

# JERSEY TASTES!

## RECIPES



### Cool Food Bowl



## INGREDIENTS

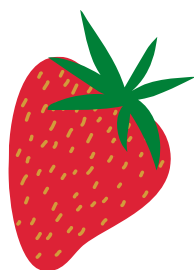
**FAMILY-SIZE  
SERVES 4-6**

**Base:**

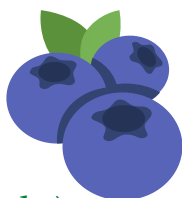
- 6 cups seasonal washed kale, stems removed
- 3 cups soy vanilla yogurt
- 2 cups ice
- 3 cups bananas, sliced

**Topping:**

- 3 cups granola of choice
- 3 cups seasonal strawberries, 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:**  
Did you know?  
Strawberries are  
part of the  
Rose family.



## DIRECTIONS

- 01** Combine all base ingredients in blender. Blend until smooth.
- 02** 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).
- 03** Top with 1 ounce (approx. 1/4 cup) of almonds & drizzle with nut butter & honey.

**SCHOOL FOOD SERVICE  
# PORTIONS: 24**

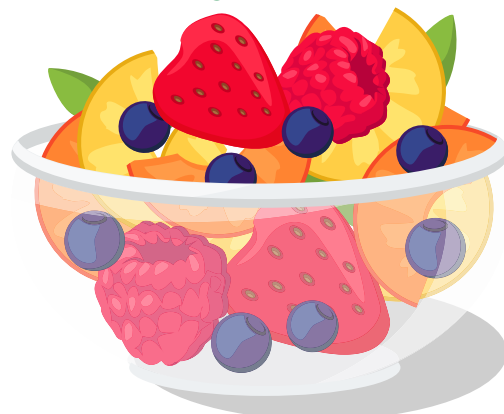
**Base:**

- 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 strawberries, 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

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



**Complete lunch  
Entrée!**