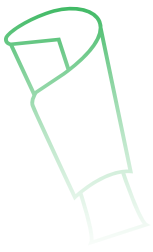




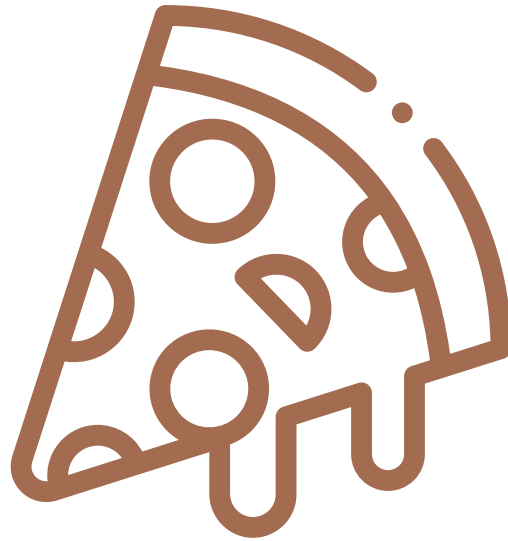
PRESENTS



**MAKE AT HOME
TOURNAMENT RECIPES**



RICHARD BLAIS' COTTAGE CHEESE PIZZA DOUGH



Ingredients

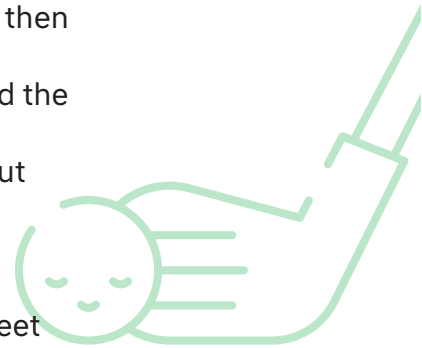
- 1 cup Cottage Cheese
- 1 cup self-rising flour
- A pinch of salt

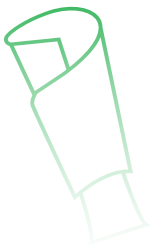
Optional toppings:

- Richard Blais BBQ barbecue sauce (or a classic sweet and sour Kansas City style sauce), shredded chicken and cheddar cheese
- Pizza sauce, pepperoni, mozzarella and fresh basil

Directions

1. Pre-heat oven to 400 degrees Fahrenheit.
2. In a food processor, blend the cottage cheese until smooth then add the flour until a loose dough is formed.
3. Gently dust a work surface and rolling pin with flour to avoid the dough sticking.
4. Then, move the dough to a work surface and begin to roll out the dough into circular pie shapes (about 6-8 inches wide). Alternatively, you can use your hands. Should make about 2-4 pizzas.
5. Add preferred toppings to dough, then bake on a cookie sheet tray for 15 minutes or until golden brown crust is achieved.





RIVIERA'S KIKUYU SMOOTHIE

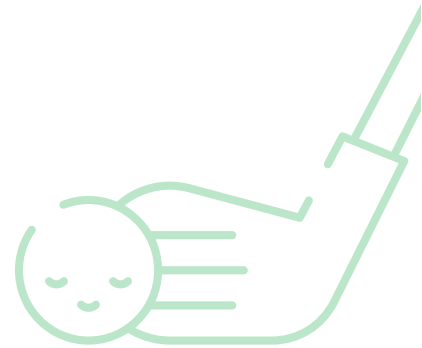


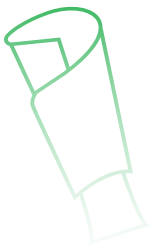
Ingredients

- 2 bananas
- 12 oz spinach
- 1 tbsp matcha
- 3 oz almond milk
- 3 oz coconut milk
- 1 oz honey
- 1 tbsp cocoa nibs
- 1 espresso shot
- 1.5 tbsp peanut butter
- 6 oz ice

Directions

1. Add all ingredients into a blender
2. Blend until smooth

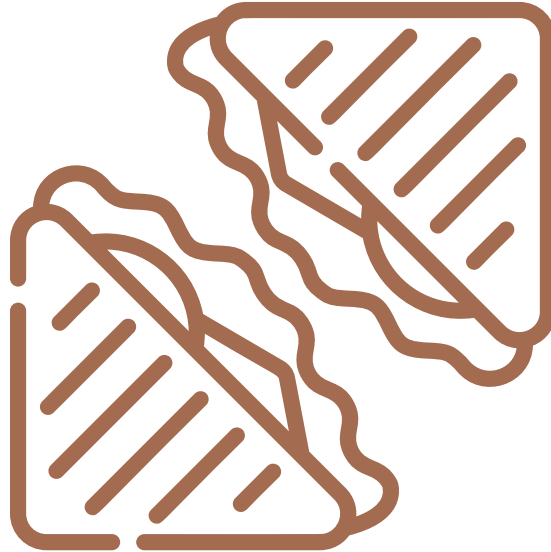




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FAIRWAY FRINGE SANDWICH

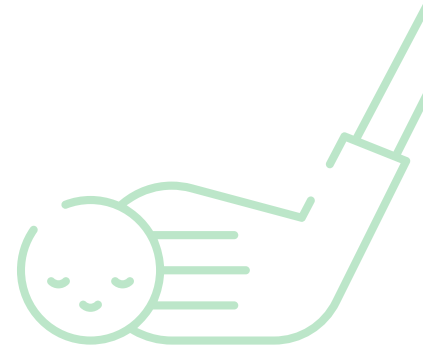


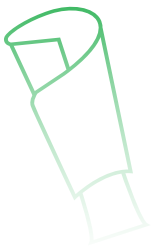
Ingredients

- Two slices whole wheat bread
- Pesto spread
- Grilled chicken breast
- Alfalfa sprouts
- Avocado

Directions

1. Grill chicken breast (optional substitutions include sliced deli-style chicken or turkey breast)
2. Toast whole wheat bread
3. Apply pesto spread to one slice of toasted bread and slice avocado to the other slice
4. Place grilled chicken breast on top of pesto spread. Add alfalfa sprouts on top of chicken.
5. Close sandwich and slice on the diagonal

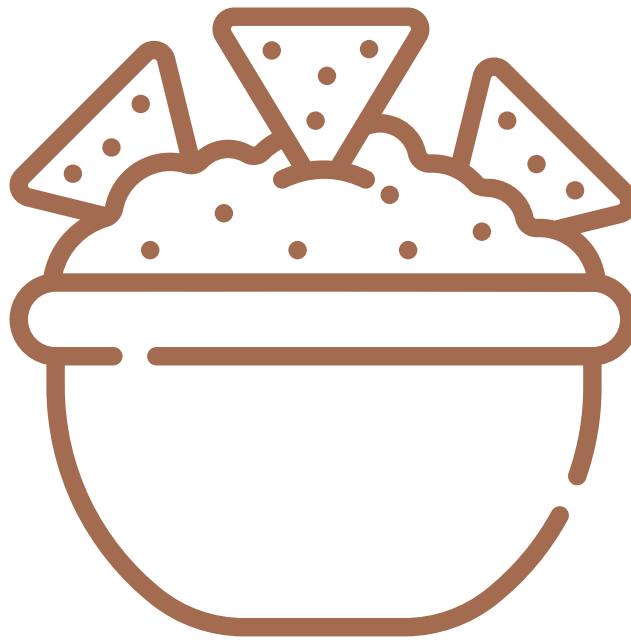




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SUNDAY'S BEST GUACAMOLE



Ingredients

- 2 avocados
- ½ a red onion
- 1 lime
- 1 pomegranate, seeds only
- Salt & pepper to taste

Optional ingredients:

- 1 handful of cilantro
- 1 jalapeno pepper

Directions

1. Finely chop ½ red onion and add to mixing bowl with juice of 1 lime
2. Seed 1 pomegranate and add to mixing bowl
3. Dice 2 avocados and add to mixing bowl
4. Salt and pepper to taste and mix
5. Optional: dice 1 jalapeno, chop cilantro and add to bowl and mix

