

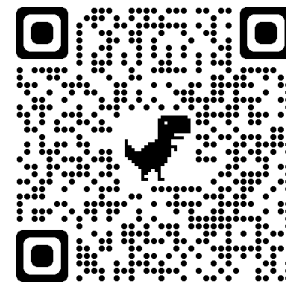
Recipe:

- 1** Add butter (or olive oil) to heavy nonstick pan and heat over medium high heat until melted and foamy.
- 2** Add onion and garlic to pan. Cook for five minutes, stirring occasionally to prevent burning.
- 3** When onion is slightly browned and fragrant, add zucchini to pan. Season well with salt, pepper, and herbs.
- 4** Sauté until softened and browned for another 8-10 minutes. Serve immediately.

Ingredients:

<i>Summer squash</i>	<i>Zucchini</i>
<i>Garlic, diced</i>	<i>Salted butter</i>
<i>Onion, diced</i>	<i>1 tsp sea salt</i>
<i>1 tsp black pepper</i>	<i>1 tsp Italian herbs</i>

Prep Time: 5 Minutes
Cook Time: 15 Minutes
Total Time: 20 Minutes
Servings: 4



SAUTEED ZUCCHINI AND SUMMER SQUASH



Nutritional Information:

Calories: **113kcal** | Carbohydrates: **8g** | Protein: **2g**
| Fat: **9g** | Saturated Fat: **6g** | Cholesterol: **23mg** |
Sodium: **654mg** | Fiber: **2g** | Sugar: **4g**

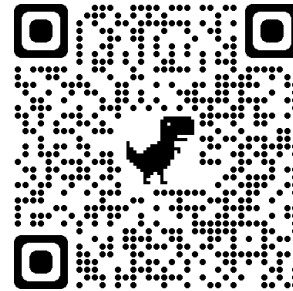
Recipe:

- 1** Chop cucumbers, tomatoes, onion and avocado, then place them in a salad bowl.
- 2** Add olive oil, vinegar, lemon juice, dried basil, garlic, salt and pepper to a lidded jar. Screw on the top and shake to blend all ingredients. Pour dressing over chopped vegetables and toss.
- 3** Sprinkle cilantro on the salad. Taste and adjust salt and pepper. Toss again, then serve immediately.

Ingredients:

<i>Tomatoes</i>	<i>Cucumber</i>
<i>Red onion</i>	<i>Avocados</i>
<i>1/3 cup Olive oil</i>	<i>2 tbsp balsamic vinegar</i>
<i>1 tbsp lemon juice</i>	<i>Dried basil</i>
<i>Garlic, minced</i>	<i>Salt & pepper</i>
<i>Cilantro, chopped</i>	

Prep Time: 15 Minutes
Cook Time: 0 Minutes
Total Time: 15 Minutes
Servings: 6



CUCUMBER TOMATO AVOCADO SALAD



Nutritional Information:

Calories: **138kcal** | Carbohydrates: **10g** | Protein: **2g** | Fat: **11g** | Sodium: **13mg** | Potassium: **512mg** | Fiber: **4g** | Sugar: **3g** | Vitamin A: **650IU** | Vitamin C: **24.6mg** | Calcium: **30mg** | Iron: **1.1mg**

Recipe:

- 1** Mince the peaches, tomatoes, red onions, jalapeños, and cilantro. Then squeeze a lime.
- 2** Combine all ingredients in a large bowl. Serve with chips, tacos, chicken, pork, or fish.

Ingredients:

Peaches, diced

*Roma tomato,
diced*

Red onion, diced

*Jalapeño,
minced*

Cilantro, minced

Lime juice

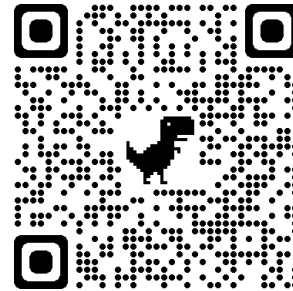
Salt & pepper

Prep Time: 15 Minutes

Cook Time: 0 Minutes

Total Time: 15 Minutes

Servings: 6



FRESH PEACH SALSA



Nutritional Information:

Calories: **36kcal** | Carbohydrates: **9g** | Protein: **1g** |
Fat: **1g** | Sodium: **1mg** | Potassium: **183mg** | Fiber:
1g | Sugar: **7g** | Vitamin A: **366IU** | Vitamin C: **9mg** |
Calcium: **7mg** | Iron: **1mg**

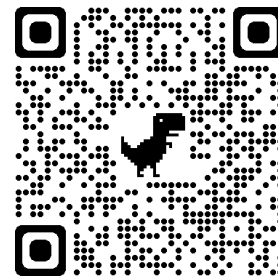
Recipe:

- 1** Peel and slice bananas into thick rounds.
- 2** Line two platters/plates or baking sheets with parchment paper. Spread the peanut butter on a banana slice and top with another as if making tiny sandwiches. Repeat until you have used up the banana slices and have around 30 bites. Place bites on the prepared platter(s) and put in the freezer to harden.
- 3** Once your peanut butter banana bites have hardened, make your melted chocolate. Add the dark chocolate chips and coconut oil to a small bowl. Microwave for one minute, then stir and microwave for another 30 seconds. Continue stirring and microwaving until all the chocolate is melted.
- 4** Take your frozen banana bites and dip them into the melted chocolate so half of each bite is coated, place them back on the baking sheet. Continue until all bites have been dipped. Place them back in the freezer so they can harden again and become ready to eat.

Ingredients:

<i>Bananas</i>	<i>Dark chocolate chips</i>
<i>Peanut butter</i>	<i>Coconut oil</i>

Prep Time: 15 Minutes
Cook Time: 0 Minutes
Total Time: 15 Minutes
Servings: 30



DARK CHOCOLATE PEANUT BUTTER BANANA BITES



Nutritional Information:

Calories: **99kcal** | Carbohydrates: **12g** | Protein: **2g** | Fat: **6g**
| Saturated Fat: **3g** | Sodium: **28mg** | Fiber: **2g** | Sugar: **7g**