Challenge Day 17





Yummy Popcorn (Carmel and Garlic Butter)

Ingredients

CARAMEL 1/2 cup un-popped popcorn 1/4 cup peanut butter 1/3 cup molasses 1/4 tsp salt

GARLIC BETTER BUTTER

1/2 cup un-popped popcorn

2 Tbsp Chicken style Seasoning 2 Tbsp Olive Oil

1 tsp granulated garlic

1 Tbsp. Fresh Parsley



Authentic Japanese Ramon Soup

Ingredients

1/4 cup minced garlic 1/4 cup minced ginger 2 cups sliced bok choy 2 cups sliced mushrooms 2 Tbsp oil

2 cups cooked asian noodles 1 tsp red pepper flakes 1/4 tbsp season all 2 Tbsp chicken style seasoning Salt to taste (optional)

