

# THE PHONE EATS FIRST COOKBOOK

50 OF SOCIAL MEDIA'S  
BEST RECIPES TO  
FEED YOUR FEED...  
AND THEN YOURSELF

ALLYSON  
REEDY

FOREWORD BY SNEJANA ANDREEVA  
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*RIZZOLI*  
NEW YORK





It's a smoothie, but in a bowl! The superfood (or just super pretty, depending on how much you buy into health and wellness trends) that kickstarted the smoothie bowl craze was the acai berry, which needed to be frozen in order to be shipped, thus making it a highly scoopable bowl food once we got our hot little hands (and blenders) on it. And once we saw those gorgeous purple bowls on our feeds, we decided, for really no good reason, to put more pureed fruits into bowls. So thank you social media for keeping us free from scurvy. (Phew!)

Around that same time in the 2010s, we were making absolutely everything in pink, so we then decided—again, for really no good reason—to make our smoothie bowls millennial pink, too. Perfect for the generation raised on donut-flavored Dunkin' cereal, the millennial pink smoothie bowl tapped into our concentric desires to eat better and to post colorful foods on Insta. My simple blend of berries, banana, and vanilla yogurt in this bowl gets all dolled up with pretty much whatever beautiful, edible small things I have on hand, like coconut flakes, fresh mint leaves, and pomegranate seeds. (But don't worry if you're not the type of person who has coconut flakes, fresh mint leaves, and pomegranate seeds on hand in the morning. Throw on whatever toppings you like.)

# MILLENNIAL PINK SMOOTHIE BOWL

Allyson Reedy | @allysoneatsden

¾ cup vanilla yogurt  
¾ cup milk of choice  
¾ cup frozen raspberries  
¾ cup frozen strawberries

½ frozen banana  
1 tablespoon coconut flakes  
Fresh raspberries, banana slices, mint leaves, and pomegranate seeds for garnish

1. Combine the yogurt, milk, and frozen raspberries, strawberries, and banana in a blender and puree until smooth.
2. Transfer the mixture to a bowl and, as skillfully as you can muster early in the morning, garnish with the coconut flakes, fresh raspberries, banana slices, mint leaves, and pomegranate seeds. Post on social for all to see.

## HASHTAG PAIRING:

#smoothiebowl #plantbased  
#eatdrinkandbeberry #okboomer

**PHOTO TIP:** When in doubt, overhead it out. Try to get as close to 90 degrees with your phone as possible, hold still, and shoot!

**SERVES 1**





Social media is thirsty for dogs wearing clothes, woman-yelling-at-cat memes, and good chicken recipes. Bonus points for whoever can combine all three, but for now we'll stick to this Greek chicken wrap from @flavorsbyfrangipane, who challenged her followers to tell her the recipe they could eat every single day and never get sick of. Hers is this viral chicken wrap, and while the recipe is a little long for our TLDR culture, it's way easier than it looks.

@flavorsbyfrangipane makes her own garlic naan, but it's totally fine for us mortals to buy it premade at the store. Another concession: grilling the chicken gives it a nice smoky flavor, but you can also throw it in a skillet if the weather's cold/you don't own a grill/putting on shoes just sounds too hard. It's still going to be obsession-worthy.

#### HASHTAG PAIRING:

#chickensofinstagram  
#tldr #obsessionfoods  
#whywontmydogwearhats?

**SERVES 4**

# GREEK CHICKEN WRAPS

Christina Meehan | @flavorsbyfrangipane  
(flavorsbyfrangipane.com)

## CHICKEN

4 boneless, skinless chicken breasts or thighs  
1 cup full-fat plain Greek yogurt  
1 tablespoon extra virgin olive oil  
1 tablespoon Dijon mustard  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1 teaspoon kosher salt  
1 teaspoon freshly ground black pepper  
Juice of 2 medium lemons (about ¼ cup)

## TZATSIKI

1 medium cucumber  
1½ cups full-fat plain Greek yogurt  
2 cloves garlic, minced  
2 tablespoons chopped dill or 1 teaspoon dried dill, plus more as needed

Juice of 1 medium lemon (about 2 tablespoons), plus more as needed

1 tablespoon extra virgin olive oil  
½ teaspoon kosher salt, plus more as needed  
¼ teaspoon freshly ground black pepper, plus more as needed

## SALAD AND SERVING

4 medium tomatoes, diced  
2 medium cucumbers, seeded and diced  
1 small red onion, thinly sliced  
2 tablespoons extra virgin olive oil  
Juice of 1 medium lemon (about 2 tablespoons)  
Kosher salt and freshly ground black pepper, to taste  
4 pieces garlic naan, warmed

**1. MAKE THE CHICKEN:** In a large bowl, combine the chicken with the yogurt, olive oil, mustard, oregano, thyme, salt, pepper, and lemon juice. Cover the bowl with plastic wrap and allow the mixture to marinate in the refrigerator for at least 1 hour or up to 12 hours for maximum flavor.

**2. MAKE THE TZATSIKI:** Peel the cucumber, cut it in half lengthwise, and use a spoon to scrape out the seeds. Grate the cucumber using a box grater or a food processor. Place the grated cucumber in a clean



What is it about corn ribs that appeals to our kernel-loving souls? Is it that they're easier to eat than full-on cobs? That they tap into our Cro-Magnon authentic selves? Or maybe that they curl up when cooked to look like cheery little smiles? Whatever the reason, corn ribs have been on social media repeat since @spicednice posted her elote-inspired recipe on TikTok in February 2021. @spilling\_the\_sweet\_tea's take douses them in a beautifully spicy Cajun butter and then doubles down on the Cajun action with a Cajun ranch dip, all of which makes me as excited about corn as the "It's corn!" kid. The hardest part of making corn ribs is cutting them, so please be careful and don't cut off any body parts because I don't need that on my conscience.

**HASHTAG PAIRING:** #itscorn!  
#ribsbutmakethemvegetarian  
#eartoearsmile #cornporn  
#pleasedontchopoffafinger

**SERVES 8**

# CAJUN CORN RIBS

Carlena Davis | @spilling\_the\_sweet\_tea  
(spillingthesweettea.com)

## CORN

8 ears corn, shucked  
2 sticks (16 tablespoons) salted butter, melted  
3 cloves garlic, minced  
1 tablespoon Cajun seasoning  
1 teaspoon hot sauce  
1 teaspoon paprika  
Cilantro leaves, for garnish

## DIP

¾ cup buttermilk  
½ cup mayonnaise  
¼ cup sour cream  
1 tablespoon Cajun seasoning, plus more for garnish  
2 teaspoons dried chives  
½ teaspoon dried dill, plus more for garnish  
½ teaspoon garlic powder  
½ teaspoon onion powder

**1. MAKE THE CORN:** Cutting the corn can be difficult, and while it may seem counterintuitive, the safest and most efficient way is to first cut off one end so you can stand your corn up vertically. Then take your knife and slice down the middle of the cob. You can also halve the corn crosswise first, so you're working with a shorter piece (they may not curl as well as the full cobs). Either way, keep both hands above the knife. (If your knife isn't super sharp, you'll probably have to pound it down, and if you're still having trouble, try nuking the corn for 20 seconds in the microwave to soften it slightly.) Using the same pound-that-knife-down-the-cob technique, cut each half cob into quarter cobs. Heat a grill to 350°F.

**2.** Place the melted butter in a small bowl with the garlic, Cajun seasoning, hot sauce, and paprika. Whisk until combined.

**3.** Brush about three-quarters of the butter mixture onto the corn to cover completely. (Reserve the remaining butter mixture.) Grill, turning occasionally, until the corn is tender enough to pierce with a fork, about 15 minutes.

(continued)

**4. MAKE THE DIP:** In a small bowl, whisk together the buttermilk, mayonnaise, and sour cream until well combined. Whisk in the 1 tablespoon Cajun seasoning, chives, ½ teaspoon dill, and garlic and onion powders. Sprinkle with additional Cajun seasoning and dill. Refrigerate until ready to serve.

**5.** Using tongs, remove the corn from the grill to a platter and drizzle with the remaining butter mixture. Garnish the corn with cilantro and dip it into that Cajun ranch!





**T**inkering with a drink as classic as lemonade is either brilliantly bold or totally stupid. (Come to think of it, “Brilliantly bold or totally stupid” is an excellent tagline for TikTok.) But subbing sweetened condensed milk for the traditional sugar sweetener is definitely brilliantly bold, another of those why-didn’t-we-think-of-that-sooner? social media hacks.

Similar to the lime- and sweetened-condensed-milk-filled Brazilian lemonade, another drink that went viral on TikTok, this creamy lemonade drinks exactly as it sounds. Tart and silky, drinking it is almost like sipping lemon meringue pie through a straw, except far less gross than sipping a pie through a straw would actually be.

#### **HASHTAG PAIRING:**

#whenlifegivesyoulemons  
#stateofthetart  
#creamydoesitbetter  
#sippingbeyonce

**SERVES 4 TO 6**

# CREAMY LEMONADE

**Allyson Reedy | @allysoneatsden**

1 cup freshly squeezed lemon juice  
(5 to 6 large lemons)

$\frac{2}{3}$  to 1 cup sweetened condensed  
milk

2 cups ice water

Ice, for serving

Lemon slices, for garnish

1. Pour the lemon juice,  $\frac{2}{3}$  cup sweetened condensed milk, and the water into a small pitcher. Taste and add more sweetened condensed milk, if desired. Stir well. (Seriously, that sweetened condensed milk is thick and needs a good mixing to get it fully incorporated. Feel free to pour the ingredients into a blender, too.)
2. Fill glasses with ice and pour in the lemonade. Garnish with lemon slices and serve with straws.