

CARAMEL COOKIES



SERVING SIZE

1



INGREDIENTS

ITEM

IP Caramel Chocolate Mug Cake
Baking Powder
Stevia Sweetener
Vanilla Extract

QUANTITY

1 Packet
¼ Tsp.
1 Packet
1 Tsp.

ITEM

Extra Virgin Olive
Oil/Grapeseed Oil
Water

QUANTITY

1 Tsp.
1½ Oz.



PREPARATION

- Cut the cucumber in half lengthwise, and using a spoon, scoop out and discard the seeds.
- Partially peel the cucumber to your preference leaving some skin on adds texture and color. Chop the cucumber into chunks.
- In a food processor, combine the cucumber chunks, fresh lemon juice, garlic cloves, olive oil (if using), filtered water, salt, and black pepper.
- Add the fresh herbs and onion pieces to the mixture.
- Blend all the ingredients until the mixture is smooth and has a creamy consistency.
- Taste and adjust the seasoning as needed, adding more lemon juice, salt, or pepper to suit your taste.
- You can chill the dressing in the refrigerator for about 30 minutes before serving to enhance the flavors.
- Enjoy!