

# Reflections Recipes

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## DECONSTRUCTED POMEGRANATE GUACAMOLE

Prep Time: 5-7 mins  
Total Time: 5-7 mins



### INGREDIENTS

- 1 avocado
- Salt
- Juice of 1/2 of lime
- 1 tablespoon of red onion, chopped
- 1 tablespoon of chopped jalapeno (seed removed)
- 1 tablespoon of pomegranate seeds
- Tortilla chips

### DIRECTIONS

Using a knife, cut the avocado in half, remove the pit and using a spoon, scoop the insides into a medium-sized bowl. Using a potato masher or fork, mash the avocado until smooth. Season with salt and add lime juice. Stir to combine.

Place the mashed avocado in a serving dish and top with a layer of red onion, jalapeno and pomegranate seeds. Serve with tortilla chips.

### TOOLS

- Small saucepan
- Cocktail shaker (can mix the drink using a spoon as well)
- Knife
- Three medium-sized bowls
- Spoon
- Potato masher or fork
- Large frying pan
- Mini muffin baking pan
- Hand or electric mixer
- Two small bowls



## HORCHATA WITH TEQUILA (MAKES TWO DRINKS)

Prep Time: 5 mins  
Total Time: 5 mins

### INGREDIENTS

- 1/2 cup of granulated sugar
- 1 cup of almond milk
- 1/2 cup of water
- Cinnamon
- 2 shots of tequila

### DIRECTIONS

Place sugar and water in a small saucepan and stir over a medium heat until the sugar completely dissolves to make a simple syrup. Let the mixture cool (place in the freezer for a couple of minutes and that should do the trick).

Add the simple syrup, tequila, almond milk and a couple of pinches of cinnamon to the cocktail shaker. Shake the ingredients and serve in glasses over ice.

## NON-ALCOHOLIC HORCHATA (MAKES TWO DRINKS)

Prep time: 5 mins  
Total time: 5 mins

### INGREDIENTS

- 1/2 cup of granulated sugar
- 1 cup of almond milk
- 1/2 cup of water
- Cinnamon

### DIRECTIONS

Place sugar and water in a small saucepan and stir over medium heat until the sugar completely dissolves to make a simple syrup. Let the mixture cool (place in the freezer for a couple of minutes and that should do the trick).

Add the simple syrup, almond milk and a couple of pinches of cinnamon to a bowl and whisk. Serve in glasses over ice.



## DECONSTRUCTED GROUND CHICKEN TACOS

Prep Time: 10 mins  
Cook Time: 25 mins

### INGREDIENTS

- 1/2 pound of ground chicken (vegetarian option: 15 oz can of black beans)
- 1/4 cup of chicken broth (vegetarian option: vegetable broth)
- 1 tablespoon of cumin
- 1 tablespoon of chili powder
- 1 teaspoon of paprika
- 1/2 teaspoon of salt
- 1/2 teaspoon of oregano
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of cinnamon
- Four tostada shells
- 1/2 cup of grape tomatoes (sliced)
- 1/3 cup of shredded sharp cheddar cheese
- 1/2 cup of sour cream
- 1 cup of shredded lettuce
- Lime wedges

### DIRECTIONS

Add the ground chicken, chicken broth, cumin, chili powder, paprika, salt, oregano, garlic powder and cinnamon to a large frying pan. Heat the pan over medium heat and stir to combine. Cook the meat until cooked through, about 5-7 minutes. If cooking with beans, follow the same directions and cook the beans for 5-7 minutes, or until they soften up.

While the meat is cooking, begin assembling your plate. Place the tostada shells at the bottom and surround them with the toppings. Place the meat on top and enjoy.



## CINNAMON AND SUGAR CHURRO MUFFINS

Prep Time: 5-7 mins  
Cook Time: 20 mins

### INGREDIENTS

- Cooking spray
- 1 cup of flour
- 1 teaspoon of baking powder
- 1/4 teaspoon of salt
- 1 teaspoon of cinnamon, divided
- 3/4 cup of brown sugar
- 8 tablespoons of melted butter, divided
- 1 teaspoon of vanilla extract
- 1 egg
- 1/2 cup of buttermilk
- 3 tablespoons of granulated sugar

### DIRECTIONS

Preheat your oven to 350 degrees. Grease a mini muffin pan with cooking spray.

In a medium bowl, combine the flour, baking powder, salt and a half teaspoon of cinnamon. In a separate medium-sized bowl, combine the brown sugar, vanilla extract, egg, buttermilk and four tablespoons of melted butter using a hand or electric mixer. Then, combine the dry and wet ingredients using your mixer.

Place heaping tablespoon portions of batter in each muffin pan cup until the batter is gone. Bake for 15-17 minutes.

While the muffins are baking, place four tablespoons of melted butter in a small bowl. In a separate small bowl, mix a half teaspoon of cinnamon and three tablespoons of sugar. Set aside for when the muffins are ready.

Remove the muffins from the oven and one by one, dip each muffin into the butter and then sprinkle with the cinnamon and sugar mixture. Enjoy while warm!