

Avocado Smoothie

Serves: 1

Prep time: 5 mins.

½ hass avocado

½ banana

¼ cup plain Greek yogurt

⅔ cup almond milk

2 tbsp. honey, optional

1. Mix and serve

Add all ingredients to base of Smooth Chopper fitted with blade attachment. Replace cover and pull cord until smooth and well combined. Serve immediately.

Strawberry Cucumber Salad

Serves: 2

Prep time: 10 mins.

1 cucumber, halved & peeled

Juice and zest of 1 lime

1 tbsp. honey

4 strawberries, rinsed & sliced

2 tbsp. mint, chopped

3 tbsp. feta or goat cheese

Pinch of black pepper

1. Prep ingredients

Use Handy Spiralizer to spiralize the cucumber. If desired, cut length of cucumber noodles with kitchen shears. Transfer the cucumber noodles to a medium bowl.

2. Finish it off

Mix lime juice and lime zest with honey until well combined. Pour over cucumber and toss to coat. Add strawberries, mint, cheese, black pepper and stir to combine. Mix well and serve immediately.

Blueberry Grilled Cheese

Serves: 1

Prep time: 10 min.

½ cup blueberries, rinsed

½ tbsp. red wine or balsamic vinegar

1 tbsp. brown sugar

1 tbsp. unsalted butter, softened

2 sliced thick bread

3 tbsp. goat cheese

1 slice Havarti cheese

1. Make blueberry jam

In 2-cup/500 mL Micro Pitcher, add blueberries, vinegar and brown sugar. Cover with inverted 1-cup/250 mL Micro Pitcher and microwave for 30 seconds at a time until syrupy, about 90 seconds. Set aside.

2. Cook and serve

Spread butter on one side of each slice of bread. Place one slice of bread, butter side down, in base of MicroPro® Grill. Add ¼-cup blueberry jam on top, goat cheese and sliced cheese. Top with remaining slice of bread with the buttered side up. Cover in grill position and press down slightly. Microwave at full power for 5 minutes. At the end of cooking time, slice in half and serve warm.

Chicken Waldorf Lettuce Wraps

Serves: 2

Prep time: 15 min.

$\frac{3}{4}$ cup whole milk plain Greek yogurt

$\frac{1}{4}$ cup mayo

3 green onions, chopped

1 fuji or gala apple, diced

Juice of 1 lemon

8 oz./225 g cooked chicken breast, quartered

1 celery stalk, chopped

$\frac{2}{3}$ cup grapes, quartered

$\frac{1}{4}$ cup dry fruit of choice (such as raisins, cranberries)

$\frac{1}{2}$ cup nuts of choice (such as walnuts or almonds)

Salt and pepper to taste

1 bunch romaine lettuce, rinsed

1. Prep ingredients

In medium Wonderlier® bowl, use Spatula to mix yogurt, mayo and green onions.

Separately, in a small Wonderlier® bowl, combine apples with lemon juice. Mix well and set aside.

2. Chop chicken

In the base of the Power Chef® fitted with blade attachment, add chicken and celery. Replace cover and pull cord until chopped into bite-sized pieces.

3. Add ingredients and serve

Add chicken and celery, apples, grapes, dry fruit, nuts to the bowl with the dressing and mix well to combine. Scoop onto romaine lettuce and serve immediately.