



Recipes by [Sherry Coleman Collins, MS, RDN, LD, FAND](#)

Summer Gazpacho 2-Ways: Way 1

Ingredients

- 1 peach, skin on, chopped from Georgia Proud Provisions
- 1 small cucumber, chopped
- 2 Tbs cilantro, basil, or parsley from Planted Wellness
- ½ small shallot
- 1 clove of garlic
- 1 cup coconut water
- 1 Tbs white wine vinegar or Strippaggio Traditional White Balsamic Vinegar
- 2 Tbs extra virgin olive oil or Strippaggio Lemon Fused Extra Virgin Olive Oil
- Salt and pepper to taste

Blend all ingredients until smooth. Refrigerate to chill for 1 hour or more before eating.

Summer Gazpacho 2-Ways: Way 2

Ingredients

- 1 cup chopped tomatoes from Straight from the Backyard Farm
- 1 small cucumber, chopped
- 2 Tbs cilantro, basil, or parsley from Planted Wellness
- ½ small shallot from Straight from the Backyard Farm
- 1 clove of garlic from Straight from the Backyard Farm
- 1 cup tomato juice
- 1 Tbs red wine vinegar or Mild Table Sauce from Point Blank Pepper Co.
- 2 Tbs extra virgin olive oil
- Salt and pepper to taste

Blend all ingredients until smooth. Refrigerate to chill for 1 hour or more before eating.





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Big Crunchy Spoon Salad

Ingredients

- About 6 cups of mixed vegetables, such as:
 - ½ head of cabbage, chopped into bite-sized pieces
 - ½ head romaine lettuce, chopped into bite-sized pieces
 - ½ head cauliflower, florets, chopped or broken into bite-sized pieces
 - 1 large carrot, grated on the large holes of a grater, or chopped into small dice
 - 1 red, yellow, or orange pepper, chopped into bite-sized pieces
- 1 sweet or red onion, chopped into small dice
- Fresh herbs of your choice
- Optional: 1 can drained and rinsed white beans or chickpeas

Dressing Ingredients

- 3 Tbsp Point Blank Pepper Co. Elevated Sweet & Sour Sauce
- 1/3 cup neutral oil
- 1 tsp Dijon or country mustard
- Salt and pepper to taste

Combine all salad ingredients together and mix well. Add all dressing ingredients into a lidded jar and shake to combine. Pour ½ dressing over vegetables and mix well to coat. Taste and adjust, adding more dressing or salt and pepper to taste.

Note: A “spoon salad” is one you can eat with a spoon and usually contains only sturdy vegetables, instead of tender greens. These are perfect for cooler weather or when you want something heartier than a tender lettuce salad can provide.





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No-cook Snack Bites

- 1 cup peanut butter, such as The Buttered Nut Peanut Butter Cookie flavor
- 1 cup quick-cooking oats
- ½ cup unsweet shredded coconut
- ¼ cup chopped nuts (optional)
- 2Tbs-1/4 cup Hometown honey (depending on the sweetness of the peanut butter used)
- Pinch of salt

Mix all ingredients together until well blended. Using a cookie scoop or tablespoon, scoop out portions of the mixture and roll them into balls. Refrigerate until firm and enjoy!

