



SIMPLE, FRESH FARM BOX MEALS

JULY 18, 2022

Simple recipes so we can eat well & support local agriculture

Tasty Harvest Pops

INGREDIENTS & INSTRUCTIONS

Orange Sunrise

- 2 carrots - cut in chunks, steam until soft
- 1 orange - juice & flesh
- 1 mango - sliced
- 1 C strawberries - sliced
- 1-2 slice fresh ginger -optional
- ½ C plain yogurt OR coconut milk, milk of your choice
- ½ C coconut water
- 4 tbs honey OR maple syrup, sweetener of your choice

Stone fruit & Cream

- ½ peach - sliced
- 1 plum - sliced
- ½ nectarine - sliced
- 1 C cherries - optional
- ½ tsp citrus juice - orange, lime, lemon
- 1 stalk fresh vanilla bean (scraped) OR 1 tsp pure vanilla extract
- ½ C plain yogurt OR coconut milk, milk of your choice
- ½ C coconut water
- 3 tbs honey OR maple syrup, sweetener of your choice

Dino Green Delight

- ½ C each raw Spinach & Kale - remove spines & stems
- 1 Avocado
- 2 bananas - 1tsp vanilla extract/bean
- 1 C pineapple
- ½ tsp lime juice
- 1 ¼ C coconut water
- ½ C plain yogurt OR coconut milk, milk of your choice
- 2 tbs honey OR maple syrup, sweetener of your choice

Beet the Heat

- 1/3 C roasted beets - cooled & diced
- 1 C strawberries - sliced
- 1 banana
- 1-2 stalks rainbow chard OR celery
- 1 plum - sliced
- ½ C plain yogurt OR coconut milk, milk of your choice
- 3-4 tbs honey OR maple syrup, sweetener of your choice
- Lemon zest/Juice - optional
- ½ C blueberries - optional
- Mixed berries optional

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ALL YOU HAVE TO DO

- Place the ingredients for each popsicle (or smoothie of choice) in a high-speed blender, Blend ingredients until smooth.
- Pour the liquid into popsicle molds. For smoother texture, you can choose to strain through a Siv or cheese cloth - I personally love more texture.
- Freeze for at least four hours (this time will vary depending on your freezer).
- To remove the popsicles, run the molds under cold water for 10 seconds, pulling the popsicles away from the molds.

Refreshing Cucumber Lemon

YOU'LL NEED

- 4-6 Persian cucumbers
- Juice from ½ lemon
- 1 tbs lemon zest
- 1 C coconut water
- 2-3 tbs honey OR maple syrup, sweetener of your choice

ALL YOU HAVE TO DO

- Add ingredients to a high-speed blender & blend until smooth. Pour into popsicle molds & freeze until solid.
- Alternatively, puree the cucumber with a hand-held emersion blender until smooth. Mix with the other ingredients until well combined. Pour into popsicle/ice lo molds and freeze until solid.

Have fun with it!

- Mix & match any of these ingredients or adjust them based on what you have available. Turn your favorite smoothies into summer popsicles or make something new! Don't forget you can Substitute ingredients to better suite your diet.
- If you are feeling creative, you can add a little texture by including chia seeds or chunks of fruit.
- My favorite thing to do is make layered popsicles by freezing one layer of each flavors at a time & repeating the same steps until you've created natures rocket pop! For a clean divide between each flavor make sure each layer is completely frozen before adding the next, or feel free to swirl it. It may be time consuming but it sure does look beautiful & tastes even better!