



Strawberry Limeade (serves 2)

Recipe by
marinamakesblog.com



INGREDIENTS

- 2 cups of fresh or frozen strawberries, diced
- Ice
- 2 cups of limeade juice
- 4-6 mint leaves
- 2 shots of vodka (alcoholic version)

DIRECTIONS

Using a blender or food processor, blend diced, frozen strawberries until mostly smooth. Pull out 2 glasses (that can hold 20 oz or more) and add ice. Fill each glass with a cup of limeade juice, a cup of the pureed strawberries, a shot of vodka (alcoholic version only) and a few mint leaves. Stir with a spoon to combine.

Brownies

Prep time: 7-10 minutes
Total time: 37-40 minutes

Recipe by
marinamakesblog.com



INGREDIENTS

- 8 tbsp butter, melted
- 1/4 cup refined coconut oil, melted (alt: canola oil)
- 1 cup granulated sugar
- 1 tsp vanilla
- 2 eggs, beaten
- 1/2 cup all-purpose flour
- 3/4 cup unsweetened cocoa powder
- 1/4 tsp sea salt, plus more for topping
- 1 cup semisweet chocolate chips

DIRECTIONS

Grease an 8x8 baking pan with cooking spray and preheat the oven to 350°F.

In a medium bowl, combine the butter, coconut oil and sugar. Whisk until combined. Add the vanilla and eggs and whisk until combined. Add the flour, cocoa powder and sea salt and whisk until combined. Fold in the chocolate chips.

Place the brownie mixture into the prepared baking pan and sprinkle with additional sea salt. Bake for 25-30 minutes or until just cooked through. Top with additional sea salt if desired.



Sheet Pan Nachos

Prep Time: 15 mins

Cook Time: 20 mins

Recipe by
budgetbytes.com



INGREDIENTS

MEAT AND BLACK BEAN MIXTURE

- 1 tbsp olive oil
- 1 small onion
- 1 10oz can diced tomatoes with green chilies
- 1 15oz can black beans
- 1 lb ground beef (optional)
- 1/2 tsp chipotle powder
- 1/2 tsp ground cumin
- 1/4 tsp garlic powder
- 1/4 tsp salt

DIRECTIONS

Finely dice the onion. Add the olive oil and onion to a large skillet and sauté over medium heat until the onion is soft and transparent (about 5 minutes). Add the ground beef and cook until browned, breaking it up and stirring as it cooks (about 3-5 minutes). Drain (but do not rinse) the black beans, allowing some of the starchy liquid to remain coating the beans. Add the beans and diced tomatoes with chilies (not drained) to the skillet, along with the chipotle powder, cumin, garlic powder and salt. Stir and simmer the mixture until it thickens and liquid no longer pools on the bottom of the skillet (about 10 minutes).

Begin preheating the oven to 350°F. Shred the cheddar cheese, finely dice the Roma tomato, thinly slice the jalapeño, and chop the cilantro.

Line a baking sheet with parchment or foil. Spread a layer of tortilla chips over the baking sheet in a single layer, trying not to overlap the chips. Spoon about half of the black bean mixture over the chips, then sprinkle half of the shredded cheese over top. Repeat with one more layer of chips, black beans, and cheese.

Bake for 5-7 minutes or until the cheese is fully melted and the chips are just beginning to turn golden brown on the edges. Remove the nachos from the oven and add drizzles or dollops of sour cream over the top. Then, sprinkle the diced tomato, sliced jalapeño and chopped cilantro over the top.

NACHOS

- 8 oz sturdy corn tortilla chips
- 4 oz cheddar, shredded
- 1 Roma tomato
- 1 jalapeño (optional)
- 1 handful fresh cilantro
- 1/4 cup sour cream

