

# RASPBERRY PEACH MANGO SMOOTHIE BOWL

Serves 1



## INGREDIENTS

- 1 cup Mango Chunks, frozen
- 3/4 cup Fat Free Greek Yogurt
- 1/4 cup Skim Milk
- 1 tsp. Vanilla Extract
- 1/3 cup Peach, sliced
- 1/3 cup Raspberries
- 1 Tbsp. Almonds, toasted and sliced
- 1 Tbsp. Shredded Coconut, unsweetened
- 1/2 tsp. Chia Seeds

## INSTRUCTIONS

1. Combine mango, yogurt, milk and vanilla in a blender. Purée until smooth.
2. Pour the smoothie into a bowl and top with peach slices, raspberries, almonds, coconut and chia seeds to taste.

SCAN TO ORDER  
YOUR **INGREDIENTS**



# FRESH FRUIT & AVOCADO SALSA

Serves 4



## INGREDIENTS

- 1/2 cup Fresh Mango, 1/4 in. dice
- 1/2 cup Fresh Kiwi 1/4 in. dice
- 1 Avocado, 1/4 in. dice
- 2 Tbsp. Cilantro, chopped
- 1/4 Fresh Serrano Pepper, minced
- 1 Fresh Lime
- 1/2 tsp. Kosher Salt

## INSTRUCTIONS

1. Rinse uncut produce in fresh water. Rinse cilantro well to remove dirt and sand.
2. Peel mango, cut around pit and 1/4" dice.
3. Peel kiwi skin and cut into 1/4" dice.
4. Remove avocado pit and skin, cut into 1/4" dice.
5. Cut the red onion into 1/4" dice.
6. Remove serrano pepper stem, seeds and mince.
7. Chop or tear the leaves of the cilantro.
8. Cut lime in half, squeeze or use a citrus juicer. Remove any seeds.
9. Combine all ingredients in mixing bowl, taste and season with additional lime or serrano if desired.

SCAN TO ORDER  
YOUR **INGREDIENTS**



# STONE FRUIT OATMEAL

Serves 6



## INGREDIENTS

- 1 qt. Water
- 2 cups Old Fashioned Oats
- 2 oz. Peaches, fresh, diced
- 2 oz. Plums, fresh, diced
- 1.5 oz. Apricots, fresh, diced

## INSTRUCTIONS

1. Boil water. Stir in oats. Cook about 5 minutes over medium heat, stirring occasionally.
2. Once oatmeal is cooked, stir in diced peaches, plums and apricots.

SCAN TO ORDER  
YOUR **INGREDIENTS**



# MACERATED PEACH, MASCARPONE, HONEY, HAZELNUT AND PEPPER TOAST

Serves 6



## INGREDIENTS

- 1/2 tsp. Granulated Sugar
- 1-1/2 cups Peaches medium, sliced thin
- 1/8 tsp. Fresh Lemon Juice
- 1/8 tsp. Kosher Salt
- 6 sprays Cooking Spray
- 3 slices Sourdough Bread
- 1/8 tsp. Ground Black Pepper
- 1 Tbsp. Honey
- 3 tsp. Balsamic Vinegar
- 2 tsp. Micro Greens Spectrum Mix
- 2 Tbsp. Hazelnuts, chopped
- 6 oz. Mascarpone Cheese

## INSTRUCTIONS

1. Slice and Prepare Peaches: Wash, slice and macerate peaches with lemon juice, salt and sugar. Set aside for at least 15 minutes to allow the peaches to start to soften from the lemon juice.
2. Toast Bread: Slice bread and spray grill with a minimal amount of oil. Place the toast face down on a flat top grill or skillet and toast the bread until golden brown. One side only.
3. Assembly: Place the hazelnuts on a sheet tray and toast the nuts slightly in a 350° F oven for 2-3 minutes or until slightly browned and fragrant. Slice the bread in half and begin to place the ingredients on top of the toast.
4. Assemble the toast as follows: 1/2 slice Toast, 1 oz. Mascarpone, 1/4 Cup Peaches, 1/2 tsp Honey, 1/2 tsp Balsamic, 1 tsp Toasted Hazelnuts, 1/3 tsp Micro Greens, Freshly Cracked Pepper
5. Make the sandwich: Toast the bread in a toaster or on top of a flat-top grill. Spread the mayonnaise on each slice of bread. Grind or sprinkle the pepper onto the mayonnaise. Place the arugula on one side of the bread, top with the watermelon and then the bacon. Top with the other side of the bread, cut in half and serve.

SCAN TO ORDER  
YOUR **INGREDIENTS**

