

Family Barbeque



Recipe
Book





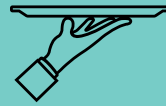
Fruity Summer Salad



15 Min



Easy



Serves 1-2

Ingredients

- 8 oz. Cucumber
- 5 oz. Strawberries
- 1 Tbsp Water
- 1 Tbsp Vinegar
- 1/4tsp Mint
- 1/4tsp Cinnamon
- Stevia, to taste

Instructions

- Slice and Dice Cucumber
- Combine vinegar, and flavorings in small bowl.
- Add cucumber and soak 10 min.
- Dice and Add Strawberries.
- Toss until Thoroughly Coated.
- Enjoy!

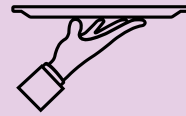
Cauliflower Wings



20 Min



Easy



Serves 2-4

Ingredients

- Onion Garlic
- Garlic Powder
- Black Pepper
- Lemon pepper
- 1 Cauliflower Head
- Oregano leaves

Instructions

- Prep seasoning blend
- Slicing Cauliflower into Bite Size Pieces
- Toss Bites in Chicken Broth in a Bowl
- Mix Coated Cauliflower in Seasoning Blend
- Bake in Air Fryer at 350°F for 10-12 minutes
- Enjoy!





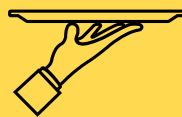
Cauli-Tots



45 Minutes



Easy



Serves 2-4

Ingredients

- Frozen Cauliflower Rice
- 1 C Cottage Cheese
- ZOE Pink Salt
- Pepper
- Garlic
- Herbs of Preference

Instructions

- Put cottage cheese in food processor
- Defrost Frozen Cauliflower in a Pot
- Combine Cottage Cheese, Cauliflower, and Seasonings - Mix
- Shape into Tots
- Bake at 425°F Until Lightly Browned
- Enjoy!

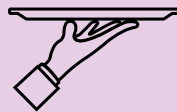
Killer Kabobs



30 Min



Easy



4 Kabobs

Ingredients

- 6 oz Shrimp
- ¼ cup Bell Peppers
- ¼ cup Yellow Squash
- ZOE Pink Salt
- Pepper
- Garlic

Instructions

- Fire Up the Grill to Med-Hi Heat
- Add Protein and Veggies to Sticks
- Season to your Preference
- Place on Grill for 8-10 Min or Until Shrimp is Orange-Pink in Color and Veg is Slightly Charred
- Remove from Grill and Top with Choice Sauce
- Enjoy!



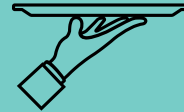
Grilled Zucchini



20 Min



Intermediate



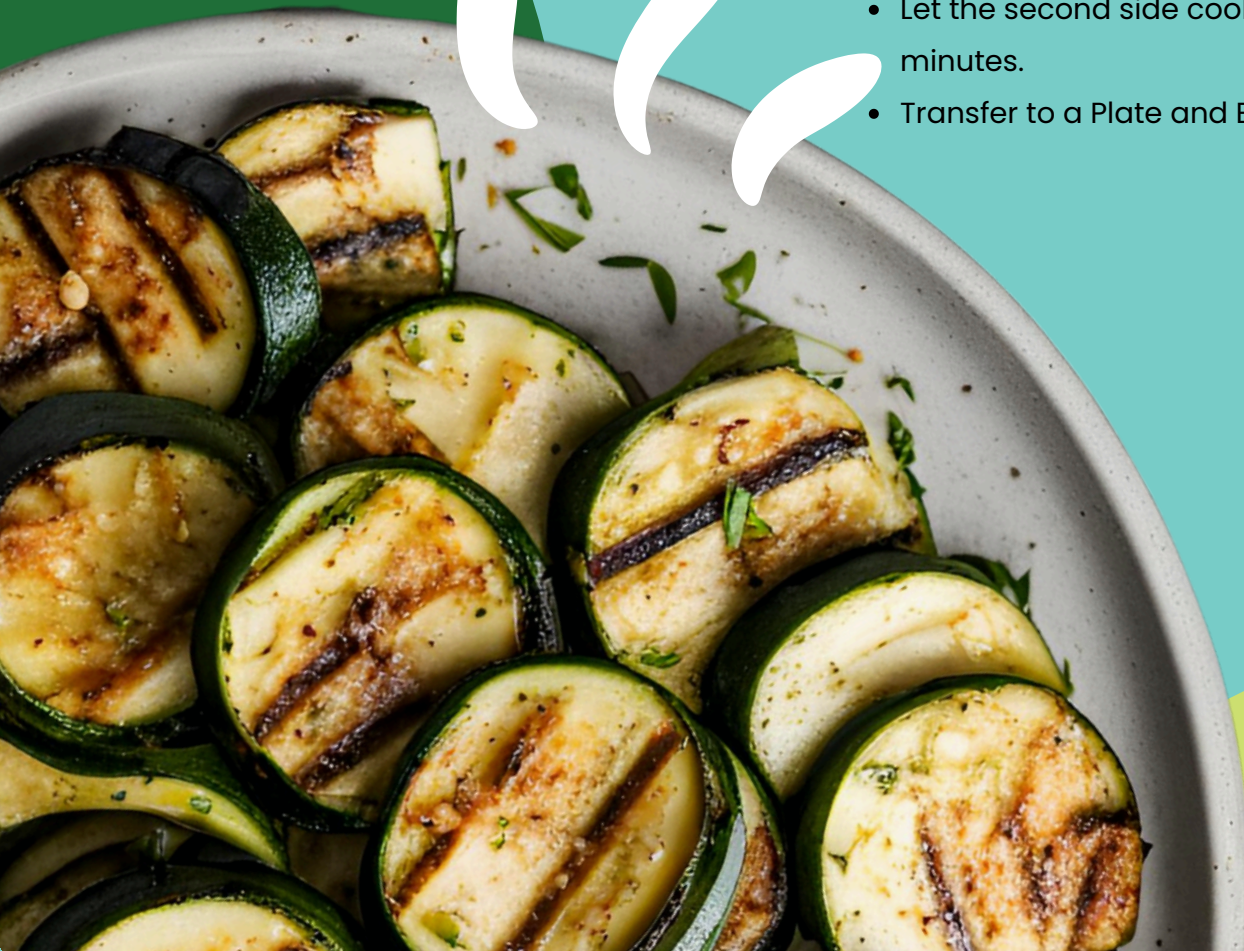
Serves 1

Ingredients

- 2 Med Zucchini
- Black Pepper
- Zoe Pink Salt

Instructions

- Slice Zucchini into Thick Slabs
- Fire Grill to Med-Hi
 - The zucchini can cook at lower heat, but you won't get the grill marks unless the heat is higher.
- After just 1 to 2 minutes of turning the heat, lay the sliced zucchini on the grill or grill pan.
- Flip after 3 minutes
- Season and Cook for 3-5 Minutes.
- Let the second side cook for a couple of minutes.
- Transfer to a Plate and Enjoy warm!





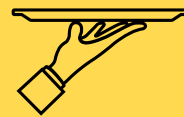
Lemonade



10 Minutes



Easy



Serves 5

Ingredients

- 5 Fresh Lemons
- Monk Fruit or Stevia
- Filtered, Alkaline Water
- Ice

Instructions

- Squeeze Lemon Juice Concentrate
- Mix in Monk Fruit to Taste
- Add Water, Stir Altogether
- Add Preference of Ice
- Enjoy!



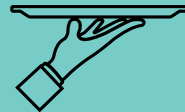
Poolside Popsicles



2 Hours



Intermediate



Serves 4

Ingredients

- Strawberries
- Blueberries
- Cottage cheese
- Vanilla extract
- Stevia
- Vanilla cola

Instructions

- Dice Strawberries and Set aside
- Blend Cottage Cheese, Stevia, and Vanilla Extract in Food Processor
- Begin Filling Popsicle Molds in Layers:
 - Strawberry, Cottage Cheese, Blueberries
- Top with Vanilla Cola Zevia for Binding

