

SHRIMP IN COCONUT CURRY SAUCE OVER A BED OF FETTUCCINI

SERVES 2

INGREDIENTS

- 6 oz fettuccini noodles
- 6 oz canned coconut milk refrigerated overnight
- Salt, freshly ground black pepper, cumin, smoked paprika, curry
- 2 tsp bourbon maple syrup
- 1/4 medium onion
- 3 cloves garlic
- 1/2 cup grape tomatoes
- 4 TBSP of grass-fed butter
- 10 oz shrimp
- 1 pound fresh spinach



WONTON FRUIT RANGOONS

SERVES 2

INGREDIENTS

- 1 1/4 teaspoon vanilla extract
- 1 1/2 teaspoon cinnamon or allspice
- 1-2 TBSP bourbon maple syrup
- 8 oz cream cheese
- 8 oz mixed berries
- 1/4 cup coconut flakes (optional)

Sakinah**bunch**.com



MOCKJULEP

SERVES 2

INGREDIENTS

- 2-3 TBSP maple syrup
- 2 cups of ice crushed
- 14 large mint leaves
- 6 fl. ounces your choice flavor kombucha (rose, cranberry, raspberry, ginger, etc.) (synergy and GTS are my favorite brands)
- Mixed berries for garnish



SYSTEM REQUIREMENTS



Sakinahbunch.com

From phone or tablet/iPad:

Download Zoom app from your app store.

Click on the zoom link provided in your email.

From PC or Mac:

No app needed just click on the zoom link provided on IBIK resource page.

Bandwidth:

Zoom does require quite a bit of bandwidth, so make sure to test your system and wifi before class.

Reminder

If you have not received your link and password, make sure you have clicked on the class link sign up provided on your thank you letter.

- Please use the same email/name as you used to sign up to enter class. Only registered emails/names will gain access.

Intimacy Kitchen Grocery List



Vegetables:

- 1 pound fresh spinach

Fruits:

- 10 oz Mixed Berries (for dessert and MockJulep)

Meat/Protein:

- 10 oz medium shrimp (uncooked deveined and shelled either tail on or off is fine)

Aromatics and Herbs:

- 1/2 oz fresh mint leaves

Liquids:

- 16 oz Kombucha flavor of choice I like Rose, and Lemon Ginger (best brands for taste GTS and Synergy)

Misc:

- 1 Stick of grass-fed butter
- 12 oz wonton wrappers

Instacart Link

Check your welcome letter

(it will be **sakinahbunch.com/ibik-resources-**(your last name))