

Juice Recipes F

THANK YOU UTTERLY MUCH FOR DOWNLOADING **JUICE RECIPES F**. MOST LIKELY YOU HAVE KNOWLEDGE THAT, PEOPLE HAVE LOOK NUMEROUS PERIOD FOR THEIR FAVORITE BOOKS FOLLOWING THIS JUICE RECIPES F, BUT END TAKING PLACE IN HARMFUL DOWNLOADS.

RATHER THAN ENJOYING A GOOD BOOK GONE A MUG OF COFFEE IN THE AFTERNOON, OTHERWISE THEY JUGGLED WITH SOME HARMFUL VIRUS INSIDE THEIR COMPUTER. **JUICE RECIPES F** IS STRAIGHTFORWARD IN OUR DIGITAL LIBRARY AN ONLINE ADMISSION TO IT IS SET AS PUBLIC THEREFORE YOU CAN DOWNLOAD IT INSTANTLY. OUR DIGITAL LIBRARY SAVES IN MERGED COUNTRIES, ALLOWING YOU TO GET THE MOST LESS LATENCY ERA TO DOWNLOAD ANY OF OUR BOOKS BEARING IN MIND THIS ONE. MERELY SAID, THE JUICE RECIPES F IS UNIVERSALLY COMPATIBLE NEXT ANY DEVICES TO READ.

HIGH-CALORIE, HIGH-PROTEIN RECIPES - LSU HEALTH SCIENCES ...

WEBHIGH-CALORIE, HIGH-PROTEIN RECIPES 1 INTRODUCTION EATING HIGH-CALORIE, HIGH-PROTEIN FOODS IS AN EASY WAY TO IMPROVE YOUR NUTRITION WITHOUT EATING LARGE AMOUNTS. FOR AN EXTRA BOOST, ADD 1 TABLESPOON POWDERED MILK TO ANY RECIPE. THIS PROVIDES AN EXTRA 33 CALORIES AND 3 GRAMS OF PROTEIN. RECIPES WITH AN ASTERISK (*) CAN BE MADE LACTOSE-FREE.

FAST HEALTHY MEALS

WEB1) PREHEAT OVEN TO 400°F 2) IN A SMALL BOWL, WHISK EGGS AND WATER TOGETHER. SET ASIDE. 3) COOK THE ONIONS: HEAT OLIVE OIL IN A 10-INCH OVEN-SAFE SKILLET OR PAN OVER MEDIUM HEAT.. ADD DICED ONIONS AND COOK, STIRRING OCCASIONALLY, UNTIL THEY START TO SOFTEN, ABOUT 2 MINUTES. 4) COOK THE POTATOES AND OTHER VEGETABLES. ADD THE

3 WEEKS OF EASY DINNERS

WEBBACK TO HOME 3 GROCERY LIST WEEK 1 PRODUCE 3 CELERY STALKS (HOME-STYLE CHICKEN STEW) 2 MEDIUM CARROTS (HOME-STYLE CHICKEN STEW) 2 MEDIUM POTATOES (HOME-STYLE CHICKEN STEW) 1 BELL PEPPER (TROPICAL PINEAPPLE CHICKEN) 1 SMALL RED ONION (TROPICAL PINEAPPLE CHICKEN) 4 CUPS BROCCOLI FLORETS, FRESH OR FROZEN (BEEF & BROCCOLI STIR-FRY) 4 ...

COCKTAILS, MOCKTAILS, & TREATS CBD-INFUSED RECIPES FOR ...

WEB• 1 ½ oz LEMON JUICE • 1 ½ oz ROSE GERANIUM INFUSED SIMPLE SYRUP • 1 EGG WHITE • 2 oz SPRIG CITRUS ORIGINAL • ROSE GERANIUM FLOWER, TO GARNISH, OPTIONAL 1. POUR GIN, LEMON JUICE, ROSE GERANIUM-IN-FUSED SIMPLE SYRUP, AND EGG WHITE INTO A COCKTAIL SHAKER FILLED WITH ICE. SHAKE VIGOROUSLY TO INCORPORATE THE EGG WHITE, ABOUT 30 SECONDS. 2.

2 COURSES - 22.95 3 COURSES - 24

WEBJUICE, TOP WITH LEMONADE AND GRENADINE CUPID VODKA, WITH WATERMELON & ELDERFLOWER MIXED WITH LIME & CRANBERRY JUICE. MY LOVE CAPTAIN MORGAN WHITE RUM WITH STRAWBERRY, RASPBERRY, LEMON & A SUGAR RIM. ME & YOU GORDON'S GIN MIXED WITH VANILLA, GRENADINE & CRANBERRY JUICE TOPPED WITH LEMONADE. UPGRADE TO EGG FRIED RICE OR STIR FRY EGG NOODLES .? ?

BAJA-STYLE FISH TACOS WITH GRILLED SLAW AND CHIPOTLE MAYO

WEBJUICE OF 2 LIMES 1/2 CUP MAYONNAISE 1 TABLESPOON CANNED CHIPOTLE CHILE MASHED WITH SOME OF ITS ADOBO, OR TO TASTE 1 1/2 POUNDS SKINLESS WHITE FISH FILLETS 8 6-INCH CORN TORTILLAS (OR 16 IF YOU LIKE TO DOUBLE 'EM UP) LIME WEDGES FOR SERVING INSTRUCTIONS 1. START THE COALS OR HEAT A GAS GRILL FOR HOT DIRECT COOKING. MAKE SURE THE GRATES ...

SUGAR: LESS IS MORE - ASSETS.CTFASSETS.NET

WEB200 ML OF FRUIT JUICE DRINK READY-MADE SAUCE AND SPREADS OFTEN CONTAIN A LOT OF ADDED SUGAR*, FOR EXAMPLE: NATURAL SWEETENERS CONTAIN JUST AS MANY CALORIES AND ARE AN EQUAL CAUSE OF TOOTH DECAY AS GRANULATED SUGAR, FOR EXAMPLE: CANE SUGAR HONEY CONCENTRATED PEAR JUICE AGAVE, DATE OR MAPLE SYRUP ARTIFICIAL SWEETENERS AND SUGAR SUBSTITUTES ARE NOT

THE ORIGINAL MAYO CLINIC DIET MEAL PLAN

WEBPREHEAT OVEN 400°F. PLACE THE SQUASH, PEPPERS AND ONION IN A SMALL ROASTING PAN AND TOSS WITH THE OLIVE OIL AND TACO SEASONING, MIX TO COAT. ROAST FOR 20 MINUTES OR UNTIL VEGETABLES ARE GOLDEN AND TENDER. MEANWHILE, COOK THE EGGS IN A SMALL SAUCEPAN OF WATER FOR 6 MINUTES FOR SOFT BOILED OR 8 MINUTES FOR HARD BOILED. REFRESH

FILET & SIRLOIN DEL MONICO RIBEYE FLAT IRON STRIP...

WEBHANGER • SEASON WITH PREFERRED DRY RUB OR MARINADE • PREHEAT OVEN TO 300° • GRILL/SEAR ON HIGH HEAT FOR 2-3 MINUTES PER SIDE (THE GOAL

STRAWBERRY QUARK CHEESECAKE

WEB2TSP LEMON JUICE COCONUT FLAKES, TO TOP METHOD PREHEAT THE OVEN TO 170C. GREASE AND LINE A 22CM SQUARE CAKE TIN. IN A LARGE BOWL, COMBINE THE FLOUR WITH THE BAKING POWDER, CINNAMON, NUTMEG AND CARDAMOM AND SET ASIDE. NOW IN ANOTHER LARGE BOWL, BEAT THE EGGS TOGETHER WITH SUGARS AND CANOLA OIL UNTIL LIGHT AND PALE. THIS IS BEST DONE IN A STAND ...

ANTICIPATED ACQUISITION BY MICROSOFT CORPORATION OF ACTIVISION ...

WEBPAGE 4 OF 76 . 13. MICROSOFT HAS OTHER BUSINESS AREAS THAT ARE RELEVANT TO GAMING. ONE IS AZURE, A LEADING CLOUD PLATFORM (IE A NETWORK OF DATA CENTRES AND CLOUD COMPUTING

2021 IMAGINE LA FAMILY COOKBOOK

WEB5. PREHEAT OVEN TO 450 F AND PREPARE A BAKING SHEET WITH. PARCHMENT PAPER. 6. FILL A POT WITH WATER AND ADD MOLASSES + BAKING SODA, SET. TO BOIL. 7. CUT DOUGH INTO 6 EQUAL PORTIONS

IN BRIEF: YOUR GUIDE TO LOWERING YOUR BLOOD PRESSURE WITH ...

WEB3: 1 TSP SOFT MARGARINE. 1 TSP VEGETABLE OIL: 1 TBSP MAYONNAISE. 2 TBSP SALAD DRESSING. SOFT MARGARINE, VEGETABLE OIL (SUCH AS CANOLA, CORN, OLIVE, OR SAFFLOWER), LOW-FAT

PAN FRIED MUSSELS

WEB1 TBSP (15 ML) LEMON JUICE 2 SPRING ONIONS, FINELY CHOPPED 3 TBSP (45 ML) PARSLEY, CHOPPED BLACK PEPPER, FRESHLY GROUND PREPARATION • MIX ALL INGREDIENTS AND REMAIN. • ADD MUSSEL MEAT TO REMAINING INGREDIENTS AND TOSS THOROUGHLY. • ALLOW TO MARINATE IN REFRIGERATOR 1/2 HOUR BEFORE SERVING.

NIGHT AT THE HARBOR BOOK CLUB ADVENTURE

WEB2 TABLESPOONS FRESH LEMON JUICE 2 TEASPOONS HOT-PEPPER SAUCE, SUCH AS TABASCO DIRECTIONS PREHEAT OVEN TO 250 DEGREES. IN A ROASTING PAN, COMBINE CEREAL, PRETZELS, CRACKERS, AND PEANUTS. IN A SMALL BOWL, MIX TOGETHER MELTED BUTTER, WORCESTERSHIRE SAUCE, OLD BAY, LEMON JUICE, AND HOT-PEPPER SAUCE.

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WEB1 OZ GRAPEFRUIT JUICE 0.25 OZ LIME JUICE 1 DASH ANGO SHAKE AND STRAIN OVER NEW ICE. LA MONEDA PALACE 1.5 OZ MISTRAL NOBEL 0.75 OZ DRY VERMOUTH 0.25 OZ ROYAL COMBIER BAR SPOON GRENADINE STIR AND STRAIN INTO CHILLED MARTINI GLASS. EXPRESS THINLY CUT ORANGE PEEL OVER DRINK AND DISCARD. NEGRONI NOBEL 2 OZ MISTRAL NOBEL 1 OZ ROSSO VERMOUTH 1 OZ APEROL

GREEN MOUNTAIN @FLAVORS, INC. ITALIAN ICE STARTING-POINT ...

WEBGREEN MOUNTAIN @FLAVORS, INC. ITALIAN ICE STARTING-POINT RECIPES AVAILABLE APPLE (GREEN) ITALIAN ICE BANANA ITALIAN ICE BLUE RASPBERRY ITALIAN ICE BLUEBERRY ITALIAN ICE CANTALOUPE ITALIAN ICE CHAMPAGNE ITALIAN ICE CHERRY ITALIAN ICE CHOCOLATE ITALIAN ICE COCONUT ITALIAN ICE

BREAKFAST AVOCADO TOAST ALMOND BUTTER CHOCOLATE ...

WEBPREHEAT THE OVEN TO 400°F. TOSS THE KALE WITH OLIVE OIL AND SPREAD OUT ON 2 BAKING SHEETS. SPRINKLE WITH COARSE SALT AND ROAST, STIRRING OCCASIONALLY, FOR 12-15 MINUTES OR UNTIL LIGHT BROWN AND CRISPY. EAT LIKE POTATO CHIPS. FRESH GINGER TEA • 1 TEASPOON VERY FINELY GRATED FRESH GINGER • 1 TABLESPOON FRESHLY SQUEEZED LEMON JUICE

DIETARY INFORMATION BOOKLET

WEBON REQUEST. WHILST OUR VEGAN ITEMS HAVE VEGAN RECIPES, DUE TO RISK OF CROSS-CONTAMINATION THEY MAY CONTAIN DAIRY. OUR PIZZAS AND THE PROCESSES INVOLVED IN PREPARING THEM HAVE BEEN CHECKED BY COELIAC UK AND VERIFIED THROUGH ANNUAL AUDITS. THE SYMBOL DENOTES GLUTEN FREE FOODS THAT CONTAIN GLUTEN AT A LEVEL NO MORE THAN 20 PARTS PER MILLION.

A TASTY TREAT WITH A HINT OF SPICE

WEBWHOLE SOME INDIAN VEGETARIAN, VEGAN AND GLUTEN-FREE RECIPES FROM PUNJAB, INSPIRED BY FAMILY RECIPES AND THE NEED FOR A HEALTHY DIET. MAKES 24 060_061_RECIPE.INDD 60 04/05/2021 11:00. FOOD AND DRINK ... LEMON JUICE. THE RECIPE IS TOTALLY GLUTEN-FREE, AS THE FLOUR COMES FROM CHICKPEAS. PAKORAS CAN BE SERVED AS A STARTER OR A SNACK.

INDEX OF RECIPES ARMED FORCES RECIPE SERVICE

WEBINFORMATION FOR STANDARDIZED RECIPES . A-1 . EDIBLE PORTIONS TO AS PURCHASED FOR VEGETABLES . A-6 : EDIBLE PORTIONS TO AS PURCHASED FOR FRUITS . A-7 . EQUIPMENT, GUIDELINES FOR: COMBI-OVENS . A-33 . CONVECTION OVENS . A-23 : STEAM COOKERS . A-21 . STEAM TABLE, BAKING AND ROASTING PANS, CAPACITIES FOR . A-25 : SKITTLES . A-34 . RETURN TO MAIN INDEX

WINTER CITRUS SALAD WITH HONEY DRESSING

WEBLIME OR LEMON JUICE TO TASTE $\frac{1}{4}$ TEASPOON FRESHLY CHOPPED TARRAGON OR A PINCH DRIED INSTRUCTIONS 1. PEEL CITRUS, REMOVING AS MUCH PITH AS POSSIBLE, AND SLICE INTO WHEELS. REMOVE ANY PITS, LAYER FRUIT ON A SERVING DISH, SPRINKLE WITH SALT ...

STARTERS - STATIC 1.SQUARESPACE.COM

WEBTHE BOOK OF KNOWLEDGE - MENU Q2-22 ALL COMMON ALLERGENS LISTED ARE SHARED ON THE SAME EQUIPMENT ALL INGREDIENTS AND RECIPES SUBJECT TO CHANGE 220210 STARTERS ADVENTUROUS / SMOKED TOFU CONTAINS: TREE NUTS (COCONUT), SOY, GARLIC, ONIONS ARUGULA, HERBED CAULIFLOWER RICE, SMOKED TOFU, KOREAN KIMCHI, WATERMELON DAIKON RADISH, CILANTRO, MINT, BASIL, BLACK ...

CHURCH POTLUCK RECIPES - MICROSOFT

WEB1 TSP LEMON JUICE 1 TSP DRIED DILL WEED SEA SALT, TO TASTE 2 TBSP COCONUT FLOUR 2 TBSP FULL-FAT COCONUT MILK DIRECTIONS: PREHEAT OVEN TO 400°F. LINE A BAKING SHEET WITH PARCHMENT PAPER. COMBINE DICED ONION AND CELERY WITH MINCED GARLIC IN A BOWL. ADD GREEK YOGURT AND MIX. ADD LEMON JUICE, DILL, AND CRABMEAT AND MIX UNTIL THOROUGHLY COMBINED.

BLACKBERRY GLASSWARE: ELDER ROCKS GLASS

WEBLEMON JUICE (1/2 LEMON) LIME JUICE (1/2 LIME) SAGE LEAF (1) WHISKEY SOUR INSTRUCTIONS: IN A COCKTAIL SHAKER, ADD THE BOURBON, EGG WHITE, SIMPLE SYRUP, LEMON JUICE AND LIME JUICE. DRY SHAKE (NO ICE) FOR 15 SECONDS. ADD ICE AND SHAKE

UNTIL FROTHY (20 SEC). DOUBLE STRAIN INTO A COUPE GLASS, USING A HAWTHORNE STRAINER.

INGREDIENTS STEP BY STEP

Web 1/4 CUP | 60 ML. LEMON JUICE 1 TSP SEA SALT ZEST OF 1 LEMON 1 TSP GROUND CUMIN 1/4 CUP | 60 ML. LUKEWARM WATER
2 400 ML. CANS ORGANIC COOKED CHICKPEAS, RINSED AND DRAINED 2 GARLIC CLOVES, CENTER GERM REMOVED 1/3 CUP | 80 ML.
TAHINI 1/4 CUP | 60 ML. LEMON JUICE 1 TSP SEA SALT PARSLEY SPRIGS AND CILANTRO SPRIGS, 1 LARGE HANDFUL EACH (ABOUT
20 ...

DON'T JUST SURVIVE. THRIVE!

Web FOLLOW BONNIE'S BLOG AT WWW.PFITBLOG.COM FOR RECIPES, BRANDS AND COOKING IDEAS. #5 COMMIT MAKE A COMMIT TO
GIVE YOUR ALL. SHARE YOUR COMMITMENT WITH FRIENDS, FAMILY AND OTHER LIFTERS FOR ADDED ACCOUNTABILITY. THE MORE ...

HEAVENLY DESSERT RECIPE EBOOK - MICROSOFT

Web JUICE OF 1/2 LIME 1/2 TSP SEA SALT 1/4 CUP COCONUT OIL DIRECTIONS: PREHEAT OVEN TO 325°F. IN A LARGE BOWL, COMBINE
ALMOND FLOUR, SEA SALT, BAKING SODA, CINNAMON, AND NUTMEG. IN A SEPARATE BOWL, WHISK TOGETHER EGGS, HONEY, AND
COCONUT OIL. STIR IN GRATED CARROTS, RAISINS, AND CHOPPED WALNUTS. ADD DRY INGREDIENTS TO WET INGREDIENTS AND MIX
WELL.

BAKED WILD SALMON WITH HERB BUTTER

Web 1/2 CUP HERB BUTTER (RECIPES FOLLOWS) PULL ANY PIN BONES FROM: 1 TO 1 1/2 POUNDS WILD SALMON FILLET, CUT INTO 4-
TO 6-OUNCE PIECES REFRIGERATE UNTIL READY TO COOK. PREHEAT OVEN TO 425 F AND REMOVE THE HERB BUTTER FROM THE
REFRIGERATOR TO SOFTEN. SEASON THE SALMON WITH: SALT FRESH GROUND BLACK PEPPER

ASSETS.WEBSITE-FILES.COM

Web GF: GLUTEN FREE D: DAIRY FREE V: VEGETARIAN E: EGG FREE F: FISH AND SEAFOOD FREE OUR RECIPES AND MEALS DO NOT
CONTAIN NUTS AS AN INGREDIENT HOWEVER SOME PACKAGED PRODUCTS CONTAIN TRACES OF NUTS DUE TO MANUFACTURING
PROCESSES. IN THESE CIRCUMSTANCES, WE ALWAYS PROVIDE CHILDREN WITH STRICT NUT ALLERGIES A NUT-FREE ALTERNATIVE.

15 IFM07 RAINBOW RECIPES; A DAY OF COLOR FINAL V4

Web 2 15 THE INSTITUTE FOR FUNCTIONAL MEDICINE RAINBOW SMOOTHIE* MAKES 2 SERVINGS (1 SERVING ≈ 8-10 OUNCES) N 1/2
CUP (COLD) GREEN TEA N 1 CUP HEMP OR ALMOND MILK (UNSWEETENED) N 1-2 TABLESPOONS CHIA SEEDS, WHOLE OR GROUND N 1/4
TEASPOON CINNAMON N 1/8 TEASPOON GINGER (DRIED) OR 1/2 TEASPOON FRESH GINGER, MINCED N 1 TABLESPOON FRESH LEMON JUICE N
1 ...

FALL QUINOA SALAD HTK APPROVED - NUTRITION.VA.GOV

Web RECIPE NOTES • THE APPLE CAN BE SUBSTITUTED WITH OTHER FALL FRUITS, SUCH AS POMEGRANATE SEEDS OR DRIED
CRANBERRIES. • TO COOK FRESH BUTTERNUT SQUASH: CUT THE SQUASH INTO CUBES, TOSS WITH OIL, THEN BAKE AT [?] [?] [?] °F FOR
ABOUT [?] [?] MINUTES ON A LINED BAKING SHEET FALL QUINOA SALAD PREP: 10 MINUTES | COOK: 20 MINUTES | TOTAL: 30
MINUTES YIELD: 4 SERVINGS | SERVING SIZE: ...

PRESENT OLIVE OIL AND THE PLANT - FORWARD KITCHEN

Web 3. PREHEAT OVEN TO 450° F. 4. TRIM OFF ANY DRIED ENDS OF THE MUSHROOMS AND BRUSH OFF ANY SOIL OR PINE NEEDLES.
CUT ANY LARGE MUSHROOMS IN HALF. TOSS THEM WITH A GLUG OF EXTRA-VIRGIN OLIVE OIL, SEASONING GENEROUSLY WITH SALT
AND BLACK PEPPER, AND SPREAD IN A SINGLE LAYER ON A RIMMED BAKING SHEET. 5.

EVERYDAY MATH SKILLS WORKBOOKS SERIES - KITCHEN MATH

Web THIS SECTION HAS SOME GREAT RECIPES. TRY THEM OUT! SECTION THREE: NUTRITION NUTRITION IS ABOUT WHAT YOU EAT.

EATING GOOD FOODS HELPS US STAY HEALTHY AND LIVE WELL. IN THIS SECTION YOU WILL LEARN ABOUT CALORIES, HOW TO READ FOOD LABELS ... ORANGE JUICE \$2.19 CHEESE SLICES (ONE PACKAGE) \$8.95 FROZEN PIZZA \$12.99 ...

HOLIDAYS AT HOME RECIPES - STATIC1.SQUARESPACE.COM

WEB 1 ¼ CUPS FRESH LEMON JUICE COMBINE ALL INGREDIENTS AT LEAST 2 HOURS BEFORE SERVING IN A PUNCH BOWL GARNISHED WITH FLOATING APPLE ROUNDS. IF PREPPING EARLIER THAN 2 HOURS, BATCH WITHOUT LEMON JUICE AND ADD BEFORE SERVING. SERVE ON THE ROCKS, GARNISH WITH THIN APPLE ROUNDS. BOULEVARDIER SINGLE OR FREEZER BATCH 1 oz WHISKEY 1 oz CAMPARI 1 oz ...

LE FIRST CHOMP CAJUN FAVORITES

WEB RUM, GRENADINE, .50 PINEAPPLE AND ORANGE JUICE. 9 STRAWBERRY COCONUT SUNRISE - HALF ROCKS & HALF FROZEN MARGARITA, SILVER TEQUILA, MALIBU COCONUT RUM, STRAWBERRY AND PINEAPPLE JUICE. 9.50 MASON JAR CHILLERS BAYOU BREEZE - DON Q PASI 2 IN FRUIT RUM, SWEET WHITE WINE, MANGO, PINEAPPLE, SPRITE. 9.50 PEACH MAMBO - DEEP EDDY PEACH VODKA, ...

WESTERN SON DISTILLERY GIN COCKTAILS

WEB ¾ PART FRESH LEMON JUICE ¾ PART SIMPLE SYRUP 1 CUCUMBER WHEEL 5 MINT LEAVES DIRECTIONS MUDDLE MINT LEAVES AND SIMPLE SYRUP ADD ICE AND REMAINING INGREDIENTS, SHAKE STRAIN INTO MARTINI GLASS BEAUTIFUL STATE INGREDIENTS 1 PART WESTERN SON GIN ½ PART SWEET VERMOUTH ½ PART SIMPLE SYRUP 2 PARTS DRY ROSE 2 DASHES PEYCHAUD ...

FOR US AND THEM: THE RECIPES - STATIC1.SQUARESPACE.COM

WEB 1 TBSP. LEMON JUICE ½ OZ. LIGHT AGAVE 5-8 ANISE HYSSOP LEAVES 3-5 SLICES CUCUMBER 2 SLICES LIME SODA ICE DIRECTIONS 1. PLACE CUCUMBER, ANISE HYSSOP LEAVES, LIME AND VODKA INTO A SHAKER AND MUDDLE FOR 2 MINUTES 2. ADD LEMON JUICE AND SIMPLE SYRUP 3. ...

101 FUN THINGS TO DO AT HOME WHILST SELF-ISOLATING!

WEB 5. WRITE A LETTER TO A FRIEND OR FAMILY MEMBER OR FIND A PENPAL! 6. TRY SOME PHOTOGRAPHY. 7. PLAY A BOARD GAME WITH YOUR FAMILY. 8. COOK YOUR FAMILY DINNER.

SASKATCHEWAN COOKS SASK COOKS FROM OUR FARMS TO YOUR TABLE

WEB • 2 TBSP FRESH SQUEEZED LEMON JUICE 30 mL • ½ TSP SALT 2 mL • ⅛ TSP GROUND PEPPER 0.5 mL. 1. IN A LARGE POT WITH TIGHT FITTING LID, ADD BARLEY AND COVER WITH 1 ½ INCHES (3.5 CM) WATER. BRING TO BOIL AND SIMMER UNTIL LIQUID IS ABSORBED AND GRAINS ARE TENDER, ABOUT 50 TO 60 MINUTES. RINSE WITH COLD WATER, DRAIN AND COOL. 2.

THE ALCHEMISTS ILLUSION RECIPES

WEB • LEMON JUICE • OPTIONAL ½ TSP COCONUT OIL FOR EASIER PREP, MIX A LARGER BATCH OF THE DRY INGREDIENTS IN A GLASS JAR WITH A LID. SCOOP 1 TSP WHEN READY TO DRINK. TOBIAS'S CAYENNE FIRE TEA • 1 TSP CAYENNE • 1 TSP FRESHLY SLICED GINGER • 1 TSP FRESHLY SQUEEZED LEMON JUICE • 1 TSP HONEY ZOE'S SIMPLE FIRE TEA • 1 TSP CAYENNE