



## July 4th

Created by Alyson Small Nutrition



# Frozen Yogurt Bites with Berries

3 ingredients · 3 hours · 4 servings



## Directions

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1. Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.
2. Tap the tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

## Notes

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### Leftovers

Transfer to a freezer-safe bag and store in the freezer for up to two months.

### Serving Size

One serving is approximately three cubes.

### No Coconut Yogurt

Use Greek yogurt, whole milk yogurt or plain sheep's milk yogurt instead.

### Additional Toppings

Add granola, coconut chips or any chopped fruit.

## Ingredients

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**1/2 cup** Unsweetened Coconut Yogurt

**1/4 cup** Frozen Blueberries (chopped)

**1/4 cup** Frozen Strawberries (chopped)

# Orange Popsicles

3 ingredients · 5 hours · 5 servings



## Directions

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1. Add the carrots to a small pot of boiling water. Cook for eight to 10 minutes or until very tender. Drain and rinse the cooked carrots with cold water to help them cool. Set aside.
2. Add the orange juice, maple syrup, and cooked carrots to a blender and blend until very smooth and creamy.
3. Carefully pour the orange juice mixture into a popsicle mold and transfer to the freezer.
4. Freeze for about 60 minutes or until partially frozen. Insert popsicle sticks. Allow the popsicles to chill in the freezer for four to five hours more or until solid. Enjoy!

## Notes

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### Leftovers

Keep frozen popsicles in an airtight container or zipper-lock bag for up to one month.

### Serving Size

One serving equals one popsicle.

### More Flavor

Add vanilla extract or orange zest.

### No Popsicle Mold

Use paper cups with popsicle sticks instead.

### Carrot

One small carrot is approximately 1/2 cup chopped carrot.

### No Maple Syrup

Use a liquid sweetener of choice or omit.

## Ingredients

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**1** Carrot (small, peeled and chopped)

**1 1/2 cups** Orange Juice (freshly squeezed)

**2 tbsps** Maple Syrup

# Frozen Yogurt Covered Blueberries

2 ingredients · 40 minutes · 4 servings



## Directions

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1. In a bowl, combine blueberries and yogurt until well coated.
2. Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
3. Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

## Notes

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### **Kid-Friendly**

Serve just a few at a time as these will melt quickly after handling.

### **Dairy-Free & Vegan**

Use a dairy-free yogurt such as coconut or almond.

## Ingredients

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- 2 cups** Blueberries (fresh or frozen, not wild)
- 1/4 cup** Plain Greek Yogurt

# BBQ Steak Skewers with Chimichurri

9 ingredients · 20 minutes · 8 servings



## Directions

1. In a food processor, combine the cilantro, parsley, garlic, apple cider vinegar, oil, and salt until your desired consistency is reached. Add more oil or water, if needed.
2. Pierce the steak and red onion onto the barbecue skewers. Season with salt.
3. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Scoop the chimichurri sauce over top and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately one 13.5-inch (34 cm) skewer.

### Additional Toppings

Serve with grilled corn on the cob, brown rice, quinoa, or a salad.

### Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

## Ingredients

- 1 1/4 cups Cilantro (stems removed)
- 1 1/4 cups Parsley (stems removed)
- 1 Garlic (clove)
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Sea Salt (to taste, divided)
- 1 3/4 lbs Top Sirloin Steak (cut into 1-inch pieces)
- 3 cups Red Onion (chopped)
- 8 Barbecue Skewers

# BBQ Maple Brussels Sprouts

6 ingredients · 20 minutes · 4 servings



## Directions

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1. Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water.
2. In a large bowl, add the Brussels sprouts along with the maple syrup, oil, dijon mustard, and salt. Toss until well coated.
3. Pierce the Brussels sprouts onto the skewers.
4. Grill over medium-high heat for about four minutes per side, until tender and slightly charred. Serve onto plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately two 12-inch skewers.

### More Flavor

Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

### Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

## Ingredients

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**4 cups** Brussels Sprouts (trimmed, outer leaves removed, halved)

**3 tbsps** Maple Syrup

**2 tbsps** Extra Virgin Olive Oil

**1 1/2 tbsps** Dijon Mustard

**1/2 tsp** Sea Salt

**8** Barbecue Skewers

# Cleaned Up BBQ Sauce

14 ingredients · 25 minutes · 6 servings



## Directions

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1. In a saucepan over medium-high heat, stir together all ingredients and bring to a boil. Reduce heat and let simmer for 20 minutes, stirring occasionally.
2. Transfer to a jar and let cool. Enjoy!

## Notes

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### Serving Size

One serving is approximately 1/4 cup.

### Thinner Sauce

Add water (1 tbsp at a time) until desired consistency reached.

### Likes it Spicy

Add chili powder.

### Storage

Refrigerate in a mason jar up to 7 days. If freezing, leave about 1-inch of head space from the top.

### Use it As

Dipping sauce or as a marinade (see BBQ Pork and Peach Salsa recipe).

## Ingredients

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- 1/2 cup Tomato Paste
- 1 cup Water
- 1/3 cup Maple Syrup
- 2 tbsps Fancy Molasses
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Cinnamon
- 1 tbsp Cumin
- 2 tpsps Paprika
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Black Pepper
- 1 tsp Sea Salt
- 1/2 tsp Ground Mustard
- 1/4 tsp Cayenne Pepper

# BBQ Jerk Chicken

8 ingredients · 18 hours · 6 servings



## Directions

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1. In a blender or food processor add the shallot, green onion, habanero, jerk seasoning, tamari, avocado oil and water. Blend until smooth.
2. In a baking dish or large bowl, add the chicken and then pour the marinade on top, ensuring all pieces are coated well. Store in the fridge overnight, up to 18 hours.
3. When ready to grill, remove the chicken and blot off excess marinade from the chicken and let it sit at room temperature for about 15 to 20 minutes.
4. Preheat the grill over medium heat and oil the grill if necessary. Grill the chicken, turning occasionally, until well browned and cooked through, about 35 to 40 minutes. Brush with any remaining marinade while cooking during the last 5 to 10 minutes. Transfer the chicken to a platter and let rest for 5 to 10 minutes. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to 1 to 2 pieces of chicken.

### No Habanero Pepper

Use scotch bonnet peppers instead. Remove the seeds for less heat.

### More Flavor

Use Chinese Five Spice Powder in addition to the jerk seasoning. Add salt and pepper to taste.

## Ingredients

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- 1/2 cup Shallot (roughly chopped)
- 3 stalks Green Onion (chopped)
- 3 Habanero Pepper (roughly chopped)
- 3 tbsps Jerk Seasoning
- 3 tbsps Tamari
- 1 tbsp Avocado Oil
- 2 tbsps Water
- 2 1/2 lbs Chicken Leg, Bone-in (skin on, thighs and legs separated)