



RED, WHITE, & BLUE

COCONUT PUDDING WITH BERRIES

1 tablespoon unflavored gelatin
1 can full fat coconut milk
1/4 teaspoon vanilla extract
4 tablespoons sugar
Strawberries, blueberries, raspberries, and/or blackberries
Chopped almonds

In a small bowl with 3 tablespoons of cool water, sprinkle gelatin over the water. Let it sit for about 10 minutes.

In small saucepan over medium heat, whisk together coconut milk, vanilla extract, sugar, and gelatin mixture until the gelatin dissolves.

Pour into four small cups and refrigerate for at least an hour.

Top with chopped berries and almonds.



BLUE CHEESE SLIDERS WITH CARAMELIZED ONION

3 lbs 80/20 ground beef
1/4 teaspoon of Tobasco Sauce or to taste
1 teaspoon Worcestershire sauce
1.5 tsp salt
1 tsp black pepper
1 cup crumbled blue cheese
3 yellow onions, sliced
Olive oil
Slider buns
Your choice of toppings and condiments
Optional: Blue Potato Chips

Mix the ground beef, Tobasco sauce, Worcestershire sauce, salt, and pepper in a bowl until combined. Do not overmix. Form the beef mixture into small patties. If you want stuffed blue cheese burgers, you can stuff the cheese into the center of your burgers. Alternatively, you can put the cheese on top when you're cooking them. Let the patties sit for about an hour.

To make the caramelized onions, heat up olive oil in a pan on medium heat and add the sliced onions. Cook until browned; turning the onions occasionally. You can add more oil if the onions are sticking to the bottom of the pan.

You can cook the burgers in a frying pan or on a grill. The cooking time will vary on how well done you want your burgers to be.



MIXED BERRIES SALAD

Choice of salad mix like
spring green mix
Strawberries
Blueberries
Almonds
Feta, blue, or goat cheese
Olive oil
Balsamic vinegar
Dijon mustard (optional)
Salt & pepper
Sugar

I'm leaving the measurements out for this recipe because you could really adjust the amount for each ingredient to fit your palate.

To serve four people with a side salad, I generally use $\frac{1}{4}$ cup olive oil, $\frac{1}{4}$ cup balsamic vinegar, 1 teaspoon of Dijon mustard (optional), a few dashes of salt and pepper, and $\frac{1}{4}$ teaspoon of sugar. The easiest and quickest way to mix the dressing is to put them all in a jar and shake it. The jar makes storing leftover dressing easy, too.