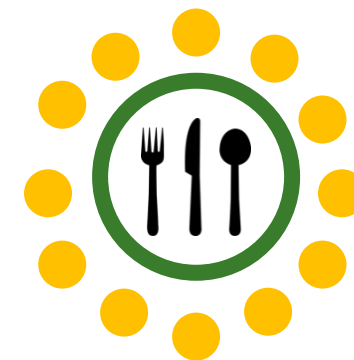


recipe of the week:

Grilled Bacon Wrapped Asparagus



ingredients:	directions:
Blueberries	1. Thread blueberries on to the kebab stick.
Thick yogurt – Flavor is up to you! (Greek style consistency works best)	2. Place on a plate and lather with yoghurt. Rolling the blueberries into the yoghurt works well.
Kebab sticks	3. Line a freezer safe container (large enough to fit the length of a kebab) with baking paper. Lay each kebab down, allowing enough space in-between so they don't get stuck.
Baking paper	4. Freeze for at least a couple of hours.
Large container	5. Eat immediately when removed from freezer.
Large plate	

Presented by:

