

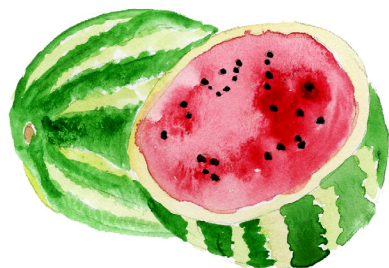
Watermelon Jalapeño Salad

Ingredients

- feta cheese, crumbled to taste over the top
- watermelon , 1-1/4 inch thick cut from the middle of the watermelon
- 1/4 red onion, thinly sliced
- 3 basil leaves torn or cut
- 1/4 jalapeno, 1/2 thinly sliced

Dressing

- Worcestershire sauce, 2 tsp
- cider vinegar 1 T
- vegetable/canola oil 1 T
- garlic clove 1 small, minced
- honey/brown sugar 2 tsp
- lime juice 1 T



Roasted Lemon and Pepper Feta Bites

Ingredients

- Multi-grain crackers (I use Costco's Ancient Grains)
- fresh feta cheese, crumbled
- roasted lemon slices
- roasted sweet red peppers
- garlic chip
- fresh basil chopped
- fresh thyme



Eggplant Flats Roasted Eggplant Dip

Adapted from Gale Gand's Lunch! Roasted Eggplant Spread
Makes 1.5 Cups

Ingredients

- 1 large, purple eggplant
- 3/4 teaspoon salt
- 1 small white onion, sliced
- 2 cloves garlic, sliced
- fresh lemon thyme
- fresh rosemary
- 1 tablespoon olive oil
- 1/2 fresh lemon
- salt and pepper



Beauty Booster Smoothie: Mint Cucumber

Serves 1

- 2 cups spinach
- 1 cup honey dew, cubed
- 2 inches cucumber, peeled and chopped
- juice of 1/2 orange
- 1 oz of Sea Buckthorn supplement
- handful of mint

