



Sunshine Nutrition & Wellness

Delicious BBQ and Frozen
Dessert Recipes

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Sausage with Sauerkraut & Mustard

1 serving
20 minutes

Ingredients

4 ozs Organic Chicken Sausage
1 2/3 ozs Whole Wheat Hot Dog Bun
1 1/2 tbsps Yellow Mustard
1/4 cup Sauerkraut

Directions

- 1 Grill the sausage on a barbecue over high heat for 2 to 3 minutes, turning halfway.
- 2 Lower to medium heat and transfer the sausage away from direct heat. Close the lid and grill for 10 to 15 minutes, or until it reaches an internal temperature of 160°F (70°C).
- 3 Toast the hot dog bun over indirect heat for 1 to 2 minutes.
- 4 Place the sausage in the hot dog bun and top with mustard and sauerkraut. Enjoy!

Notes

Leftovers: Store the grilled sausages in an airtight container for up to three days. Assemble with the remaining ingredients just before serving.

Gluten-Free: Use gluten-free bread or lettuce wraps instead.

Additional Toppings: Top with your favorite hot sauce, finely chopped onion and/or mayonnaise.

Make it Vegan: Use vegan sausage instead.

No Grill: Bake the sausage in the oven for 25 minutes at 400°F (204°C).



BBQ Chimichurri Chicken with Sweet Potato Wedges

4 servings

30 minutes

Ingredients

- 1/2 cup Red Wine Vinegar
- 1 cup Cilantro (thick stems removed)
- 1/4 cup Fresh Oregano
- 4 Garlic (cloves)
- 3/4 cup Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt
- 1 1/4 lbs Chicken Breast (skinless, boneless)
- 2 Sweet Potato (medium, peeled and cut into wedges)

Directions

- 1 Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 In a large bowl, coat chicken breasts in half the chimichurri sauce and set aside. In a separate bowl, coat sweet potato wedges in the remaining olive oil.
- 3 Preheat grill on medium heat. Grill the chicken breasts until cooked, about 10 to 12 minutes each side. Grill the sweet potato wedges on all sides, about 10 minutes total.
- 4 Transfer to plates and top with desired amount of chimichurri. Enjoy!

Notes

Make it Spicy: Add a chili pepper or red pepper flakes to the chimichurri.

Storage: Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

No Cilantro: Use parsley instead.



Sausage & Veggie Foil Packets

4 servings

30 minutes

Ingredients

12 ozs Lamb Sausage (sliced into 1 inch pieces)
2 ears Corn on the Cob (husked and sliced into pieces)
1 Zucchini (medium, sliced)
1 Red Bell Pepper (seeds removed and chopped)
1 Sweet Potato (medium, peeled and chopped)
2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt (or more to taste)

Directions

- 1 Preheat grill to medium heat.
- 2 Create a double layer of foil for each serving and divide all ingredients accordingly. Fold the foil to form a sealed and secure encasing.
- 3 Grill the foil packets for about 20 to 25 minutes or until the sausage is cooked through and veggies are tender. Remove from the grill and very carefully open the foil packet with tongs to allow the steam to escape. Transfer the contents to a plate and enjoy!

Notes

No Grill: Cook the foil packets in the oven at 400°F (204°C) for about 30 minutes, or until sausage is cooked through and veggies are tender.

More Flavour: Add your spices of choice such as paprika, cumin, chili powder, garlic powder, dried or fresh herbs.

Leftovers: Refrigerate in an airtight container up to 3 days.

No Lamb Sausage: Use any type of sausage instead.

Vegan & Vegetarian: Omit the sausage and use cooked chickpeas instead.



Spicy Pineapple Chicken Kabobs

4 servings

1 hour

Ingredients

- 1 lb Chicken Breast
- 2 cups Pineapple (diced into large chunks)
- 1 cup Red Onion (sliced into large chunks)
- 1 cup Cherry Tomatoes
- 1 Yellow Bell Pepper (sliced into large chunks)
- 1 Green Bell Pepper (sliced into large chunks)
- 1 tbsp Tamari
- 2 tbsps Apple Cider Vinegar
- 2 Garlic (cloves, minced)
- 1 Lime (juiced)
- 1 tbsp Ginger (peeled and grated)
- 1/2 tsp Cayenne Pepper
- 12 Barbecue Skewers

Directions

- 1 Cut your raw chicken breasts into large cubes. Create marinade by combining tamari, apple cider vinegar, garlic, lime juice, ginger and cayenne pepper in a bowl. Stir well. Place cubed chicken and marinade together in a ziploc baggie. Seal well and let marinate for at least two hours (the longer the better).
- 2 Create skewers by sliding on the chicken, green pepper, yellow pepper, cherry tomato, pineapple and red onion. Try to choose a pattern and stick to it. Set skewers aside until ready to grill.
- 3 Fire up the barbecue and turn heat to medium. Allow grill to heat up for at least 10 minutes. Scrape the grill then grease with some oil. Place skewers across the grill. Cook for 14 minutes, turning at the halfway point (after 7 minutes). Remove from grill after 14 minutes or when chicken is cooked through. Enjoy!



Grilled Mediterranean Chicken Kabobs

4 servings

30 minutes

Ingredients

- 1 Lemon (juiced)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

Directions

- 1 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 2 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 3 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 4 Preheat the grill to medium heat.
- 5 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 6 Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Serve Them With: Rice, quinoa, grilled potatoes and/or tzatziki sauce.

Leftovers: Store covered in an airtight container in the fridge up to three days.

Serving Size: One serving is equal to approximately two kabobs.

Vegan & Vegetarian: Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers: If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Turn Them Into a Salad: Slide the chicken and vegetables off the skewers after grilling and toss them with leafy greens like arugula, kale or spinach. Add extra toppings if desired like tzatziki sauce, sunflower seeds or feta cheese.



Pineapple Coconut Shrimp

4 servings

25 minutes

Ingredients

- 3 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 2 tbsps Parsley (chopped)
- 1/2 tsp Sea Salt
- 2 lbs Shrimp (raw, peeled and deveined)
- 4 cups Pineapple (diced into chunks)
- 2 tbsps Unsweetened Coconut Flakes
- 12 Barbecue Skewers

Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

No Pineapple: Use sliced lemon instead.

Likes it Spicy: Add cayenne pepper to the shrimp spice.



Portobello Veggie Burgers with Goat Cheese

2 servings

25 minutes

Ingredients

- 1 cup Red Onion (sliced)
- 1 Zucchini (sliced into rounds)
- 1 Yellow Bell Pepper (sliced into strips)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 12 ozs Portobello Mushroom Caps
- 1 cup Lentils (cooked, drained and rinsed)
- 1/2 cup Goat Cheese (or feta)
- 1 cup Mixed Greens

Directions

- 1 Preheat the grill to medium-high heat.
- 2 In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
- 3 Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushrooms caps face down on the grill and grill until slightly softened. Flip at the halfway point.
- 4 Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

Notes

Vegan: Skip the goat cheese and use pesto instead.

Meat Lover: Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.



Powerhouse Veggie Burgers

9 servings

1 hour 20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (finely diced)
- 2 Garlic (cloves, minced)
- 1 Carrot (grated)
- 1 Zucchini (grated)
- 2 cups Green Lentils (cooked, drained and rinsed)
- 1 cup Sunflower Seeds
- 1 tsp Turmeric
- 1/4 cup Tamari
- 3/4 cup Almond Flour

Directions

- 1 Heat a large skillet over medium heat and add olive oil. Add the onion and saute until translucent. Add the garlic and saute for another minute. Add the carrot and zucchini and saute for 5 minutes or until softened. Remove from heat and set aside.
- 2 In a food processor combine lentils, sunflower seeds, turmeric and tamari. Blend until smooth and transfer to a large mixing bowl.
- 3 Transfer the cooked veggies to the mixing bowl and add your almond flour. Mix well with a spatula.
- 4 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 5 Divide the mixture into even patties and transfer onto the baking sheet. (Note: If the dough is too wet, you may need to adjust the amount of almond flour or let it sit in the fridge for 10 to 20 minutes so it will firm up.)
- 6 Bake in the oven for 60 minutes, flipping halfway through.
- 7 Remove burgers from oven. Serve on a bed of greens or in a lettuce wrap with your burger toppings of choice. Enjoy!

Notes

Leftovers: Store in the freezer in an airtight container. Defrost on the counter and place back in the oven to crisp up when ready to eat.

Serving Size: One serving is equal to one burger patty.

Skip the Oven: Fry the patties in a skillet or grill them on the barbecue.

Toppings: Avocado, tomato, dijon mustard, goat cheese, feta cheese, sprouts, spinach, lettuce or pickles.

Bun Alternatives: Grilled eggplant slices, lettuce wraps, cauliflower steaks or portobello mushroom caps.



Apple Turkey Burgers with Caramelized Onions & Brie

4 servings

45 minutes

Ingredients

- 1 tbsp Coconut Oil
- 2 Yellow Onion (peeled and finely sliced)
- 2 Apple (green, divided)
- 1 lb Extra Lean Ground Turkey
- 2 tsps Dijon Mustard
- 1/2 tsp Ground Sage
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 ozs Brie Cheese
- 1 head Green Lettuce (separated into leaves and washed)

Directions

- 1 Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1 to 2 tbsp of water at a time to deglaze the pan. Set aside.
- 2 Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
- 3 In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
- 4 Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
- 5 Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

BBQ Lover: Grill your apple slices too.

No Grill: Cook burgers in the oven at 350 for 15 minutes per side.

More Carbs: Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers: Can be frozen up to 6 months in an airtight container.



Lentil Stuffed Grilled Peppers

4 servings

30 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (chopped)
- 1 cup Cherry Tomatoes (halved)
- 1 tbsp Tamari
- 2 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 tsp Cayenne Pepper (optional)
- 1/4 cup Basil Leaves (chopped)
- 2 cups Baby Spinach (chopped)
- 4 Red Bell Pepper
- 1/2 cup Feta Cheese (crumbled)
- 2 cups Green Lentils (cooked, drained and rinsed)

Directions

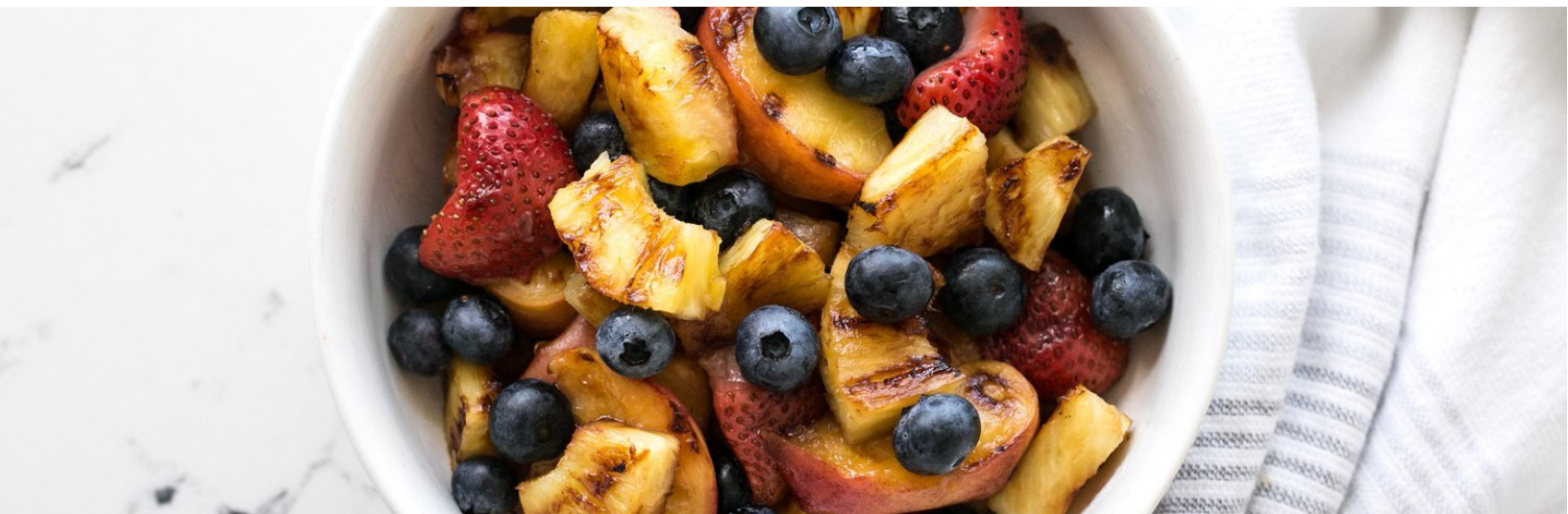
- 1 Heat olive oil in a skillet over medium heat. Add onion, mushrooms, cherry tomatoes and tamari. Saute for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and saute for another minute. Stir in basil and spinach just until wilted and then remove from heat. Set aside to cool while you prep the red peppers.
- 2 Chop the stem and top off of the peppers and carve out the seeds.
- 3 Add the lentils and feta cheese into the skillet with the vegetables and stir well to evenly distribute. Use a spoon to pack this vegetable mix into the red peppers. Place the peppers on a baking sheet.
- 4 Heat the oven to 425°F (218°C). Bake stuffed peppers in the oven for 20 minutes. Remove, drizzle with a bit of olive oil and serve. Enjoy!

Notes

Vegan: Leave out the feta and use chopped cashews instead.

No Feta: Use crumbled goat cheese instead.

No Oven: Make them on the grill instead. Preheat the grill over medium heat. Grill the stuffed peppers for 20 minutes.



Grilled Fruit Medley

4 servings

10 minutes

Ingredients

2 cups Pineapple (diced and cored)
1 cup Strawberries (halved and stems removed)
1 Nectarine (sliced and pit removed)
12 Barbecue Skewers
1 cup Blueberries
1/4 Lime (juiced)

Directions

- 1 Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
- 2 Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
- 3 Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

Other Grilled Fruit Ideas: Use watermelon, peach, apricot, cantaloupe, or mango.

No Grill: Use a grill pan on the stovetop instead, or broil in the oven.

Serve it With: Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

Serve it as a Salad: Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

Storage: This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.



Grilled Cherry Stuffed Peaches

2 servings

10 minutes

Ingredients

2 Peach (large)
1 cup Cherries

Directions

- 1 Preheat grill to medium heat.
- 2 Cut the peaches in half and remove the pits. Cut the cherries in half and remove the pits.
- 3 Place the peaches and cherries face down on the grill and grill for 5 to 8 minutes, or until slightly charred. (Note: Use a basket to grill the cherries if the grates of the grill are too far apart.)
- 4 Remove everything from the grill and let cool. When cool enough to handle, roughly chop the cherries and stuff them into the centre of each peach. Enjoy!

Notes

Serve it With: For an added touch, serve it with coconut whipped cream or banana ice cream.



Cherry Blueberry Coconut Popsicles

6 servings

4 hours

Ingredients

1/2 cup Frozen Cherries (roughly chopped)
1/2 cup Blueberries
1/2 cup Organic Coconut Milk

Directions

- 1 If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
- 2 Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
- 3 Place in freezer for 4 hours or until completely frozen.
- 4 Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

Notes

More Creamy: Blend all ingredients together in a food processor or blender and divide into cups.

No Coconut Milk: Use almond milk or any other dairy milk alternative.



Mango Coconut Popsicles

4 servings

40 minutes

Ingredients

- 2 cups Frozen Mango
- 1 cup Organic Coconut Milk (divided)

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk: Use almond milk or cashew milk instead.



Chia Seed Breakfast Popsicles

6 servings

5 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Raw Honey
- 1 tbsp Chia Seeds
- 1/3 cup Strawberries (sliced into small pieces)
- 1 Peach (sliced into small pieces)
- 1/3 cup Pineapple (sliced into small pieces)
- 1/2 cup Granola

Directions

- 1 In a medium sized mixing bowl, combine the yogurt, almond milk, honey, and chia seeds. Mix well.
- 2 Fill popsicle moulds about 1/4 of the way with the yogurt mixture then drop in the fruit. Spoon more of the yogurt mixture in to cover the fruit. To burst any air-pockets in your popsicles, press down on the mixture with a spoon.
- 3 Sprinkle the granola into the moulds to cover the yogurt and fruit, and press down with a spoon so that it gets incorporated with the yogurt mixture.
- 4 Freeze for at least 5 hours. When you're ready to eat, leave on the counter for 10 minutes before removing from moulds, so they will slide out effortlessly. Enjoy!

Notes

Vegan: Use unsweetened coconut yogurt and replace honey with maple syrup.

Mix it Up: Use any fruit that is in season, or any fruit that you have on hand.



Chocolate Peanut Butter Banana Pops

10 servings

1 hour 30 minutes

Ingredients

2 Banana (large, ripe)
1/4 cup All Natural Peanut Butter
10 Popsicle Sticks
3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)
1 1/2 tsps Coconut Oil

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Slice bananas into 1/2 inch thick rounds. Use a butter knife to spread peanut butter onto half of the banana slices. Place the remaining banana slices on top to create a sandwich. Transfer to the baking sheet.
- 3 Hold the sandwiches firmly on both sides with one hand and insert popsicle sticks through the middle of the top of each sandwich so they are sticking up vertically. Place in the freezer and let harden for ~30 minutes.
- 4 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Use a spatula to transfer all the chocolate into a small cup (note: this makes it easier for dipping).
- 5 Remove the bananas from the freezer and dip them one-by-one into the melted chocolate. Feel free to double dip if you have leftover chocolate. (If you are sprinkling with any toppings, do so quickly while the chocolate is still wet.)
- 6 Place the pops back onto the baking sheet with the popsicle sticks sticking up vertically. Place back in the freezer until chocolate is hardened (about 30 to 60 minutes). Enjoy right away or store in an airtight container for later.

Notes

No Peanut Butter: Use any type of nut butter, raw honey or Strawberry Chia Jam.

Optional Toppings: After dipping in dark chocolate, immediately sprinkle with toppings of choice like chopped nuts, shredded coconut or cacao nibs.

Bigger Pops: Slice the bananas into thicker rounds.

No Popsicle Sticks: Skip the popsicle sticks and make Chocolate Peanut Butter Banana Bites instead.



Watermelon Mint Agua Fresca

4 servings

10 minutes

Ingredients

1/2 Seedless Watermelon (large)
2 tbsps Maple Syrup
1 cup Water
1/4 cup Mint Leaves
1/2 Lime (sliced into wedges)

Directions

- 1 Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon and add to blender with maple syrup and water.
- 2 Divide mint and lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
- 3 Add ice (optional) and pour watermelon agua fresca into each glass. Stir to combine and enjoy!

Notes

Less Pulp: Strain your agua fresca after blending.

Garnish With: Lime wedge, mint leaves or coarse ground sea salt.

Likes it Fizzy: Use sparkling water instead of flat.

No Maple Syrup: Use honey instead.

Watermelon Size: This recipe was developed and tested using a 5 lb. watermelon.



Blueberry Agua Fresca

2 servings

5 minutes

Ingredients

1 cup Blueberries
1/2 Lime (juiced)
1 tbsp Maple Syrup
2 cups Water
4 Ice Cubes (optional)

Directions

- 1 Combine all ingredients except ice in a blender. Blend well until smooth.
- 2 Divide ice into glasses, pour in the Blueberry Agua Fresca and enjoy!

Notes

Make it Smooth: Strain after blending.

Make it Fancy: Serve it over frozen blueberries instead of ice.

Make it Fizzy: Use sparkling water instead of flat water.

No Maple Syrup: Use honey instead.



Virgin Raspberry Mojito

2 servings

15 minutes

Ingredients

- 1/4 cup Raspberries
- 3/4 cup Water
- 1/4 cup Maple Syrup
- 1/4 cup Mint Leaves
- 1 Lime (sliced into wedges)
- 4 Ice Cubes
- 3 cups Sparkling Water

Directions

1

In a small saucepan over medium heat, add the raspberries, water and maple syrup. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to your blender to puree until smooth. Chill in fridge at least 10 minutes.

2

Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges. Sprinkle a pinch of sea salt if desired. Enjoy!

Notes

It's 5 O'Clock Somewhere: Add 2 oz of white rum to each serving.

No Maple Syrup: Use honey instead.

Make it Smooth: Strain your raspberry puree and use the juices only.



Blueberry Ice Cream Floats

2 servings

15 minutes

Ingredients

1 cup Blueberries (fresh or frozen)
1/4 cup Water
1/4 cup Maple Syrup
2 cups Organic Coconut Ice Cream
3 cups Sparkling Water

Directions

- 1 In a small pot, simmer the blueberries, water and syrup for about 5 minutes. Remove from heat.
- 2 Once cooled, divide the blueberry syrup and ice cream into bowls or glasses. Top with sparkling water, and garnish with extra blueberries (optional). Enjoy immediately!

Notes

No Blueberries: Use kombucha instead.

Prep Ahead: Prepare the blueberry syrup ahead of time and refrigerate in an airtight container for up to 3 days.



Pina Colada Ice Cream

2 servings

5 minutes

Ingredients

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks and frozen)
- 1/4 cup Organic Coconut Milk (canned)

Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

It's 5 O'Clock Somewhere: Add rum.



Chocolate Banana Ice Cream

2 servings

5 minutes

Ingredients

2 Banana (sliced and frozen)
2 tbsps Cocoa Powder

Directions

1

Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).

2

Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Double Chocolate: Stir in organic dark chocolate chips right after processing.

More Creamy: Add 2 tbsp coconut milk.

More Scoopable: Add 1 tbsp vodka to prevent hard freeze.



Peach Ice Cream

3 servings

5 minutes

Ingredients

2 Peach (sliced and frozen)
1/2 cup Macadamia Nut Butter

Directions

1

Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.

2

Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Homemade: Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

Nut Allergy: Use sunflower seed butter instead.

Make it Sweeter: Add 1 tbsp of honey or maple syrup when blending, or drizzle on top before serving



Raspberry Avocado Ice Cream

2 servings

5 minutes

Ingredients

- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Organic Coconut Milk (full fat, from the can)
- 1 tbsp Maple Syrup

Directions

- 1 Add all ingredients to a food processor and blend until smooth and creamy.
- 2 Serve immediately and enjoy!

Notes

Leftovers: Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

Serving Size: One serving is equal to approximately 3/4 cup.

More Flavor: Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings: Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries: Use strawberries instead.