

SUPER VEGGIE SOUP



PINK SOUP!



ORANGE YOU GLAD? SMOOTHIE



BLUEBERRY BANANA BLAST SMOOTHIE



PINK SOUP!

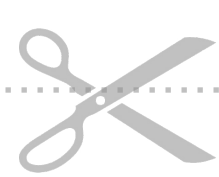
Cook Time: 30min. Total Time: 40 min. Makes: 6



1 pound organic beets (beetroot), peeled and cut into matchsticks
2 medium organic onions, sliced into half-moons
2 large organic carrots, peeled and cut into matchsticks
3/4 pound organic white cabbage, cut thinly into shreds
2 tablespoons organic olive oil
5 cups organic vegetable stock
Juice of 1/2 an organic lemon
Salt to taste
Coarsely ground organic black pepper
Organic sour cream (optional, omit for vegan soup)
Finely chopped organic parsley or chives (optional, for garnish)

1. Peel and cut the onions, carrots, and beets (alternatively, shred the carrots and beets using the shredding blade of a food processor) and sauté over medium heat in the olive oil with a pinch of salt in a large soup pot. Reserve a small amount of beet to grate and add near the end to enliven the color.
2. In the meantime, bring the vegetable stock to a boil. When the vegetables are soft (about 5 minutes), add the shredded cabbage and the hot stock. Bring to a boil and simmer 15-25 minutes, until the vegetables are tender. With a few minutes left, add the reserved grated beet.
3. Season to taste with salt and pepper, then squeeze in the lemon juice, aiming for a pleasing but subtle sour taste. Serve with freshly grated black pepper, a dollop of sour cream, and chopped parsley, if desired.

EMINENCEKIDSFOUNDATION.ORG



BLUEBERRY BANANA BLAST SMOOTHIE

Prep Time: 5min. Total Time: 8 min. Makes: 1-2



1/2 cup organic blueberries
1/2 organic banana, sliced
1/2 cup fresh organic strawberries, sliced
1/2 cup fresh organic apple juice
optional ice
optional 1/4 cup organic pineapple sliced

1. In blender, place banana slices, blueberries, cut strawberry, apple juice and optional ice and/or pineapple.
2. Blend at liquify setting until all ingredients are blended to your preference of thickness.
3. Add more ice if you would like to make thicker; add more juice to make thinner or sweeter. Adjust to taste.
4. Pour into glass, add straw and enjoy!

EMINENCEKIDSFOUNDATION.ORG

SUPER VEGGIE SOUP

Cook Time: 40min. Total Time: 55 min. Makes: 4-6



1 tablespoon extra-virgin olive oil
3/4 cup chopped organic onion
3 cups organic vegetable stock
1 cup diced organic carrot, peeled
1 cup canned organic cannellini beans or your choice of organic white beans
3/4 cup diced organic celery
1 teaspoon dried organic sage or 2 T finely chopped fresh sage
1/4 teaspoon fresh organic rosemary
1/4 teaspoon organic thyme
5 organic organic bay leaves
1/4 teaspoon organic parsley
1/4 teaspoon salt
1/8 teaspoon fresh coarse ground organic black pepper
28 fluid ounces canned organic plum tomatoes, dice (include liquid)
2 organic garlic cloves, minced
1/4 cup uncooked organic elbow macaroni (optional or substitute with a gluten free option if preferred)

1. Heat oil in a large saucepan over medium-high heat.
2. Add chopped onion and sauté for 4 minutes or until just lightly browned.
3. Add stock, carrots, cannellini beans, celery, sage, rosemary, thyme, bay leaves, parsley, salt, pepper, tomatoes and garlic.
4. Bring to boil; reduce heat, cover and simmer on medium-low heat for 25 minutes, stirring occasionally.
5. Add macaroni, cover and cook an additional 10 minutes.
6. Adjust spices to suit your taste.
7. Serve hot.

EMINENCEKIDSFOUNDATION.ORG

ORANGE YOU GLAD? SMOOTHIE

Prep Time: 5min. Total Time: 8 min. Makes: 1-2



1/2 peeled organic orange
1 peeled organic carrot
1/2 organic apple, peeled & cored
1/2 cup organic orange juice
1/2 organic banana (frozen optional)
optional ice

1. Prepare banana by peeling and cutting into slices. If you opt to use frozen bananas, place into a plastic bag and freeze at least 2 hours prior, or more.
2. In blender, place banana slices, cut apple, orange, carrot and orange juice.
3. Blend at liquify setting until all ingredients are blended to your preference of thickness.
4. Add ice if you would like to make thicker; add more juice to make thinner or sweeter. Adjust to taste.
5. Pour into glass, add straw and enjoy!

EMINENCEKIDSFOUNDATION.ORG