



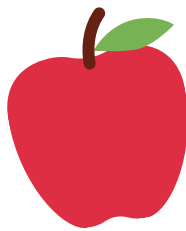
JERSEY TASTES! RECIPES



Cool Food Bowl

INGREDIENTS

FAMILY-SIZE
SERVES 4-6



Base:

- 6 cups seasonal washed kale, stems removed
- 3 cups soy vanilla yogurt
- 2 cups ice
- 3 cups bananas, sliced

Topping:

- 3 cups granola of choice
- 3 cups seasonal apples, sliced
- 3 cups seasonal blueberries or Jersey Fresh frozen blueberries
- 6 oz almond slivers
- 6 oz nut butter (sunflower, almond...)
- honey for drizzling

Fun Fact:
In 2012 an Ohio State study found eating an apple a day lowers bad cholesterol.

SCHOOL FOOD SERVICE
PORTIONS: 24

Base:

- 2.75 lbs seasonal washed kale, stems removed
- 3 quarts soy or regular vanilla yogurt
- 2 quarts ice
- 3 quarts bananas, sliced

Topping:

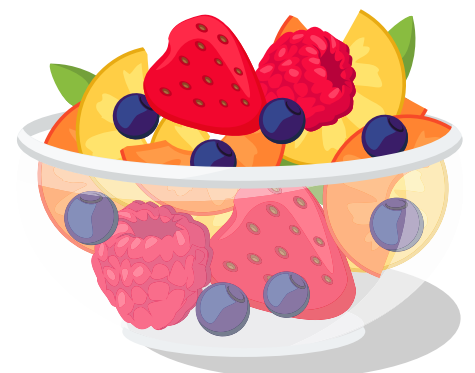
- 3 quarts or 48 oz granola of choice
- 1.5 quarts seasonal apples, sliced
- 1.5 quarts seasonal blueberries or Jersey Fresh frozen blueberries
- 1.5 lbs almond slivers
- 6-8 oz or 1.5 cups nut butter (sunflower, almond...)
- honey for drizzling

Complete lunch
Entrée!

DIRECTIONS

- 1 Combine all base ingredients in blender. Blend until smooth.
- 2 Portion 1.5 cups of base into serving bowls. Layer 1/2 cup of granola on top of yogurt base. Add 1/2 cup each of strawberries & blueberries (food service 1/4 cup each).
- 3 Top with 1 ounce (approx. 1/4 cup) of almonds & drizzle with nut butter & honey.

PORTION SIZE: One bowl = 2 oz Meat Alt; 1 c Fruit;
1/2 c Veg/Dk Green; 2 oz Grains



RECIPES MADE IN COLLABORATION WITH:

