

tidbits™

SUMMER '22 • COMPLIMENTARY

Summer COOKOUT!

BBQ DOUBLE BACON &
CHEESE SLIDERS p. 13

PLUS
RAISE THE
STEAKS

DELECTABLE
DESSERTS

AND MORE!

 Roche Bros.



WONDERS — of — WISCONSIN

Discover YOUR NEXT
FAVORITE Cheese TODAY!





a letter from **Rick Roche**

We know how quickly summer days fly by, and here at Roche Bros. we want to help you savor every moment. In this edition of *Tidbits* we have packed the pages with delicious

recipes that fit perfectly into your busy schedule and will help you celebrate some of the biggest days of the season.

Grilling is a summer ritual for most folks, and we have plenty of inspiration for this cherished warm weather activity. We work hard to Pick Perfect produce for you and we've made sure to bring you recipes that really take advantage of our crispiest vegetables and perfectly ripened fruits!

Kick off the season with a main dish of BBQ Double Bacon & Cheese Sliders hot and fresh from the grill, paired with a savory and spicy potato salad and mouthwatering ice cream cookie dessert. Steaks are a beloved grilling option, and we have two drool-worthy recipes to impress family and friends alike. Try our Grilled Sirloin Steak with Golden Romesco for a sweet, zippy option or a zesty, tangy Jerk Sirloin with Pineapple-Pepper Salad. Check out our tips in our article, "Discover All the Best Beef Cuts for the Grill," on page 17. Our butchers are a great source for grilling inspiration and information!

When the heat rises, a cool treat is in order and we have the perfect desserts to share (or not!). Tempt your taste buds with our RumChata® Iced Coffee made with a blend of vanilla, cinnamon and caramel. Or, have a guilt-free bowl of yummy Frozen Banana Cream with Fresh Berries. Both of these desserts are ideal for chilling out and satisfying your sweet tooth. Wherever your summer season takes you and yours, make sure you bring Roche Bros. along for the fun, whether trying out recipes or tips, or shopping our freshly harvested summer selections. Here's wishing you a relaxing, fun and *healthy* season!

Rick Roche



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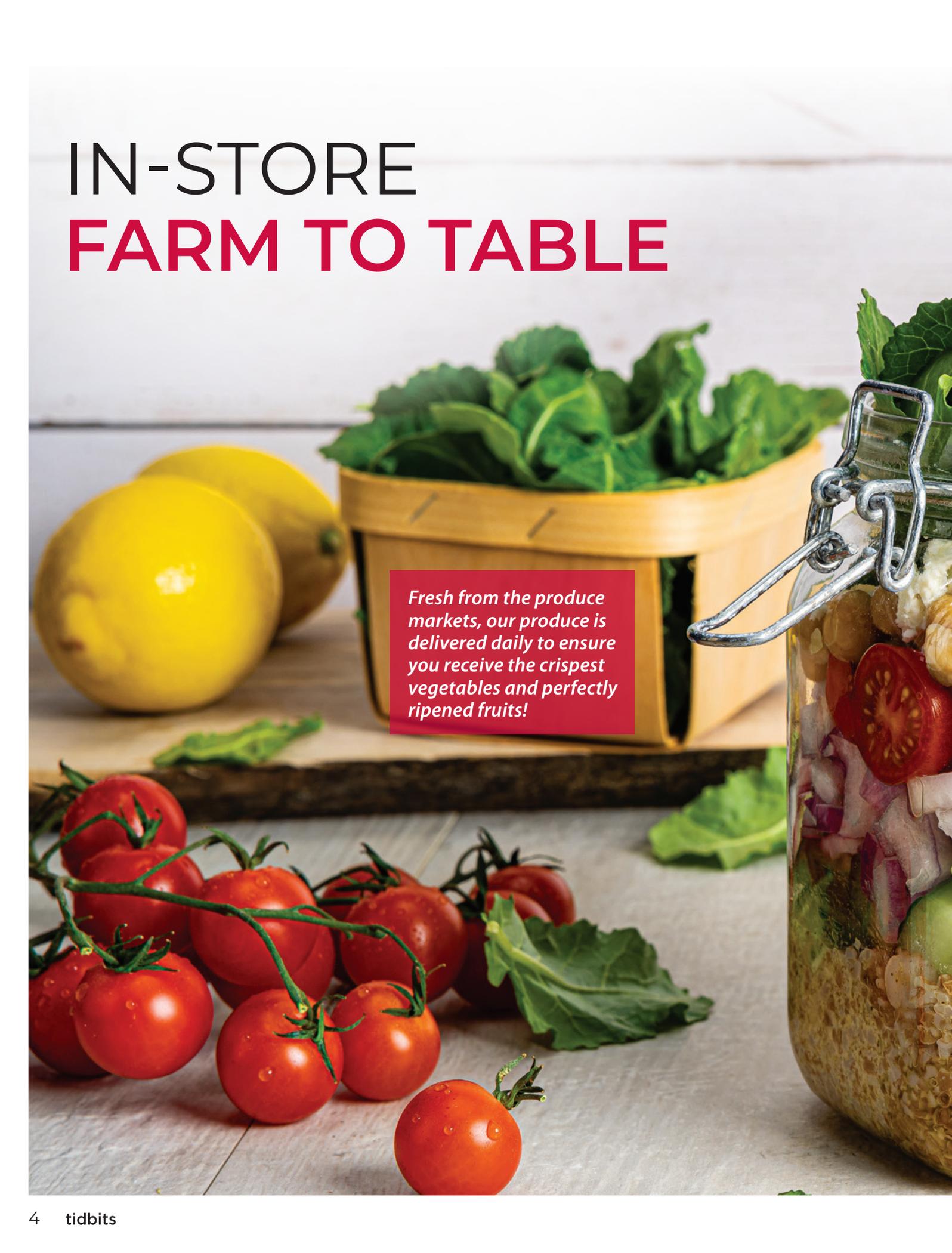
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To view our *Tidbits* mobile & tablet-friendly digital magazine, visit us at www.RocheBros.com

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IN-STORE FARM TO TABLE



Fresh from the produce markets, our produce is delivered daily to ensure you receive the crispest vegetables and perfectly ripened fruits!

Make-Ahead Grilled Shrimp, Bulgur & Kale Jars

Prep: 20 minutes plus chilling

Grill: 5 minutes • Serves: 4

- 1 pound raw 26-30 count tail-off peeled and deveined shrimp, thawed if necessary
- ¼ cup plus 3 tablespoons Roche Bros. extra virgin olive oil

- ¾ teaspoon kosher salt
- ¾ teaspoon fresh cracked black pepper
- 2 garlic cloves, minced
- ¾ cup fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 cup dry bulgur wheat
- 1 cup chopped English cucumber
- ½ cup chopped red onion
- 1 cup halved cherry tomatoes
- 1 cup drained and rinsed garbanzo beans
- ½ cup crumbled feta cheese
- 2 cups Roche Bros. Grown baby kale
- ¼ cup roasted salted sunflower seeds

1. Prepare outdoor grill for direct grilling over medium-high heat. Brush shrimp with 1 tablespoon oil; sprinkle with ¼ teaspoon each salt and pepper. Place shrimp on hot grill rack; cover and cook 5 minutes or until internal

temperature reaches 145°, turning once. Cool shrimp completely.

2. In medium bowl, whisk garlic, lemon juice, mustard, and remaining ¼ cup plus 2 tablespoons oil, and ½ teaspoon each salt and pepper. Makes about 1¼ cups.

3. In bottom of 4 (32-ounce) jars, divide bulgur; pour 1 cup garlic mixture into jars over bulgur. Over bulgur mixture, layer shrimp, cucumber, onion, tomatoes and beans, packing as necessary; pour remaining ¼ cup garlic mixture over beans. Over beans, layer cheese, kale and sunflower seeds, packing as necessary; seal jars. Refrigerate jars at least 24 hours or up to 2 days before serving. Makes 4 jars.

Approximate nutritional values per serving (1 jar):
727 Calories, 46g Fat (9g Saturated),
159mg Cholesterol, 1381mg Sodium,
57g Carbohydrates, 10g Fiber,
28g Protein



Picked Perfect.



What does it mean?

At Roche Bros we have a culture of quality, and we are committed to our produce. We do our best to ensure that our produce takes the least amount of time possible to get from the farm to our shelves, so that our shoppers can benefit from the freshest product for a longer time frame.

This commitment to produce, our associates portray it every day. Follow our associates in their journey. Our Produce Team is committed to picking the best quality produce and ensuring it arrives on our shelf that way.

Roche Bros. 5-Step Picked Perfect Process:

Step 1: Our team hand-selects the produce from the Boston Produce Market every day.

Step 2: Our produce is delivered daily to each store from the market and does not make any unnecessary pit stops at warehouses along the way.

Step 3: Each store inspects the product upon delivery and if it doesn't meet our high standards, we send it back.

Step 4: Our team carefully places our produce on the shelf to guarantee its quality.

Step 5: Each E-commerce Personal Shopper is trained to be an expert in picking the best produce for your delivery or curbside pickup order.

We do all of that so you can enjoy the best of produce for a longer time. We stand behind this commitment with our Double Your Money Back Guarantee. If for some reason you are not happy with your produce, bring it back to our customer service desk and we will provide you with double your money back.



WIN A
\$100 Roche Bros.
GIFT CARD!

We're installing a Hydroponic farm at the Marshfield Roche Bros.

A hydroponic farm is an innovative way to grow plants vertically without using soil and reduces the impact on land and water. This allows Roche Bros. to provide shoppers with leafy greens that are grown steps from the store shelves. In addition, the hydroponic growing process:

- Reduces the amount of water needed by over 300%
- Reduces the time from farm to shelf to one hour.
- No pesticides

If you are as excited as we are, scan the QR code to enter to win a \$100 Roche Bros. gift card

Photo credit: Freight Farms



R Garden
by Roche Bros.

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SAUCE
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CARAMEL

Torani
PUREMADE
SAUCE

NO ARTIFICIAL FLAVORS
OR PRESERVATIVES

NET WT. 16.5 OZ. (468g)

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PUREMADE**

**NO ARTIFICIAL FLAVORS
OR PRESERVATIVES**

Torani Puremade Sauces are conscientiously crafted to treat every taste as an opportunity to help people, partners, and communities thrive. Discover easy Torani recipes at [Torani.com](https://torani.com). Available in the Cocoa aisle at your local grocer or Supercenter.



*Awarded to brands that surpass quality standards established by independent professional chefs.

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Kid Approved



Getting kids to eat healthy foods can be challenging, especially with summer fun competing for their attention. But in 30 minutes you can fry up these crunchy fritters in good-for-you olive oil. These finger-food fritters are made with zucchini, Cheddar cheese and oat flour, and seasoned with garlic and onion powder. Dunk them in a yogurt-chive dip for a perfect pairing.



Zucchini Fritters

Prep: 20 minutes

Cook: 10 minutes • Serves: 6

- 1 large Roche Bros. cage free egg
- ½ cup oat flour
- 3 tablespoons Roche Bros. olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 1 medium zucchini, grated and squeezed dry
- ½ cup shredded reduced fat Cheddar cheese
- ½ cup plain nonfat Greek yogurt
- 1 tablespoon chopped fresh chives

1. In large bowl, whisk egg, flour, 1 tablespoon oil, salt, garlic powder, onion powder and 2 tablespoons water; fold in zucchini and cheese. Makes about 1 heaping cup.

2. In small bowl, whisk yogurt and chives. Makes about ½ cup.

3. In large nonstick skillet, heat remaining 2 tablespoons oil over medium heat. In 2 batches, drop zucchini mixture, about 1 tablespoon at a time, into skillet; flatten with spatula into 2-inch circles and cook 5 minutes or until golden brown, turning once. Makes about 18 fritters.

4. Serve fritters with yogurt mixture for dipping.

*Approximate nutritional values per serving (3 fritters, 1 tablespoon plus 1 teaspoon yogurt mixture):
156 Calories, 10g Fat (2g Saturated), 37mg Cholesterol,
248mg Sodium, 9g Carbohydrates, 2g Fiber, 7g Protein*

5 Things to Know

WHY early & often exposure to food allergens is critical:

- 1.** Babies are not typically born with food allergies. How your baby eats changes their risk.
- 2.** 70% of your baby's immune system is in their tummy.¹
- 3.** The American Academy of Pediatrics and USDA now recommend introducing solids and common allergens around 4-6 months of age.* Why? Research shows that feeding common allergens daily can help reduce food allergy risk.
- 4.** Most baby foods are void of common allergens like

peanuts, milk, shellfish (shrimp), tree nuts (almonds, cashews, hazelnuts, pecans, pistachios, and walnuts), egg, fish (cod and salmon), grains (oats and wheat), soy, and sesame.

- 5.** A safe, science-backed way to easily get 16 foods into your baby's diet: SpoonfulONE.



Dr. Swanson

Chief Medical Officer at SpoonfulONE, pediatrician, author, and mom of two boys



SpoonfulONE
= 16 REAL FOODS IN EACH BITE

IF A BABY HAS SEVERE ECZEMA, EGG ALLERGY OR BOTH, INTRODUCING AGE-APPROPRIATE, PEANUT-CONTAINING FOODS AS EARLY AS 4 MONTHS MAY REDUCE THE RISK OF DEVELOPING A PEANUT ALLERGY. CAREGIVERS SHOULD CHECK WITH THE BABY'S HEALTHCARE PROVIDER BEFORE FEEDING THE BABY PEANUT-CONTAINING FOODS. **WARNING:** DO NOT GIVE SPOONFULONE TO A CHILD IF THE CHILD HAS A FOOD ALLERGY OR IS ALLERGIC TO ANY INGREDIENT.

*VISIT SPOONFULONE.COM/USDA FOR MORE INFORMATION. 1. VIGHI G, MARCUCCI F, SENSI L, DI CARA G, FRATI F. ALLERGY AND THE GASTROINTESTINAL SYSTEM. CLIN EXP IMMUNOL. 2008;153 SUPPL 1(SUPPL 1):3-6. DOI:10.1111/J.1365-2249.2008.03713.




**PEDIATRICIAN
 RECOMMENDED[†]**


**16 FOODS
 IN EACH BITE!**

Gentle Daily Exposure to 16 Food Allergens

Hi Parents. Meet  **SpoonfulONE.**

In a world where food allergies are spiking, we strive to be the solution by training a baby's tummy to see foods as just foods.* Make snacking moments more meaningful, and just as delicious.

FIND US IN THE BABY FOOD AISLE AT  Roche Bros.



MANUFACTURER'S COUPON DO NOT DOUBLE EXPIRES 12/31/22

RETAILER: We will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copies available upon request. Void if copied, prohibited or regulated. Cash value 1/100¢. Send to SpoonfulONE (Before Brands Inc.) #1776, PO Box 880001, El Paso, TX 88588-0001. **ONE COUPON PER PURCHASE**—Good only in USA.
CONSUMER: Limit one (1) coupon per purchase of product specified. Any other use constitutes fraud. Void if copied, transferred, prohibited, taxed, or restricted. Consumer pays sales tax.

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 **SpoonfulONE.**

IF A BABY HAS SEVERE ECZEMA, EGG ALLERGY OR BOTH, INTRODUCING AGE-APPROPRIATE, PEANUT-CONTAINING FOODS AS EARLY AS 4 MONTHS MAY REDUCE THE RISK OF DEVELOPING A PEANUT ALLERGY. CAREGIVERS SHOULD CHECK WITH THE BABY'S HEALTHCARE PROVIDER BEFORE FEEDING THE BABY PEANUT-CONTAINING FOODS. *Learn more at SpoonfulONE.com/USDAguidelines.
 †In an independently administered nationwide survey of more than 300 U.S. pediatricians, 72% recommend SpoonfulONE. **WARNING:** DO NOT GIVE SPOONFULONE TO A CHILD IF THE CHILD HAS A FOOD ALLERGY OR IS ALLERGIC TO ANY INGREDIENT. SPOONFULONE.COM ©2022 SPOONFULONE PK627-RO



LIGHT UP THE GRILL



Summer COOKOUT!

Treat family and friends to a feast with this mouthwatering meal. Begin with juicy, delicious sliders brimming with flavor, featuring bacon, mushrooms and cheese on yummy potato slider buns. Pair with a tangy-tasty potato salad with the irresistible combo of bacon, ranch and hot sauce. Finally, finish your culinary masterpiece with Oatmeal-Chocolate Chip Cookie Ice Cream Sandwiches.



BBQ Double Bacon & Cheese Sliders

Prep: 20 minutes

Grill: 8 minutes • Serves: 4

- 8 slices Roche Bros. center cut bacon, halved crosswise
- 1 package (8 ounces) sliced baby bella mushrooms
- 8 Certified Angus Beef® Prime bacon n' cheddar slider patties
- Nonstick cooking spray
- 8 slices Muenster cheese
- 8 golden potato slider buns
- ¼ cup barbeque sauce
- 1 cup shredded iceberg lettuce

1. Prepare outdoor grill for direct grilling over medium-high heat. Heat large skillet over medium heat. Add bacon and cook 8 minutes or until crisp, turning once; transfer bacon to paper towel-lined plate.

2. In same skillet with drippings, cook mushrooms 5 minutes or until tender, stirring occasionally.

3. Spray both sides of patties with cooking spray; place on hot grill rack, cover and cook 8 minutes, turning once. During last 2 minutes of cooking, top patties with mushrooms and cheese; cover and cook 2 minutes or until internal temperature of sliders reaches 160° and cheese melts. During last minute of cooking, place buns, cut side down, on hot grill rack; cover and cook 1 minute or until lightly toasted.

4. Spread top halves of buns with barbeque sauce; serve sliders in buns topped with lettuce and bacon.

Approximate nutritional values per serving (2 sliders): 885 Calories, 42g Fat (19g Saturated), 201mg Cholesterol, 1320mg Sodium, 53g Carbohydrates, 4g Fiber, 74g Protein

Bacon-Ranch Buffalo Potato Salad

Prep: 15 minutes plus cooling

Cook: 15 minutes • Serves: 6

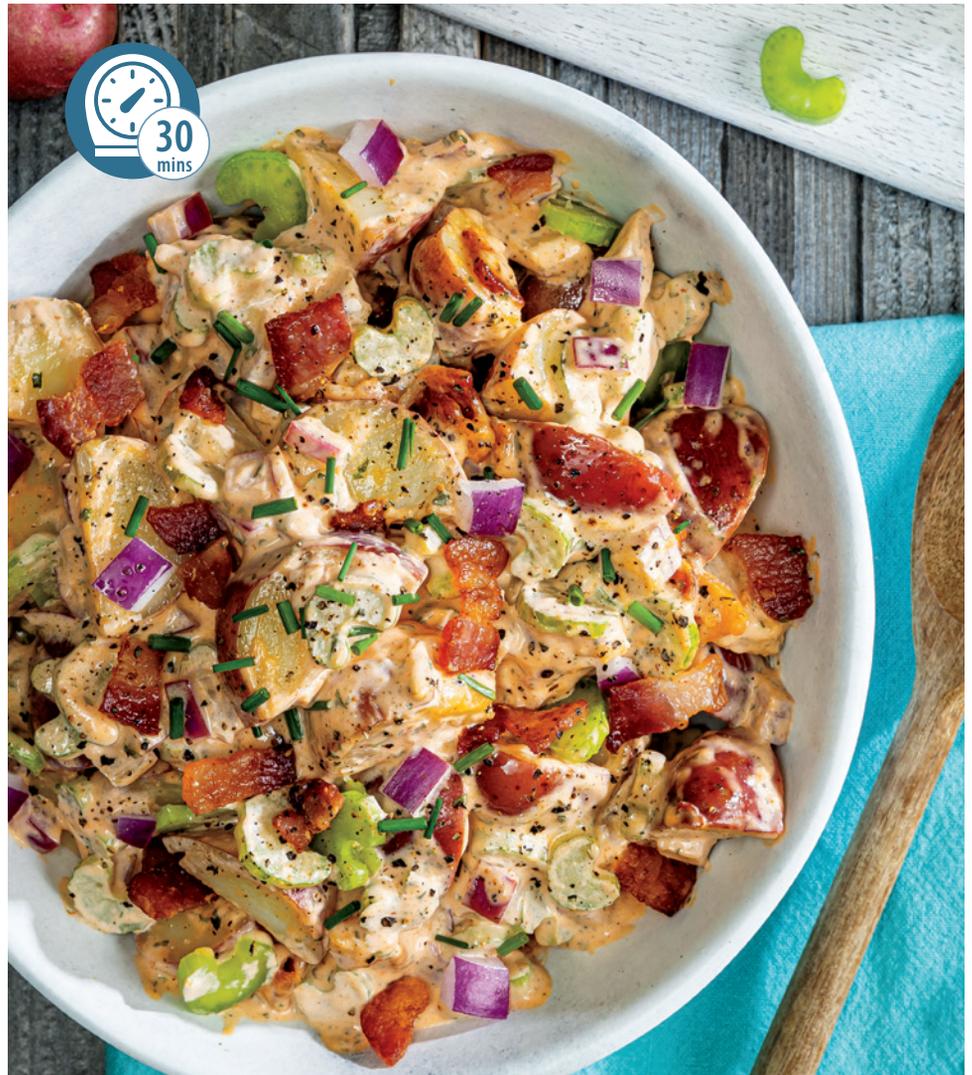
- 1½ pounds red potatoes (about 10 potatoes), cut into ¾-inch pieces
- 6 slices Roche Bros. center cut bacon, chopped
- 1 packet (1 ounce) ranch seasoning mix
- ⅓ cup mayonnaise
- ¼ cup cayenne pepper hot sauce
- ⅓ cup chopped celery
- ¼ cup chopped red onion
- Chopped fresh chives for garnish (optional)

1. In large covered saucepot, heat potatoes and enough water to cover by 1 inch to a boil over high heat; reduce heat to medium and simmer, uncovered, 10 minutes or until potatoes are easily pierced with a knife. Drain potatoes; cool completely.

2. In large skillet, cook bacon over medium-high heat 5 minutes or until crisp, stirring occasionally; transfer to paper towel-lined plate.

3. In large bowl, whisk seasoning, mayonnaise and hot sauce; fold in celery, onion, potatoes and bacon. Serve garnished with chives, if desired. Makes about 4½ cups.

Approximate nutritional values per serving (about ¾ cup): 213 Calories, 11g Fat (2g Saturated), 11mg Cholesterol, 923mg Sodium, 23g Carbohydrates, 2g Fiber, 5g Protein





Oatmeal-Chocolate Chip Cookie Ice Cream Sandwiches

Prep: 25 minutes plus freezing
Bake: 15 minutes • Serves: 8

- Nonstick cooking spray
- ½ cup old-fashioned rolled oats
- ¼ cup all-purpose flour
- 2 tablespoons whole wheat flour
- ⅛ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup unsalted butter, softened
- 3 tablespoons Roche Bros. honey
- 3 tablespoons tahini

- 1 Roche Bros. large egg
- ⅓ cup dark chocolate chips
- 1 cup low-fat chocolate ice cream

1. Preheat oven to 350°. Spray 8 x 11-inch baking dish with cooking spray; line with foil so foil extends about 2 inches over short sides of dish.

2. In medium bowl, whisk oats, flours, baking soda and salt. In medium bowl, beat butter, honey and tahini with mixer on high speed 2 minutes or until light and fluffy. Add egg; beat on medium speed 1 minute or until incorporated. Add flour mixture; beat on low speed 2 minutes or until incorporated. Fold in chocolate chips.

3. Spread dough in prepared pan; flatten top with spatula. Bake cookie 15 minutes or until golden brown. Gently press top of cookie with bottom of measuring cup to flatten; freeze 30 minutes. Use foil to lift cookie out of dish; cut into 16 (2 x 2¾-inch) bars.

4. Sandwich 2 tablespoons ice cream between 2 cookie bars; repeat with remaining ice cream and cookie bars. Serve immediately or freeze on parchment-lined cookie sheet 2 hours and freeze in an airtight container up to 1 month.

Approximate nutritional values per serving (1 sandwich): 225 Calories, 14g Fat (7g Saturated), 40mg Cholesterol, 116mg Sodium, 26g Carbohydrates, 3g Fiber, 5g Protein



CATERING

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- Weddings
- Spring celebrations
- Barbeque gatherings

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RAISE THE STEAKS



What captures the essence of summer better than steaks sizzling on the grill? Go beyond ordinary with our sirloin steak with tangy golden romesco sauce. Or maybe the Caribbean-inspired Jerk Sirloin Steak with Pineapple-Pepper Salad is more fitting to your flavor palate. Then, brush up on your beef knowledge and get tips for grilling in “Discover All the Best Beef Cuts for the Grill,” on the following page.



Grilled Sirloin Steak with Golden Romesco

Prep: 15 minutes plus standing

Grill: 8 minutes • Serves: 4

- 2 garlic cloves
- 1 medium orange or yellow bell pepper, coarsely chopped
- ¼ cup blanched slivered almonds
- 2½ tablespoons Roche Bros. olive oil
- 1 tablespoon red wine vinegar
- ¾ teaspoon kosher salt
- 4 boneless Certified Angus Beef® Prime sirloin strip steaks (about 8 ounces each)
- ¼ teaspoon ground black pepper
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh parsley

1. Prepare outdoor grill for direct grilling over medium-high heat. In food processor, purée garlic, bell pepper, almonds, 1½ tablespoons oil, vinegar and ¼ teaspoon salt on high until almost smooth. Makes about 1 cup.

2. Brush steaks with remaining 1 tablespoon oil; sprinkle with black pepper and remaining ½ teaspoon salt. Place steaks on hot grill rack; cover and cook 8 minutes or until internal temperature reaches 135° for medium-rare, turning once. Transfer steaks to cutting board; tent with aluminum foil and let stand 10 minutes. (Internal temperature will rise to 145° upon standing.)

3. Slice steaks crosswise; serve topped with romesco sprinkled with basil and parsley.

Approximate nutritional values per serving (1 steak, ¼ cup romesco): 569 Calories, 36g Fat (11g Saturated), 162mg Cholesterol, 473mg Sodium, 4g Carbohydrates, 2g Fiber, 54g Protein



Jerk Sirloin Steak with Pineapple-Pepper Salad

Prep: 20 minutes plus marinating and standing • Grill: 16 minutes • Serves: 4

- 3 tablespoons fresh lime juice
- 2 tablespoons canola or vegetable oil
- 2 tablespoons jerk seasoning
- 1 boneless top sirloin or flat iron steak (about 1¼ pounds)
- ½ medium red bell pepper, sliced
- ¼ small red onion, sliced
- 2 cups chopped fresh pineapple
- ¾ teaspoon fresh ground black pepper
- ¼ teaspoon finely chopped habaño chile pepper
- Cilantro sprigs for garnish (optional)

1. In small bowl, stir 2 tablespoons lime juice, oil and jerk seasoning. Place steak in large zip-top plastic bag; pour lime juice mixture into bag. Seal bag, pressing out excess air; refrigerate at least 4 hours or up to overnight.

2. Prepare outdoor grill for direct grilling over medium-high heat. In medium bowl, toss bell pepper, onion, pineapple, black pepper, habaño and remaining 1 tablespoon lime juice until combined. Makes about 3 cups.

3. Place steak on hot grill rack; cover and cook 8 minutes or until outside is browned, turning once. Reduce heat to medium; cook steak 8 minutes or until internal temperature reaches 135° for medium-rare. Transfer steak to cutting board; loosely cover with aluminum foil and let stand 5 minutes. (Internal temperature will rise to 145° upon standing.)

4. To serve, thinly slice steak across the grain; serve with Pineapple-Pepper Salad garnished with cilantro, if desired.

Approximate nutritional values per serving (about 4 ounces steak, ¾ cup salad): 354 Calories, 21g Fat (6g Saturated), 95mg Cholesterol, 409mg Sodium, 13g Carbohydrates, 2g Fiber, 29g Protein

> Facts. Finds. Flavors.

1 teaspoon finely chopped jalapeño pepper can be substituted for the habaño chile pepper.

Discover All the Best Beef Cuts for the Grill

Grilling is an art form for some folks, and it starts with the perfect cut of meat. Beef is the quintessential choice for most, and it's important to know your options as you step up to the grates.

Ribeye: Sometimes referred to as “Delmonico,” ribeye is distinctive for its marbling, the highest amount among the cuts, and for the rich beef flavor. It's also deliciously juicy!

Top Round London Broil: This is the cut for when you have a winning marinade. London Broil is thick, juicy and perfect for grilling and slicing thin.

Filet Mignon: This restaurant-quality cut of beef is synonymous with lean, delicious tenderness. A filet is the way to go when you are grilling to impress.

T-bone: Best grilled or broiled, T-bones are famed for their hearty, beefy flavor and tenderness.

New York Sirloin: Known for its superior flavor, this particular cut is tender and lean. Keep a close eye because it can be overcooked if you aren't careful.

Strip: This fave is also known by the names New York or Kansas City Strip. A true steak-lover's steak, it features lots of hearty beef flavor.

Porterhouse: You get extra beef-love in a porterhouse. It's the best of two steak options, with strip steak on one side and filet mignon on the opposite side of the bone.



Delectable *Desserts*



Watch how to make this drink at: bit.ly/RocheBrosYT

Chill out from the summer heat with sweet treats like our RumChata® Iced Coffee. It combines coffee, RumChata, vanilla syrup, cinnamon and caramel sauce along with ice for an unbeatably cool sensation. Or go for a healthier finish with nonfat milk and frozen bananas blended into a fruity, low fat version of ice cream, topped with raspberries, blueberries and crunchy peanuts or sunflower seeds, with a smidge of nutmeg for extra flavor.

RumChata® Iced Coffee

Prep: 10 minutes • Serves: 4

- Ice
- 2 cups unsweetened brewed coffee, chilled
- 1 cup RumChata®
- 2 tablespoons **Torani® vanilla syrup**
- ¼ teaspoon ground cinnamon
- 1 cup whipped topping, thawed if necessary
- 2 tablespoons **Torani® caramel sauce**
- 4 **Brothers Marketplace cinnamon sticks**

1. Fill 4 (12-ounce) glasses with ice. In large cocktail shaker, in 2 batches, add half each of the coffee, RumChata, syrup and ground cinnamon; cover, shake vigorously and strain into prepared glasses.

2. Top iced coffees with whipped topping; drizzle with caramel sauce and garnish with cinnamon sticks.

Approximate nutritional values per serving (1 coffee): 266 Calories, 8g Fat (4g Saturated), 27mg Cholesterol, 22mg Sodium, 14g Carbohydrates, 0g Fiber, 1g Protein

Frozen Banana Cream with Fresh Berries

Prep: 5 minutes plus freezing Serves: 4

- 2 medium bananas
- 2 tablespoons **Roche Bros. nonfat milk**
- ⅛ teaspoon ground nutmeg
- 2 tablespoons chopped, unsalted dry roasted peanuts or sunflower seeds

- ¾ cup fresh raspberries
- ½ cup fresh blueberries

1. Line large rimmed baking pan with parchment paper. Peel and slice bananas; place on prepared pan and freeze 2 hours.

2. In food processor, pulse frozen banana slices until they resemble coarse crumbs; process until smooth. Add milk and nutmeg; process until combined.

3. Transfer banana mixture to medium bowl; stir in peanuts. Makes about 2½ cups.

4. Divide mixture into 4 bowls; evenly sprinkle with raspberries and blueberries.

Approximate nutritional values per serving (1 bowl): 100 Calories, 3g Fat (0g Saturated), 0mg Cholesterol, 2mg Sodium, 20g Carbohydrates, 2g Fiber, 2g Protein



STONEWALL KITCHEN

Creators of Specialty Foods



Sippin'
Pretty