

Clementines & Cheese

1 SERVING 5 MINUTES



INGREDIENTS

2 Clementines (peeled, sectioned)
1 oz Cheddar Cheese (cubed)

DIRECTIONS

01 Add the clementines and cheese to a plate and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use vegan cheese instead of cheddar cheese.

Chicken & Cucumber Bites

2 SERVINGS 35 MINUTES



INGREDIENTS

- 1 Cucumber (large, cut into 1-inch rounds)
- 3 tbsps Cream Cheese, Regular
- 4 ozs Chicken Breast, Cooked (shredded into 1-inch pieces)
- 1/4 cup Matchstick Carrots (1-inch long)
- 1/4 cup Basil Leaves (chopped)

DIRECTIONS

- 01 Hollow out the cucumber rounds with a knife to leave an edge of approximately 1/5 inch (1/2 cm).
- 02 Spread the cream cheese into each cucumber round, using approximately one tsp per cucumber round.
- 03 Divide the remaining ingredients evenly between the cucumber rounds until each one is stuffed full. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately five bites.

DAIRY-FREE

Use avocado or dairy-free cream cheese in place of regular cream cheese.

DIFFERENT FILLINGS

Use smoked or cooked salmon in place of chicken, bell pepper or zucchini in place of carrot, and cilantro or parsley in place of basil.

MAKE IT VEGAN

Use avocado or dairy-free cream cheese, and tofu or tempeh instead of chicken.

LEFTOVER CUCUMBER

Use the cucumber cores in salads, smoothies, or eating on their own.