

TikTok YOUR DIET

TikTok recipes and meal hacks have taken over social media as creators make short videos showing the world what we've been missing out on. Whether quarantine has sparked new creativity or TikTok has made itself an easy platform for creators to share their secrets, we're just thankful that making tasty treats has become a lot easier and more fun.



WHIPPED COFFEE

Ingredients

- 2 tbsp instant coffee
- 2 tbsp sugar
- 2 tbsp hot water

Directions

Mix instant coffee, sugar, and water in bowl. Whisk until mixture has whipped consistency. Pour mixture over 3/4 full glass of milk.



BREAKFAST SANDWICH HACK

Ingredients

- 2 eggs
- 2 bread slices
- Optional add-ins (bacon, cheese, etc.)

Directions

Whisk together two eggs in bowl. Dip bread slices in egg. Set bread slices in pre-heated pan. Once egg is cooked (turns white) flip egg and two bread slices in one solid movement. Add extra toppings on one slice of bread and fold the other slice on top. Cook to desired toastiness.



CHICKEN BACON WRAP

Ingredients

- Fried Chicken Strips
- Bacon
- Avocado
- Sliced Cheese
- Tomato
- Red onion
- Jalapeno cream cheese

Directions

Cut slit in tortilla from the middle to the outside. In one triangle, place cheese slices. In another, place avocado and bacon. In the next, spread cream cheese and put chicken on top. In the last, place tomato and onion. Fold from left to right. Put in countertop grill or stovetop skillet.



FETA TOMATO PASTA

Ingredients

- 1 Block Feta cheese
- 2 Pint Cherry tomatoes
- Garlic
- 1/2 cup olive oil
- Pasta noodles of choice
- Parmesan
- Basil
- Salt, pepper, red pepper flakes

Directions

Mix tomatoes, garlic, 1/4 cup olive oil, salt and pepper in baking dish. Place feta cheese on top, drizzle other 1/4 cup olive oil and sprinkle red pepper flakes over all ingredients. Bake at 400 for 40 minutes. Smash all ingredients together with fork. Cook noodles. Mix noodles into mixture.



WHITE CLAW SLUSHIE

Ingredients

- 1 White Claw, flavor of choice
- 2 shots vodka
- 1/2 cup frozen berries of choice
- 1 cup ice

Directions

Add all ingredients in blender. Blend until smooth. Pour into glass and enjoy!

