



RECIPE

Avo-cuddle Appetizer



Instructions:

- Wrap up in a cozy blanket and melt together! Snuggle up and feed each other your sexy snack. Tell your spouse what makes them delicious!

Chef Tip: Bite-sized foods are best for this, like chocolate covered strawberries or other

fruits. Best to avoid strong flavors, no one wants garlic breath for later!

Ingredients:

- Fluffy Blanket
- Couch or bed
- Favorite treat

RECIPE

Lingerie Salad



Instructions:

- Separate tops and bottoms into different piles. Mix up each pile of lingerie on the bed. Stir well until all combined.

- Have your partner close their eyes and pick a few pieces. This will be your “dressing” for the night!

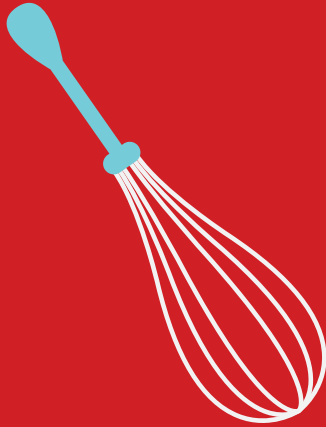
Chef Tip: This works for HIM too with some different sexy boxers or briefs!

Ingredients:

- Panties
- Bras
- Other Lingerie

RECIPE

Sweet Buns



Instructions:

- Rub massage oil or lotion into your partners' buns for a sexy booty massage. Knead for at least 5 minutes or until all tension and stress have evaporated.

Chef Tip:

Use your elbow for extra deep pressure.

Ingredients:

- Massage Oil or Lotion

RECIPE

Sushi Roll



Instructions:

- Take a roll in between the sheets tonight! Have a little fun kissing, touching or teasing with HIM on top, then roll over and switch to HER on top. Repeat as many times as desired.

Chef Tip: If you are feeling extra frisky, try this roll with no clothes and little lube rubbed between your bodies!

Ingredients:

- Sheets

RECIPE

Fondue Dip



Instructions:

-Fill bathtub and heat to about 100 degrees F, or desired temperature. Add bath bombs or bubbles for extra luxury.

-Light candles for added romance.

-Dip yourselves in and enjoy!

Chef Tip: High quality silicone lubricant won't wash off underwater, so it's great for baths!

Ingredients:

- Bathtub
- Hot water
- Bubble bath or bath bombs
- Candles

RECIPE

Blind Taste Test



Instructions:

- Spread a small dab of honey onto a body part and then have your spouse taste it blindfolded. Have them guess the body part!

Chef Tip: You will need to guide your spouse since they can't see!

Ingredients:

- Honey (or other sweet sauce)
- Blindfold

RECIPE

Sensual Sundaes



Instructions:

- Drizzle your favorite body parts of your partner with sweet toppings. Add a pinch of sprinkles. Then lick them off!

Chef Tip: Smaller amounts of toppings are much more appealing. Licking a dollop of whipped cream is sexy, trying to swallow a giant mouthful is not!

Ingredients:

- Chocolate syrup
- Whipped cream

RECIPE

Dinner is Served



Instructions:

- Take your love-making to a new location, either the kitchen table or counter! Rip off the tablecloth and get busy!

Chef Tip: Sitting on the edge on the counter could be a hot position!

Ingredients:

- Nothing