Valentine's Day RECIPE GUIDE

ABOUT
Jeannie Jacobs

Just Jeannie is a lifestyle platform founded by Jeannie, a former OB-GYN turned entrepreneur. Dedicated to empowering personal evolution and embracing change, Just Jeannie offers curated experiences, lifestyle tips, and empowering insights to inspire individuals to live life on their own terms. Join the Just Jeannie family to celebrate growth and embrace the extraordinary journey of life.

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MINI ROASTED PEPPERS CAPRESE SKEWERS WITH BALSAMIC HONEY REDUCTION

INGREDIENTS

- Cherry tomatoes
- Roasted Red Pepper, sliced
- Fresh mozzarella balls (or vegan mozzarella)
- Fresh basil leaves
- Balsamic vinegar
- Honey
- Salt and pepper
- Skewers or toothpicks

INSTRUCTIONS

1. Drizzle sliced red peppers with olive oil and roast in oven for about 10 minutes at 400 degrees. Thread roasted read peppers, cherry tomatoes, mozzarella, and basil leaves onto skewers.

2. In a small saucepan, simmer ½ cup balsamic vinegar with 1 tablespoon honey until it reduces by half and becomes syrupy.

3. Drizzle the balsamic honey reduction over the skewers.

4. Sprinkle lightly with salt and pepper.

SHRIMP COCKTAIL CUPS WITH SPICY PINEAPPLE SALSA

INGREDIENTS

- Large cooked shrimp
- Cocktail sauce
- Pineapple, diced
- 1 Diced red bell pepper
- Red onion, finely chopped
- Cilantro, chopped
- Jalapeño, minced
- Juice 2 limes
- Salt

INSTRUCTIONS

1. In a bowl, combine mango, red onion, cilantro, jalapeño, lime juice, and a pinch of salt to make the mango salsa.

2. Fill small cups with a spoonful of pineapple salsa, and top each with a shrimp.

3. Garnish with a lime wedge on the rim of the cup.

TWIST

Use a smoked paprika or chipotle-flavored cocktail sauce for a smoky, spicy kick.

SMOKED SALMON CROSTINI WITH LEMON-DILL CREME FRAICHE

INGREDIENTS

- Baguette slices
- Olive oil
- Smoked salmon slices
- Crème fraîche (or vegan sour cream)
- Fresh dill
- Lemon zest
- Capers

INSTRUCTIONS

1. Brush baguette slices with olive oil and toast them in the oven at 375°F until golden.
2. In a small bowl, mix crème fraîche with finely chopped dill and lemon zest.
3. Spread the lemon-dill mixture on each crostini.
4. Top with a slice of smoked salmon and a few capers.

TWIST

1. Add smashed avocado, mixed with lemon juice, and red pepper flakes on the crostini before layering the salmon. Top the salmon with everything bagel seasoning.
2. Add thin slices of pickled red onions & dill on top of the salmon for a tangy twist.
3. Spread creamy horseradish sauce & Chives on the crostini.
4. Cucumber ribbons layered underneath the salmon for a fresh crunch.
5. Wasabi Mayo or Aioli: Mix a small amount of wasabi paste with mayonnaise or aioli and spread a thin layer on the crostini before adding the salmon. Adds a subtle heat and an Asian-inspired twist.

HEART-SHAPED BEET & GOAT CHEESE SALAD WITH ORANGE-HONEY VINAIGRETTE

INGREDIENTS

- Roasted beets (red and golden)
- Goat cheese
- Arugula
- 3 tablespoons Orange juice or pomegranate juice
- 2 tablespoons of Olive oil
- 1 teaspoon Honey
- 1 teaspoon Dijon mustard
- Pinch of Salt and pepper

INSTRUCTIONS

1. Slice roasted beets into thin rounds and use a small heart-shaped cookie cutter to create heart shapes.
2. In a bowl, whisk 3 tablespoons orange juice, 2 tablespoons olive oil, 1 teaspoon honey, 1 teaspoon Dijon mustard, and a pinch of salt and pepper.
3. Toss arugula in the vinaigrette and plate it.
4. Top with beet hearts and small crumbles of goat cheese.

TWIST

Substitute candied walnuts, Pistachios, or spiced pecans for a crunch that balances the creamy goat cheese and earthy beets.

MOCKTAILS AND COCKTAILS

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BERRY ROSE SPARKLER MOCKTAIL

INGREDIENTS

- 1/4 cup fresh strawberries, diced
- 1/4 cup fresh raspberries
- 1 teaspoon rosewater
- 1 cup sparkling water
- 1 tablespoon honey or simple syrup (optional)
- Ice cubes
- Mint leaves for garnish

INSTRUCTIONS

1. Muddle the strawberries and raspberries in a glass or shaker.
2. Add rosewater and honey/simple syrup if using, and mix well.
3. Fill a glass with ice and pour the berry mixture over it.
4. Top with sparkling water and stir gently.
5. Garnish with mint leaves and serve immediately.

TWIST

1. Add a splash of cranberry juice for extra tartness.
2. Use edible flower ice cubes for a romantic and elegant look.
3. Substitute rosewater with elderflower syrup for a different floral profile.

TIP

Chill the sparkling water and serve in champagne flutes to make it feel more celebratory.

CITRUS COOLER MOCKTAIL

INGREDIENTS

- 1/2 cup orange juice (freshly squeezed preferred)
- 1/2 cup lemonade
- 1/4 cup pomegranate juice
- 1/2 cup sparkling water
- Ice cubes
- Lemon slices and pomegranate seeds for garnish

INSTRUCTIONS

1. In a shaker or pitcher, combine orange juice, lemonade, and pomegranate juice.
2. Fill a glass with ice and pour the mixture over it, leaving room for sparkling water.
3. Top with sparkling water and stir gently.
4. Garnish with lemon slices and a few pomegranate seeds.

TWIST

1. Add a splash of ginger beer for a spicy kick.
2. Muddle fresh basil or mint leaves with the citrus juice for a refreshing herbal note.
3. Use blood orange juice for a stunning red hue.

TIP

Garnish with a sugared rim. Rub the rim of the glass with lemon juice, then dip it into sugar for added flair.

ROSE SANGRIA COCKTAIL

INGREDIENTS

- 1 bottle of rosé wine
- 1/2 cup orange liqueur (e.g., Cointreau or Triple Sec)
- 1/4 cup brandy (optional)
- 1/4 cup simple syrup
- 1 orange, thinly sliced
- 1 lemon, thinly sliced
- 1/2 cup fresh strawberries, halved
- 1/2 cup fresh raspberries
- 1 cup sparkling water (optional)
- Ice cubes

INSTRUCTIONS

1. In a large pitcher, combine the rosé wine, orange liqueur, brandy (if using), and simple syrup.
2. Add the orange slices, lemon slices, strawberries, and raspberries.
3. Stir well and refrigerate for at least 2 hours to let the flavors meld.
4. Just before serving, add sparkling water (if desired) and stir gently.
4. Serve over ice in glasses, making sure to include some fruit in each glass.

TWIST

1. Add a handful of fresh basil or mint for a refreshing herbal aroma.
2. Use frozen fruit instead of fresh to chill the sangria without diluting it.
3. Replace orange liqueur with St-Germain (elderflower liqueur) for a floral twist.

TIP

Prepare the sangria a day ahead for the flavors to meld beautifully. Add the sparkling water just before serving to keep it bubbly.

CHOCOLATE ESPRESSO MARTINI COCKTAIL

INGREDIENTS

- 1 1/2 oz vodka
- 1 oz coffee liqueur (e.g., Kahlua)
- 1 oz espresso or strong brewed coffee (chilled)
- 1 oz chocolate syrup or cream (optional for richness)
- Ice cubes
- Cocoa powder or grated chocolate for garnish

INSTRUCTIONS

1. Fill a shaker with ice, vodka, coffee liqueur, espresso, and chocolate syrup/cream (if using).
2. Shake vigorously for about 30 seconds to chill and combine.
3. Strain into a chilled martini glass.
4. Garnish with a dusting of cocoa powder or grated chocolate on top.

TWIST

1. Add a dash of orange liqueur for a chocolate-orange flavor.
2. Drizzle chocolate syrup inside the martini glass before pouring for a decorative effect.
3. Garnish with a single chocolate truffle or espresso bean on a cocktail pick.

TIP

Use freshly brewed espresso that's been chilled to ensure bold, fresh coffee flavor. Shake vigorously to create a frothy layer on top.

ADDITIONAL PRESENTATION TIPS FOR ALL DRINKS

1. Glassware: The right glass adds elegance—champagne flutes, martini glasses, or stemless wine glasses work well for these drinks.
2. Color Contrast: Use garnishes that contrast with the drink's color for a vibrant, appealing look (e.g., mint leaves on red or pink drinks).
3. Rim Decorations: Enhance visual appeal with sugared rims, cocoa powder rims, or even crushed freeze-dried berries.
4. Mood Lighting: Add ambiance with candles or dimmed lights to make the drinks pop in photo.

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BEEF WELLINGTON FOR TWO

INGREDIENTS

- 2 beef fillets (6 oz each)
- 1 sheet puff pastry
- 1/2 cup mushrooms, finely chopped
- 1 small shallot, minced
- ½ cup finely chopped yellow onion
- 1 clove garlic, minced
- 1 tablespoon butter
- 2 slices prosciutto (optional)
- 1 egg (for egg wash)
- Salt and pepper

INSTRUCTIONS

1. Prepare Mushroom Duxelles:
   - Sauté mushrooms, shallot, onions,and garlic in butter until golden. Season with salt and pepper.

2. Sear Beef Fillets:
   - Season fillets with salt and pepper, then sear them in a hot pan until browned on all sides. Let cool.

3. Assemble:
   - Roll out puff pastry. Spread mushroom duxelles in the center, place prosciutto (if using), and then the beef. Wrap and seal tightly.

4. Bake:
   - Brush with egg wash and bake at 400°F for 20-25 minutes or until golden brown.

5. Rest for 5 minutes before serving.

TWIST

1. Add a layer of prosciutto under the puff pastry for a salty, savory flavor.

2. Incorporate a thin layer of blue cheese or garlic herb butter into the mushroom duxelles for richness.

3. Slice beef into smaller portions and make mini beef wellingtons and serve as an appetizer.

4. Serve with side of creamy horseradish sauce

TIPS FOR SUCESS

Rest Your Proteins: Always let meat rest for at least 5 minutes to allow the juices to redistribute in the meat, resulting in a tender and juicy piece of meat.

HONEY GLAZED DUCK BREAST

INGREDIENTS

- 2 duck breasts
- 2 tablespoons honey
- 2 tablespoons rice wine
- 1 teaspoon of lime juice
- 1 tablespoon of freshly grated ginger
- 1 tablespoon orange juice
- 1 teaspoon soy sauce
- ½ cup of chicken broth
- Salt and pepper

INSTRUCTIONS

1. Score Duck Skin:
   - Lightly score the duck skin in a crisscross pattern. Season with salt and pepper.

2. Sear:
   - Cook skin-side down in a cold skillet over medium heat until fat renders and skin is crispy (8-10 minutes). Flip and cook 3-4 more minutes.

3. Make Glaze:
   - Combine honey, orange juice, soy sauce, lime juice, rice wine vinegar, ginger, and chicken broth in a small saucepan. Simmer until slightly thickened.

4. Finish:
   - Brush glaze over duck breasts and broil for 1-2 minutes to caramelize. Let rest before slicing.

TWIST

1. Add a splash of balsamic vinegar to the honey glaze for tanginess.

2. Sprinkle crushed pink peppercorns for a slightly spicy, aromatic finish.

LEMON HERB SALMON

INGREDIENTS

- 2 salmon fillets
- 1 lemon (zest and juice)
- 1 clove garlic, minced
- 2 tablespoons fresh dill, chopped
- 2 tablespoons butter, melted
- Salt and pepper

INSTRUCTIONS

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Mix melted butter, lemon zest, garlic, dill, salt, and pepper.
3. Place salmon fillets on the baking sheet. Brush generously with the butter mixture.
4. Bake for 12-15 minutes until salmon flakes easily. Serve with a lemon wedge.

TWIST

1. Add a thin layer of Dijon mustard under the herb topping for an extra tang.
2. Top with panko breadcrumbs mixed with Parmesan for added crunch.

VEGETARIAN STUFFED PORTOBELLO MUSHROOMS

INGREDIENTS

- 4 large Portobello mushrooms
- 1 cup cooked quinoa
- 1 cup fresh spinach, chopped
- 1/4 cup sun-dried tomatoes, chopped
- 1/3 cup Parmesan or vegan cheese
- 1 clove garlic, minced
- 2 tablespoons olive oil
- Salt and pepper

INSTRUCTIONS

1. Preheat oven to 375°F. Remove mushroom stems and scoop out gills with a spoon.
2. Brush mushrooms with olive oil and season with salt and pepper.
3. In a bowl, mix cooked quinoa, spinach, sun-dried tomatoes, garlic, and cheese. Adjust seasoning.
4. Stuff mushrooms with the mixture and place on a baking sheet.
5. Bake for 20-25 minutes until mushrooms are tender and filling is golden.

TWIST

1. Mix in a few chopped artichoke hearts or roasted red peppers with the filling for extra flavor.
2. Top with crushed walnuts or panko breadcrumbs for texture.
3. Sprinkle with toasted pine nuts or drizzle with balsamic glaze for added flavor.

TIP

Use portobello caps with deep "bowls" to hold more filling.

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TRUFFLE MASHED POTATOES

INGREDIENTS

- 2 lbs Yukon Gold potatoes, peeled and cubed
- 1/2 cup heavy cream (or plant-based cream for vegan)
- 1/4 cup unsalted butter (or vegan butter)
- 1-2 tsp white truffle oil
- Salt and pepper to taste
- Optional: Fresh parsley or chives for garnish

INSTRUCTIONS

1. Boil Potatoes:
   - Place potatoes in a large pot, cover with water, and add a pinch of salt. Bring to a boil and cook until fork-tender (15-20 minutes).
2. Mash Potatoes:
   - Drain potatoes and return them to the pot. Mash with a potato masher or use a ricer for smoother consistency.
3. Add Cream and Butter:
   - Heat cream and butter in a small saucepan until warm. Gradually mix into the potatoes until creamy.
4. Add Truffle Oil:
   - Drizzle in truffle oil and stir. Season with salt and pepper to taste.
5. Garnish: Sprinkle with chopped parsley or chives.

TWIST

Add roasted garlic for a deeper, savory flavor.

TIP

Warm the cream and butter before mixing to keep the potatoes fluffy.

GARLIC BUTTER ASPARAGUS

INGREDIENTS

- 1 lb fresh asparagus, trimmed
- 2 tbsp butter (or vegan butter)
- 3 garlic cloves, minced
- 1 tbsp lemon juice
- Salt and pepper to taste
- Optional: Shaved Parmesan or toasted almonds for garnish

INSTRUCTIONS

1. Blanch Asparagus:
   - Bring a pot of salted water to a boil. Add asparagus and cook for 2 minutes. Drain and immediately transfer to a bowl of ice water to stop cooking.
2. Sauté in Garlic Butter:
   - Melt butter in a skillet over medium heat. Add garlic and cook until fragrant (about 1 minute).
3. Cook Asparagus:
   - Add asparagus to the skillet and sauté for 3-4 minutes, tossing to coat evenly in the garlic butter.
4. Finish with Lemon Juice:
   - Drizzle lemon juice over the asparagus and season with salt and pepper.
5. Garnish:
   - Top with shaved Parmesan or toasted almonds for added flavor and texture.

TWIST

Add a pinch of red pepper flakes for a spicy kick.

TIP

Blanching the asparagus keeps it vibrant green and tender-crisp.

CRANBERRY ALMOND WILD RICE

INGREDIENTS

- 1 cup wild rice
- 2 cups vegetable or chicken broth
- 1/4 cup dried cranberries
- 1/4 cup slivered almonds, toasted
- 2 tbsp olive oil or butter
- 1 small onion, finely chopped
- 1 garlic clove, minced
- Salt and pepper to taste
- Optional: Fresh parsley for garnish

INSTRUCTIONS

1. Cook Wild Rice:
   - Rinse wild rice under cold water. In a saucepan, bring broth to a boil, add rice, reduce heat, and simmer for 40-50 minutes until tender. Drain excess liquid if necessary.

2. Sauté Onion and Garlic:
   - Heat olive oil or butter in a skillet over medium heat. Add onion and cook until translucent (about 3 minutes). Add garlic and cook for 1 minute.

3. Combine Ingredients:
   - Stir cooked rice, cranberries, and almonds into the skillet. Mix well and heat through.

4. Season and Serve:
   - Season with salt and pepper. Garnish with fresh parsley if desired.

TWIST

Toast the almonds beforehand to enhance their nuttiness.

TIP

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HONEY GLAZED CARROTS

INGREDIENTS

- 1 lb carrots, peeled and cut into sticks or rounds
- 2 tbsp butter (or vegan butter)
- 2 tbsp honey (or maple syrup for a vegan option)
- 1 tsp fresh thyme leaves
- Salt and *pepper to taste

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INSTRUCTIONS

1. Preheat Oven:
   - Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Prepare Carrots:
   - Place carrots on the baking sheet. Melt butter and mix with honey. Drizzle over the carrots and toss to coat.
3. Season:
   - Sprinkle with thyme, salt, and pepper.
4. Roast:
   - Roast for 20-25 minutes, stirring halfway through, until carrots are tender and caramelized.
5. Serve:
   - Transfer to a serving dish and garnish with extra thyme if desired.

TWIST

Add a pinch of cinnamon or nutmeg for a warm, spiced flavor.

TIP

For extra caramelization, broil the carrots for the last 2-3 minutes.

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CHOCOLATE-DIPPED STRAWBERRIES

INGREDIENTS

- 1 pint fresh strawberries (stems intact)
- 8 oz semi-sweet chocolate (or vegan chocolate)
- 4 oz white chocolate (optional, for drizzling)
- Optional toppings: crushed nuts, shredded coconut, sprinkles

INSTRUCTIONS

1. Prepare Strawberries:
   - Rinse and dry strawberries thoroughly (any moisture will cause the chocolate to seize). Consider making strawberry hearts.
2. Melt Chocolate:
   - In a heatproof bowl, melt semi-sweet chocolate over a double boiler or in the microwave (30-second intervals, stirring in between).
3. Dip Strawberries:
   - Hold a strawberry by its stem and dip into the melted chocolate, twisting slightly for an even coat. Place on parchment paper to set.
4. Optional Drizzle:
   - Melt white chocolate and drizzle over the dipped strawberries using a fork or piping bag.
5. Set and Serve:
   - Let the strawberries set at room temperature or refrigerate for quicker results.

TWIST

1. Add a pinch of cayenne pepper or a drop of espresso to the melted chocolate for a subtle kick.
2. Shape the strawberries into hearts, place on a small skewer and tip into chocolate, add toppings to make strawberry lollipops.

TIP

Use high-quality chocolate for a glossy finish and better flavor.

MINI RED VELVET CUPCAKES

INGREDIENTS

- 1 1/4 cups all-purpose flour
- 1 tbsp cocoa powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/2 cup unsalted butter (or vegan butter), softened
- 3/4 cup granulated sugar
- 1 large egg (or flax egg for vegan)
- 1 tsp vanilla extract
- 1/2 cup buttermilk (or plant-based milk with 1 tsp vinegar)
- 1 tsp red food coloring
- 1/2 tsp white vinegar

For Frosting:

- 4 oz cream cheese (or vegan cream cheese)
- 2 tbsp butter, softened
- 1 1/2 cups powdered sugar
- 1/2 tsp vanilla extract

INSTRUCTIONS

1. Prepare Batter:
   - Preheat oven to 350°F and line a mini muffin tin with liners. Sift together flour, cocoa powder, bakingsoda, and salt. Cream butter and sugar until fluffy. Add egg, vanilla, buttermilk, food coloring, and vinegar. Gradually mix in dry ingredients.

2. Bake:
   - Fill liners 3/4 full and bake for 10-12 minutes. Let cool completely.

3. Make Frosting:
   - Beat cream cheese, butter, powdered sugar, and vanilla until smooth.

4. Decorate:
   - Pipe frosting onto cooled cupcakes. Garnish with red sprinkles or a dusting of cocoa powder.

LEMON BERRY TARTLETS

INGREDIENTS

- 1 package of store-bought mini tart shells or phyllo cups
- 1/2 cup lemon curd (store-bought or homemade)
- 1/2 cup fresh mixed berries (blueberries, raspberries, strawberries)
- 1/4 cup whipped cream (or coconut whipped cream for vegan)
- Powdered sugar for garnish

INSTRUCTIONS

1. Prepare Tart Shells:
   - If using store-bought tart shells, bake them according to package instructions to crisp them up. Let cool.
2. Fill the Shells:
   - Spoon about 1 tablespoon of lemon curd into each tart shell.
3. Add Berries:
   - Top with fresh mixed berries.
4. Garnish:
   - Add a dollop of whipped cream and dust with powdered sugar before serving.

TWIST

1. Drizzle honey or a balsamic reduction over the berries for a unique flavor twist.
2. Add a teaspoon of orange zest to the batter for a citrusy note.

TIP

Use gel food coloring for a vibrant red hue without altering the batter consistency.

STRAWBERRY MOUSSE CUPS

INGREDIENTS

- 1 cup fresh strawberries, hulled
- 1/2 cup heavy cream (or coconut cream for vegan)
- 1/4 cup powdered sugar
- 1 tsp vanilla extract
- Optional: fresh strawberries or mint leaves for garnish

INSTRUCTIONS

1. Prepare Strawberries:
   - Blend strawberries into a smooth purée. Set aside.
2. Whip Cream:
   - Beat heavy cream and powdered sugar until soft peaks form. Add vanilla extract.
3. Fold and Assemble:
   - Gently fold strawberry purée into whipped cream until well combined. Spoon into serving glasses.
4. Chill and Serve:
   - Refrigerate for at least 1 hour. Garnish with fresh strawberries or mint leaves.

TWIST

Add a splash of rosewater or balsamic vinegar to the purée for a sophisticated flavor.

TIP

Layer with crushed graham crackers or chocolate shavings for added texture.

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JEANNIE

www.justjeanniejacobs.com

jeannie.jacobs.79

jeanniejacobs

@JustJeannieJ

justjeanniejacobs

@justjeanniejacobs

Justjeannie

MEDIA CONTACT

Olivia Almagro

O + Media Group, LLC

Oplusmediagroup.com

olivia.almagro@gmail.com

786.351.0299

Designed by Jamerican Creations

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