



*Easy-To-Make*

# **Recipes**



**Prep time:** 5 minutes



**Cook time:** 0 minutes



**Total time:** 5 minutes



**Serving:** 2

# Blueberry Orange Immune Boosting Smoothie



## INGREDIENTS:





- 1 Cup of Milk
- 1 Orange
- ½ Cup Blueberries
- ½ Cup Spinach

## PREPARATION:

- Add ingredients in blender
- Mix until blended
- Pour into cup

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-  **Prep time:** 5 minutes
-  **Cook time:** 0 minutes
-  **Total time:** 5 minutes
-  **Serving:** 2

# Green Goodness Smoothie



## INGREDIENTS:





- 1 Cup of Milk
- 1 Cup Green Grapes
- $\frac{3}{4}$  Cup Ice
- 1 Cup Spinach
- 1 Banana
- 1 Cup Vanilla Yogurt
- 1 Tbsp Chia Seeds

## PREPARATION:

- Add all ingredients in a blender
- Mix until blended
- Pour into cup

Watch Now



-  **Prep time:** 5 minutes
-  **Cook time:** 0 minutes
-  **Total time:** 5 minutes
-  **Serving:** 2

# Strawberry Green Smoothie



## INGREDIENTS:





- 1 Cup of Milk
- 2 Celery Stalks  
Greens Removed
- Sprinkle of  
Cinnamon 
- 1 Cup Fresh  
Spinach
- 5 Strawberries  
Greens Removed
- 6 Ice Cubes

## PREPARATION:

- Add all ingredients in a  
blender
- Mix until blended
- Pour into cup
- Sprinkle cinnamon

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-  **Prep time:** 10 minutes
-  **Cook time:** 7 minutes
-  **Total time:** 17 minutes
-  **Serving:** 2

## Cinnamon-Oatmeal Pancakes with Apple-Maple Syrup



### INGREDIENTS FOR THE PANCAKES:

- 2 Cups Pancake Mix
- 2 Eggs
- ½ Cup Oats
- 2 Tbsp Brown Sugar
- 1 Tsp Cinnamon
- 1 ¼ Cup Low-Fat Milk

### INGREDIENTS FOR THE SYRUP:

- 1 Tsp Butter
- 2 Granny Smith Apples
- 1 Cup Maple Syrup

### PREPARATION FOR THE PANCAKES:

- Stir ingredients until blended
- Pour batter on griddle
- Turn when ready

### FOR THE SYRUP:

- Melt butter
- Add chopped granny smith apples
- Sauté until soft
- Add maple syrup
- Bring to simmer

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 **Prep time:** 10 minutes

 **Cook time:** 8 minutes

 **Total time:** 18 minutes

 **Serving:** 4

# Air Fryer Mac & Cheese

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## INGREDIENTS:





- 4 Cups Left over Mac and Cheese. (If making it the same day. Let it cool for about 4 hours)
- 1 Cup Panko Breadcrumbs
- 1 Teaspoon Salt
- 2 Eggs

## PREPARATION:

- Form balls using leftover Mac & Cheese
- In a bowl mix salt and panko
- Dip balls in eggs
- Coat in panko
- Place balls in parchment paper
- Place in air fryer
- Cook in air fryer for 8-10 minutes until light golden on the outside
- Enjoy with your favorite sauce

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-  **Prep time:** 10 minutes
-  **Cook time:** 5 minutes
-  **Total time:** 15 minutes
-  **Serving:** 4

# Air Fryer Pizza Bagels



## INGREDIENTS:

- 4 Bagels (Use Your Favorite Bagel)
- 2 Cups of Pizza Sauce
- 2 Cups Shredded Mozzarella Cheese
- Favorite Toppings

## PREPARATION:

- Place bagels on a plate
- Add pizza sauce
- Add cheese
- Add your favorite toppings
- Place in air fryer at 355°F for 5 minutes

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 **Prep time:** 10 minutes

 **Cook time:** 5 minutes

 **Total time:** 15 minutes

 **Serving:** 4

# Air Fryer Ham & Cheese



## INGREDIENTS:

- 12 - Hawaiian Rolls
- Mayo
- Worcestershire Sauce
- Dijon Mustard
- Pinch of Salt
- Butter
- ½ Pound of Sliced Cheese
- ½ Pound of Sliced Ham

## PREPARATION:

- Slice rolls in half
- Add mayo to both sides
- Top with cheese
- Add ham
- Prepare glaze mixing the butter, worcestershire sauce, dijon mustard and pinch of salt
- Brush over buns
- Air fryer 355° for 5-7 minutes

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-  **Prep time:** 10 minutes
-  **Cook time:** 0 minutes
-  **Total time:** 10 minutes
-  **Serving:** 8

## Guava and Cream Cheese Board



### INGREDIENTS:

- 8 oz Cream Cheese Spread
- 3.5 oz Guava Paste
- 3.5 oz Guava Paste Cut in Small Cubes
- 1.5 oz Cheddar Cheese
- 1.5 oz Mozzarella Cheese
- Your Favorite Cracker

### PREPARATION:

- Smear cream cheese on board
- Smear guava on top of the cream cheese
- Place guava cubes all around the board
- Spread both cheeses around the board

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 **Prep time:** 10 minutes

 **Cook time:** 0 minutes

 **Total time:** 10 minutes

 **Serving:** 8

# Everything Bagel Cream Cheese Board



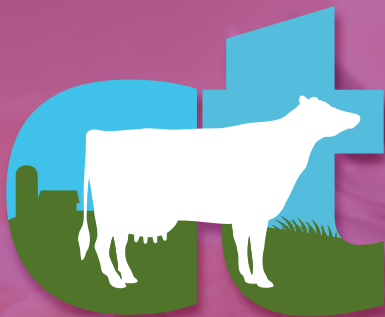
## INGREDIENTS:

- 8 oz Cream Cheese Spread
- Everything Bagel Seasoning
- 1 Tbsp of Capers
- 5 oz Sliced Smoked Salmon
- ¼ Red Onion
- 8 - Bagels

## PREPARATION:

- *Smear cream cheese on board*
- *Sprinkle everything bagel seasoning on top*
- *Sprinkle capers around the board*
- *Spread small salmon sliced around the board*
- *Sliced red onion and spread around the board*
- *Cut and place small bagel pieces around the edge of the board*

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Connecticut Dairy