



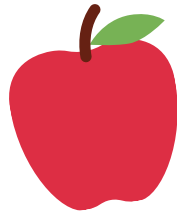
# JERSEY TASTES! RECIPES



## Cool Food Bowl

### INGREDIENTS

FAMILY-SIZE  
SERVES 4-6



**Base:**

- 6 cups NJ Kale, washed, stems removed
- 3 cups Soy Vanilla Yogurt
- 3/4 cup Nut Butter (sunflower, almond...)

**Topping:**

- 3 cups Granola of choice
- 3 cups NJ Apples, chopped
- 3 cups NJ Blueberries or Jersey Fresh frozen Blueberries
- 3-6 oz Almond Slivers, Roasted Pepitas or Sunflower Seeds
- Nut Butter for drizzling
- Honey for drizzling

### DIRECTIONS

- 1 Combine all base ingredients in blender. Blend until smooth.
- 2 Portion 3/4 cup of base into serving bowls. Layer 1/2 cup of granola on top of yogurt base. Add 1/2 cup each of apples & blueberries.
- 3 Top with 1 -2 tablespoons of nuts & drizzle with nut butter & honey.

**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. NJ Kale, washed, stems removed
- 3 quarts Soy Vanilla Yogurt
- 3 cups of Nut Butter (sunflower, almond...)

**Topping:**

- 3 quarts or 48 oz. Granola of choice
- 3 quarts NJ Apples, chopped
- 3 quarts NJ Blueberries or Jersey Fresh frozen Blueberries
- 3/4-1.5 lbs. Almond Slivers, Roasted Pepitas or Sunflower Seeds
- Nut Butter for drizzling
- 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!*



RECIPES MADE IN COLLABORATION WITH:

