



Symmetry

Chiropractic
A different approach

The Community Resource Center For Optimal Health And Healing

CHOCOLATE MINT OR CHOCOLATE RASPBERRY SHAKE



1 packet of the Chocolate pudding
10 oz COLD water
1/4 to 1/2 tsp of one of the following:
Mint, raspberry extract**

**you can find the extracts at the Alameda Marketplace

Shake in shaker and WOW! Treat your taste buds to something new!!

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LEMONGRASS MEATBALLS!!

- 1 1/2 lbs lean ground beef or 1 lb lean ground beef and 1/2 lb lean ground pork, or other lean meat such as buffalo
- 2 tsp finely minced lemongrass
- 2 tsp finely minced garlic
- 2 tsp finely minced ginger
- 1/2 of a large leek, green top removed, root end removed, and washed well
- 1 tsp soy sauce or braggs liquid aminos
- 1 tsp fish sauce (optional)
- 1 tbsp chili garlic sauce, or pepper plant chunky garlic pepper sauce
- 1/2 tsp sea salt
- 1/2 tsp cracked black pepper



Heat a small sauté' pan over medium high heat and add a tbsp of canola or olive oil. Add chopped leeks, ginger, lemongrass, and garlic. Saute' until leeks soften and mixture becomes aromatic but not dark in color. (about 4-5 minutes) Set aside to cool.

Preheat oven to 425*

In a mixing bowl large enough to accommodate your meat and other ingredients, mix meat, cooled aromatics, and remaining ingredients and mix well but not for too long (otherwise your meatballs will be more sausage-like in texture) portion your meat mixture out with a tablespoon to ensure uniformly sized and cooked meatballs. After portioned, roll in between wet hands and place evenly on a rimmed cookie pan and bake for 12 minutes.

Garnish your meatballs with extra cilantro, green onions, or chili sauce and wrap in butter lettuce leaves, place over a salad, or eat as is. Enjoy!

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