



SERVES

4

Stone Fruit Kombucha Mojito

INGREDIENTS

½ cup	Ginger Ale
1 bunch	Fresh Mint
1 cup	Kombucha
1 Tbsp	Maple Syrup
½ cup	Fresh Lime Juice
1	Fresh Lime
8	Fresh or Frozen Peach Slices

INSTRUCTIONS

1. Chill the glasses in the refrigerator.
2. Slice limes into thin slices. We will use 1-2 slices per serving.
3. Pick the mint leaves from the stem. We will use about 8 leaves per serving.
4. Fill each glass with 2-3 slices of frozen peaches and place in the freezer.
5. Place the mint in a bar glass with maple syrup and muddle the mint into the maple syrup.
6. Add ginger ale, lime juice, and kombucha into the mint maple and stir or shake.
7. Fill ice on top of the peaches in each glass. Evenly distribute the mojito into each glass, and garnish with lime slices.



Nutritional Facts

Serving size: 8oz; Calories: 74 kcal;
 Carbohydrate: 17.04g; Fiber: 1.78g;
 Protein: 0.82g; Total Fat: 0.04g;
 Saturated Fat: 0.01g; Cholesterol: 0mg;
 Sodium: 10.66mg; Phosphorus:
 18.80mg ; Potassium: 70.15mg



SERVES

4

Chicken Meatballs With Tzatziki

INGREDIENTS

1 cup	Ground Chicken
3 Tbsp	White Onion
2 tsp	Minced Garlic
¼ cup	Feta cheese
1 tsp	Fresh Dill
⅔ cup	Frozen Spinach
½ tsp	Salt
½ tsp	Pepper

Tzatziki Sauce

1 cup	Greek Yogurt
⅓	Cucumber
2 ½ tsp	Fresh Dill
1 ½ tsp	Fresh Mint
1 tsp	Lemon Juice
1 ½ tsp	Minced Garlic
1 tsp	Olive Oil
½ tsp	Salt
¼ tsp	White Pepper

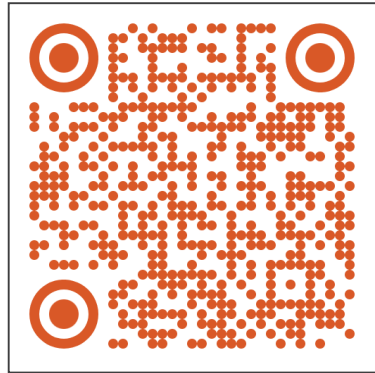
INSTRUCTIONS

1. Place ground chicken and crumbled feta to a mixing bowl.
2. Mince onions, garlic, and fresh dill. Add to chicken mixture.
3. Thaw and strain frozen spinach. Rough chop & add to chicken mixture.
4. Add your salt & pepper, hand mix to combine.
5. Portion into 1 oz balls. Place on a baking sheet or use an air fryer.
6. Bake at 375°F for 12-15 minutes, until the internal temperature has met 165°F.
7. For the sauce, juice lemon, mince dill, garlic, mint & add to yogurt.
8. Grate & strain cucumbers & add to sauce.
9. Add salt and pepper, stir until combined.

Nutritional Facts

Serving size: 4 (1 oz) meatballs + ¼ cup
 Tzatziki Calories: 206 cal, Protein: 12.1 g,
 Carbs: 6g, Fiber: 1.5g, Total Fat: 11.8g,
 Saturated Fat: 4.8g, Cholesterol: 42mg,
 Sodium: 712g, Phosphorus: 113mg,
 Potassium: 321mg





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