**DRINKS**

**SMOOTHIE**

**BREAKFAST SMOOTHIES**

1. **Green smoothie**

* Kale +lemon+ pear + matca powder
* Blend together and take. Very healthy, very nutritious.

1. **Banana smoothie**

* Oats +Greek yogurt + banana milk
* Soak the oats with the milk enough to still have some liquid in it for at least 3 minutes.
* Then add everything into the blender or smoothie mixer and blend. Ready to be consumed.

1. **raw cocoa smoothie**

* honey + banana + raw cocoa powder + almond milk
* Blend together in a blender or smoothie maker and have first thing in the morning. Very very healthy.

1. **Mango oat meal smoothie**

* Mango + oats + milk + honey
* Blend together, gives you mango oat meal smoothie. Enjoy for breakfast smoothie.

1. **Tropical smoothie**

* A blend of yogurt + pineapple + mango + banana gives you a great taste of tropical smoothies.

1. **Avocado smoothie**

A blend of yogurt + avocado + china seeds to honey. It’s a great smoothie drink to have in the morning.

Placing yourself on a diet

Here are some my detox smoothies for flat belly and also cleanse your system in three (3) days in a week.

**Morning:**

1. Banana + pineapple + matcha powder + blend together (you can use 2 bananas if they are small or 1 big ones) ½ cup chopped or diced pine apple and a table or (2) spoons of matcha powder depending on the quantity (but one glass is okay) you can add 1/3 cup of almond milk.
2. Blend together :

* ½ avocado (1 big size)
* 1 kiwi
* 1 cup baby spinach
* ½ cup almond milk

1. Blend together:

* 2 banana
* 1 kiwi
* 1 cup baby spinach
* ½ cup almond milk

1. Blend together

* 1 cup raspberries
* 1 tbsp. flaxseeds
* 1 banana
* Tbsp. almond butter or peanut butter
* 2tsp lemon juice
* 1 glass water
* ¼ cup bab7 spinach.

1. Blend together

* Strawberry 1 cup (chopped)
* Blueberry ½ cup (chopped)
* 2 banana
* 1 cup almond or coconut milk

1. Blend together

* 1 bunch celery
* ½ cucumber (big size)
* 1 green apple (big size)
* ½ cup almond milk

1. Blend together

* Banana 1-2
* Mango ½ (chopped)
* Straw berry 4-5 big sizes
* Almond milk ½ cup

**Lunch smoothies**

1. Blend together

* Banana 1-2
* Mango ½ (peeled and diced) if big size or 1 (peeled and diced) if small size.
* 1 cup almond milk

1. Blend together

* ½ cup almond milk
* 1 cucumber (baby cucumber)
* Four celery stalks
* ½ green apple
* ½ squeezed lemon juice
* One cup sliced pine apple
* 1 cup kale
* 1tbsp melted coconut oil

1. Blend together:

* 5 medium size strawberry
* 1 medium size beet root
* 1tbsp chia seeds
* ½ cup almond milk

1. Blend together

* ½ cup raspberry
* ½ peeled beet
* ½ cup almond milk.

**For Dinner**

1. Blend together

* 1 peach
* 1 orange
* 1 carrot
* ½ almond milk or coconut milk

1. Blend together

* 2 banana
* 1 carrot
* 1 orange
* 1 carrot
* ½ cup almond milk

1. Blend together

* 1 beet
* 4 cherry
* 2 banana
* ½ yogurt (plain)

1. Blend together:

* 1tbsp flaxseed
* ¼ cayenne pepper
* ¼ avocado
* 1tbsp lemon juice
* ½ cup mango (diced)
* ½ cup blueberries
* 1 cup coconut water

**To Burn stomach fat quickly drink this every morning** (and if possible evening)

Blend together:

* ½ cucumber
* 1 green apple
* 1 small bunch celery
* ½ lemon
* 6 fresh minut leaves
* 1tbsp freshly grated ginger

**Other Healthy smoothies**

1. **PB and J smoothies**

* Blend together
* 1 cup frozen strawberries
* 1 banana
* ¼ cup peanut butter
* 1 cup milk or plain yogurt

1. **Razzle dazzle smoothie**

* Blend together:
* 1 cup frozen raspberries
* ½ cup frozen mango
* ½ cup frozen pine apple
* 1 cup coconut milk

1. **Green dream smoothie**

Blend together:

* 1 cup baby spinach
* 1 cup frozen mango
* 1 banana
* 1 juice of lemon

1. **Pina colada smoothie**

* 6 ice cubes
* 6 ounces vanilla flavored Greek yogurt
* 1 cup pine apple (frozen, fresher canned)
* 1 large banana
* ¾ tsp run flavoring or any alcohol
* 6tbsp unsweetened full fat coconut milk
* Toasted shared coconut and cherries for garnishing.
* 1tbsp protein powder (should be added last to the ingredients in the blender). Note this is a very rich and expensive smoothie.

1. **Green monster smoothie**

**Handful of ice**

1 cup baby spinach

¾ cup milk (vanilla, almond)

6 ounce yogurt (vanilla or plain Greek yogurt)

1 large bama

1tbsp protein powder

½ cup peaches (fresh, frozen or blend everything together until canned)

**CRANBERRY ORANGE SMOTHIE**

Blend together

* 6 ounces of ice cubes
* 6 ounces vanilla yogurt
* ¼ cup orange juice
* 1 large banana
* Protein powder 1-2 tablespoon

Blend all other ingredients fruits then as you are blending, add the protein powder and blend until smooth. Enjoy.

**HEALTHY SMOOTHIES WITH PROTEIN AND HEALTHY FATS**

1. **Chocolate raspberries smoothie**

* 1 cup of frozen raspberries
* 1 serving of vanilla protein powder
* 1tbsp cocoa powder
* 1 cup of almond milk or any milk

1. **Pumpkin pie smoothie**

* 1 frozen banana
* ½ cup pumpkin
* 1tbsp all natural almond butter and pumpkin pies
* 1 servicing protein powder
* 1tsp ground cinnamon
* 1 cup almond milk or any milk

1. **Harp berry smoothie**

* 1 cup frozen mixed berries
* ½ serving vanilla protein powder
* 1 cup of milk (of your choice)
* 2 tablespoons harp seeds (if you cannot get harp seeds, use chia or flax seeds).

1. **Peanuts butter banana smoothie**

* 1 frozen bananas
* 1tbsp organic peanut butter
* 1 servicing protein powder (vanilla)
* 1tbsp cocoa powder
* 1 cup of milk (any milk can serve)

1. **Green breakfast smoothie**

* 1 cup baby spinach
* 1 frozen banana
* 1 scoop of vanilla protein powder
* 1tbsp almond butter
* 2tbsp of hemp or seed or flax seed
* 1tbsp cinnamon
* 1cup of milk

**OTHER TYPES OF SMOOTHIES**

**Green and Broccoli smoothie**

* ¾ cup almond milk
* 1 cup green grapes
* 1 banana
* 1 cup broccoli (chopped)
* Pineapple paradise Green smoothie
* ¾ almond milk
* ¼ cup coconut milk
* 2 cups baby spinach
* 1 banana
* 1tsp freshly grated ginger
* ¾ cup diced pineapple
* Cucumber kiwi smoothie
* 1 cup cucumber (diced)
* 1 cup baby spinach
* 2 kiwis (diced)
* ½ cup green tea
* 1tsp grated ginger or taste
* Vanilla berry bliss smoothie
* ½ cup frozen strawberries
* ¼ frozen blueberries
* ½ cup vanilla yogurt
* 1 scoop vanilla protein powder
* ¾ cup milk
* Pineapple lemonade smoothie
* ½ cups frozen pineapple
* 1 lemon zest, juice
* ¾ cup coconut milk
* 1tsp grated ginger (optional)

**SMOOTHIES FOR WEIGHT GAIN 1**

* 2 cups whole milk
* 1 cup white oats
* 1 or 2 bananas
* 4tbsp peanut butter
* 2tbsp toasted peanut
* 3tbsp honey or maple syrup
* 2 cups yogurt.

Blend and take morning and at night (12: am) and first thing in the morning before meal.

**Weight Gain smoothie 2**

* 1 cup milk
* 1 large ripe banana
* 1 small avocado
* 1tbsp chia seed
* 1scoop protein powder
* 2-3tbsp peanut butter

**Weight Gain smoothie 3**

* 1 cup frozen pineapple
* 1 banana (frozen)
* 1 cup coconut milk (chilled)
* 1 serving protein powder
* 1tbsp coconut flakes for garnishing

**Blueberry smoothie 4**

* 1 cup frozen blueberries
* 1 ½ cup cashew milk/almond milk
* 1 ½ unsweetened yogurt
* ½ cup roasted cashew nuts
* 1 banana
* 1 serving protein powder

**Weight Gain smoothie 5**

* 6 dates (fresh ones)
* 6 tbsp. of boiling water
* 1 ¼ cup frozen avocado
* 4 tbsp. creamy peanut butter
* 2 cup of milk
* ½ tsp cinnamon
* 2 tbsp. dark cocoa powder
* Chopped peanuts, whipped cream and barriers sack the date with the hot water to soften (blend it funs before adding other ingredient and blend. You can as well chopped them before soaking)
* Weight gain smoothies 6
* 1 cup of full fat coconut milk
* 1 frozen banana
* ½ frozen strew barriers or any barrier of your choice.
* 1 tbsp. of peanut butter
* 1 tbsp. of cocoa powder
* 2 scoop protein powder
* 1 handful baby spinach
* 2 dates

***Note: you can warplane the full flat coconut milk with full flat diary milk if vegan.***

***You can add flaunts to it if you like.***

**Weight Gain Smoothie 7**

* 1 cup of almond milk
* ½ cup Greek yoghurt
* 1/3 cup walnut
* 1 banana
* 1 cup carrots (chopped)
* ¼ tsp fresh ginger (grated)
* 1 tsp cinnamon
* Pinch of nutmeg
* 1 tsp vanilla
* Cocoanut almond spinach weight gain smoothie 8
* 1 cup full flat coconut milk
* 1 large banana
* 2 tbsp. of almond butter
* 2 tbsp. pumpkin seed
* 2 cup of baby spinach
* 1 tsp of vanilla extract
* ½ cup ice cube

**Blue berry weight gain smoothie 9**

* 2 cup of blue berries
* ½ cup oat milk
* ½ cup spinach
* 1 banana
* 1 tbsp. vanilla powder
* ½ cup Greek yoghurt
* ½ cup rolled oat
* ½ milk

**Coffee protein for weight gain smoothie 10**

* ½ cup coffee cooled down
* 1 large banana
* 2 tbsp. unsweetened peanut butter
* 2 tbsp. vanilla protein powder
* 1 tbsp. cocoa powder
* 1 cup coconut milk
* ½ cup ice cube

**Pineapple banana weight gain smoothie 11**

* 1 large banana
* 1 ½ cup chunk pineapple (frozen or fresh)
* ½ cup rolled oat
* 1 tbsp. chia seed
* ¼ cup white beans
* 1 cup soy milk

**Weight gain banana cinnamon oat meal smoothie 12**

* 1 cup almond milk
* 1 tbsp. almond butter
* 1 large banana
* 5-6 ice cube or cold water
* ¼ cup rolled oat
* 1 tsp vanilla extract
* 2 tbsp. vanilla protein powder
* 1 tsp cinnamon
* 1 tbsp. grand flax seed or its seed
* 1 tbsp. honey or maple syrup

**Weight gain avocado smoothie 13**

* 1 ½ cup soy milk
* 1 large banana
* ½ avocado
* ½ cup spinach
* 2 tbsp. hemp seed
* 1 tsp cinnamon
* Pinch of nutmeg
* Pinch of salt

**Weight gain orange cocoanut protein smoothie 14**

* 1 cup of orange juice (cold)
* ½ cup of coconut milk
* 3 tbsp. vanilla protein powder
* 1 large banana
* ½ avocado
* ½ cup ice or very cold water
* ½ tsp orange zest

**NOTE:** if using cold water, add extra banana or protein powder

**Weight gain black berry rasp berry smoothie 15**

* 1 cup black berries (frozen)
* ½ cup rasp berries (frozen)
* ½ avocado
* ½ cup Greek yoghurt
* 1 cup milk
* 1 tbsp. oat
* 1 tbsp. honey or maple syrup

**Weight gain straw berry peanut butter smoothie 16**

* ¾ cup plain yoghurt
* 1 cup straw berries (frozen)
* 1 large banana
* 3 tbsp. milk
* 1 tsp vanilla
* ¼ tsp granted ginger

**Other smoothies includes:**

* Mixed fruits smoothies
* Chocolate banana smoothies

Watermelon mixed with either pear, avocado, banana, straw berry, blue berry, rasped, grapes, apple, peanut etc. and many add nuts, ginger, cinnamon, nutsy, nut butter, protein powder etc. And customers however you like. As there are thousands ways to customizer’s your smoothies and shakes.

**Pure cocoanut smoothie’s ½ cup fresh pineapple (diced)**

* Small portion of cocoanut fruit (guided)
* 1/3 cup coconut milk
* 4-5 ice cubes

**TIGER NUT DRINK**

**Ingredients**

* ½ sesame tiger nut (frost ordinary) but use dry
* Water (very clean enough to grind the nuts)
* ½ tsp of salt (optional)
* 1 big cocoanut fruit (cut into chunk)
* Ginger to taste
* Cloves (alone 8-10)
* Dates (enough) to taste
* Sugar (very optional) if you want more sweetness. But it is best to have it all natural.
* Cinnamon, vanilla (optional)

**Direction:**

1. Soak the tiger nuts, for at least 24-48hrs (2 days) or use very hot water to soak it overnight.
2. Wash and add clean water to it in a clean bowl, add the cocoanut, dates, cloves, ginger, and cinnamon. Let it soak for some hours.
3. It soaks the better the result. If you have a grinder at home use it, if you don’t have, take it to a milling machine (commercial milling or grinding machine to grind it. To have a creamy and smooth texture.
4. Add vanilla (if using) and stir very well. If the mixture is too thick, and good drinking water (not too much). Pour the blended mixture through a mesh strainer (filter) to separate the milk. (note: if you use your home grinder, you may have to blend the nut again because the nut may not blend well use that
5. Pour the milk into a glass jar and store in the refrigerator.

***NOTE: tiger nut milk drink do not last long. If is not store in the fridge it tends to spoil easily so always ensure is cold and not warm or even hot.***

***And it best served chilled and fresh. Not more than a day or two. You can also package it for sale.***

**SOYA BEAN MILK DRINK**

**Ingredient**

* Soya bean ½ measure
* Ginger optional
* Milk flavor
* Sugar to taste
* Water 5liters
* 3tbsp milk (powder) or tin (optional)
* Vanilla flavor (optional) cream as desired

**Direction**:

1. Per boil the soya bean seed for at least 30min then leave it to cool or soak for some hours and then wash off the back shell.
2. Grind it with ginger (if using), then sieve it and filter with small water.
3. Boil it again for at least 1hrs then leave it to cool (Note if the soya milk is properly cooked, it will have some cund on top like when you leave pap open and the top is drying) then you will know it’s ready or almost ready and the color will not be too bright again.
4. Add sugar, milk and flavor (if using)
5. Fine any pack or bottle and put it in the fridge or package for sale.

**ZOBO DRINK**

**Ingredient**

* Zobo Roselle 500g
* Pineapple peeled and cubed 1 medium
* Cinnamon optional ½ tbsp. heaped
* Cloves 1tbsp
* Ginger thumb size
* Water as desired
* Sugar to taste
* Jolly pineapple 1 sachet
* Jilly cola 1 sheat

**Direction**:

1. Get your ingredient together
2. Rine the zobo leave properly get rid of the dust and sands. Transfer to a pot and add water to cover the zobo Roselle (enough to cover)
3. Add the pineapple, cinnamon stick or powder, ginger and cover. Allow to cook on medium heat for 40-45min.
4. Pour the content into a bowl and allow to cool till it get warm afterward, take out the pineapple and ginger and blend until smooth then pass the mixture through sieve and mix with the zobo. (Through this process is optional).then add sugar to taste after sieving the zobo and allow to cool completely, then bottle and refrigerate or bottle for sale.

NOTE: if you want the zobo as machine, don’t add sugar just take it plain especially for those on diet.

**DRY SEASONING**

**Cajun seasoning**

This seasoning can be used on fries, seafood, chicken, veggies, steak and more. It’s flavorful spicy and tandgy.

* 1tbsp paprika
* 1tbsp onion powder
* 1tbsp garlic powder
* 1tbsp oregano
* 1tbsp basil
* 1tbsp salt
* 1tsp thyme
* 1tsp black pepper
* 1tsp white pepper
* 1tsp cayenne

**BBQ DRY RUBS**

* **Chicken rubs**

1 cup brown sugar

½ cup paprika

1tbsp ground black, pepper

1tbsp salt

1tbsp chili powder

1tbsp garlic powder

1tbsp onion powder

1tbsp cayenne pepper

Pinch of dry parsley

* **STEAK RUB (BEEF STEAK)**

1tbsp ground cumin

1tbsp paprika

2tsp dried coriander

2tsp turmeric

1tsp onion powder

Pinch of salt

Pinch of pepper

Pinch of cayenne pepper

Pinch of garlic powder

Pork rub (pig meat)

½ cup paprika

½ cup chili powder

¼ cup brown sugar

¼ white sugar

2tsp celery seed

2tsp ground black pepper

**Easy essential marinades for 2110/1kg-316 11.55 of meat.**

1. **Sticky/hot marinades**

Use the chicken and pork and for glaze too:

Ingredients

¼ cup Dijon mustard

¼ cup hot sauce

1 cup ketchup

¼ cup soy sauce

1tbsp brown sugar

2 garlic (minced)

Combine all together, Ready.

1. **Balsamic marinade:**

For chicken, beef, knub and pork

Ingredients:

2 garlic cloves

½ cup olive oil

½ cup balsamic vinegar

2tbsp brown sugar

1tsp rosemary dried

1 ½ tsp salt

Black pepper

Combine all ingredients together and is ready for use.

1. **Classic steak marinade**

Use for beef, pork and chicken

½ cup soy sauce

1/3 cup olive oil

¼ cup Worcester shine sauce

2tbsp brown sugar

4 garlic cloves, minced

2tsp balsamic vinegar

Black pepper

Combine all ingredients together and is ready for use.

1. **Italian marinade**

For chicken, pork and seafood

2tbsp mustard

3 garlic minced

1tsp dried herbs-basil, oregano or mixed herbs

1tbsp sugar

1/3 cup white wine together

1 cup canola and veg oil

Salt and pepper to taste

1. **Seafood marinade:**

Ingredients:

¼ cup olive oil

Round of 1 lemon

2tbsp lemon juice

2 garlic cloves (minced)

¼ tsp black pepper

2tbsp chopped parsley

Add salt just prior to cooking

1. **Mexican marinade greet for chicken and beef**

½ cup olive oil

½ cup lemon juice

2tsp sugar

1½ tsp salt

1tsp cumin

4 cloves garlic (minced)

1/3 cup vinegar (not black)

2tsp oregano

1tsp black pepper

1tbsp paprika

1tbsp onion powder

Chili powder to taste

Combine all ingredients together

1. **Thai marinade**

Great for chicken, beef, seafood

Ingredients1/3 cup chopped celantro

2 garlic cloves minced

1tbsp chili paste

¼ cup soy sauce

2tbsp lime juice

2tbsp fish sauce

½ canola or veg oil

3tbsp brown sugar

Mix all ingredient together

1. Classic Japanese marinade

Chicken beef and seafood

Ingredients

¼ cup soy sauce

¾ cup mirin

**Taiyaki marinade**

1/3 cup soy sauce

1/3 cup mirin

1/3 cup sake

2tbsp sugar

***Note: Bring to boil and cool before using***

1. **Basic Greek**

Great for chicken, knub and seafood

Ingredients

½ cup extra virgin olive oil

¼ fresh lemon juice

Zest of a lemon

2 garlic cloves

1tbsp oregano leaves

2tsp thyme leaves

1. **Middle eastern marinade**

Great for chicken knub and beef

1tbsp cardamon

1tbsp cumin

1 ½ tbsp all spice

3 crushed garlic

1tsp salt

1/3 cup extra virgin olive oil

½ lemon juice only

Combine all ingredients together

1. **Korean marinade in chicken, beef and seafood**

**Ingredients**

1 grated apple or 1 ½ cup apple juice

8 garlic cloves-crushed-ginger

3tbsp sesame oil

3tbsp soy sauce or

3 table spoon brown sugar

1 brown onion finely chopped

**Marinade time**

**Chicken:** 30mins minimum

**6-**12 hours maximum

**Pork, beef**

**Knub :** 3 hours minimum

6-24 hours maximum

**Seafood’s:** 10 minutes minimum

20 minutes maximum

***Notes: You can use any marinade you want depending on what you want to make, you can also double or triple this recipe.***

**Hamiamese chicken rice**

1. Full chicken with fat (remove fats and serve it for the rice).
2. Rub salt all over the rice
3. Pour nasca or chicken stock cubes in a pot of water.
4. Cut the ginger
5. Spring onion, add it to the pot and cook till soft, and juice (cook gently)

Green sauce

1. Finely chopped ginger and garlic
2. Onion on spring
3. Salt (pound all together to chumcy paste).
4. Make some hot oil veg oil, sesame oil, pour over the onion paste pot, this helps to cook the oil and set aside.

**Rice**

1. Pour the chicken fats into a sauce pan. Add some oil to the fat then mix off properly for 40mins.
2. Remove the chicken sauce
3. Add minced garlic and mix, pour your washed bastic rice, reduce the stuck from the chicken and add to the rice let it cook for 2mins. When the water is absorbed by the rice cook to strains down, add too much water.

When the chicken is ready, pour on pan gently so as you butcher a chicken plain and set on the sides of the rice and serve and drizzle some sesame oil. Serve rice with chicken, the onion set in sauce, chili sauce and drizzle soy sauce over the chicken. You can make it white or with oil.

**Seafood okra soup**

* Prawns and shrimps
* Crab
* Fish fresh and dried and smoked
* Snail
* Potash
* Blended onion (coarsely)
* Dried catfish
* Crayfish
* Ginger
* Garlic (optional)
* Spinach
* Uziza seeds
* Yellow pepper and okra
* Turkey, chicken curbly

**Fisherman soup**

Ofor cocoyam and prawns, season with salt and yellow pepper

Fish seasoned yellow pepper and add crabs, stock fish, snail, msolo, uziza seed, shrimps, dry crayfish, uziza becomes enough in the soup

**Goat meat white soup with catfish**

Chicken cater of some you eat from assaulted meat, wanted soups with roasted chicken.

**Other ingredients**

* Crayfish
* Yam or Pando flour
* Uziza
* Udah
* Stock can yellow pepper
* Uziza leaf
* Stock fish
* Dry fish
* Oguiti (optional blend with pepper and crayfish almost at the end)

**Untartic edikwarslkang soup**

Waterleaf

* Ugwu
* Dry fish
* Crayfish
* Pepper
* Assaulted meat
* Chicken, beef, cow leg, kata or goat meat
* Enough palm oil

**African soups/stew (Nigeria)**

* Swallows
* Diet swallow
* Breakfast recipe
* Plantain recipe
* Yam chips
* Sandwiches
* Beans recipe
* Toast

**Rice’s**

* Party jollof rice
* Creamy cont. rice
* Occasional party jollof rice
* Coconut rice (Nigeria)
* Hamersley chicken coconut rice

**Continental-oriental cuisines**

* Continental-oriental soups/sauce
* Continental-oriental rice
* Continental-oriental marinade
* Continental dry rubs
* Continental sauces

**YOGHURT MAKING**

**Ingredient**

* Full cream powdered milk
* Active yoghurt culture or unsweet and plain yoghurt
* Measuring cup
* Correct measurement
* Spatula
* Sieve
* Water
* Flavor
* Weight scale
* Plastic container with color
* Thermometer

**RECIPE 1 (LITER)**

1. Milk full cream
2. Temperature of water 600ml
3. Very hot boiled water 400ml
4. Active culture 0.5g or 2-3 tbsp plain Greek yoghurt
5. 50g of sugar or any sweetener of your choice or as desired (if using)
6. Preservative sodium 1g ( if using)
7. Color any color of your choice but most preferably strawberry pink color

**Method of preparation**

1. Prepare all your ingredient and equipment, sieve the milk in the container you will be using.
2. Pour the room temperature with the milk and continue to stir until you get no lumbs (if there is any, sieve it).
3. Afterward, add the hot water and continue to mix until properly mixed. (Note: this process is called pastarizate).
4. Now monitor the temperature of the milk using thermometer. The temperature should be between 42-45oc. If you don’t have a thermometer, just drop the milk at the back of your palor, let it rest for at least 3sec. if don’t feel it burning then it ok (some people dip there finger into the milk for 8sec if you don’t feel any hotness or burn, then know it’s okay but it is not hygienic but you can do it if is for personal use). But i advice that the use of thermometer to be on server side.
5. Take small portion of the milk add 2-3 tbsp of Greek yoghurt or 0.5g active culture yoghurt, mix well then add it to the milk and mix well to combine. (Note you can add it directly to the milk and mix very well but mix with a little portion of the milk gives you accurate distribution of the culture.
6. Next cover the content and use a clean thick blanket that has not been use for anything or cover very well and put it in your kitchen carbonate or inside an oven with the light on. (Make sure the place is warm and leave it for 8-15hrs.) Or overnight.
7. Next, remove it and check if is fine or formed it means you have done a great job (if not it means that you have killed the active culture, or by add it to the milk while it still hot. (The milk should be warm drink or touch at most). At this stage you can make Greek yoghurt from it first strain cut the way to get the Greek yoghurt.
8. If you want a plain and natural yoghurt, mix very well to get a smooth and creamy texture (you can add natural honey or dates powder for a natural sweetness or add color and preservative package and refrigerate for sale.

***NOTE: always keep yoghurt refrigerated because the shelf livers short.***

**OTHER RECIPE**

* You can also double this recipe for the sugar, you can also add more if you wish for more sweetness.
* Don’t open the yoghurt till the process of fermentation to know when the yoghurt is ready or.

**Note:**

If you add more water , let’s say instead of 1000ml water for 300g of milk, it will be thick but 1000ml to 200g of milk is moderate but 1000ml of water to 150g of milk will be too watery so be mindful of your measurement when making drinkable yoghurt, quality matters in business.

You can also use the same method as the first one.

**Ingredient**

1. Full cream powder milk (Dano) 300g
2. Sugar 80g
3. Life active culture DVS or thermophllic or (Danisco-yo-mix tll or yogourmat etc 0.5g).
4. Preservative (sodium benzoate)11g
5. Flour of your choice
6. Color of your choice
7. You can add cocoanut flake you like

***NOTE: follow the same procedure as the first one, but note that all other ingredient comes after the fermentation.***

***Note also, the following are some commercial yoghurt starter or some or active culture, they are very economical.***

1. DVS
2. Thermophillic
3. Daniso-yo-mix tll
4. Yogourmat
5. Yoflex

Now for yoflex, their different types

* Yoflex 381 sour
* Yoflex 811 very aromatic
* Yoflex 903 Greek
* Yoflex 1.o normal creamy yoghurt (check, note above all fine more details).

**Continental oriental sauces**

1. **Honey or BBQ sauce**

**Ingredient**

* 1 cup of mayonnaise
* 1 tbsp yellow custard
* 2-3 tbsp BBQ sauce
* 2 tbsp honey

Mix all the ingredients together until well combined. And is really testy. You can use it on pizza, as dippy sauce, sandwich, burger red chicken etc. it is sweet, delicious and protected for grilled chicken.

1. **GARLIC BBQ SAUCE**

**Ingredients**

* 1 cup ketchup
* 2tbsp vinegar
* 1tbsp molasses
* 1tbsp maple syrup
* 2tbsp honey
* 1 tsp garlic powder
* 1 tsp onion powder

Mix all the ingredient together well combined. This sauce is perfectly for grilled chicken, dizzies on pizza, for chicken tends can be spread on meat loaf.

**BURGER SAUCE**

Burger sauce is usually a creamy sauce made with a combination of ketchup and mayonnaise with additional mix ins that make it unique and give it extra flavor.

**Ingredients:**

* Mayonnaise 1 cup
* Ketchup 2tbsp
* Hot sauce 1tbsp
* Oregano 1pinch
* Black pepper powder 1pinch
* ½ tsp paprika powder

Stir all ingredients together in a bowl until fully combined. Cover and store in the fridge. You can serve it with burgers, sandwiches, wraps, (sharwama) and even as dipper sauce e.g. French fries. It can last for a week if stoned in a air tight container in the fridge, even longer if you don’t add the onion and pickles. But you can add it using within 3-4 days.

MacDonald’s 3 famous burger sauces: for these 3 recipes you must

Use prepared mustard or also called American mustard to have a more exact taste. (This is the mustard used by MacDonald’s)

1. **Big mac sauce**

Ingredients:

½ cup mayonnaise (6tbsp)

1tbsp of grated pickle

1tsp sugar

½ tsp onion powder

½ tsp garlic powder

1tsp paprika powder

1tsp American mustard (or prepared)

Mix and keep for 3omins for better taste.

1. **Mc chicken sauce**

½ cup mayonnaise (6tbsp)

1 + ½ tsp sugar

½ tsp onion powder

½ garlic powder

1 + ½ tsp white vinegar

1tsp prepared (or American) mustard

Mix and keep cool 30mins for best taste.

1. **Filet-o-fish sauce (tartare sauce)**

½ cup mayonnaise

1tbsp chopped onion

1tbsp grated pickle

1tbsp minced parsley

1tsp chopped capers

1 + ½ tsp sugar

1 + ½ tsp white vinegar

½ tsp prepared (or American) mustard

Mix and keep for 30mins for better taste.

These big mc sauces are great in ham burger, or minced meat sandwich, can also serve as dipping sauce if you wish.

**BBQ SAUCE**

**Ingredients:**

* 2 cups ketchup
* ½ cup brown sugar
* 1tbsp oil (veg oil or 1 ½
* ½ onion
* 1 clove garlic
* ½ tsp celery seed
* ¼ tsp red pepper flakes
* ½ jalapeno pepper
* ¼ cup apple juice
* ½ cup honey
* ½tbsp Worcester shire sauce
* ½ tsp black pepper
* ½ tsp salt
* ½ cup apple cider migar.
* In a sauce pan over a medium heat
* Heat, add oil and onion and stir
* Add garlic (minced) and stir
* Add the ketchup and sugar and stir on medium heat
* Add celery seed, pepper flakes, jalapeno pepper and stir
* Add the apple juice, honey Worcester shire sauce and stir. Then add black pepper and salt. Stir and cook for 2mins. Next pour the vinegar and stir lets simmer for 3mins and is ready.

Can be used on pizza, chicken, meat loaf, chicken legs, chicken wings etc. and for any grilled meat.

**ASIAN BBQ SAUCE**

This sauce goes well with chicken, ribs, shrimps, fish, and veggies, best used as glaze or a dipping sauce.

**Ingredients**

* 6tbsp hoism sauce
* 2tbsp rice vinegar
* 1tbsp Asian fish sauce
* 1tbsp soy sauce
* 1tbsp honey
* 1/3 cup or 55g shallots (minced)
* 1tbsp fresh ginger (grated) nice and fine
* 2 cloves garlic (minced)
* 1/3 cup brown sugar
* 1/8 tsp five spice (Chinese fine spice)

In a mixing bowl add the hoism sauce, rice vinegar, fish sauce, soy sauce, honey, shallots, fresh ginger, garlic and brown sugar. Mix until well combined

* In a sauce pan over a medium heat, heat the brown sugar down, then add the mixture of (1) in the sugar and keep stirring until all is well combined. Then add the five spices and stir. Note when you add the mixture the sugar may curdle. No course for alarm, just mix it with meat.
* When making grilled meat (chicken, turkey, pork) grill for one minutes then start rubbing the sauce on the meat (any one of your choice)
* You can as well mix all the ingredients together before putting on the stove to thicken.

**CHINESE BBQ SAUCE TAKE AWAY RECIPE**

**Ingredients**

* ½ cup brown sugar
* ¼ cup tomato ketchup
* ¼ cup oyster sauce
* ¼ cup hoism sauce
* 2tbsp honey
* 1tbsp dark sauce
* 1tsp light soy sauce
* 1tsp garlic sauce
* ½ tsp five spice powder Chinese)
* ½ tsp white pepper
* 1tsp corn flour
* ½ cup pork stock or water and red frod color

**Method**

Heat everything up in a pot, pour out the rib, chicken etc.

**CHINESE GRAVY SAUCE**

**Ingredients:**

* 8 garlic cloves (chopped)
* 1 stick cinnamon
* 6 star anise
* 300g flour
* 1 big ginger
* 500ml veg oil
* 1 big onion (sliced)
* In a sauce pan, add oil until it is hot, add the onion, ginger, garlic, cinnamon, star anise, fry with oil until is almost burnt in the oil. Strain the oil in another bowl or pot and add the flour. Mix until is thick like a paste. If is not, then add some more flour, set aside.
* In another sauce pan or pot, pour in 400ml of water, add a table spoon of the paste (flour paste made) add ½ of the paste, then 1tbsp dark soy sauce, 1tsp of light soy sauce, 1tsp oyster sauce, ½ tsp chicken powder 1tsp MSG ½ tbsp brown sugar, few drops of sarons gravy browny. Whisk until well combined and starts to thicken.

**CHINESE STIR FRY SAUCE FOR MULTIPURPOSE**

**Ingredients**:

* 2tbsp cooking oil (vegetable)
* 2tbsp each, ginger and garlic minced pre mix sauce
* ½ cup chicken broth
* 4tbsp each of oyster sauce, chinkiany vinegar
* 1/3 cup each, light soy sauce and shaoting lime
* 2tbsp sesame oil
* ¼ cup white sugar
* ½ tsp white pepper
* Starch-water mixture
* 1tbsp cornstarch
* 1/8 cup water

Mix together set aside.

* In a woke add oil, let it heat for sec, add ginger and garlic, stir and pour the premixed sauce and heat it up on a medium heat. Allow to cook for about 3-5mins when its stars to boil, add in the cornstarch mixture, stir well until it thickens to a running consistency and remove from heat.

Allow to cool and pour in an air tight jar store in the refrigerator for future use in any stir fry cooking. Just scoop 2-4tbsp and your Asian stir fry will taste amazing.

**CHAR SIU SAUCE** for marinade and grilling and more with original Cantonese

**Ingredients:**

* Maltose
* Honey 4tbsp
* Soy sauce 2tbsp
* Shaxing wine ¼ cup or sherry
* Hoism sauce 2tbsp
* Garlic (minced) 1tbsp
* Ginger (minced) 1tbsp
* Red yeast rice 1tbsp
* Red fermented tofu (soy bean) 1tbsp
* Sesame oil 1tsp
* White pepper 1tsp
* Five spice powder 1tbsp
* Oyster sauce 2tbsp

Combine all ingredients together

**Glazing During Grilling**

* 2tbsp honey
* 3tbsp charsin sauce
* 1tbsp oyster sauce
* 1tsp charsin seasoning mix or 2 drops red food coloring.

Combine all ingredients together and glaze on any protein when grilling. You can also make the charsin sauce using these ingredients

* ¼ cup dark sweet sauce soy sauce
* ¼ cup light soy sauce
* 2tbsp shoaxing wine or Chinese cooking wine
* 2tbsp oyster sauce
* ¼ cup char sin sauce
* 1tbsp chill paste
* 2tbsp sesame oil
* 2tbsp garlic (blended)
* 2tbsp ginger (blended)
* 1tsp Chinese five (5) spices
* ½ tsp white pepper
* 2tbsp brown sugar

Mix all ingredients together in a bowl and marinade the chicken, pork, beef, ribs etc. the sauce can also be used to cook rice (char sin rice) side with char sin pork or chicken.

**KFC SAUCE**

* ½ cup mayonnaise
* 2tbsp mustard sauce
* 4tbsp ketchup
* 2tbsp vinegar

Mix all ingredients together in a bowl. Add to the fridge for 30mins. Store in a air tight container, keep in the fridge, use within 7days, can be used for burgers or as dipping sauce, can be used on sharwama and more.

**KFC SAUCE 2**

* ½ cup mayo
* 3tbsp light brown sugar
* 1tbsp plus 1tsp grey poupon Dijon mustard
* 1 ½ tsp white wine vinegar
* ¼ tsp hickony liquid smoke
* 1/8 tsp paprika
* Pinch of salt

Mix all ingredients together in a small bowl. Chill for 30mins then stir before serving as a spread for sandwiches or dip for chicken wings, thigh and muggets.