

Clean & Tasty Happy Hour with Maria Zemen

mariaczemen@gmail.com | TrueToYouCoaching.com

Ingredients List:

Watermelon Jalapeño Margarita:

- High-quality tequila (Herradura, Alto, or Tres Agaves, for example) - Reposado or Añejo
- Cointreau
- 8 - 12 chunks organic watermelon
- 8 - 10 limes for juicing
- 1 organic whole jalapeño
- Himalayan sea salt to rim the glass

Holy Moly Clean Guacamole:

- 2 - 3 ripe avocados
- 1 lime for juicing
- 1 bunch fresh organic cilantro
- Himalayan sea salt
- Ground cumin
- Fresh cracked pepper
- Garlic powder
- Raw pepitas
- Optional: jalapeño or serrano pepper for spicy heat

Clean Pico De Gallo:

- 2 - 4 organic ripe red tomatoes
- Half to 1 diced organic white onion
- Fresh organic cilantro (can use leftovers from guacamole)
- 1 - 2 limes for juicing
- 1 organic jalapeño (spicy) or 1 organic poblano pepper (very mild)
- Himalayan sea salt
- Fresh cracked pepper (optional)

Cookware Needed:

- Blender for margaritas
- 1 fun glass for sipping
- Ice
- Sharp knife for chopping
- 3 Spoons
- 1 Fork
- Cutting board
- 1 bowl for guacamole
- 1 bowl for pico de gallo
- 1 bowl for pepitas
- 1 non-stick pan for stovetop cooking and a wooden spoon
- High heat clean cooking oil: flaxseed oil, avocado oil, olive oil
- Clean tortilla chips for dipping (tip: look for chips with the least amount of ingredients as well as ingredients you know, ex. sea salt, lime, corn, avocado oil, etc.) You could also cut up almond flour tortillas and bake them to make your own clean tortilla chips