

# Easy & Tasty Recipe Ideas

## Pasta Dressing

1 serving

1 Tbsp. Oil Blend

1 tsp. crushed or chopped garlic

1-2 tsp. of your favorite herbs to taste

*Shake thoroughly and pour over hot or cold whole wheat pasta.*



## Cracker Spread

8 oz cottage cheese

1 Tbsp. Oil Blend pinch of cayenne or black pepper

Chopped green onions (optional)

*Thoroughly mix ingredients and spread on crackers or toast*



## Vegetable Dip

### savory

1/4 cup drained yogurt

1 Tbsp. Udo's Choice Oil Blend

add finely chopped or dried chives, oregano, basil, cayenne, and salt/pepper to taste

### sweet

add freshly grated or powdered ginger, lemon, *Sweet Fiber*, grated apple and raisins to taste.



## Protein Shake

1 serving of Natural Whey Protein Powder

1-2 Tbsp. Oil Blend

12-16 oz 1% Milk or non-dairy beverage

optional ingredients

1/2 c. fresh or frozen fruit

1 Tbsp. *NanoGreens*

1 capsule Digestive Enzymes (open capsule, empty into shake and discard casing).

