

Material List:

Shamrock Sour

- Irish Whiskey - (cocktail)
- Apple cider vinegar + water (mocktail)
- Ice
- Rocks glass (short glass)
- Cocktail shaker
- Cutting board
- Knife
- Citrus press (optional)

Matcha Chocolate Crunch Cups

- Small bowl
- Small plate
- Spoon
- Spatula
- Microwave or pot for double boiling



Shamrock Sour

Ingredients

Makes one serving

- 1 oz vanilla syrup
- 1 oz lemon juice
- 2 ounces Irish Whisky*
- 1/4-1/8 tsp of spirulina powder
- 2 dashes orange bitters
- Dried lime wheel
- Ice

*mocktail version sub alcohol for water + 1/2 tsp apple cider vinegar



Instructions

- In a cocktail shaker filled 1/3 with ice, add syrup, lemon juice, whisky, bitters and spirulina powder.
- Shake vigorously for 10-15 seconds.
- Strain and pour in your glass over ice.
- Garnish with a dried lime wheel.
- Serve and enjoy!



@lilavolkas

**lila
volkas.**
holistic nutritionist



lilavolkas.com



Matcha-Chocolate Crunch Cups

Makes two servings



Ingredients

- 1/3 cup semisweet chocolate chips.
- 1/3 cup popped rice
- 1/4 tsp matcha powder (+ extra for topping)
- Pinch of flaked salt
- Optional: 1 tsp superfood powder.



Instructions

- Place chocolate chips in a small bowl. Microwave in 15-second intervals, stirring each time, until melted.
- Stir in matcha and superfood powder until smooth. Add popped rice and mix well.
- Spoon into 6 mini cupcake liners. Sprinkle with matcha powder and salt.
- Freeze for 5 minutes until solid.
- Store in an airtight container in the fridge for up to 1-2 weeks.