Summer is here!

Most people think that the winter holidays are the toughest time of year while on a weight loss program. But many of us actually dread the thought of “dieting” in the summer. This is when the shorts, tank tops, and bathing suits start making their appearance, and we can no longer hide underneath our bulky layers of clothes we wore all winter. And of course, there are also all sorts of food temptations that come with summer fun. This guide will help you get through the next 3 months, so you can stay on track with GOLO and have fun in the process!

Let’s face it...

this time of year is stressful- the kids are out of school, there are vacations, barbeques, parties, and other activities that involve fun. And food. You are probably thinking to yourself, “How am I going to avoid temptations?” Don’t worry, we will help you!

Included in this guide you will find:

• How to Eat Your Sunscreen
• Ultimate Stay-cation Guide
• GOLO-friendly Summer Recipes

Another fun tip!

This season’s guide has a musical theme! Summer is all about kicking back, having fun and listening to some good tunes in the process! When you are done reading, make sure to head over to GOLO’s YouTube page and check out our GOLO Summer Time Fun playlist!

Search for GOLO on youtube.com to find us!
Many of us long for a summer vacation spent on a beach, a theme park or in a lakeside cabin; but that is a luxury that not everyone can afford. Part of living the GOLO lifestyle is keeping things simple and living life without stress. So, although that expensive holiday sounds like fun, we are here to say that you can have just as much fun at home (and save a lot of money in the process)! Check out our favorite Stay-Cation tips and ideas below!

Tips:
- Set a reasonable budget
- Do your research, there might be a lot of places to see and things to do in your own backyard that you didn’t even know about!
- Put together a list of fun activities that the whole family will enjoy

Ideas:
1. **Try Geo-caching**- An outdoor, treasure hunting game using GPS devices. It is not only fun but active too!

2. **Paintball or Laser tag**- another fun activity, these facilities can be found almost anywhere, use Google to find one nearby!

3. **See a matinee movie**- Not only will you save money on these early shows, you will also avoid the crowds.

4. **Host a barbeque**- Invite your friends and family to indulge in some GOLO-friendly barbeque food!

5. **Tackle a big project**- Choose something that is necessary but fun, like redecorating a room.

6. **Start and finish some sort of entertainment**- Read that book you’ve been meaning to read or binge-watch an entire series on Netflix.

7. **Visit a tourist spot in your town**- Google “what to do in _____” and I’m sure you will find that there are attractions right in your own backyard!

8. **Spend an entire day outside**- bring a blanket, frisbee, picnic lunch and head to the park for a day in the sun!

9. **Escape the heat**- walk around the mall as you window shop or visit the local library.

10. **No plan day**- have a day where are no plans, no obligations, just a day to relax!

The most important part of a stay-cation is to do something memorable. Take pictures, just like you would if you went out of town and tell your friends & family how much fun you had (and how much money you saved). With just a little bit of planning this stay-cation can be something you look forward to planning again next year!
Ever since we were children, we have been taught to put on sunblock to prevent getting sunburned. However, store-bought sunblock contains many harmful ingredients, which is surprising because it is marketed to protect you. It’s even been suggested that some of them might absorb the sun’s rays, instead of repelling them!

While we are not recommending that you forgo sunscreen altogether, we recommend trying to find more natural ones that don’t contain the scary stuff. In our research we also found an interesting way to protect yourself - by eating your sunscreen! And no, do not open the bottle and squeeze it into your mouth! We’re talking about eating foods that are going to naturally protect you, from the inside out.

**Citrus fruits** (lemons, limes, oranges and grapefruits) are high in vitamin C. Studies have shown that intake of vitamin C, together with vitamin E, can reduce the chance of sunburn. These fruits also contain limonene, which can lower the risk of skin cancer. And lastly, they contain antioxidants, which will protect your cells against free radical damage.

**Carrots** are another means of protection. The beta-carotene not only benefits your eyes but can also protect the skin from free radical damage caused by sun exposure.

**Strawberries** have a powerful combination of antioxidants and vitamin C. They can also heal already sunburned skin - they contain substances called tannins that reduce the sting.

**Green tea** contains catechins, which have disease-preventing properties and protect against sunburn inflammation and UV radiation damage. Green tea also contains tannins. It also has a special kind of antioxidant called EGCGs, which stop genetic damage in human skin cells exposed to UV light.

**Pomegranates** contain ellagic acid, which can protect your skin from cell damage caused by the sun. They also contain glutathione, a wonder antioxidant that increases protection from free radical damage.

**Almonds** are one of the best sources of vitamin E, which can repair and protect the skin. They contain quercetin which protects against UV damage and the breakdown of collagen.

**Red grapes** contain phytonutrients that can slow down destruction of the skin cells caused by the sun. A published study by Toxicology and Applied Pharmacology found that quercetin was able to lessen oxidative DNA damage caused by UV exposure, and was also able to protect the skin from related inflammation!

**Leafy greens** contain the antioxidants lutein and zeaxanthin. They have been known to halt cell growth caused by UV light.

**Tomatoes** contain lycopene, which is an antioxidant that neutralizes free radicals and minimizes any inflammatory response to UV damage in your body.

**Watermelon** contains 40% more lycopene than tomatoes!

So, when you get ready to Follow the Sun, make sure you pack some of these GOLO-friendly sun protectors in your cooler!
Of course, if you absolutely feel like you need that extra protection, here is a recipe for an all-natural sunscreen, courtesy of Wellness Mama (www.wellnessmama.com):

**Homemade Sunscreen Ingredients**

- ½ cup almond or olive oil (can infuse with herbs first if desired)
- ¼ cup coconut oil (natural SPF 4)
- ¼ cup beeswax
- 2 Tablespoons Zinc Oxide (This is a non-nano version that won’t be absorbed into the skin. Be careful not to inhale the powder).
- Up to 1 teaspoon Red Raspberry Seed Oil—optional
- Up to 1 teaspoon Carrot Seed Oil—optional
- 2 tablespoons Shea Butter (natural SPF 4-5)—optional
- Optional: Essential Oils, Vanilla Extract or other natural extracts to suit your preference (Do not use citrus essential oils as they increase sun sensitivity)

**Homemade Sunscreen Instructions**

1. Combine all ingredients except zinc oxide in a pint sized or larger glass jar. I have a mason jar that I keep just for making lotions and lotion bars, or you can even reuse a glass jar from pickles, olives, or other foods.

2. Fill a medium saucepan with a couple inches of water and place over medium heat.

3. Put a lid on the jar loosely and place in the pan with the water.

4. As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely melted, add the zinc oxide, stir in well and pour into whatever jar or tin you will use for storage.

5. Small mason jars (pint size) are great for this. It will not pump well in a lotion pump!

6. Stir a few times as it cools to make sure zinc oxide is incorporated.

7. Store at room temperature

Please Note:

- Make sure not to inhale the Zinc Oxide—use a mask if necessary!
- This sunscreen is not waterproof and will need to be reapplied after sweating or swimming.
- Add more beeswax to make thicker sunscreen, less to make smooth sunscreen

**References:**

- www.wellnessmama.com
Play that Funky Music

It’s been said that music is the universal language. It speaks to our hearts and bodies. There is just something about those good vibrations that get your toes tapping and hips swaying. Fun fact, when you’re getting down to your favorite song all of your muscle groups are being used. With every side step you are working your calves, quads, hamstrings and glutes. While you’re twisting and shouting you’re igniting your core.

Whether you are at home, at a BBQ or on the beach get yourself moving and grooving. GOLO has you covered with a killer summer playlist. You won’t be able to help but dance.

This summer exercise is one click away…

Simply go to our YouTube channel and dance your way to Funky Town in that summer outfit you thought you’d never be able to wear!

5 Good Reasons to Dance!
1. Brain Perks
2. Depression Diminisher
3. Stress Relief
4. Strengthens your Heart, Bones & Muscles
5. Weight Loss and Flexibility

GOLO’s Summertime Fun Playlist
1. I’ll Follow the Sun- The Beatles
2. The Summer Side of Life- Gordon Lightfoot
3. Play that Funky Music- Wild Cherry
4. Jessie’s Girl- Rick Springfield
5. Vacation- The Go Go’s
6. Ice, Ice Baby- Vanilla Ice
7. Happy- Pharrell
8. Mamma Mia- ABBA
9. Good Vibrations- The Beach Boys
10. Sweat (A La La Long)- Inner Circle
11. Hey Ya- Outkast
12. Shake Your Body- Michael Jackson
13. Uptown Funk- Bruno Mars
14. Boogie Shoes- K.C and the Sunshine Band
15. Twist and Shout- The Beatles
16. You Can Call Me Al- Paul Simon
17. Footloose- Kenny Loggins
18. Don’t Stop Till You Get Enough- Michael Jackson
19. Walking on Sunshine- Katrina and the Waves
20. Summertime- DJ Jazzy & The Fresh Prince
I Wish I Had Jessie’s Grill
- GOLO Grilled Pizza
- Grilled Balsamic Herb Pork Tenderloin
- Grilled BBQ Chicken Packet
- Grilled Butter Garlic Steak Packet
- Grilled Caprese Salad
- Grilled Shrimp Packet

The Summer Side of Life
- Almond Blueberry Salad
- Asian Slaw with Sesame Ginger Vinaigrette
- Grilled Mushroom Skewers
- Grilled Corn, Basil, and Tomato Salad
- Grilled Peaches and Cherries with Cinnamon and Honey
- No-Mayo Potato Salad

Ice, Ice Baby
- Cinnamon Ice Cream
- Dark Chocolate Avocado Frozen Yogurt
- Coffee and Coconut Milk Popsicles
- Honeydew Mint Popsicles
- Honey and Beet Frozen Yogurt
- Strawberry Mango Chia Seed Popsicles
GOLO Grilled Pizza Dough

Makes: 5 servings

Each serving contains:
- Protein - 0
- Vegetable - 0
- Carb - 1
- Fat - \( \frac{1}{2} \)

Ingredients
- 1 Tbsp Instant Yeast
- 1 Cup Warm Water
- 2 Tbsp Honey
- 2 Tbsp Olive Oil, plus a little extra for brushing
- 1 tsp Sea Salt
- 2 ½ Cup Whole Wheat Flour

Optional Topping:
- Tomato Sauce
- Hummus
- Grilled Vegetables
- Grilled Chicken
- Cheese (Mozzarella, Feta)

Note: Be sure to add Fuel Values if adding optional ingredients.

Directions

1. Preheat the grill to 400 degrees
2. In a medium bowl mix the Yeast and warm Water together, let sit for 5 minutes until bubbly. Add Honey, 2 Tbsp Olive Oil, Salt and \( \frac{1}{2} \) Cup Flour. Mix well. Add the rest of the Flour until it forms a soft dough.
3. Turn out onto a floured surface and knead for about 5 minutes until elastic. Cover the dough with a clean towel and let it rest for about 30 minutes.
4. While dough is resting, grill any toppings needed; Chicken or Veggies.
5. Flatten dough and brush with Olive Oil. Place the dough on the grill, Oil side down, for 3-4 minutes. Remove from the grill and brush the opposite side with Oil. Spread any Sauce (Hummus or Tomato Sauce) on the already grilled side.
6. Put Pizza back on the grill and add any additional toppings. Close the lid to help melt the Cheese. Remove once Cheese has melted and started to brown. Enjoy!

*Depending on the type of grill, you might want to lay a piece of tinfoil down first.
Grilled Balsamic Herb Pork Tenderloin

Serving Size: 2

Ingredients

- 1lb Pork Tenderloin
- ½ Cup Balsamic Vinegar
- ¼ Cup Olive Oil
- 6 Large Rosemary Sprigs
- 6 Large Thyme Sprigs
- ½ tsp Pepper
- 1 tsp Sea Salt
- 2 tsp Garlic Powder

Each serving contains:

- Protein - 1
- Vegetable - 0
- Carb - 0
- Fat - 1

Directions

1. Cut Pork Tenderloin into 10 equal round pieces and place in a resealable plastic bag along with Rosemary and Thyme Sprigs.
2. In a small bowl, mix remaining ingredients and then pour on top of Tenderloin and allow to marinate in the refrigerator for 4-12 hours.
3. Preheat grill to medium heat. Place the Tenderloins on the grill, reserving the marinade.
4. Cook for about 5-7 minutes on each side. Brush Tenderloins with marinade to keep it moist. Discard the remaining marinade when Pork is finished.
Grilled BBQ Chicken Packet

Makes: 4 servings

Each serving contains:
Protein - 2 Vegetable - ½
Carb - 0 Fat - 1

Ingredients
- 4 (6oz) Chicken Breasts
- ½ Cup GOLO BBQ Sauce
- 1 Cup Zucchini, sliced into thin rounds
- 1 Cup Red Bell Peppers, sliced into thin strips
- 8 Asparagus Spears
- Sea Salt and Pepper to taste
- 4 Tbsp Olive Oil

Garlic Herb Butter Sauce
- ½ Cup Butter, room temperature
- ¼ Cup Fresh Parsley, chopped
- 4 Cloves Garlic, minced
- 1 tsp Fresh Rosemary, chopped
- 1 tsp Fresh Thyme, chopped
- ½ tsp Sea Salt
- ¼ tsp Pepper

Directions
1. Preheat grill to medium-high heat.
2. Prepare 8 sheets of foil. Lay one sheet on top of another for durability. Lay Chicken on top of the double layered foil, season with Salt and Pepper and brush with 1-2 Tbsp BBQ Sauce.
3. Divide Vegetables into 4 equal portions and arrange around the Chicken Breast.
4. Drizzle 1 Tbsp of Olive Oil on each Chicken and Vegetable packet.
5. Fold the foil packets, making sure they are sealed. Lay each packet on the grill rack and cook for about 20-25 minutes, turning once.

Grilled Garlic-Butter Steak Packet

Makes: 4 servings

Each serving contains:
Protein - 1 Vegetable - 1
Carb - 0 Fat - 1

Ingredients
- 2 Cups Red Potatoes, cubed
- 1 Carrot, sliced
- 1 Red Bell Pepper, cubed
- 1 Green Bell Pepper, cubed
- 1 Cup Red Onion, cut into 1-inch pieces
- Sea Salt and Pepper
- 1 Tbsp Olive Oil
- 12 oz Top Sirloin Steak, cut into 1-inch cubes

Garlic Herb Butter Sauce
- ½ Cup Butter, room temperature
- ¼ Cup Fresh Parsley, chopped
- 4 Cloves Garlic, minced
- 1 tsp Fresh Rosemary, chopped
- 1 tsp Fresh Thyme, chopped
- ½ tsp Sea Salt
- ¼ tsp Pepper

Directions
1. Preheat the grill to medium-high heat.
2. In a medium bowl, toss Potatoes, Carrots, Pepper and Onion with Olive Oil. Season with Salt and Pepper.
3. Place 4 pieces of foil on the counter and lay Vegetables on top and then the cubes Steak.
4. In a small bowl add the Butter, Parsley, Garlic, Rosemary, Thyme, Salt and Pepper and mix. Pour evenly on top of each foil packet.
5. Fold and seal each packet, leaving a little room for steam to gather. Place foil packets on the grill and close the lid. Grill for 15 minutes or until Steak is cooked for preferred doneness.
Grilled Caprese Salad

Makes: 1 Serving

Directions
1. Cut the Romaine Heart down the center, leaving the core. Drizzle Olive Oil on Romaine leaves.
2. Cook lettuce on the grill until charred but not wilted. Place on a serving plate.
3. Lay Tomatoes on top of the grilled Romaine, top with Mozzarella, Basil and drizzle with Balsamic Glaze.
4. Season with Salt and Pepper to taste.

Ingredients
- 1 Romaine Heart
- 1 Tbsp Olive Oil
- 1 Cup Grape Tomatoes, halved
- 2 oz Mozzarella Cheese
- 4-5 Basil Leaves
- 2 tsp Balsamic Glaze
- Sea Salt and Pepper to taste

Makes: 1 Serving

Each serving contains:
Protein - 1 Vegetable - 2 Carb - 0 Fat - 1

Grilled Shrimp Packet

Serving Size: 5

Directions
1. Cut 5 sheets of foil, about 18 inches long
2. Divide Shrimp, Corn, Potatoes, Squash and Zucchini into 5 equal portions and arrange in the prepped foils.
3. Drizzle ½ Tbsp of Olive Oil and sprinkle Old Bay over the ingredients of each packet.
4. Fold the packets so that they are sealed well.
5. Cook the packets in the grill for about 12-15 minutes.

Ingredients
- 2lbs Shrimp, raw, peeled and deveined
- 3 Ears of Corn, cut into 10 pieces
- 2 ½ Cups Baby Red Potatoes, cubed
- 2 Cups Yellow Squash, slices
- 2 Cups Zucchini, sliced
- 2 ½ Tbsp Olive Oil
- 6 tsp Old Bay
- 1 Tbsp Parsley, chopped

Each serving contains:
Protein - 2 Vegetable - 1 Carb - 1 Fat - \(\frac{1}{2}\)
Almond Blueberry Salad

Makes: 8 servings  Serving Size: ½ Cup

Each serving contains:
Protein - 0  Vegetable - 0
Carb - 1  Fat - 0

Directions
1. In a medium bowl, combine the Blueberries and Almonds.
2. In a small bowl, stir together the Maple Syrup, Lemon Juice, Lemon Zest, Almond Extract and Vanilla Extract.
3. Pour the sauce over the Blueberries and Almonds. Stir to coat and combine.
4. Enjoy!

Ingredients
• 2 Cups Fresh Blueberries, rinsed
• 1 oz Almonds, chopped
• 1 Tbsp Maple Syrup
• 2 tsp Lemon Juice
• 2 tsp Lemon Zest
• ¼ tsp Almond Extract
• ¼ tsp Pure Vanilla Extract

Asian Slaw with Sesame Ginger Vinaigrette

Makes: 8 servings  Serving Size: 1 Cup

Each serving contains:
Protein - 0  Vegetable - 1
Carb - 0  Fat - 0

Ingredients
• 3 ½ Cups Green Cabbage, shredded
• 3 ½ Cups Red Cabbage, shredded
• 1 Cup Quinoa, cooked
• 1 Cup Carrots, shredded
• ¼ Cup Cilantro, chopped
• 2 oz Cashews, chopped and toasted
• 1 Tbsp Black Sesame Seeds, toasted
• ½ Cup Green Onion, sliced (keep the green and the white separated)

Vinaigrette:
• ¼ Cup Rice Vinegar
• 1 tsp Ginger, finely grated
• 1 Clove Garlic, finely chopped
• 1 Tbsp Honey
• Sea Salt and Pepper to taste
• ¼ Cup Olive Oil
• 2 Tbsp Sesame Oil

Directions
1. Salad: In a large mixing bowl, combine Cabbage, Quinoa, Carrots, Cilantro, Cashews, Sesame Seeds and Green Onions (whites). Cover and refrigerate until ready to dress with vinaigrette.
2. Vinaigrette: In a bowl, whisk together Rice Vinegar, Ginger, Garlic, Honey, Salt and Pepper. Slowly drizzle in the Olive Oil and Sesame Oil, continually whisking until well blended and creamy.
3. When ready to serve, combine the Vinaigrette with the salad and top with Green Onion (remaining green part).
Grilled Mushroom Skewers

Makes: 3 servings  Serving Size: 3 Skewers

Each serving contains:
Protein - 0  Vegetable - 1
Carb - 0  Fat - 0

Ingredients
- 1 lb Baby Portabello Mushrooms (Crimini or Button can work too)
- 8 to 10 Wooden Skewers (soaked in water for at least 15 minutes)

Marinade
- ¼ Cup Olive Oil
- ¼ Cup Lemon Juice
- 1/8 Cup Fresh Parsley
- 1 tsp Sugar
- 1 tsp Sea Salt
- ¼ tsp Pepper
- ¼ tsp Cayenne Pepper

Directions
1. Place all marinade ingredients in a food processor or blender and blend until smooth
2. Rinse and pat dry the Mushrooms. Cut Mushrooms in half (so that each Mushroom contains half of the stem).
3. Place Mushrooms in a bowl to marinade making sure that all mushrooms are covered. Refrigerate for at least 45 minutes.
4. Preheat grill.
5. Skewer the Mushrooms. The best way is to slowly twist the Mushroom onto the stick to prevent them from cracking.
6. Place the Mushrooms on the grill and cook each side for 3 minutes. Do not burn Mushrooms. Remove the grill and enjoy!
Grilled Peaches and Cherries
With Cinnamon and Honey

Makes: 9 servings  Serving Size: ½ Cup  Fuel Value per serving: 79

Directions
1. Heat the grill to medium heat.
2. Thread fruit onto skewers (if using wooden skewers, remember to soak them in water for at least 15 minutes).
3. Grill Fruit for about 10-15 minutes or grill marks are visible and the Fruit is tender.
4. Remove Fruit from the grill and allow to cool. When cool enough to handle, remove from the skewers and place in a bowl.
5. In a small sauce pan, melt Butter, Honey and Cinnamon over low heat. When all ingredients are combined, remove from heat.
6. Drizzle the Sauce over the fruit and gently combine. Make sure that all the Fruit is coated.
7. Enjoy!

Ingredients
• 1 ½ Cups Cherries, cut in half with pits removed
• 3 Cups Peaches, cut into large chunks
• 3 Tbsp Honey
• 1 Tbsp & 1 Tsp Butter, unsalted
• 1/8 tsp Cinnamon

Grilled Corn, Basil and Tomato Salad

Makes: 4 servings

Directions
1. Brush Ears of Corn with 1 Tbsp Olive Oil.
2. Roast Corn on grill, turning often until desired doneness, about 5 to 7 minutes.
3. Cool Corn and Cut kernels from the cob.
4. In a bowl, whisk together the Olive Oil and the Vinegar.
5. Mix in the Corn, Tomatoes, Feta Cheese and Basil
6. Toss to coat.

Ingredients
• 3 Ears of Corn
• 2 Cups Roma Tomatoes, chopped
• ½ Cup Feta Cheese, crumbled
• 2 Tbsp Fresh Basil, chopped
• ¼ Cup plus 1 Tbsp Olive Oil
• 1 Tbsp Red Wine vinegar

Each serving contains:
Protein - ½  Vegetable - 0  Carb - 0  Fat - 1
No-Mayo Potato Salad

Makes: 12 servings  Serving Size: ½ Cup

Each serving contains:
Protein - 0  Vegetable - 0
Carb - 1  Fat - 0

Ingredients
- 6 Cups Potatoes, washed and cut
- ½ Cup Olive Oil or Avocado Oil
- 1 Tbsp Garlic Powder
- ½ Cup Red Onion, minced
- ¼ Cup Chives, chopped small
- 1 tsp Dried Ground Rosemary
- ¼ Cup White Wine Vinegar
- 1 Tbsp Fresh Thyme, chopped
- Seas Salt and Pepper to taste

Directions
1. Boil Potatoes until they are cooked through, about 20 minutes.
2. Cool Potatoes and toss with remaining ingredients.
3. Store in refrigerator until ready to serve.
Cinnamon Ice Cream

Makes: 12 servings  Serving Size: 1/2 Cup

Directions
1. Combine Coconut Milk, Almond Milk and Maple Syrup in a medium saucepan over medium heat. Bring to a full simmer and stirring occasionally.
2. Remove from heat and either blend with an immersion blender or transfer to a heat-safe blender and blend for about a minute. Add the Vanilla, Cinnamon, and Salt and blend to combine.
3. If you have an ice cream churner, add to machine and follow manufacturers instructions. If you do not, pour mixture into a loaf pan and freeze until set.

Ingredients
- One 13.5 oz. can of full fat Coconut Milk
- 1 ¾ cup unsweetened Almond or Cashew Milk
- ¼ cup Maple Syrup
- 1 tsp. Vanilla
- 2 tsp. Cinnamon
- ¾ tsp. Salt

Dark Chocolate Avocado Frozen Yogurt

Makes: 3 servings  Serving Size: 1/2 Cup

Directions
1. In a food processor or a blender, combine all ingredients and blend until smooth
2. Pour into an ice cream churner and follow manufacturers instructions. If you do not have one, pour into a loaf pan, cover with plastic wrap, and freeze for 2-3 hours.
3. Thaw frozen yogurt for a few minutes before scooping

Ingredients
- ¾ cup plain full fat Greek Yogurt
- ½ medium Avocado
- 1 ½ tbsp. Cocoa Powder
- 2 tbsp. Honey
- ½ tsp. Vanilla
- ½ cup Milk of choice (Whole, Coconut, Almond)
- Pinch of Sea Salt

This is a treat, you do not have to use it as part of your meal. Just enjoy!
Coffee and Coconut Milk Popsicles

Makes: 6 popsicles  Serving Size: 1 Popsicle

Directions
1. Blend everything in a blender until smooth
2. Taste and add more Espresso Powder for a stronger coffee flavor, or another Date or two for sweeter popsicles
3. Pour the mixture into your popsicle molds or small paper cups. Add in some Cacao Nibs if desired.
4. Freeze for 30 minutes and then add popsicle sticks
5. Freeze until firm
6. Run popsicle molds or cups under warm water to release them

Ingredients
• 1 can full fat Coconut Milk
• 6 large, soft pitted Medjool Dates
• 1 tsp. Espresso Powder
• ½ tbsp. Vanilla Extract (optional)
• Pinch of Sea Salt (optional)
• Cacao Nibs (optional)
• Popsicle mold or small paper cups
• Popsicle sticks

This is a treat, you do not have to use it as part of your meal. Just enjoy!

Honeydew Mint Popsicles

Makes: 10 popsicles  Serving Size: 1 Popsicle

Directions
1. Cut rind off of Honeydew Melon and slice into cubes
2. Add all of the ingredients to blender and pulse until smooth
3. Pour mixture into popsicle molds and freeze for at least 4 hours

Ingredients
• ½ Honeydew Melon, cubed
• 1 tbsp. Honey
• 5-10 Mint Leaves
• 1 tbsp. Lime Juice

This is a treat, you do not have to use it as part of your meal. Just enjoy!
**Honey and Beet Frozen Yogurt**

*Makes: 11 servings  Serving Size: 1/2 Cup*

This is a treat, you do not have to use it as part of your meal. Just enjoy!

**Ingredients**
- 3 cups of full-fat plain Greek Yogurt
- 5 Beets
- 1/2 cup Honey
- 1 tsp. Olive Oil
- Sprinkle of Salt

**Directions**
1. Preheat oven to 400 degrees
2. Wrap your Beets (skin and all) in aluminum foil, drizzle with the Olive Oil and Salt
3. Roast for 45 minutes until the Beets are fork tender. Let cool slightly and you will be able to remove peel with ease.
4. Puree your Beets until smooth. Chill completely, at least two hours.
5. After your puree is smooth, combine your Yogurt, Beet puree and Honey into a bowl and mix until well combined.
6. If you have an ice cream churner, add mixture and follow manufacturers instructions. If you do not, add mixture to a loaf pan and freeze.

**Strawberry Mango Chia Popsicles**

*Makes: 10 popsicles  Serving Size: 1 Popsicle*

This is a treat, you do not have to use it as part of your meal. Just enjoy!

**Ingredients**
- 1 1/2 cup Strawberries
- 1 1/2 cup Mango pieces
- 1 1/4 cup pure Coconut Water
- 2 tsp. Honey
- 4 tsp. Chia Seeds

**Directions**
1. Puree Strawberries (fresh or frozen) with half of the Coconut Water in a blender or food processor. Add 1 tsp. of Honey and 2 tsp. of Chia Seeds. Set aside.
2. Puree Mango (fresh or frozen) in a blender or food processor. Add the remaining 1 tsp. of Honey and 2 tsp. of Chia Seeds.
3. Alternatively pour each fruit mixture (for a marbled look) into popsicle molds and freeze until set.