

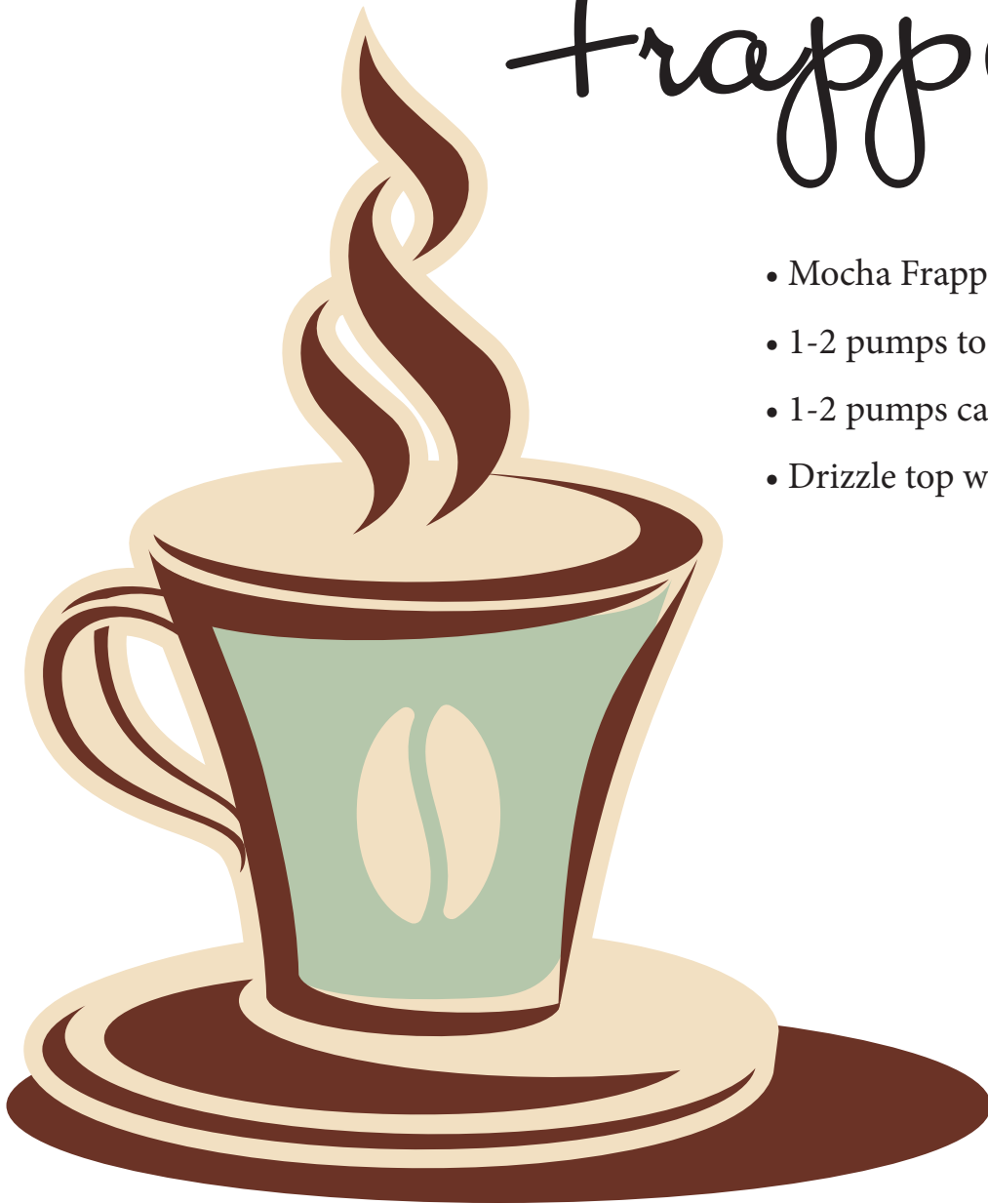


**Second Helpings**

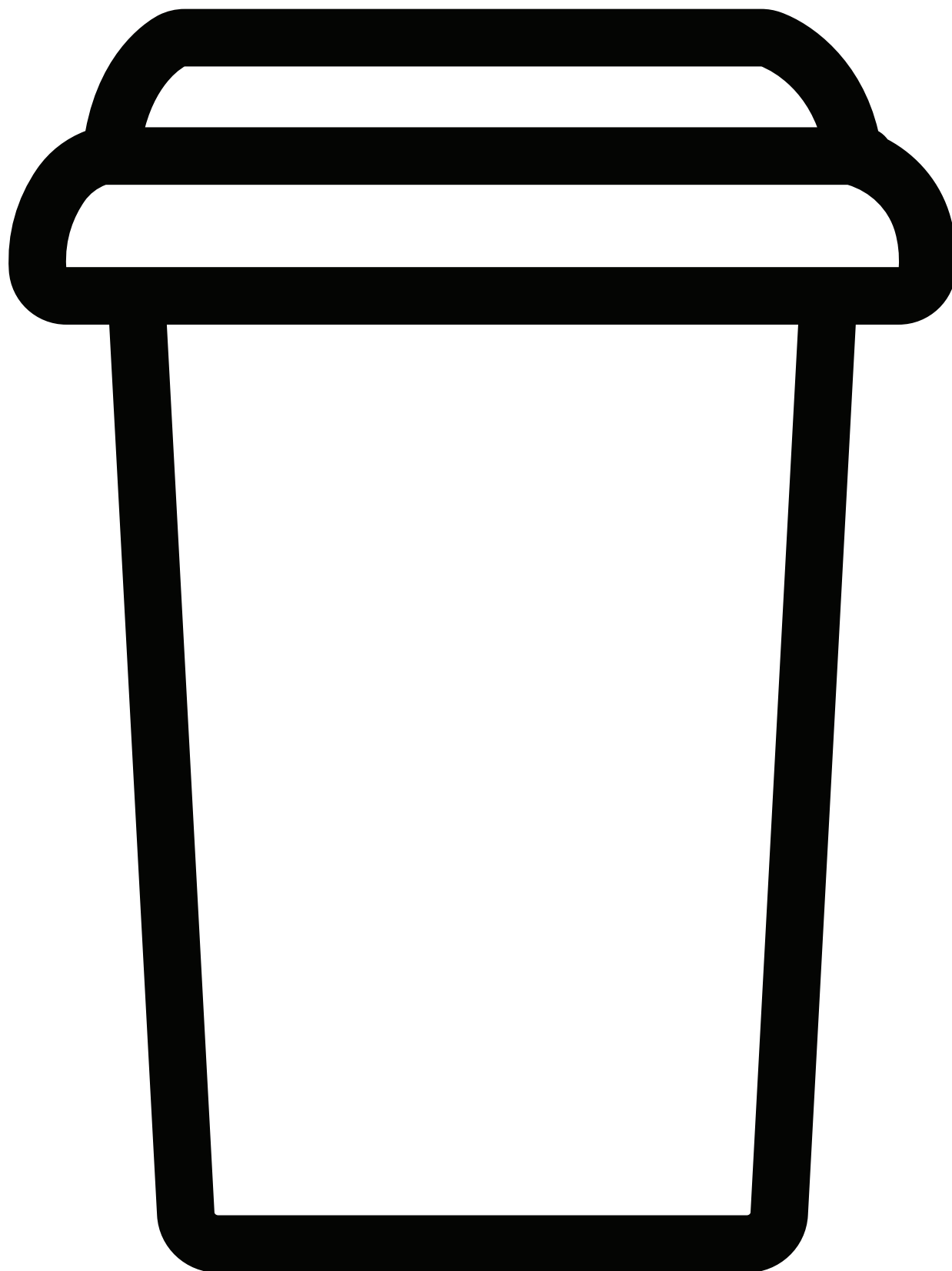


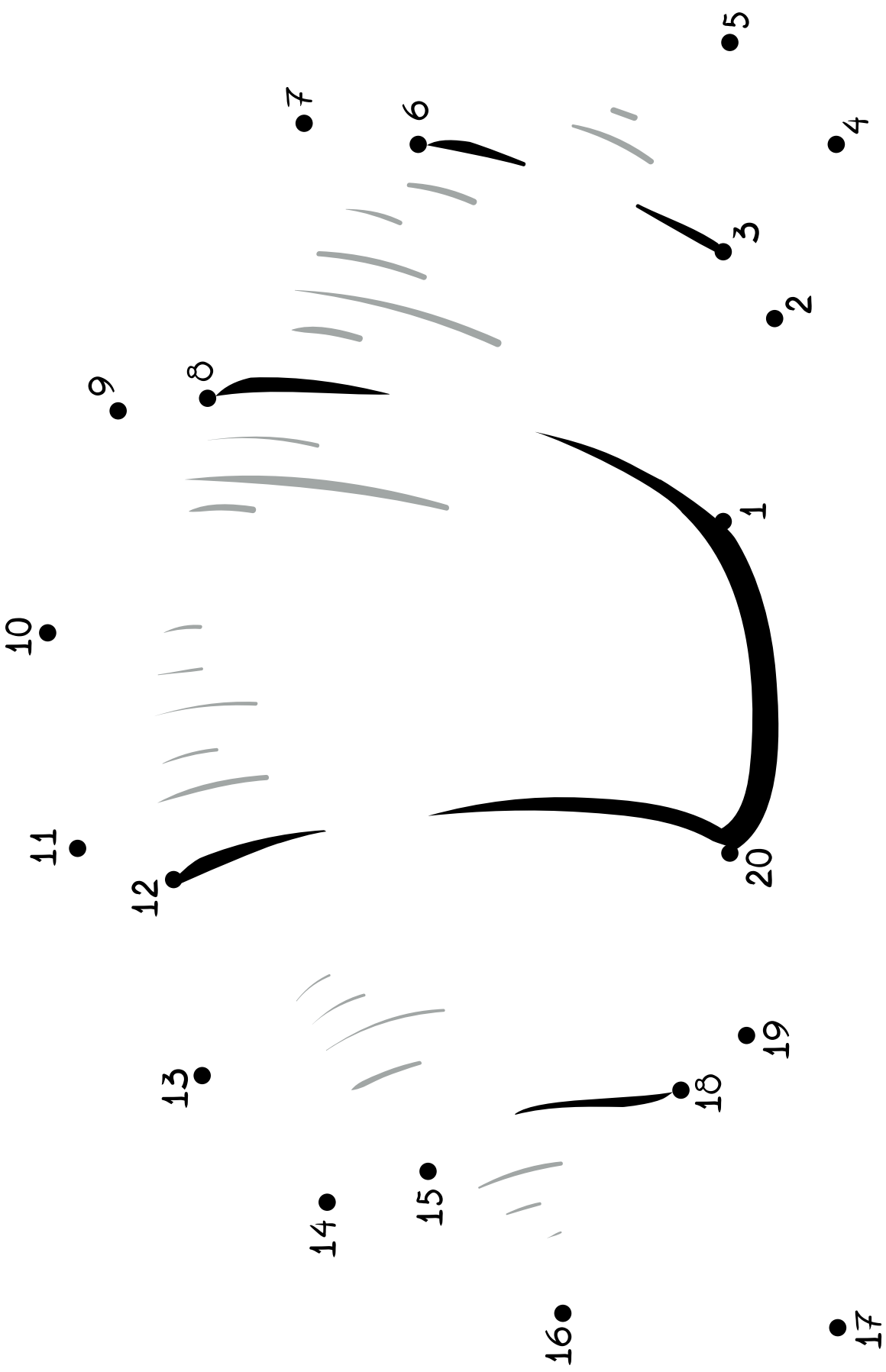
# Samoa/Caramel Delight Frappuccino®

- Mocha Frappuccino
- 1-2 pumps toasted coconut syrup
- 1-2 pumps caramel syrup
- Drizzle top with mocha and caramel syrup



*Design your own coffee cup*

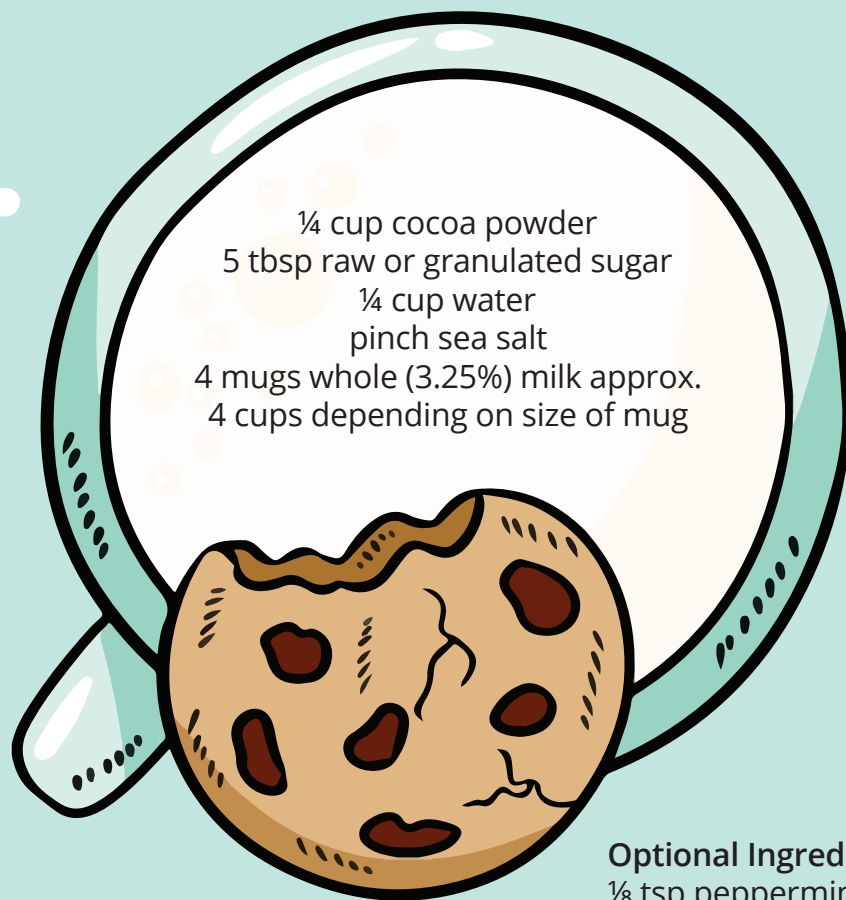




# Better

## *together*

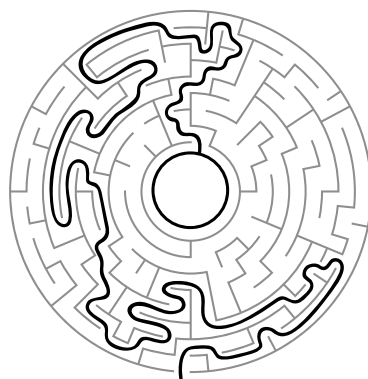
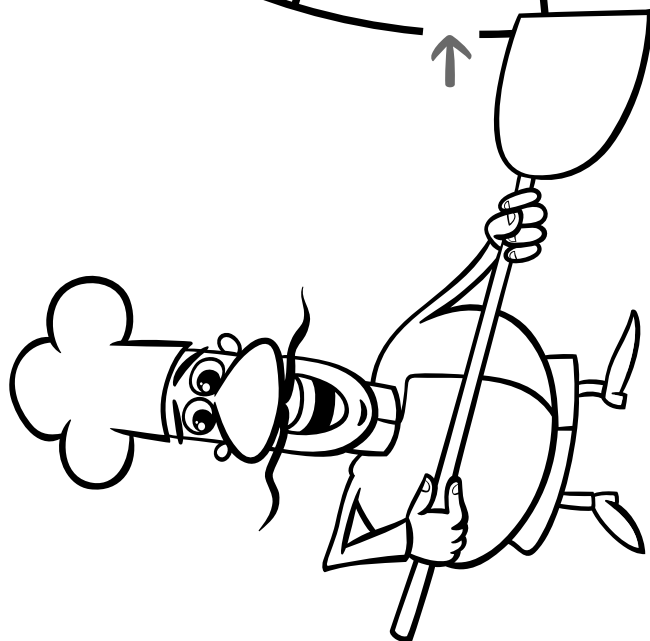
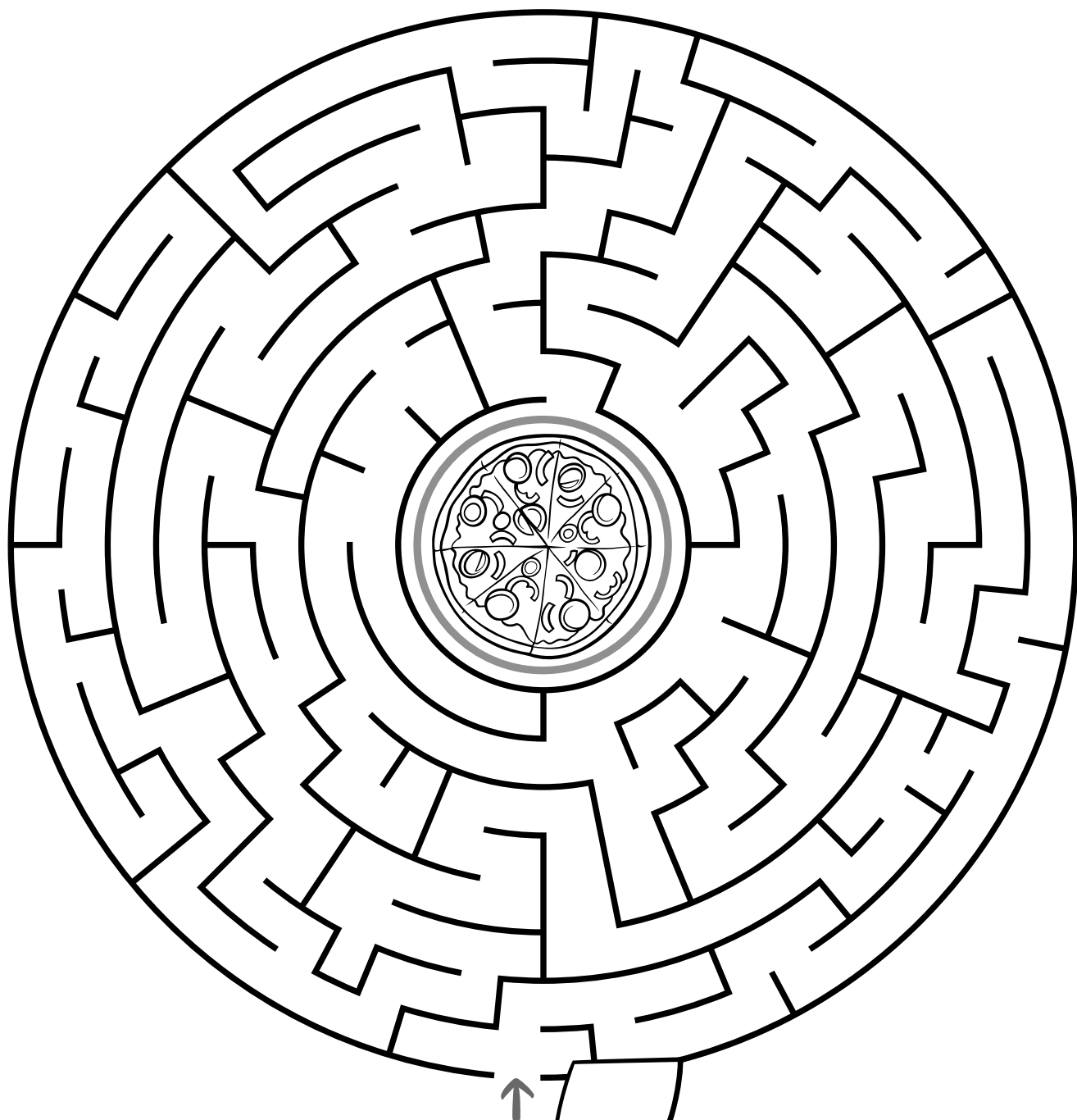
### Grandma's Hot Chocolate



¼ cup cocoa powder  
5 tbsp raw or granulated sugar  
¼ cup water  
pinch sea salt  
4 mugs whole (3.25%) milk approx.  
4 cups depending on size of mug

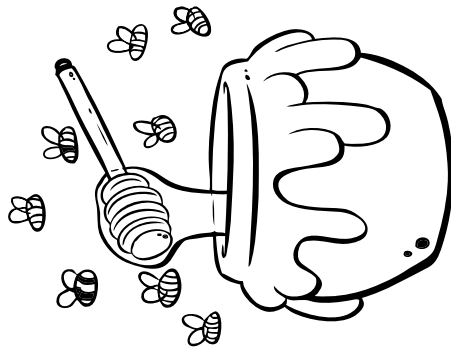
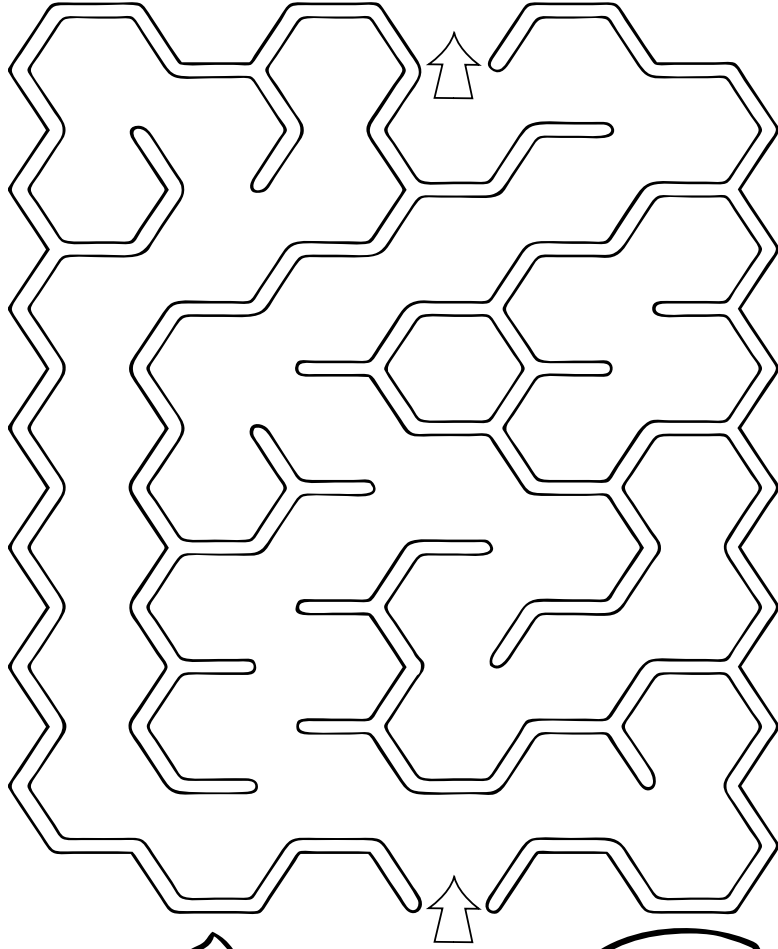
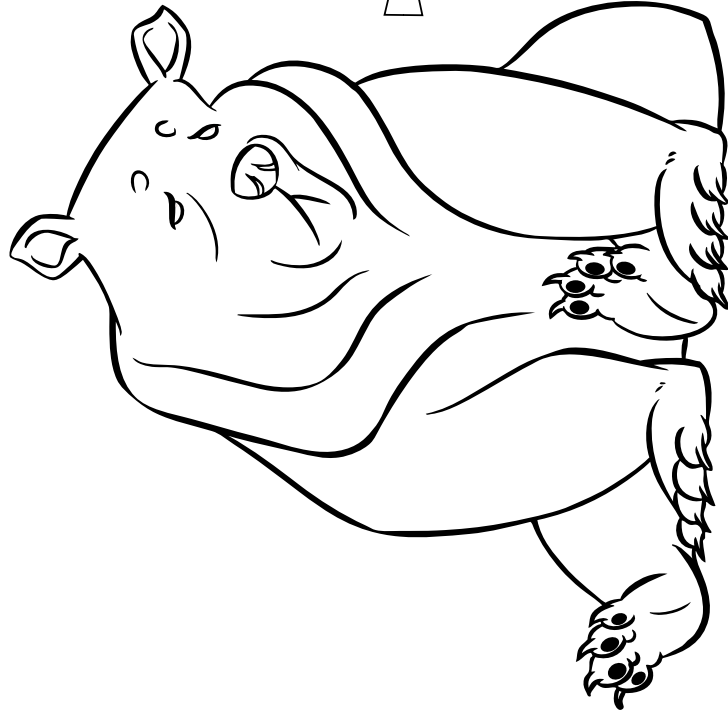
#### Optional Ingredients

⅛ tsp peppermint, or orange extract  
¼ tsp pure vanilla extract  
whipped cream, for topping  
marshmallows, for topping  
chopped peppermint candy, for topping  
cocoa powder, for dusting





On the hunt for  
**Honey!**



# Family BBQ

## Ingredients

1 cup ketchup  
1/3 cup honey  
1/4 cup unsalted butter  
2 tablespoons fresh lemon juice (from 1 lemon)  
1 tablespoon Worcestershire sauce  
2 lemon slices

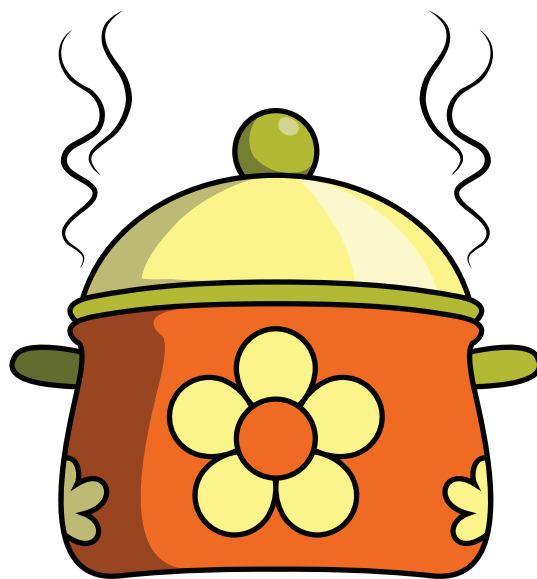
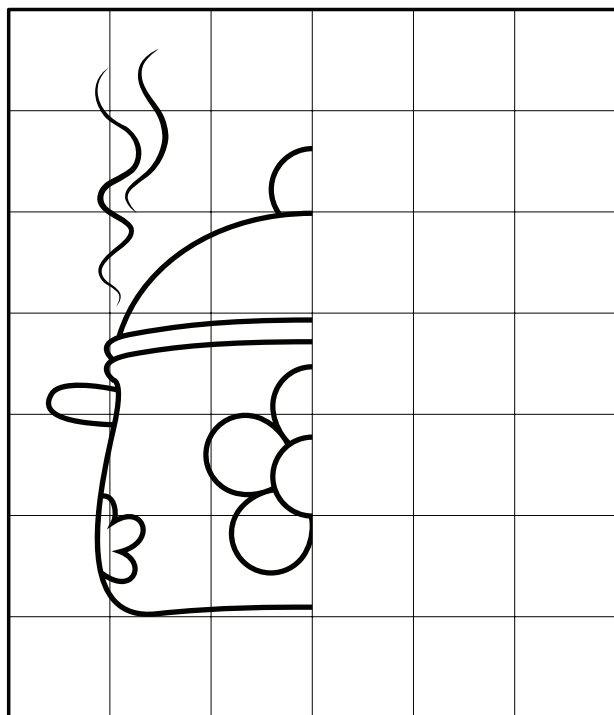
## Directions

Bring ketchup, honey, butter, lemon juice, and Worcestershire sauce to a boil in a small saucepan over medium. Reduce heat to low, and add lemon slices. Simmer 30 minutes. Remove from heat; remove and discard lemon slices. Cool completely.



NOTHING  
BRINGS PEOPLE  
TOGETHER  
— LIKE —  
GOOD  
FOOD

# COMPLETE THE PICTURE



# The Best Healthy Chocolate Chip Cookies

## Ingredients

2/3 cup plus 1/2 cup oat flour (140g)  
1/4 tsp salt  
1/2 tsp baking soda  
4 tbsp coconut sugar or brown sugar  
4 tbsp regular sugar, unrefined if desired  
1/3 cup chocolate chips, or more if desired  
optional 1/3 cup chopped macadamia or walnuts  
1 tsp pure vanilla extract  
2 tbsp vegetable or melted coconut oil  
3-5 tbsp milk of choice, as needed

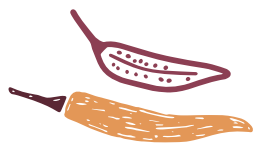
## Directions

Mix together, drop spoonful on cookie sheet and bake for 8 minutes at 350°



*Send your favorite recipe to a friend*

*Recipe*



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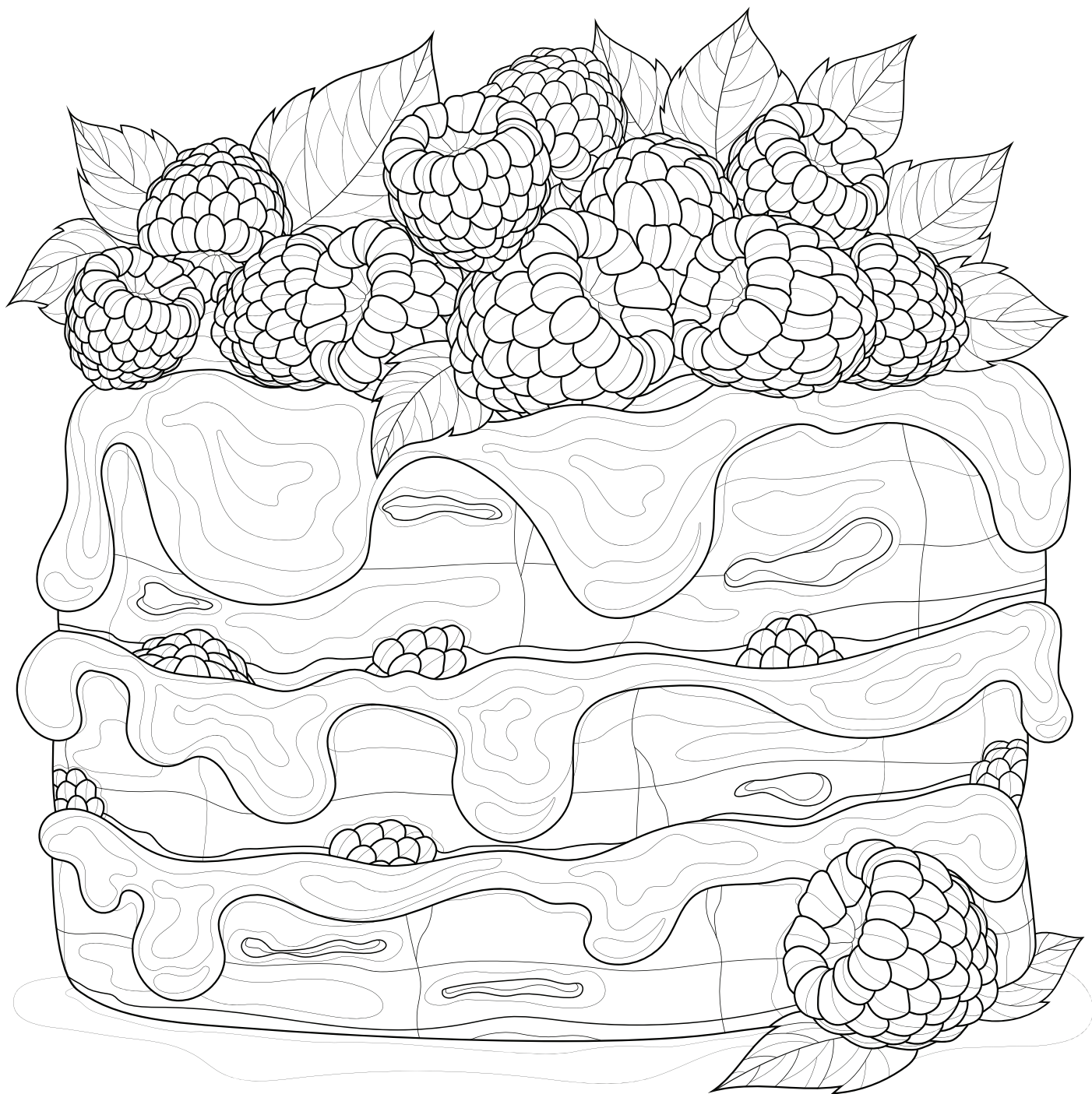
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# Tasty Treats





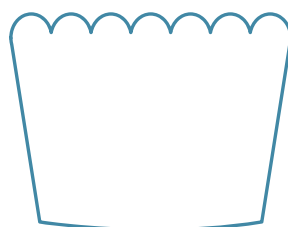


# 5 steps to draw a cupcake

1.



2.



3.



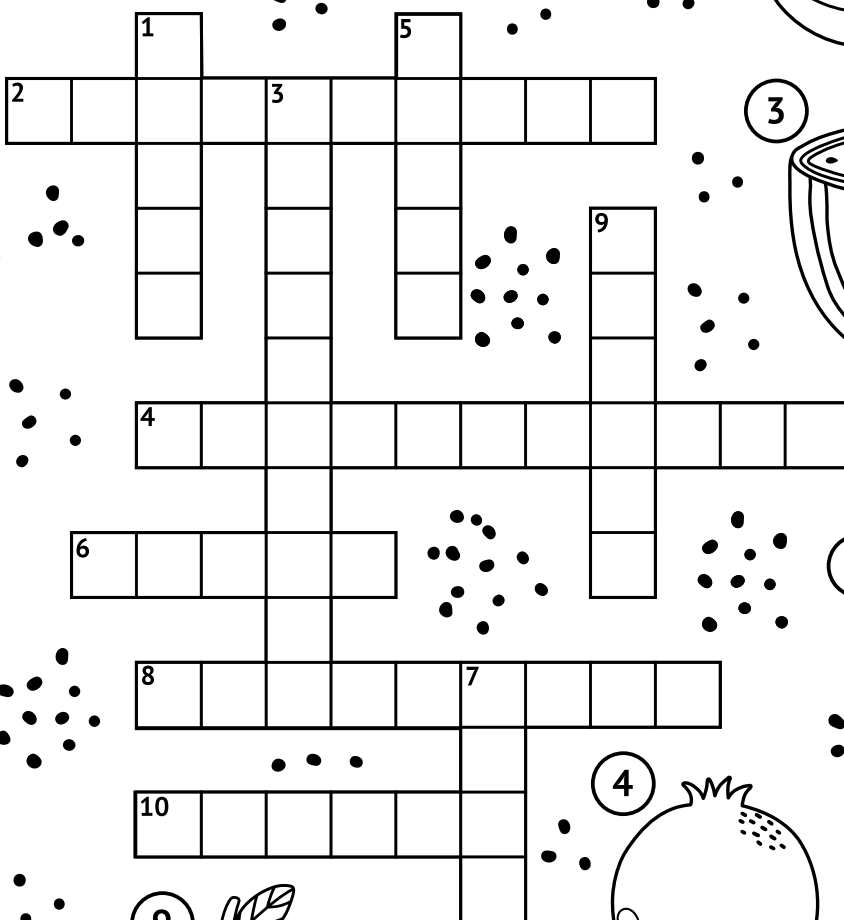
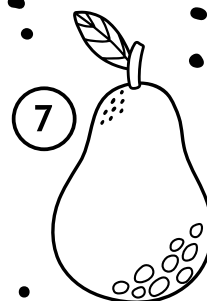
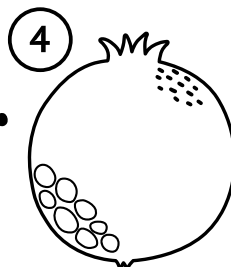
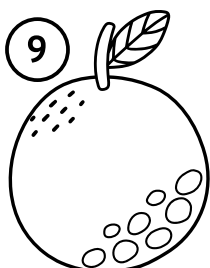
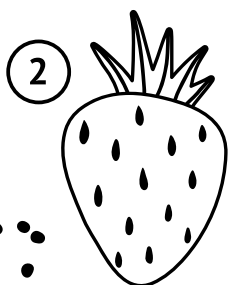
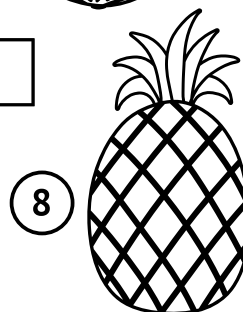
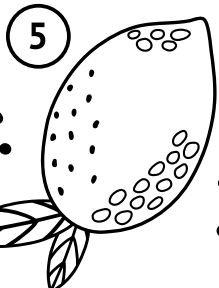
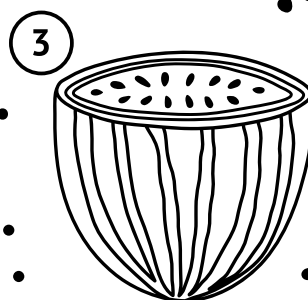
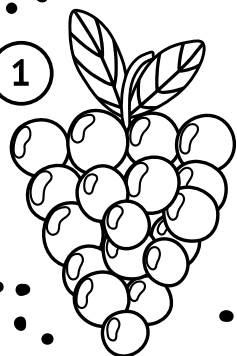
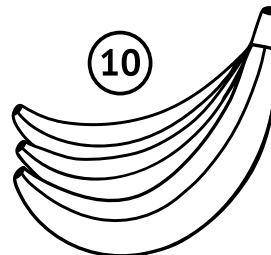
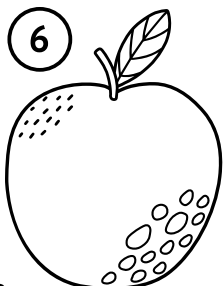
4.



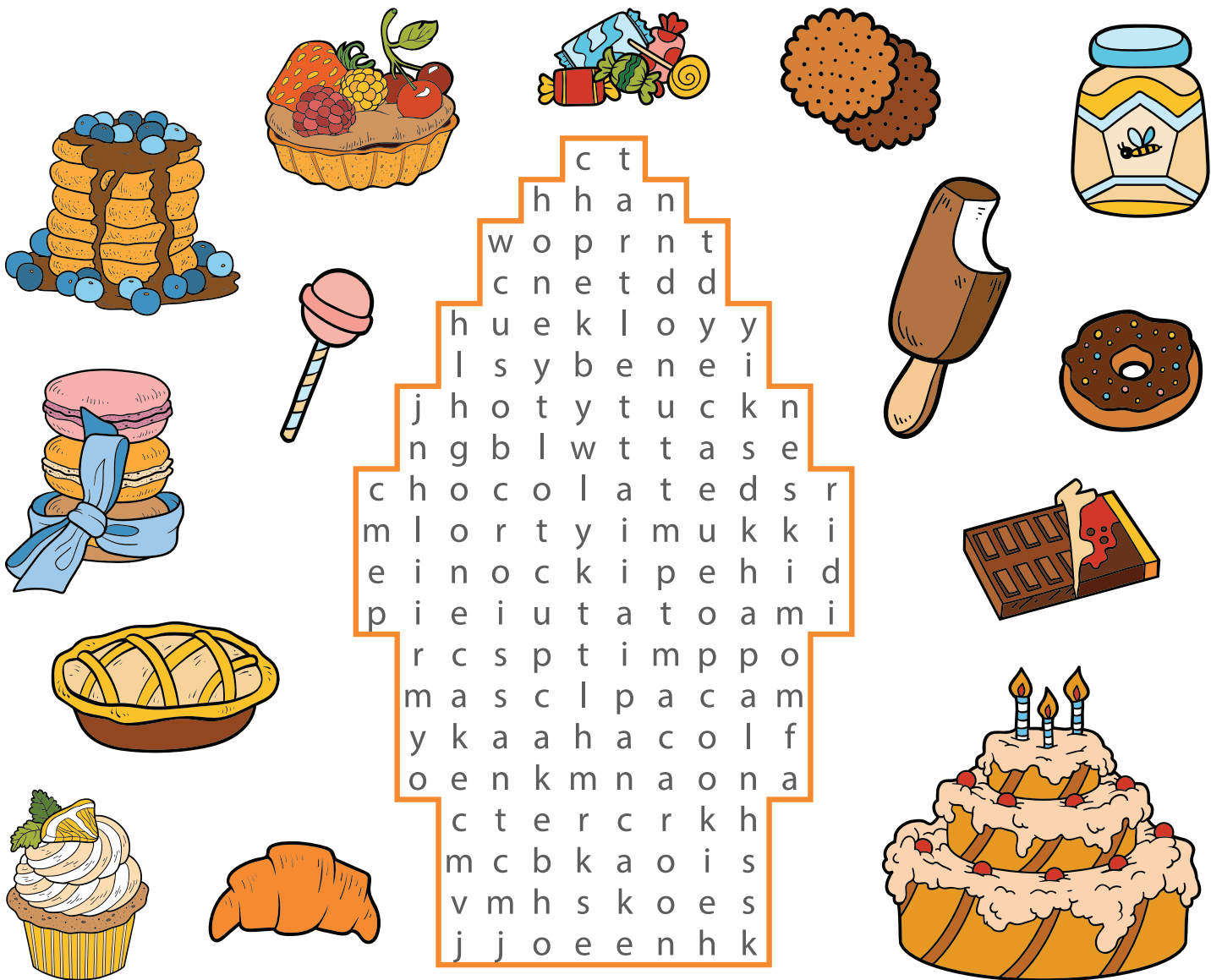
5.



# Fruits



1.Grape 2.Strawberry 3.Watermelon  
4.Pomegranate 5.Lemon 6.Apple 7.Pear  
8.Pineapple 9.Orange 10.Banana



cookie  
cupcake  
donut  
macaroon  
eskimo

lollipop  
tartlet  
cake  
pie

honey  
candy  
chocolate  
pancake  
croissant

