

[Week 1: Salsa Chips](#)

[Week 2: Granola](#)

[Week 3: Milkshakes](#)

## Week 1: Salsa Chips

- tomato
- black bean
- red onion
- red vinegar
- roasted corn
- red + green bell peppers
- canola oil
- jalepano
- cilantro
- Salt & pepper
- Cumin
- coriander

• mix

-serve with Corn Chips

## Week 2: Granola

- oats
- Chex mix
- cheerios
- rice Krispies
- grape nuts
- nutmeg
- Canola oil
- flax seeds
- coconut flakes
- cranberries
- raisins
- honey
- brown sugar
- maple syrup

Mix.

bake at 400 degrees for 10 minutes.

## Week 3: Milkshakes

- Vanilla ice cream
- 2% milk
- Chocolate Syrup
- Vanilla Syrup
- caramel Syrup

- Blend

## Week 4: Pretzels