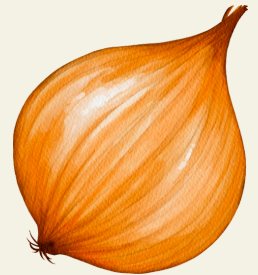


Camp Create Week Three Recipes



Acai Bowls



Ingredients

- 1 Frozen packet of acai
- 1/2 cup frozen berries
- 1/4 cup orange juice
- 2 tbsp honey
- Toppings: banana, strawberries, blueberries, etc.
- Granola

Directions

- Run 1 frozen Acai puree packet under warm water for about 5 seconds to thaw and break into smaller pieces
- Add orange juice, acai, and frozen fruit into a blender and blend
- Once blended, place acai into a bowl
- Add toppings (banana, strawberries, blueberries, granola, etc)
- Enjoy!

Chicken Fajita Quesadilla with Housemade Salsa



Ingredients

- Chicken Fajita Quesadilla
 - Tortillas
 - Mexican shredded cheese
 - Shredded rotisserie chicken
- Housemade Salsa
 - 4 tomatoes
 - 1 tbs red onion
 - 1 tbs cilantro
 - 3 tbs green bell pepper
 - 1 lime
 - pinch of salt

Directions

- Chicken Fajita Quesadilla
 - Heat up the skillet
 - Spray skillet with oil and place the tortilla on the skillet
 - Add a layer of cheese on half of the tortilla
 - Add cooked chicken on top of the cheese and fold tortilla in half
 - Once one side the tortilla is golden, flip the quesadilla over to cook the other side
 - Enjoy!
- Housemade Salsa
 - Roughly chop tomatoes, onion, cilantro, and bell pepper
 - Add everything into blender or food processor
 - Add lime juice and salt

Avocado Toast with Fried Egg



Ingredients

- 1/2 avocado
- 1 slice of any type of bread
- Sea salt
- Pepper
- 1 egg
- butter

Directions

- Toast the bread in a toaster until golden and crispy
- Place a half of avocado over the toast (slice it and mash it on top of the toast)
- Fried Egg:
 - Heat butter in a skillet
 - Crack the egg onto the skillet
 - Cook egg to your liking
- Add egg on top of avocado toast and sprinkle sea salt on top
- Enjoy!

Spaghetti and Meatballs



Ingredients

- 1 box of spaghetti
- 1 pound of grass fed beef
- Marinara sauce
- Block of parmesan cheese
- 1 egg
- Bread Crumbs

Directions

- Meatballs
 - Preheat your oven to 400 degrees F.
 - In a medium bowl, use your hands to mix together the meatball ingredients.
 - Form the mixture into meatballs
 - Place the shaped meatballs on the prepared baking sheet, not touching each other.
 - Bake them until they are cooked through, about 15 minutes.
- Spaghetti
 - Boil a pot of water
 - Add spaghetti into boiled water
 - Cook for about 10 minutes
- Enjoy!

Flourless Brownies!



Ingredients

- 1/2 cup (1 stick) unsalted butter
- 1 cup chocolate chips (semi-sweet or dark)
- 1/2 cup coconut sugar
- 3 large eggs
- 1/4 cup unsweetened cocoa powder

Directions

- Preheat oven to 350°F. Lightly grease baking dish or pan with non-stick cooking spray
- Melt chocolate chips and butter on stove over low heat
- Add melted chocolate and butter to a mixing bowl
- Whisk in the sugar then the eggs one at a time until batter is smooth. Add the cocoa powder and stir until well incorporated
- Spread the batter evenly into the prepared baking dish. Bake for 25-30 minutes or until a toothpick inserted in the center comes out clean. Let cool completely in pan.
- Enjoy!