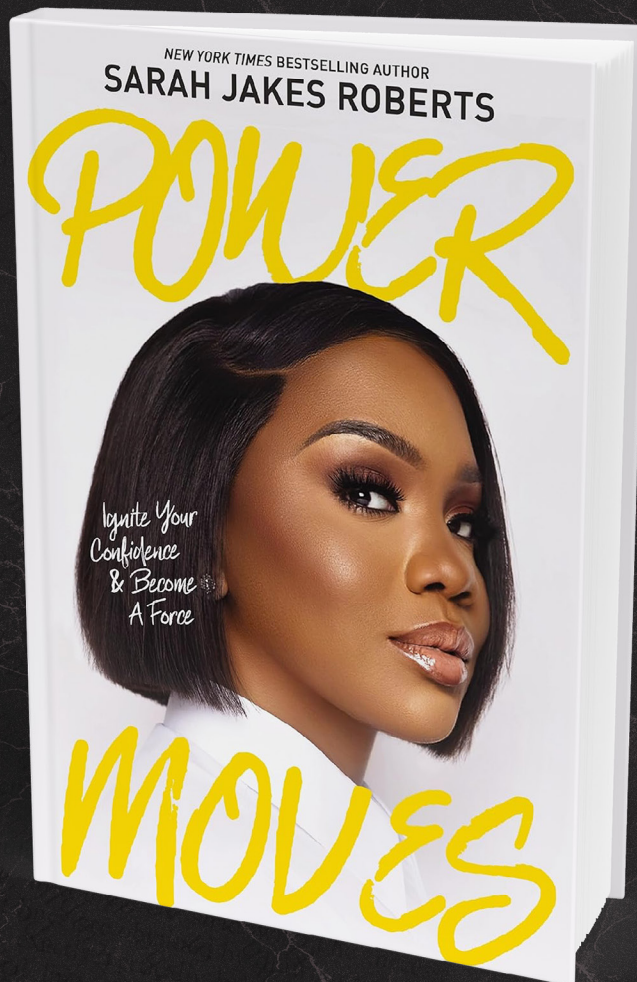




BKCLB

MAY 2024

YOU GOTTA LET IT MARINATE





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Okay so boom. We love an intentional and edifying message, and we know that Power Moves provides that. The message is life transforming and we hope it's blessing you.

ALSO. We also love food around here. And we can't talk about the process of marination before activation without providing an ILLUSTRATION, AMEN? So here are a few quick marinade recipes to help power your food's flavor.

POWER-PACKED VEGGIES

INGREDIENTS

- 1/3 cup (85ml) lemon juice
- 1/3 cup (85ml) extra virgin olive oil
- 2 tsp white sugar
- 2 garlic cloves , minced
- 1/2 tsp each salt and pepper
- 1/2 tsp each dried basil, parsley, oregano, thyme
- 1/2 - 1 tsp chili flakes (adjust to taste)

INSTRUCTIONS:

Place ingredients in a jar and shake well. Set aside 10 minutes.
Use this marinade on grilled veggies, salad, or honestly? Anything.



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POWER UP, CHICKEN!

INGREDIENTS

- 1/4 Cup Olive Oil
- 1 Lemon juiced
- 2 Garlic Cloves
- 2 Teaspoons Thyme
- 1 Teaspoon Dijon Mustard
- 1 Teaspoon Salt

INSTRUCTIONS

1. In a bowl, whisk together all of the ingredients for the marinade until they're fully combined. Then, pour your marinade over the chicken.
2. Store your chicken in the fridge for a minimum of 1-2 hours, and a maximum of 24 hours.
3. Cook chicken according to your preferred method, and enjoy!
Store any leftovers in the fridge, for up to one week.

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SPICY, ZESTY POWER: A JERK MARINADE

INGREDIENTS

- 1 large onion
- 4 sprigs of thyme
- 4 stalks of scallion
- 2 tsp black pepper
- 2 tsp salt
- 2 whole scotch bonnet pepper 1 with seeds
- 4 bay leaves
- 2 cloves of garlic
- 1 teaspoon cloves
- 6-10 pimento seeds
- 3 tbsp brown sugar
- 2 tbsp soy sauce
- 1 inch long ginger
- 2 tbsp olive oil

INSTRUCTIONS

1. Roughly chop onion, scallions, garlic and ginger and place them into the food processor
2. Next add all the other ingredients.
3. Add your wet ingredients
4. Turn your food processor on and pulse until you have a chunky puree.
5. There you have it! A perfectly fragrant marinade for any meat of your choice