

LAURA FORTE, NASM

# 33 BEST KEPT SECRET & **Fat Burning** RECIPES



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## *Power Breakfast Recipes*



# Greek Yogurt Fruit Salad

8 oz Greek Yogurt

Fruit (choose what you like – I love to put in blueberries (fresh or frozen), goji berries, blackberries, raspberries, strawberries)

1 TB Organic Honey

1/4 Cup Chopped Almonds

In a glass or bowl, layer the berries, top with Greek yogurt, then put more fruit on the top. Drizzle with honey and chopped almonds, and enjoy!

## *Why Greek yogurt?*

*Greek yogurt is delicious, thick and creamy, while also having exceptional health benefits. It has two times the amount of protein than traditional yogurt – which will also make you stay full longer! The sodium level is also up to 50% less than regular yogurt. Carbohydrates – Greek yogurt has about 9g of carbohydrates per cup, while regular yogurt has 15-17g. You will love this quick and easy breakfast!!*



# Vegetable Egg Scramble

1 small zucchini – diced  
1/4 cup red/yellow pepper – diced  
1/4 cup onion – diced  
1 small red vine tomato - diced  
2 eggs  
Fresh basil  
1 tablespoon skim milk  
Salt and pepper (to taste)

In a frying pan, spray with cooking spray and add all vegetables and spices. Cook until tender, about 4 minutes. In a separate bowl, beat eggs and milk. Add the eggs to the frying pan and scramble together, about 1 minute. If desired, sprinkle with some low fat cheese, and bon appetit!

*I love this breakfast dish because it takes about 5 minutes to prepare, and leaves you feeling satisfied and full. This dish is stocked full of protein, calcium and good carbohydrates that will help kick start your day!*



# Blueberry Bran Muffin

1 cup whole wheat flour  
½ cup rolled oats  
1 cup unprocessed bran  
1 tablespoon baking powder  
1 tablespoon honey  
2 tablespoons dark molasses  
1 cup mashed very ripe bananas  
1 cup organic skim milk  
1 egg  
2/3 cup blueberries

Preheat oven to 400 degrees. Spray muffin tin with nonfat cooking spray or line with paper muffin cups. In a large bowl, combine all ingredients except for blueberries. Mix well. Fold in blueberries. Pour into prepared muffin tin and bake for 20 minutes. Serves 12.





# Power Oatmeal with Blueberries and Flax

1/4 cup steel cut oats  
1 tablespoon flax seed oil  
1/4 teaspoon cinnamon  
3/4 - 1 cup water  
1/2 scoop vanilla protein powder  
1/2 cup blueberries

Cook steel cut oats with water. Mix in blueberries, flax seed oil, cinnamon, and vanilla protein powder.



*Steel cut oats are far superior in nutritional value than cold cereals. They are high in Vitamin B, calcium, protein, and fiber, while low in sodium and unsaturated fat. Do not confuse steel cut oats with the instant oatmeal you can pour from a packet into a bowl. These packets are incredibly high in sugar and sodium and have very little fiber. Make sure to check your labels!!*

# Homemade Granola

5 cups jumbo rolled oats  
1 cup slivered almonds  
1 cup sunflower seeds  
1 teaspoon cinnamon  
1/4 teaspoon salt  
1/4 cup runny honey (change to 1 cup if dry)  
1/4 cup dried cherries  
1/4 cup dried cranberries  
1 cup barley flakes  
1/2 cup flaxseed

Preheat oven to 350 degrees. Line a baking sheet with parchment paper cut to size. Place the oats, almonds, sunflower seeds, and salt onto the baking sheet and place in the oven for 10 minutes. Dip your measuring cup into hot water, discard water, and measure the honey. Run the warm honey over the hot granola and give a good stir to coat evenly. Return pan to the oven for the final 30 minutes. Toss the ingredients halfway through their cooking time in order to cook evenly. Remove from the oven and add the dried berries, flaxseed, cinnamon, and the barley flakes. Cool well before storing or it will lose its crunch. Store in an airtight container. Serve with Greek yogurt and fresh fruit.



*Granola is a delicious and nutrient packed way to start your day, but with all the fat and calories in store bought granola, you are absolutely not doing yourself a favor. This is a great recipe that will make about 15 servings so you are set for a while!!*



## *Nutritious Smoothie Recipes*



# Laura's Green Smoothie

- 1 large handful organic spinach
- 1 cup cold water
- 1 ½ cups frozen fruit (melon, peaches, pineapple, strawberries)
- 1 tablespoon coconut oil
- 1 tablespoon cacao powder
- 1 heaping tablespoon hemp seeds
- 1 scoop vanilla protein powder

In a blender, mix together spinach and water first. Add the remaining ingredients. Blend until smooth.



*This smoothie is a staple for me – I make it most mornings for breakfast!! This smoothie is an AWESOME fat burner, has tons of antioxidants, protein, iron, and omega fatty acids. Always blend the spinach and water first before adding your fruit – this will prevent you from getting clumps of spinach in your smoothie!*

# Greens and Berries Smoothie

- 1 large handful organic baby spinach
- 2 cups cold water
- 1 ripe avocado, peeled and cored
- 2 cups frozen berries (raspberries, blueberries, blackberries)
- 1 organic apple, cored and sliced
- 1 teaspoon ginger, freshly grated

Blend spinach and water together first until smooth. Add the remaining ingredients and blend together.



*Don't let the 'green' in this smoothie fool you... you won't be able to taste it!! Green smoothies are fantastic for weight loss. They provide the nutrients, healthy carbohydrates, protein, and fiber to keep your diet in check. Green smoothies are my favorite way to get vegetables and fruits in my diet. Most people need to put high calorie dressings over salads in order to down their greens – this way you can enjoy them in a delicious drink.*

# Post Workout Smoothie

1 large handful organic spinach  
2 cups cold water  
1 frozen banana  
1 cup blackberries (fresh or frozen)  
½ cup pineapple – diced  
1 scoop vanilla protein powder

Blend together spinach and water until smooth. Add remaining ingredients and blend.



*This is a great smoothie to help you recharge after a tough workout. Bananas are high in calories and sugar, so I always try to eat them before or after a workout to give me energy. They are also high in potassium, which helps maintain proper nerve and muscle function. \*TIP\*- if you purchase fresh bananas and they are starting to turn brown, peel the skin and halve, then place in a Ziploc bag in the freezer. They are perfect to add to your smoothie!!*

# Green Chocolate Cooler

3 cups ice water

½ vanilla bean

2 large kale leaves

Red leaf lettuce, added until mixture reaches 6 cup line

¼ cup cacao nibs or powdered chocolate

2 Granny Smith apples

2 mangoes, peeled and pits removed

2 bananas, frozen in chunks

½ cup almond butter

½ cup raw, organic agave

Blend first 4 ingredients until smooth. Add remaining ingredients and blend until smooth. Serve immediately, or refrigerate for up to 24 hours and shake well before serving.



*This is a great smoothie to try if converting from mostly fruit smoothies. Everyone I have made this smoothie for absolutely loves it!! \*\*TIP\*\* Digestion begins in the mouth, so try to 'chew' your smoothie – even if it is liquid. Slower is better because the saliva in your mouth will kick start the digestion process with enzymes before the drink even hits your stomach.*

## *Lunch Plates and Salads!*



# Cucumber Tomato Salad

2 medium roma tomatoes – diced  
1 medium cucumber – diced  
½ medium red onion – diced  
3 tablespoons fresh flat leaf parsley – minced  
½ lemon juice  
2 tablespoons olive oil  
Salt and pepper, to taste

Toss all vegetables together in a large bowl. Pour over the parsley and olive oil and mix together. Refrigerate if desired.



*This is a great fresh summer salad. Cucumbers are a great source of Vitamin C and caffeic acid, both which soothe skin irritations and reduce swelling. In addition, this salad is a great source of fiber and will leave you feeling full and satisfied! Pair with some pita chips for a great lunch!*



# Healthy Lettuce Wraps

2 tablespoons olive oil  
1 garlic clove – minced  
½ small onion – finely chopped  
½ pound ground turkey  
1-2 tablespoons fresh cilantro  
2 tablespoons lime juice  
½ tablespoon fresh ginger – sliced  
1 teaspoon cumin  
1 teaspoon pepper  
1 teaspoon salt  
1/8 cup peanuts – crushed  
1 head lettuce

Heat onions and garlic in olive oil until translucent. Add ground turkey and cook thoroughly. Add remaining ingredients and cook for 5 minutes. Serve in a separate bowl than the lettuce and add a spoonful to the middle of a lettuce leaf. Wrap, eat, and enjoy!



*Fat burning tip - preparing a sandwich in a lettuce leaf, rather than bread is a great way to limit your servings of empty carbohydrates. This also adds fiber to the dish and will keep you full longer!*

# Baby Spinach Salad with Fresh Raspberries

6 cups baby spinach  
1/2 cup crumbled feta cheese  
1/2 cup sliced almonds  
1 cup fresh raspberries  
2 tablespoons raspberry vinegar  
2 tablespoons seedless raspberry jam, juice sweetened  
1/2 teaspoon seeded Dijon mustard  
1/2 teaspoon raw honey or agave nectar, to taste

In a large salad bowl, combine the spinach, cheese, nuts, and raspberries. In a small bowl, whisk together the vinegar, jam, mustard, and honey or agave nectar. Drizzle the dressing over top of the salad and toss gently to coat. Serve immediately. Add grilled chicken for extra protein.

*This dish is loaded with vitamin K for healthy bones. Spinach is my favorite green to add to salads (and smoothies) because of the high protein content and nutritional value. Did you know spinach is actually 49% protein??*



# Peachy Chicken Salad

1 large ripe peach or nectarine, washed, pitted, and chopped  
1 ½ cups pulled cooked chicken breast  
½ cup finely diced celery  
1 handful of almonds, chopped  
1 head fresh lettuce

## *Dressing*

3 tablespoons low fat mayonnaise  
½ teaspoon unfiltered apple cider vinegar  
2 tablespoons orange juice  
2 tablespoons fresh parsley  
¼ - ½ teaspoon curry powder  
⅛ teaspoon ground cloves

Toss the peaches, chicken, celery, and almonds together. Whisk together the dressing ingredients and pour over the chicken mixture. Toss gently to coat. Serve right away on leaves of butter lettuce, or chill in the fridge before serving.



*This recipe is from the Primal Blueprint Cookbook, by Mark Sisson. This is a wonderful resource for gluten-free, dairy free, and low-carb recipes. I love to make this salad ahead of time because it is so convenient to pull from the fridge rather than being tempted by something else... not so healthy.*

# Crunch Coconut Fruit Salad

1 medium jicama, peeled and julienne cut (about 1 ½ cups)

½ cup seedless grapes, halved

2 kiwifruit, peeled and cut into thin rounds

1 large orange, peeled, one half segmented and segments cut into thirds

⅓ cup shredded unsweetened coconut

Place the jicama in a medium bowl. Place the grapes, kiwi, and orange segments on top. In a small bowl, juice the remaining orange half (about ¼ cup juice) and mix with the coconut. Pour over the salad, toss well, and serve.

*Jicama is fat free and low carb, but has a juicy and sweet crunch that you will love! Find it with the root vegetables in your local supermarket. It is a tuber with a thick, tan skin. Peel the jicama right before using because just like an apple, it will brown slightly with air exposure.*



# Oranges with Olives and Parsley

4 navel oranges

¼ cup Niçoise olives, pitted and halved

½ teaspoon paprika

2 tablespoons fresh lemon juice

1 tablespoon olive oil

2 tablespoons finely chopped fresh flat leaf parsley, plus whole leaves for garnish

Using a sharp knife, slice off both ends of each orange. Carefully slice downward following the curve of the fruit to remove rind and bitter white pith. Slice each orange crosswise into about six rounds, then arrange them in overlapping rows on a serving platter. Sprinkle evenly with olives. In a small bowl, combine paprika and lemon juice. Whisk in oil until emulsified. Add chopped parsley, and whisk to combine. Drizzle dressing over oranges and olives. Garnish with parsley leaves and serve.

*Oranges are the standout in this simple salad, loaded with vitamin C and fiber. Olives and the olive oil add healthful monosaturated fat to your diet. Monosaturated fatty acids are actually considered a healthy dietary fat. They lower total cholesterol and research has also shown that they benefit insulin levels and blood sugar control.*



# Avocado Tuna Salad

1 can tuna fish (in water)  
1 avocado - mashed  
1 carrot - diced  
½ tablespoon mayonnaise  
¼ red onion - diced  
1 celery stick - diced  
1 clove garlic - minced  
½ lemon  
Salt, to taste.

Add lemon juice and salt immediately to the avocado to prevent browning. Add tuna fish, mayonnaise carrot, onion, celery and garlic and mix together. Serve on lettuce, cucumbers and sliced tomatoes with drizzled balsamic vinaigrette. Delicious!!



*This is a delicious way to jazz up your tuna fish without adding lots of mayonnaise! The avocado makes this dish super creamy. Avocados are densely packed with essential nutrients and are a great source of omega 6 fatty acids!*



*Delicious Dinners!!!*





# Salmon with Lemon, Capers, and Rosemary

4 (6 ounce) salmon filets  
1/4 cup olive oil  
1 tablespoon minced fresh rosemary leaves  
8 lemon slices (about 2 lemons)  
1/4 cup lemon juice (about 1 lemon)  
1/2 cup Marsala wine  
4 teaspoons capers  
Salt and pepper, to taste  
4 pieces aluminum foil

Brush top and bottom of filets with olive oil and season with salt, pepper, and rosemary. Place each piece of seasoned salmon on a piece of foil large enough to fold over and seal. Top the each piece of salmon with 2 lemon slices, 1 tablespoon of lemon juice, 2 tablespoons of wine, and 1 teaspoon of capers. Wrap up salmon tightly in the foil packets.

Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Place the foil packets on the hot grill and cook for 10 minutes for a 1-inch thick piece of salmon. Serve in the foil packets.



*If you have the choice, try to purchase 'wild salmon' rather than 'farm raised salmon'. Farm raised salmon are grown in an overcrowded environment, have less protein per serving, and are given extra antibiotics to keep them healthy.*

# Flank Steak with Chimmichurri Sauce

## *Chimmichurri*

1 cup (packed) fresh Italian parsley  
1/2 cup olive oil  
1/3 cup red wine vinegar  
1/4 cup (packed) fresh cilantro  
2 garlic cloves, peeled  
1/2 teaspoon dried crushed red pepper  
1/2 teaspoon ground cumin  
1/2 teaspoon salt

Puree all ingredients in processor. Transfer to bowl. (Can be made 2 hours ahead.) Cover and let stand at room temperature.

## *Flank Steak*

Season steak and brush with Chimmichurri sauce. Grill on high temperature for 2-3 minutes each side. Foil and let rest for 5 minutes. Slice steak on angle against the grain. Serve with remaining sauce.



*This dish is very low fat, low sugar, and high protein. It takes very little time to make, and you and your family will love it!*

# Oven-Baked Pecan Pork Chops

1 egg, beaten  
2 tablespoons olive oil  
1 tablespoon dry sherry  
4 lean pork chops  
¼ cup finely chopped pecans  
Ground ginger, to taste  
Garlic powder, to taste

Preheat the oven to 350°. In a shallow bowl, beat together the egg, oil, and sherry. Add ginger and garlic powder to taste. Dip the chops in the mixture, then coat evenly with the pecans. Arrange the pork chops in a single layer in a glass baking dish coated with additional oil. Bake for 30 minutes, turn, and bake until tender, about 20 minutes longer.



*This is a simple, healthy dinner recipe with minimal ingredients that you can whip up for dinner. Serve this with a side of steamed broccoli and you have a great dinner in under an hour!*

# Chicken in Creamy Coconut Curry

2 tablespoons coconut oil  
1 medium onion, chopped  
1 tomato, chopped  
3 garlic cloves, crushed  
1 inch of ginger, chopped  
1 teaspoon Garam Masala spice, salt free  
1 can or 8 oz fresh coconut milk  
¼ cup fresh chopped cilantro  
¼ cup fresh chopped basil  
Srichia Pepper Sauce, to taste

Heat oil in sauté pan. Add onion and tomato and cook until onion is clear, around 5 minutes. Stir in ginger and garlic and cook for 1 minute more. Add Garam Masala and cook on low heat for 5 minutes, until flavors incorporate. Put all ingredients in blender and puree. Return to pan and add coconut milk. Cook 5 minutes more and remove from heat. Add cilantro, basil, and Srichia to taste. Serve on broiled chicken or fish, or vegetables or Tofu. Can be served hot or cold.



*This Thai dish takes very little time to make, but packs a whole lot of flavor!!*



# Sicilian Chicken Breast with Zucchini

4 navel oranges  
¼ cup olive oil & vinegar dressing  
4 chicken breast halves (about 1 ½ pounds)  
⅓ cup halved, pitted kalamata olives  
¼ cup thinly sliced red onion  
3 tablespoons sliced mint  
4 small zucchini, halved lengthwise  
1 bag baby organic arugula  
Salt and pepper, to taste

Squeeze juice from 1 orange (½ cup). Pour ¼ cup juice and 2 tablespoons dressing into a Ziploc bag. Add chicken, seal bag and marinate at room temperature for 15 minutes. Meanwhile, heat outdoor grill. Remove peel and pith from remaining 3 oranges. Cut in half and slice. Put in a medium bowl and add olives, onion, mint and remaining juice and dressing. Toss to mix. Coat zucchini with nonstick spray and season with salt and pepper. Remove chicken from marinade. Discard bag with marinade. Grill chicken and zucchini 8 to 10 minutes, turning once, until chicken is lightly charred and cooked through and zucchini is tender. Line individual plates or a platter with arugula. Top with chicken, then orange mixture. Serve with zucchini. Enjoy!



*Delicious, healthy chicken dish to make on the grill. A perfect summer dish with high protein and good carbohydrates!*

# Shrimp with Kiwifruit-Lime Relish

2 jalapeno chiles, finely chopped (ribs and seeds removed for less heat)  
2 tablespoons fresh lime juice (1 – 2 limes)  
4 kiwifruits, peeled and diced  
½ cup finely chopped cilantro  
20 large shrimp, peeled and deveined (about 1 pound)  
2 tablespoons neutral tasting oil, such as canola or safflower

Stir jalapenos and lime juice together. Add kiwifruit, ¼ teaspoon salt (or to taste), and cilantro. Stir to combine. Season shrimp with ½ teaspoon salt. Heat oil in a large skillet over high until shimmering. Add shrimp in a single layer and cook until pink on one side, about 3 minutes. Flip shrimp and cook until opaque throughout, about 2 minutes or more. Serves 4.

*The mixture of kiwifruit, lime juice, chiles, and cilantro make a tropical – and antioxidant relish to seared shrimp. This is a light, extremely tasty dish that can be made in minutes!*



## *Sensational Sides*





# Cole Slaw

2 cups purple cabbage, shredded  
1 large unpeeled cucumber, diced  
1 large shredded carrot  
¼ cup shredded onion  
1 ½ tablespoons cumin seeds  
1 ½ teaspoons ground cumin  
3 ½ tablespoons fresh squeezed lemon juice  
½ cup diced tomato  
1 teaspoon Celtic sea salt  
1/3 cup olive oil  
1 tablespoon minced garlic

Combine all ingredients in a serving bowl. Mix and serve.



*This is a GREAT low fat cole slaw recipe – minus the mayonnaise that most cole slaw recipes are drenched in. I like to bring healthy sides like this one to parties so I have something I can snack on and not feel guilty!*

## Baked Sweet Potato Fries and Spicy Yogurt Dipping Sauce

2 pounds sweet potatoes  
1 tablespoon olive oil  
1 teaspoon paprika  
1 teaspoon dried basil  
1 teaspoon dried thyme  
1 pinch of salt and pepper

Preheat oven to 400° and line a baking sheet with aluminum foil. Without peeling, cut the potatoes lengthwise, then in ½ inch thick fries. Place into a mixing bowl and toss with all other ingredients. Spread evenly onto the baking sheet. Bake for 30-40 minutes, turning every 10-15 minutes so all sides brown evenly.

As the fries bake, make the dipping sauce.

1 garlic clove – minced or pressed  
½ teaspoon chili powder (can use any kind, for more spicy fries use Cayenne – for less spicy fries use ground ancho chili pepper)  
¾ teaspoon curry powder  
½ teaspoon cumin  
1/8 teaspoon ginger powder or fresh minced ginger  
½ cup plain low fat or non-fat yogurt

Combine ingredients and mix well.



*Sweet potatoes have tons more nutrients than regular white potatoes. If you leave the skin on, you will also get extra fiber.*

# Mango Salsa

2 mangos, ripe - diced  
1 sweet onion - diced  
1 red pepper - diced  
1 kiwi - diced  
1 tomato - diced  
1 avocado - diced  
1 jalapeno - diced  
½ cup cilantro - chopped  
Juice of 1 lime  
Salt and pepper, to taste

Put all ingredients in a bowl and let rest covered in refrigerator for 1 hour.  
Enjoy!!



*This is a delicious salsa that I LOVE to put on fish or chicken. If you have a sweet tooth like me, this is a great way to satisfy your craving in a very healthy way.*

## *Healthy Desserts*



# Walnut Dusted Oven-Baked Apples and Pears

1 ½ pounds ripe apples, peeled, cored, quartered  
1 ½ pounds ripe pears, peeled, cored, quartered  
½ cup dried cranberries  
½ cup freshly squeezed lemon juice  
½ cup honey  
2 teaspoons vanilla extract  
1 cup walnuts, toasted and chopped

Preheat oven to 350°. Lightly butter a 9-inch oval baking dish. Add the apples, pears, cranberries, lemon juice, honey, and vanilla. Mix well. Bake until the fruit is tender, can be 30 minutes or up to 1 hour. Sprinkle with walnuts and serve hot or at room temperature. Serves 6.



*Here is a healthy treat you can make for dessert without undoing all of the calories you burned during your workout! The honey and vanilla combine with the lemon juice to make a delicious sauce over the apples and pears.*

# Brandied Fruit Compote

2 large pears, peeled and sliced  
2 small plums, halved  
2 tablespoons brandy  
½ teaspoon ground allspice  
¼ teaspoon clove powder  
4 tablespoons chopped walnuts

Preheat oven to 400 degrees. Combine pears and plums in a medium bowl. Mix together brandy, allspice, and clove. Pour over fruit and gently toss. Divide into four ramekins. Cover and bake for 20 minutes. Change oven settings to broil. Scatter walnuts over fruit and brown for 3 minutes.



*Serve this compote after a dinner and it will satisfy your sweet tooth, but leave you still feeling good afterwards! Delicious flavors in this recipe – hope you love it as much as I do!!*



# Tropical Fruit Parfait

½ cup pineapple, diced

½ cup mango, diced

⅔ cup kiwi, diced

2 cups vanilla or coconut yogurt (Greek if possible!)

2 cups granola

½ cup shredded coconut, toasted

In a small bowl, combine the three fruits. To assemble, place ¼ cup granola in each of 4 clear glasses (juice size or dessert dishes). Top the granola with ¼ cup yogurt. Add 2 large spoonfuls of fruit on top of the yogurt. Sprinkle with toasted coconut. Enjoy!!



*I absolutely LOVE this recipe. You can use other fruits as well to change up the flavors of the parfait. A simple dessert – also another favorite of mine to bring to summer barbeques.*



# Frozen Banana Treats

4 large ripe bananas, peeled and cut into thirds crosswise

$\frac{3}{4}$  cup dark chocolate chips

$\frac{1}{4}$  cup shredded coconut

Line a baking sheet with parchment or wax paper. Insert a wooden stick into the cut end of each banana third. Cover each piece of banana with melted chocolate using a rubber spatula and sprinkle with coconut. (Reheat chocolate as needed to keep melted.) Place the bananas on the baking sheet and freeze until frozen, about 2 hours.



*Dark chocolate is loaded with antioxidants. Look for high quality dark chocolate that contains a high percentage of cacao. My favorite is Green and Black's Dark – 85% Cacao. This chocolate bar also melts very well for this recipe!*

*Fresh and Frozen Drinks!!*



# Chocolate Jolt

- 1 cup almond milk
- 1 frozen banana, cut into pieces
- 3 tablespoons (or to taste) cocoa powder
- 1 scoop vanilla protein powder
- 1 tablespoon coconut oil

Blend all ingredients together.

*This is perfect for a post drink to give you some energy. Yum!*



# Refreshing Watermelon Martini

1 cup fresh watermelon juice  
1/4 cup fresh lime juice  
1/2 cup Vodka  
1/4 cup simple syrup  
Ice  
Watermelon for garnish (optional)

To make simple syrup:

Combine equal parts of sugar and water into a pot and heat until boiling. Stir occasionally to dissolve all sugar. When the sugar has dissolved completely, remove from heat and let it cool.

Prepare the watermelon juice:

Cut a small, seedless watermelon into chunks and remove any dark seeds. Place the watermelon pieces into a blender until liquid and set aside.

Prepare the lime:

Cut limes in half and juice them using a juicer.

Make your cocktails:

Add ice to a shaker and then add the watermelon juice, lime juice, Vodka, and simple syrup. Shake, pour and enjoy! Garnish with a watermelon wedge.



*A super refreshing drink for the summer!*

# Spa Water

2 cups natural sparkling mineral water

½ orange, sliced into rounds

½ lemon, sliced into rounds

1 small kiwifruit, sliced into rounds

4 mint leaves

Combine water with fruit slices in a glass pitcher. Shred two mint leaves and mix with water and fruit. Place in refrigerator one hour before serving. Pour into glasses and garnish with remaining mint leaves.

*This is a delicious drink and will remind you of the refreshing spa water you drink after a great facial or massage. Now you can recreate that calming experience at home!*



# Apple Berry Freeze

4 or 5 large chunks of unpeeled apple (about ½ apple)

4 frozen strawberries

2 pitted dates

¾ cup apple juice

¼ cup strawberry juice

2 strawberries, thinly sliced to garnish

Place the apple, strawberries, and dates along with the apple and strawberry juices in a blender and puree for 30-45 seconds, until smooth and creamy.

Garnish with the sliced strawberries.

*I found this recipe for this drink in the Whole Foods Market Cookbook. They recommend using any firm apple – Granny Smith, Gala, Fuji, and Delicious all work well. This is very low calorie and will get in many of your fruit servings for the day!*

