



SIDES

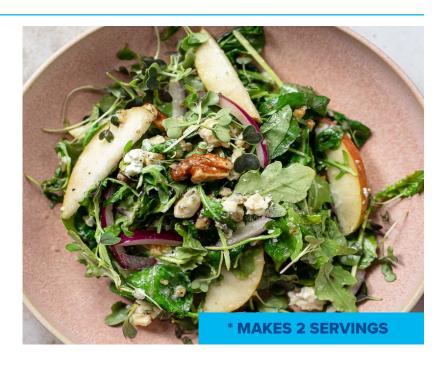
Arugula Salad with Pears and Manchego Goat Cheese

INGREDIENTS:

- 2.5 oz. arugula
- 1 carrot, shredded
- 8 cherry tomatoes, sliced
- · 1-2 tbsp Manchego goat cheese, crumbled
- · 1 red Anjou Pear, sliced
- 1 tbsp dried cranberries
- 2 tbsp pecans, chopped
- 4 oz. Creamy Tahini Lemon Goddess

DIRECTIONS:

- **1.** Wash greens and add to large bowl. Add shredded carrots, sliced cherry tomatoes, and crumbled Manchego goat cheese, cranberries and pecans.
- **2.** Top with creamy tahini lemon goddess dressing. Annie's store bought goddess dressing is a great option!
- 3. Toss and serve



Jamaican Ginger Brew

INGREDIENTS:

- 1/4 cup fresh ginger juice
- ½ qt pineapple juice
- ½ qt water
- $\frac{1}{2}$ cup pure cane sugar, adjust to taste

DIRECTIONS:

- **1.** Take the fresh ginger root and wash and scrub to remove any dirt
- **2.** Run the cleaned ginger root then run it through a juicer (you can leave the skin on as the juicer will remove the pulp).
- **3.** Mix with pineapple juice, water, sugar and ginger juice together. There will be a white residue that settles at the bottom of the glass, make sure to include that in the juice
- 4. Cool or add ice & enjoy!

* MAKES 4 SERVINGS



America Des Co		O/ Deiby Melyy
Amount Per Se		% Daily Value
Calories	311.1 kcal	16 9
Total Fat	18.1 g	28 9
Saturated F	at 4.2 g	21 9
Trans Fat	0 g	
Cholesterol	12.6 mg	4 9
Sodium	365.4 mg	15 9
Total Carbohyd	rate 30.2 g	10 9
Dietary Fibe	er 7.5 g	30 9
Sugars	18.9 g	
Protein	9 g	18 9
Vitamin A	131 % • Vitamin C	38 9
Calcium	14 % • Iron	14 (

Jamaican Ginger Brew Nutrition Facts Serving Size: 1 × 4 Serving			
Calories	227.3 kcal	11 %	
Total Fat	0.3 g	1 %	
Saturated Fat	0 g	0 %	
Trans Fat	0 g		
Cholesterol	0 mg	0 %	
Sodium	5.8 mg	0 %	
Total Carbohydrate	57.2 g	19 %	
Dietary Fiber	0.5 g	2 %	
Sugars	49.1 g		
Protein	1 g	2 %	
Vitamin A	0 % • Vitamin C	42 %	
Calcium	3 % • Iron	5 %	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

Full Info at cronometer com