

IT'S SIMPLE

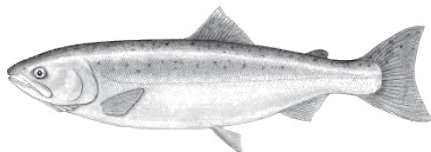
THE FENNEL & FIRE WAY

1



Vegetable

Pick a



Protein



Grain

2



Oil

*Spritz or Rub
with*

or



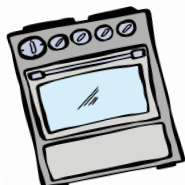
Liquid

3



A Fennel & Fire Spice Blend

4



Bake



Sauté



Grill



Slow Cook

www.FennelandFire.com