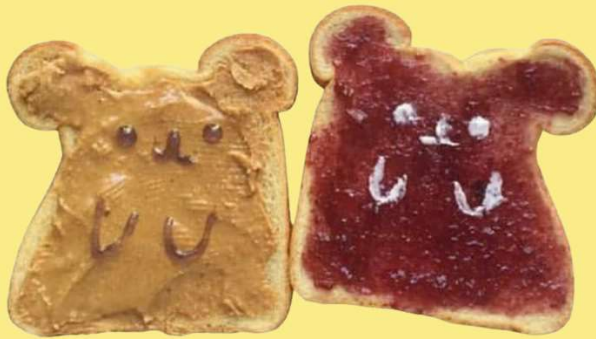


Cottagecore food & beverage



BROCCOLI AND CHEDDAR SOUP

INGREDIENTS

- 2 TABLESPOONS OF UNSALTED BUTTER
- 1/2 CUP CHOPPED ONION
- 1 TEASPOON OF MINCED GARLIC
- 2 TABLESPOONS ALL-PURPOSE FLOUR
- 1/2 TEASPOON OF SALT, PEPPER AND PAPRIKA
- 3 CUPS VEGETABLE OR CHICKEN BROTH
- 2 CUPS FRESH OR FROZEN CHOPPED BROCCOLI AND CARROTS
- 1/4 CUP WHOLE MILK
- 2 CUPS SHREDDED CHEDDAR CHEESE

PREP:15 MINS

COOK:25-30 MINS

SERVINGS:3-5

INSTRUCTIONS

1. IN A DUTCH OVEN OR LARGE POT, MELT THE BUTTER. ADD THE ONION AND YOUR SEASONINGS. COOK UNTIL SOFTENED, ABOUT 5 MINUTES. ADD THE GARLIC AND COOK 1 MINUTE.

2. STIR IN THE FLOUR UNTIL EVERYTHING IS COATED AND A ROUX (PASTE) IS FORMED. SLOWLY WHISK IN THE BROTH THEN BRING TO A BOIL.

3. ONCE BOILING, ADD THE BROCCOLI AND CARROTS. COOK UNTIL TENDER, ABOUT 8-10 MINUTES ON LOW HEAT AND STIR.

4. TURN THE HEAT OFF. STIR IN THE MILK AND CHEESE UNTIL MELTED. TASTE AND ADJUST FOR MORE SEASONING.

INGREDIENTS

- 1 LITER OR 2 LITER SODA
- STRAWBERRIES, BLUEBERRIES OR RASBERRIES
- ICE
- MINT LEAVES
- PLASTIC OR GLASS CUP

PREP:5 MINS

SERVINGS:8-10

INSTRUCTIONS

1. BEGIN TO PLACE ICE CUBES INSIDE A CUP.

2. PLACE YOUR CHOICE OF BERRY ON TOP OF YOUR ICE WITH 1 OR 2 MINT LEAVES.

3. POUR A SMALL AMOUNT OF SPRITE INTO YOUR CUP AND BEGIN TO STIR WITH SPOON.

4. ONCE YOU BEGIN TO SEE THE SPRITE CHANGE COLOR BEGIN TO POUR MORE INTO YOUR CUP AND STIR AGAIN.

5. LET YOUR DRINK SETTLE FOR A MINUTE OR 2 AND ENJOY THESE FLAVORS!

Sparkling Berry





Strawberry Milk



PREP: 5 MINS

SERVINGS: 1-2

INGREDIENTS

- 1 CUP (8-10) OF FRESH STRAWBERRIES WITH STEMS REMOVED
- 1 CUP OF MILK (DAIRY OR NON DAIRY)
- 1 TEA SPOON OF SUGAR, HONEY OR MAPLE SYRUP (ANY SWEETNER OF CHOICE OR NO SWEETNER AT ALL IS FINE)

INSTRUCTIONS

1. 1/4 CUP (2-3) OF FRESH STRAWBERRIES DICED.
2. 1/2 CUP (1-2) OF STRAWBERRIES CRUSHED INTO A LIQUID LIKE PASTE (PUREE) AND MIX USING YOUR SWEETNER OF CHOICE.
3. BEGIN TO POUR THE STRAWBERRY PUREE AT THE BOTTOM OF YOUR CUP.
4. POUR YOUR MILK OVER THE STRAWBERRY PUREE (DON'T MIX YET)
5. POUR YOUR DICED STRAWBERRIES OVER THE MILK AND ENJOY YOUR DRINK!

Cucumber Sandwiches



PREP: 8 MINS

SERVINGS: 1-2

INGREDIENTS

- 1 WHOLE CUCUMBER OR MINI CUCUMBERS
- 8 OZ OF CREAM CHEESE (YOU WILL NOT USE THE WHOLE THING)
- 2 TEA SPOONS OF FRESHLY CHOPPED DILL
- SALT AND PEPPER
- BREAD SLICES
- 1 TABLESPOON OF MAYONNAISE

INSTRUCTIONS

1. WITH A HAND MIXER (OR FORK) MIX CREAM CHEESE AND MAYONNAISE IN A SMALL BOWL UNTIL SMOOTH. STIR IN HERBS, DILL, SALT AND PEPPER TO TASTE.
2. SPREAD THE CREAM CHEESE MIXTURE OVER THE SLICE OF BREAD
3. BEGIN TO THINLY SLICE THE CUCUMBER AND LAYER THE SLICES OVER HALF OF THE BREAD
4. TOP WITH REMAINING BREAD SLICE, REMOVE CRUSTS IF DESIRED AND CUT EACH SANDWICH INTO 2 PIECES. ENJOY!