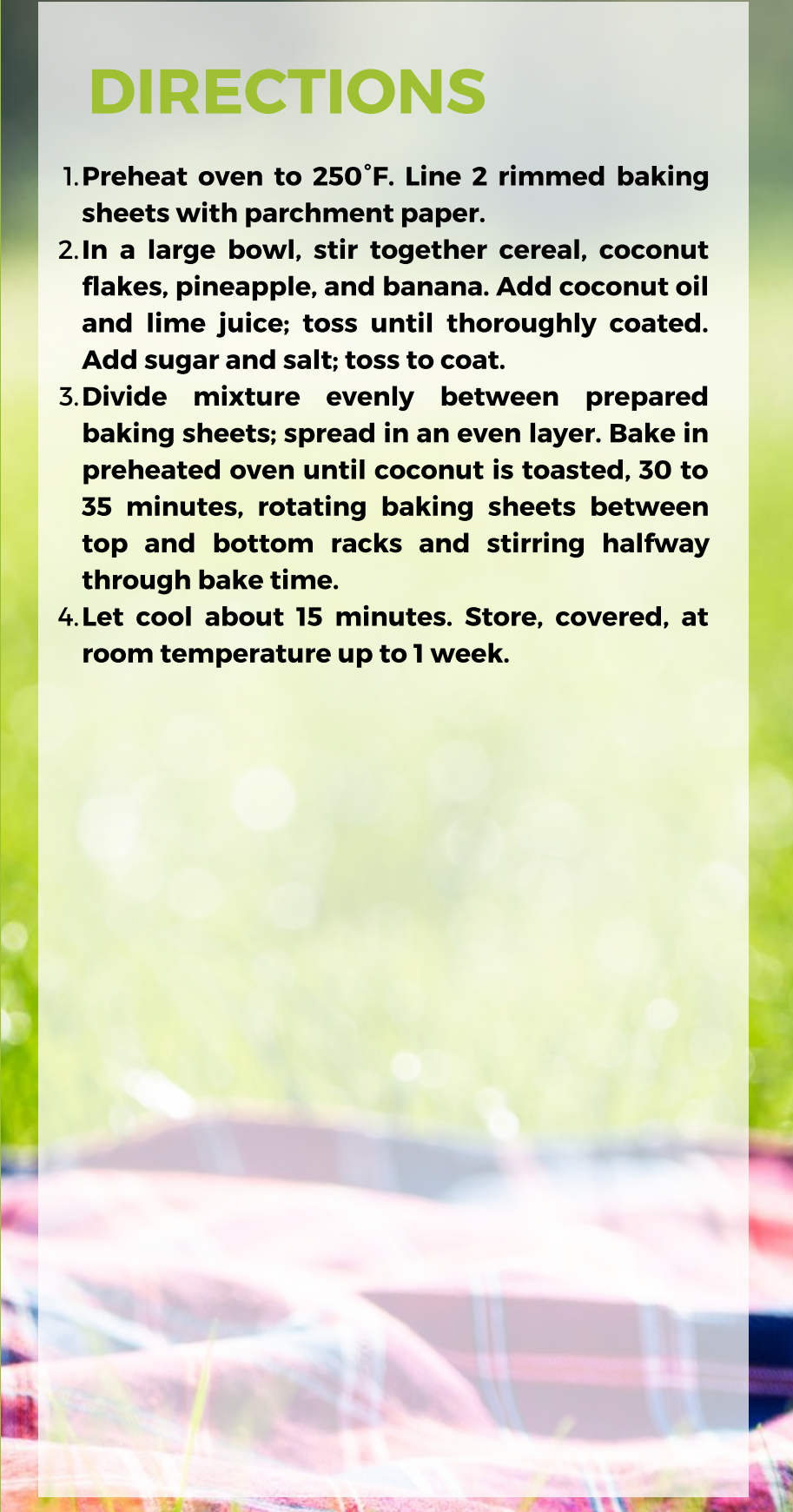
INGREDIENTS

- 6 cups Rice Chex
- 3 cups unsweetened coconut flakes
- 3 cups freeze-dried pineapple
- 2 cups dehydrated banana chips
- 1 cup dried mango
- 3/4 cup melted coconut oil
- 1/4 cup fresh lime juice (from 2 limes)
- 1/4 cup plus 1 Tbsp sugar
- 2 teaspoons kosher salt

Shared by Rick R.

Prep Time: 10 Min
Cook Time: 0 Min
Total Time: 10 Min
Servings: Make to scale

DIRECTIONS

1. **Preheat oven to 250°F. Line 2 rimmed baking sheets with parchment paper.**
 2. **In a large bowl, stir together cereal, coconut flakes, pineapple, and banana. Add coconut oil and lime juice; toss until thoroughly coated. Add sugar and salt; toss to coat.**
 3. **Divide mixture evenly between prepared baking sheets; spread in an even layer. Bake in preheated oven until coconut is toasted, 30 to 35 minutes, rotating baking sheets between top and bottom racks and stirring halfway through bake time.**
 4. **Let cool about 15 minutes. Store, covered, at room temperature up to 1 week.**
- 



SWEET & SPICY GRILLED SALMON & CELERY SLAW

INGREDIENTS

- 2 tablespoons hot sauce, such as Frank's
- 1 tablespoon packed dark brown sugar
- 1 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- 2 tablespoons light mayonnaise
- 1 tablespoon snipped chives
- 8 stalks celery, very thinly sliced in half moons on an angle
- 1/2 small red onion, very thinly sliced
- Four 5-ounce center-cut skin-on salmon fillets, about 1-inch thick
- Kosher salt and freshly ground black pepper
- Vegetable oil, for oiling the grill

Shared by Pat W.

Prep Time: 10 Min

Cook Time: 1 Hr 45 Min

Total Time: 3 Hr 30 Mins

Servings: 4

DIRECTIONS

1. **Preheat an outdoor grill or grill pan on medium high.**
2. **Mix together the hot sauce, brown sugar, paprika and cayenne in a small bowl.**
3. **Transfer 1 tablespoon of the mixture to a large bowl and whisk in the mayonnaise; set aside the rest of the sauce.**
4. **Add the chives, celery and onions to the bowl with the mayonnaise and toss well to make the celery slaw.**
5. **Sprinkle the salmon with salt and pepper. Brush the grill grate lightly with oil.**
6. **Lay the salmon on the grill, skin-side up, and cook until distinct grill marks appear and the salmon releases easily from the grate, 2 to 3 minutes.**
7. **Turn and brush the fish with some of the reserved sauce. Continue to cook the fish, brushing the pieces periodically with the sauce, until the salmon fillets are glazed and just cooked through, 13 to 15 minutes more.**
8. **Transfer the fillets to individual plates and serve with the celery slaw.**



CHILI-LIME CHICKEN KABOBS

INGREDIENTS

- 3 tablespoons olive oil
- 1 ½ tablespoons red wine vinegar
- 1 lime, juiced
- 1 teaspoon chili powder
- ½ teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 pinch cayenne pepper to taste
- 1 pinch salt and freshly ground black pepper to taste
- 1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
- 1 lb assorted grilling vegetables, cut into 1/2 inch pieces (onions, bell peppers, pineapple, etc.)

Shared by Stephanie S.

Prep Time: 15 Min

Cook Time: 15 Min

Total Time: 1 Hr 30 Mins

Servings: 4

DIRECTIONS

1. In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper.
2. Place the chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.
3. Preheat the grill for medium-high heat. Thread chicken and vegetables onto skewers, and discard marinade.
4. Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.



ULTIMATE BBQ CHICKEN

INGREDIENTS

Brine:

- 2 quarts water
- 2 tablespoons kosher salt
- 1/4 cup brown sugar
- 2 garlic cloves, smashed with the side of a large knife
- 4 sprigs fresh thyme
- 6 chicken legs and thighs, still connected, bone in, skin on, about 10 ounces each

Sauce

- 1 slice bacon
- 1 bunch fresh thyme
- Extra-virgin olive oil
- 1/2 onion, chopped
- 2 garlic cloves, chopped
- 2 cups ketchup
- 1/4 cup brown sugar 1/4 cup molasses
- 2 tablespoons red or white wine vinegar
- 1 tablespoon dry mustard
- 1 teaspoon ground cumin
- 1 teaspoon paprika or smoked paprika if available
- Freshly ground black pepper

Shared by Pat W.

Prep Time: 15 Min

Brine/Cook Time: 3 Hr 15 Min

Total Time: 3 Hr 30 Mins

Servings: 6

DIRECTIONS

Brine

1. In a mixing bowl combine the water, salt, sugar, garlic, and thyme. Transfer the brine to a 2-gallon sized re-sealable plastic bag.
2. Add the chicken, close the bag and refrigerate 2 hours (if you've only got 15 minutes, that's fine) to allow the salt and seasonings to penetrate the chicken.

Sauce (make while chicken is brining)

1. Wrap the bacon around the bunch of thyme and tie with kitchen twine so you have a nice bundle.
2. Heat about 2 tablespoons of oil in a large saucepan over medium heat. Add the thyme and cook slowly 3 to 4 minutes to render the bacon fat and give the sauce a nice smoky taste.
3. Add the onion and garlic and cook slowly without coloring for 5 minutes.
4. Add the remaining ingredients, give the sauce a stir, and turn the heat down to low. Cook slowly for 20 minutes to meld the flavors. Once the sauce is done cooking, remove about 1 1/2 cups of the sauce and reserve for serving along side the chicken at the table. The rest of the barbecue sauce will be used for basting the legs.

(Continued on next page)



ULTIMATE BBQ CHICKEN (CONTINUED)

DIRECTIONS (CONTINUED)

Grill

1. **Preheat oven 375 degrees F. Preheat a grill pan or an outdoor gas or charcoal barbecue to a medium heat. Take a few paper towels and fold them several times to make a thick square. Blot a small amount of oil on the paper towel and carefully and quickly wipe the hot grates of the grill to make a nonstick surface.**
2. **Take the chicken out of the brine, pat it dry on paper towels. Arrange the chicken pieces on the preheated grill and cook, turn once mid-way, and cook for a total of 10 minutes.**
3. **Transfer the grill marked chicken to a cookie sheet and then place in the oven. Cook the chicken for 15 minutes, remove it from the oven and then brush liberally, coating every inch of the legs with the barbecue sauce and then return to the oven for 25 to 30 more minutes, basting the chicken for a second time half way through remaining cooking time.**
4. **Serve with extra sauce.**



BBQ BABY BACK RIBS

INGREDIENTS

- 2 racks baby back pork ribs (4 pounds)
- 2 tablespoons light brown sugar
- 1 tablespoon dry mustard
- 1 tablespoon paprika
- 1 teaspoon smoked paprika
- 1 teaspoon freshly ground black pepper
- 1 teaspoon garlic salt

Chef's Note: Make the Ultimate BBQ Sauce (next recipe) to baste the ribs.

Shared by Pat W.

Prep Time: 15 Min
Cook Time: 1 Hr 45 Min
Total Time: 3 Hr 30 Mins
Servings: 4

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Mix together the brown sugar, mustard, paprika, smoked paprika, black pepper and garlic salt together in a small bowl. Be sure to break up any lumps with your fingers. Reserve 1 tablespoon of rub in a small bowl for serving.
3. Remove the silver skin from the underside of the ribs by sliding your fingers under the thin membrane and pulling it off. Repeat with the second rack.
4. Rub the ribs with the seasoning on both sides. Place in a single layer in a large roasting pan and cover tightly with heavy-duty foil.
5. Place the roasting pan into the oven and bake until the ribs are tender, about 1 hour 15 minutes.
6. Preheat the grill to medium heat.
7. Grill the ribs on each side for 15 minutes, watching and flipping when necessary, for 30 minutes total.
8. Baste with Ultimate BBQ Sauce* the last 10 minutes. (The sauce goes on at the end because it is sugar based and you don't want to burn your ribs.)
9. Let the racks rest 5 minutes before slicing into individual ribs.
10. Sprinkle the cut ribs with the reserved dry rub and serve along with extra sauce.

*recipe on next page



ULTIMATE BBQ SAUCE

INGREDIENTS

- 1 tablespoon canola oil
- 2 tablespoons finely chopped onion
- 2 cups apple cider vinegar
- 1 1/2 cups ketchup
- 3/4 cup light brown sugar
- 3 tablespoons Dijon mustard
- 1 tablespoon Worcestershire sauce
- 2 teaspoons chili powder
- 1 teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper

Shared by Pat W.

Prep Time: 10 Min
Cook Time: 1 Hr 45 Min
Total Time: 3 Hr 30 Mins
Servings: 4

DIRECTIONS

1. Heat the oil in a medium saucepan over medium-high heat.
2. Add the onions and stir until softened.
3. Add the vinegar, ketchup, brown sugar, mustard, Worcestershire sauce, chili powder, cayenne pepper and some salt and black pepper to the saucepan and simmer on medium-low heat until thickened, about 35 minutes.



SUMMER FRUIT SALAD

INGREDIENTS

- 2/3 cup fresh orange juice
- 1/3 cup fresh lemon juice
- 1/3 cup packed brown sugar
- 1/2 teaspoon grated orange zest
- 1/2 teaspoon grated lemon zest
- 1 teaspoon vanilla extract
- 2 cups cubed fresh pineapple
- 2 cups strawberries, hulled and sliced
- 3 kiwi fruit, peeled and sliced
- 3 bananas, sliced
- 2 oranges, peeled and sectioned
- 1 cup seedless grapes
- 2 cups blueberries

Shared by Sam L.

Prep Time: 30 Min
Cook Time: 5 mins
Total Time: 3 Hr 30 Min
Servings: 10

DIRECTIONS

1. Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer until slightly thickened, about 5 minutes. Remove from heat, and stir in vanilla extract. Set aside to cool.
2. Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3 to 4 hours before serving.



CREAMY BAKED MAC & CHEESE

INGREDIENTS

- 1 lb. dried elbow pasta
- 1/2 cup unsalted butter
- 1/2 cup all purpose flour
- 1 1/2 cups whole milk
- 2 1/2 cups half and half
- 4 cups grated medium sharp cheddar cheese - divided (measured after grating)
- 2 cups grated Gruyere cheese - divided (measured after grating)
- 1/2 Tbsp. salt
- 1/2 tsp. black pepper
- 1/4 tsp. paprika

Shared by Rick R.

Prep Time: 20 Min
Cook Time: 15 mins
Total Time: 35 Min
Servings: 8

DIRECTIONS

1. Preheat oven to 325 degrees F and grease a 3 qt baking dish (9x13"). Set aside.
2. Bring a large pot of salted water to a boil, then add dried pasta and cook 1 minute less than the package directs for al dente. Drain and drizzle with a little bit of olive oil to keep from sticking.
3. Grate cheeses and mix together, then divide into three piles. Approximately 3 cups for the sauce, 1 1/2 cups for the inner layer, and 1 1/2 cups for the topping.
4. Melt butter in a large saucepan over MED heat. Sprinkle in flour and whisk to combine. Mixture will look like very wet sand. Cook for approximately 1 minute, whisking often.
5. Slowly whisk in about 2 cups of the milk/half and half until smooth. Slowly pour in the remaining milk/half and half, while whisking constantly, until combined and smooth.
6. Continue to heat over MED heat, whisking often, until thickened. It should almost be the consistency of a semi thinned out condensed soup.
7. Remove from heat and stir in spices and 1 1/2 cups of the cheeses, stirring to melt and combine. Stir in another 1 1/2 cups of cheese, until completely melted and smooth.
8. In a large mixing bowl, combine drained pasta with cheese sauce, stirring to combine fully. Pour half of the pasta mixture into the prepared baking dish. Top with 1 1/2 cups of grated cheeses, then top that with the remaining pasta mixture.
9. Sprinkle the top with the last 1 1/2 cups of cheese and bake for 15 minutes, until bubbly and lightly golden brown.



SUMMER VEGETABLE CASSEROLE

INGREDIENTS

- Extra-virgin olive oil, for drizzling
- 1/2 pound Yukon Gold potatoes, peeled and sliced 1/4 inch thick
- Salt and freshly ground pepper
- 1 yellow bell pepper, thinly sliced
- 1 small onion, thinly sliced
- 1 large garlic clove, minced
- 1 teaspoon thyme leaves
- 1/2 pound plum tomatoes, sliced 1/4 inch thick
- 2 small zucchini (1/2 pound), sliced on the diagonal 1/4 inch thick
- 3 tablespoons freshly grated Parmigiano-Reggiano cheese

Shared by Betty B.

Prep Time: 20 Min

Cook Time: 1 Hr

Total Time: 1 Hr 20 Min

Servings: 4

DIRECTIONS

1. **Preheat the oven to 350 and coat a 9-inch baking dish with olive oil.**
2. **Spread the potatoes in the dish in an even layer; drizzle with oil and season with salt and pepper.**
3. **In a bowl, combine the bell pepper, onion, garlic and thyme and season with salt and pepper.**
4. **Arrange two-thirds of the bell pepper mixture over the potatoes and drizzle with oil.**
5. **Top with the tomatoes and the zucchini; drizzle with oil and season with salt and pepper.**
6. **Cover with the remaining bell pepper mixture and sprinkle with the cheese.**
7. **Cover the casserole with foil and bake for 40 minutes. Increase the oven temperature to 425°. Uncover the casserole and bake for about 20 minutes longer, until the vegetables are tender and glazed on top. Let stand for 10 minutes. Serve warm.**



CHARRED BRUSSEL SPROUTS WITH PANCETTA & FIG GLAZE

INGREDIENTS

- 3 tablespoons olive oil (divided)
- 3 to 4 ounces pancetta, diced
- 1 1/2 pounds Brussels sprouts, trimmed and halved (or quartered if large) through the stem end (about 6 cups)
- 1/4 teaspoon kosher salt
- 2 tablespoons fig jam
- 1 tablespoon water
- 1/4 teaspoon freshly ground black pepper

Shared by Sam L.

Prep Time: 20 Min

Cook Time: 1 Hr

Total Time: 1 Hr 20 Min

Servings: 4

DIRECTIONS

1. In a large (12 inches or wider) frying pan, heat 1 tablespoon of the oil over medium heat. Add the pancetta and cook, stirring occasionally, for about 3 minutes, until crisp.
2. Using a slotted spoon, transfer the pancetta to a small bowl. Return the pan to medium-high heat and add the remaining 2 tablespoons oil.
3. Add the Brussels sprouts, keeping them in a single layer as much as possible. Having a few extra sprouts is fine, but if they are mounded in a pile, they will not brown or cook evenly. If necessary, use a larger pan, cook them in two batches, or pull out the extra for another use. Stir in the salt.
4. Cook, stirring occasionally, for about 10 minutes, until the Brussels sprouts are tender and well browned—even charred in spots. If the sprouts are browning too quickly, lower the heat to medium.
5. Add the fig jam and the water and stir until the jam melts and coats the Brussels sprouts. Add the reserved pancetta and the pepper and stir to combine.
6. Taste and add additional salt or pepper if needed. Serve warm.



TRUFFLE CHEESE CAKE

INGREDIENTS

- 1 ½ cups vanilla wafer crumbs
- ½ cup confectioners' sugar
- ⅓ cup unsweetened cocoa powder
- ⅓ cup butter, softened
- 2 cups semi-sweet chocolate chips
- 3 (8 ounce) packages cream cheese, room temperature
- 1 (14 ounce) can sweetened condensed milk
- 4 eggs
- 2 teaspoons vanilla extract

Shared by Stephanie S.

Prep Time: 30 Min
Cook Time: 1 Hr
Total Time: 5 Hr
Servings: 12

DIRECTIONS

1. Preheat oven to 300 degrees F (150 degrees C).
2. In a large mixing bowl, mix together crushed vanilla wafers, confectioners' sugar, cocoa, and butter by hand. Press ingredients into a 9-inch springform pan.
3. In the top of a double boiler, melt the chocolate chips, making sure that they are very smooth.
4. In a large bowl, beat cream cheese until fluffy with an electric mixer. Gradually beat in condensed milk until smooth. Mix in melted chocolate, eggs, and vanilla. Beat with electric mixer on low speed until the ingredients are thoroughly blended. Pour the filling into the prepared crust.
5. Bake at 300 degrees F (150 degrees C) for 55 minutes. The cake will seem underbaked in the center, but will continue to cook after you remove it from the oven.
6. Allow to cool to room temperature, then refrigerate for several hours before serving.



CHERRY CRUNCH

INGREDIENTS

- 1 1/2 cans (21 oz each) Comstock brand cherry pie filling
- 1/2 cup butter, melted plus more for buttering the baking dish
- 1 cup brown sugar
- 1 cup flour
- 1 cup oatmeal (5 minute kind okay, but not instant)
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda

Chef's Note

Growing up, my mom made this dessert for us from The Joy of Cooking cookbook. It's a family favorite and has also been my requested dessert for my birthday each year. I'm 40 now, so I've been enjoying it a long time!

Shared by Elizabeth T.

Prep Time: 30 Min
Cook Time: 1 Hr
Total Time: 5 Hr
Servings: 12

DIRECTIONS

1. Preheat the oven to 350F.
2. Butter a 9x9 baking dish.
3. Melt the 1/2 cup butter in a saucepan or in the microwave, then mix it with the brown sugar, oatmeal, flour, baking powder, salt and baking soda.
4. Put half the oatmeal mix in the buttered baking dish and pat out until the bottom is covered.
5. Pour the cherry pie filling into the dish and spread out.
6. Top with the rest of the oatmeal mix.
7. Bake 30-35 minutes. Serve warm or at room temperature.



1-BOWL CHOCOLATE CHIP BANANA BREAD

INGREDIENTS

- 3 ripe bananas
- $\frac{1}{3}$ cup butter, melted
- $\frac{1}{2}$ cup sugar1 egg, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- salt, to taste1
- $\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{2}$ cup mini chocolate chips

Shared by Shanaiyah T.

Prep Time: 10 Min
Cook Time: 50 Min
Total Time: 1 Hr
Servings: 6

DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. In a bowl, add the bananas and mash until smooth.
3. Add in the melted butter and stir until well combined. Add the sugar, egg, vanilla, baking soda, salt, and flour, and stir until the batter is smooth.
4. Add in the chocolate chips and pour the batter into a greased loaf pan. Top with additional chocolate chips.
5. Bake for 50 minutes to an hour, or until a toothpick comes out clean.
6. Cool completely before serving.

SUMMER BERRY TRIFLE



INGREDIENTS

- 1 1/2 store-bought angel food cake, sliced into 1" cubes.

Berries (reserve a few for garnish)

- 1 pint blueberries,
- 1 pint strawberries, hulled and cut into thick slices
- 2 pint raspberries
- 1/2, juiced
- 1/4 cup sugar

Lemon Cream

- 1 quart whipping cream
- 1 tablespoon sugar
- 1/2 teaspoon vanilla extract
- 1 (11-ounce) jar lemon curd

Chef's Note: Trifles are meant to be shown off - use a trifle dish or a clear glass bowl to show all the layers.

Shared by Alex K.

Prep Time: 10 Min
Cook Time: 50 Min
Total Time: 1 Hr
Servings: 6

DIRECTIONS

1. In a large bowl, toss berries with lemon juice and sugar. Set aside and let macerate for 20 minutes.
2. In a clean, cold bowl, whip the cream and sugar into stiff peaks.
3. Pour the lemon curd into a second bowl, then add a little of the cream in to begin loosening the lemon curd. Gently fold in the rest of the cream.
4. To build the trifle in the trifle dish, layer portions of the ingredients in the following order: cream, cake, berries (include juices). Repeat as needed to fill the trifle dish, ending with a layer of cream.
5. Chill for 30 minutes. Garnish with berries before serving.



SWEET & TANGY ORANGE MARMALADE

INGREDIENTS

- Navel oranges - 2
- Sugar - 3/4 cup (or to taste)
- Water 4-5 cups
- Lemon juice - 2 tbs

Shared by Aparna P.

Prep Time: 10 Min
Cook Time: 45-50 mins
Total Time: 1 hr 5 min
Servings: 10-12 tbs

DIRECTIONS

1. Peel the oranges, trying not to get too much of white pith under the peel.
2. Cut the peel into thin matchstick-like strips, about 1 inch long.
3. Take a saucepan, add the peels to it and add enough water to cover them completely.
4. Place the saucepan on medium-high heat and allow to simmer for 10 minutes.
5. After 10 minutes, strain the peel and return to the pan. Add water again and repeat the steps twice.
6. As the peels simmer, remove the white spongy layer (pith) and section the oranges.
7. Cut the oranges into smaller pieces and keep ready.
8. Once you boil and strain the peels thrice, return the peels to the saucepan, add the chopped orange pieces, sugar, lemon juice and 2 cups of water and bring to a boil.
9. Bring the mixture to a boil, on medium-high heat, while stirring every 5 minutes or so.
10. Once it comes to a boil, reduce the flame to medium-low and continue simmering for about 45 minutes or as long as it takes for the water to reduce considerably.
11. After 45 minutes or so of simmering, and if you are happy with the consistency, take it off the heat. If required, simmer for a bit longer. Allow to cool completely before storing it in an airtight container.
12. Refrigerate and enjoy!



BREAKFAST SMOOTHIE BOWL

INGREDIENTS

- 1/4 cup cooked and cooled oatmeal
- 1/4 cup flavored or plain yogurt
- Handful of spinach leaves
- 1/2 cup frozen fruit (mixed berries, bananas, pineapple etc.) + a few pieces for garnish
- 1 tbsp honey OR 2-3 pitted dates
- 1 tbsp chia OR flax seeds + 1/4 tsp for garnish
- 1/tsp turmeric powder (optional)

Shared by Aparna P.

Prep Time: 5 Min
Cook Time: 3-4 Mins
Total Time: 10 Min
Servings: 1

DIRECTIONS

1. **Cook and cool the oatmeal at least 15 minutes before making the bowl. You can also make it the previous night and refrigerate so that it will be chilled.**
2. **In a blender, blend together oatmeal, yogurt, fruits (remember to keep some for garnish), turmeric powder (if using), spinach, honey/dates, and half of the chia/flax seeds until smooth**
3. **Pour into a bowl and top with the reserved fruit and chia/flax seeds and enjoy!**

