

PEANUT BUTTER

Ingredients:

2 C. unsalted peanuts (can be roasted for richer flavor)

Optional: honey/sugar, kosher salt, peanut oil, chopped peanuts



BANANA SPLIT

Ingredients:

1 Ripe banana

1 Scoop each of vanilla, strawberry, and chocolate ice cream (may be replaced with 3 scoops Neapolitan ice cream)

Fruit: your choice of strawberries, crushed pineapple, blackberries, raspberries, blueberries and/or mandarin oranges

Chocolate sauce, butterscotch sauce (your choice)

Chopped peanuts

Whipped cream

Cherries



RECIPES

POTATO CHOWDER

Ingredients:

3-4 russet potatoes peeled and cubed

1 small onion, 1 carrot, and 1 stalk celery, diced

3 gloves garlic, minced

4 slices bacon cooked to crunch. Reserve the bacon grease.

Kosher salt and Ground pepper

1/4 tsp. cayenne pepper

4 C. chicken broth

3 C. whole milk

Shredded cheddar or favorite cheese

Chopped scallions/green onions



APPLE SAUCE

Ingredients:

4 large apples (or more). Any variety.

Water

Kosher salt

Lemon juice

Honey, sugar, cinnamon

(Can be served warm or cold)



GUACAMOLE

Ingredients:

- 1 ripe avocado
- 1/4 C. prepared salsa (purchased from store is fine)
- 1/4 C. sour cream
- Juice of half a large lemon or a whole lime
- Salt and Cracked Black pepper to taste
- Hot sauce (optional)
- Tortilla chips, veggies, and/or crackers for dipping



CHOCOLATE MILKSHAKE

Ingredients:

- 4 heaping scoops of chocolate ice cream (YUM!)
- 1/2 C. cold chocolate or white milk
- 1/4 C. chocolate syrup
- Whipped cream
- Chopped or shaved chocolate



RECIPES

STRAWBERRY JAM

Ingredients:

- 3 C. fresh, ripe strawberries (hulls removed)
- 1 C or less of sugar
- 2 Tbs. fresh lemon juice



SPLIT PEA SOUP

Ingredients:

- 1 medium onion, diced
- 3 cloves garlic, diced
- 1 carrot and 1 stalk celery, diced
- 1/4 C. olive oil
- 2 tsp. dried thyme
- Kosher salt and pepper
- 1 lb dried split peas, rinsed
- 2 smoked ham hocks or 1 smoked ham shank or leftover ham bone (Omit for vegetarian)
- 6-8 C. Water (Replace with vegetable broth for vegetarian)

