



Pineapple Avocado Green Smoothie

Ingredients:

- 1 cup of water or juice of canned pineapple
- ½ medium ripe avocado, peeled and pitted
- 2 c spinach
- 2 c frozen pineapple chunks or 1 canned pineapple with juice (use instead of water and add ice)
- Optional – sweetener 1 to 2 Tbsp honey/ date honey/ maple syrup

Directions:

1. Add ingredients in the following order:
Water or juice, avocado, spinach, frozen pineapple or canned pineapple with ice
2. Blend until smooth
3. Optional – add sweetener and re-blend



Hawaiian Luau Meatballs

Ingredients:

Meatballs

- 2 lbs ground meat (e.g. plain sausage, beef, pork, chicken)
- 1 cup dry plain bread crumbs
- 2 large eggs
- 2 tsp kosher salt (optional)

Sauce (choose one)

- Campbell's Slow Cooker Sauce (Hawaiian Luau)
- Hawaiian BBQ sauce
- Hawaiian Sweet and Sour sauce
- Homemade: <https://www.cooks.com/recipe/pp6kj3l6/hawaiian-barbecue-sauce.html>

Pineapple (chunked)

Red bell pepper (diced)

Directions:

1. Combine meatball ingredients and mix well. Shape into round meatballs.
2. Crockpot or Instapot – add sauce ingredients, pineapple and red bell pepper. Mix
3. Add meatballs to sauce
4. Crockpot – cook on low for 7 to 8 hour or on high for 5 to 6 hours or cook one hour in the Instapot

Serve over rice or on their own

Image credit:

https://cdn.cpnscdn.com/static.coupons.com/ext/kitchme/images/recipes/800x1200/hawaiian-meatballs-with-pineapple_31181.jpg

Recipe adapted from epicurious.com

HAWAIIAN BARBECUE SAUCE

<https://cooks.com/pp6kj316>

1 c. pineapple juice

1/4 c. soy sauce

1/4 c. red wine vinegar

1/4 c. Wesson oil

1/2 tsp. ginger

1 tbsp. brown sugar

1 tsp. garlic powder

1 tsp. Spice Island old hickory smoked salt

Combine all ingredients well in a small saucepan. Bring to boil, but do not boil. Remove from fire when it reaches this stage. Pour into jar with lid and use when needed. This is great brushed onto steaks for grilling or broiling. Try on ham for baking.