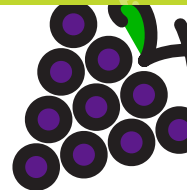


# COOKING WITH INTENT

## Fruit and Cheese Kabobs w/dip

*This recipe makes 12 kabobs.*



### INGREDIENTS:

- **1 1/2 cups** of grapes
- **2 cups** of strawberries
- **8 ounces** cubed cheddar or Monterey jack cheese, or a combination of cheeses
- **1 cup** of vanilla yogurt
- **1/2 cup** of sour cream
- **2 tablespoons** of honey
- **1/2 teaspoon** ground cinnamon

### INSTRUCTIONS:

1. For the dip, mix the vanilla yogurt, sour cream, honey, and cinnamon.
2. On 12 wooden skewers, alternately thread strawberries, grapes, and cheese cubes.
3. Serve and enjoy.





# COOKING WITH INTENT

SAMPLE RECIPE CARD

# COOKING WITH INTENT

## Pizza Wraps

*This recipe makes 4 pizza wraps.*

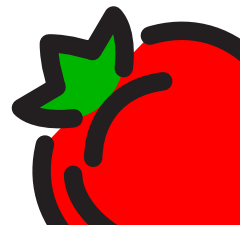
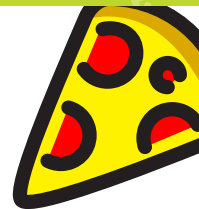
### INGREDIENTS:

- **4 flour tortillas** (8 inches) room temperature
- **1/2 cup** of chopped tomatoes
- **1/4 cup** of chopped onions and mushrooms
- **1/4 cup** chopped green peppers
- **1 cup** shredded part-skim mozzarella cheese
- **1 package** sliced pepperoni

### INSTRUCTIONS:

1. Arrange cheese on each tortilla
2. Arrange pepperoni off center on each tortilla.
3. Add tomatoes, onions, mushrooms, and green peppers.
4. Add a few more sprinkles of cheese.
5. Fold sides and bottom over filling and roll up.
6. Serve and enjoy.

*Feel free to add in your favorite vegetables and choice of protein.*





# **COOKING WITH INTENT**

SAMPLE RECIPE CARD