

Creative Cooking

S2 PROGRAM 10

AROUND THE WORLD IN 7 DAYS!
NICOLE BRAXTON • DCC0000022

LIGHT &
REFRESHING



INFUSED DETOX WATER

INGREDIENTS

- 1 cucumber sliced
- ¼ cup fresh strawberries (sliced)
- 1 lemon squeezed
- ¼ cup mint
- 32-60 oz water

INSTRUCTIONS

Combine all ingredients, refrigerate overnight and enjoy the next day.

ISLAND BREEZE SMOOTHIE

INGREDIENTS

- 4 oz kale
- 4 oz parsley
- ½ lemon squeezed
- 1 cup pineapple
- ½ cup water
- ice as needed

INSTRUCTIONS

Blend all ingredients and ice at the end.

CHIA PUDDING

INGREDIENTS

- 3 Tbsp chia seeds
- 1 cup unsweetened coconut milk (may alternate)
- 1 Tbsp cashews (toasted)
- your favorite fruit
- honey to taste

INSTRUCTIONS

Combine the chia seeds and milk in a bowl and let it refrigerate overnight covered. The next day add the cashews, fruit and honey to taste.

ASIAN SALAD

INGREDIENTS

- 3 cups shredded cabbage
- 2 tsp sesame oil
- ½ lime squeezed
- 2-3 Tbsp Amino Braggs
- 1 cup carrots shredded
- ½ cup sliced almonds
- 1½ green onions chopped
- ½ cup shredded purple cabbage
- 15 oz mandarin oranges
- peanut sauce (refer to Episode 14 - Asian Cuisine)

INSTRUCTIONS

Toss cabbage, almonds and carrots. Next in a small bowl mix sesame oil, Amino Braggs and lime juice in separate bowl. Pour over salad. Next drizzle peanut sauce over mixture. Top with mandarin oranges.

STRAWBERRY BANANA SMOOTHIE

INGREDIENTS

- 7 oz frozen strawberries
- ½ cup orange juice
- 1 banana
- ice cubes as desired

INSTRUCTIONS

Blend all ingredients and add ice cubes to make the consistency you desire.