



Small Bites Recipe

WATERMELON FRIES

Ingredients

- 1/2 large watermelon
- 1/2 cup vanilla yogurt
- 1 cup strawberries
- 1 Tablespoon honey

Directions

1. Cut the watermelon in half, and then slice into round discs that are about 1/2 inch thick.
2. Cut across the middle of each disc, so you have two semi-circle shaped halves.
3. Use a crinkle cutter or knife to cut out your watermelon fries, working from one side of each watermelon half to the other side.
4. Remove any excess rind and add to your compost.

Dip Directions

1. Add all ingredients (except the watermelon) to blender.
2. Blend on low until smooth.
3. Add more honey as needed for desired sweetness.



Small Bites Recipe

CUCUMBER APPLE SALAD

Ingredients

- 1/2 medium English cucumber
- 1 red apples, cored
- 1/2 Tablespoon honey
- 1/4 Tablespoon apple cider vinegar
- 1/2 Tablespoon lemon juice
- Salt and pepper to taste

Directions

1. Start by chopping the apples and cucumber into small bite-size pieces. Leave or peel off the skin if you prefer. Transfer the chopped apples and cucumber to a bowl.
2. In a small bowl, whisk together apple cider vinegar, lemon juice, and honey until combined
3. Pour the dressing over the salad, and season with salt and black pepper to taste. Gently stir everything together until the salad is coated in dressing. Serve immediately or store in the fridge for up to 30 minutes for the flavor to meld.

Storage

The salad will keep in the fridge for 2- 3 days in an airtight container

