

## Fruit Salad

**SERVINGS:** 4-6 | **PREP TIME:** 20-25 MINUTES



### INSTRUCTIONS:

1. Remove skin from 4 peaches. Cut into bite-sized pieces.
2. Cut 1 medium watermelon and 1 medium cantaloupe into bite sized-pieces.
3. Combine fruit in a large bowl.
4. Optional: Add some orange zest and a little bit of fresh orange juice for a brighter flavor.
5. Mix and enjoy



## Kale Chips

**SERVINGS:** 4-6 | **PREP TIME:** 10-15 MINUTES | **PREP TIME:** 20 MINUTES



### INSTRUCTIONS:

1. Preheat oven to 300 °F.
2. While the oven is preheating, wash and completely dry one medium bunch of kale.
3. Once dry, pull the leaves off of the stems and place them on an unlined baking sheet.
4. Drizzle 2 tbsp of olive oil evenly over the leaves and massage it in gently.
5. Optional: Sprinkle one or two pinches of sea salt, pepper, and/or garlic powder over the kale.
6. Place in the oven and bake for 10 minutes.
7. Rotate the pan and turn the kale leaves over for even cooking.
8. Bake for 10 more minutes.
9. Remove from oven, let cool for 5 minutes, and enjoy!



## Hard-Boiled Eggs

**SERVINGS:** 4-6 | **PREP TIME:** 5 MINUTES | **PREP TIME:** 10-15 MINUTES



### INSTRUCTIONS:

1. Fill a pot about 3/4 of the way full with cold water.
2. Add 4-6 eggs to the water, making sure that the eggs are covered by at least an inch or two of water.
3. Bring to a rolling boil on the stove over high heat.
4. Turn off the heat, cover with a lid, and let the eggs sit for 10-15 minutes.
5. Strain the eggs and place them in a bowl of ice water for 2-3 minutes.
6. Run under cold water and peel. Enjoy!

