

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Katie's Chicken Drumsticks

### Ingredients:

- 1/4 cup lemon juice
- 1/4 olive juice
- 2 T mixed lemon pepper spice blend
- 1T garlic
- 1 tsp salt

### Directions:

- Mix ingredients
- Grill or slow roast.
- Let the kids eat the skin and the meat right off the bone. This healthy fatty meat is a great blood sugar stabilizer.
- Serve with finger veggies like cucumber, celery, snap peas.