



# CARROT FRITTERS

## INGREDIENTS

- 1/2 lb (220 grams) carrots, grated
- 1 small egg
- 4 Tbsp all-purpose flour, plus more if needed
- 1 garlic clove, grated
- 1 tsp ground cumin
- 2 Tbsp coriander leaves, chopped (optional)
- 1/2 tsp fine salt
- 1/8 tsp pepper (optional)

## INSTRUCTIONS:

1. Preheat the oven to 400F (fan forced) and grease or line with parchment paper a baking pan.
2. In a bowl, mix well all the ingredients until combined. You want to drain the grated carrots removing the excess moisture. You might add a bit more flour if the mixture is still wet.
3. Take a heaping tablespoon of the mixture, place it on the baking pan and flatten slightly with your hand.
4. Bake the fritters for about 12 minutes, then turn them over and keep baking for a further 12 minutes or until golden and crispy. Check your oven, the baking time might be slightly different.
5. Make a super easy yogurt-hummus dip simply mixing plain yogurt, hummus and lemon juice.
6. Serve the fritters, warm or cold, with the yogurt-hummus dip!





# STIR FRY WITH HOMEMADE TERIYAKI

## INGREDIENTS

TERIYAKI SAUCE INGREDIENTS  
(YIELDS 1 ½ CUP TERIYAKI SAUCE):

- 1 cup water
- ¼ cup light brown sugar, packed
- ¼ cup low-sodium soy sauce
- 1-2 tablespoons honey
- 1 large clove of garlic, finely minced
- ½ teaspoon ground ginger
- 2 tablespoons cornstarch
- ¼ cup cold water

STIR FRY INGREDIENTS  
(SERVES 1)

- ½ cup steam-in-bag brown rice, ~½ pack per team
- 1-2 tablespoon canola oil
- ~ ½ bell pepper, cut into 2x1/3-inch strips
- ~ ½ onion, cut into ½-inch slices
- 1 clove of garlic, finely minced

ADDITIONAL UNIQUE INGREDIENT IDEAS  
SUGGESTED MEASUREMENTS BASED UPON  
5 SERVINGS/1 SERVING PER TEAM

- 1 pound cooked chicken breast, sliced
- 2 large carrots
- 1 crown of broccoli florets
- 1 cup mushrooms
- 1 head baby Bok choy
- 1 bunch of scallions
- Sesame seeds
- 1 pack of seaweed snacks
- Fresh ginger

## INSTRUCTIONS:

1. Make the teriyaki sauce. In a small pot, combine the water, brown sugar, soy sauce, honey, garlic, and ginger. Bring to a gentle simmer over medium heat.
2. In a small bowl, whisk together the cornstarch and water to create a slurry.
3. Reduce sauce to a low heat. Stir in the slurry and thicken to desired consistency. Remove from heat. If the sauce becomes too thick, add water to thin out to desired consistency.
4. Select your unique ingredients for your stir fry. Decide how you want to serve them: cooked or uncooked.
5. Heat a large skillet (or wok) over high heat. Add 1 tablespoon of oil, swirl to coat the pan. Allow oil to heat. Add any desired vegetables. Cook for about 1 minute, stirring constantly.
6. Add 1 tablespoon of water, additional seasonings or meat, and cook until vegetables are crisp and tender: about 2-5 minutes. If the pan starts to dry out, continue to add 1 tablespoon of water at a time to prevent burning.
7. Pour desired amount of teriyaki sauce to the stir fry and stir to coat until the sauce has thickened.
8. Serve alongside warmed rice with any additional toppings.





# PEANUT BUTTER & JAM BARS



## INGREDIENTS

- Cooking spray
- 1 cup unsalted butter, room temperature
- 1/4 cup packed light brown sugar
- 1/4 cup granulated sugar
- 2 large eggs
- 2 tsp. Simply Organic vanilla extract
- 1/2 tsp. Simply Organic almond extract
- 1 1/2 cups All Purpose flour
- 1/2 cup almond flour
- 1 tsp. baking powder
- 1/2 tsp. fine sea salt
- 1 1/2 cups Nature's Path Organic Honey Almond Granola
- 1/2 cup Santa Cruz Organic Light Roasted Peanut Butter
- 1/2 cup Santa Cruz Organic Strawberry Fruit Spread

## INSTRUCTIONS:

1. Preheat oven to 350F. Lightly spray an 8x8 high-sided baking dish with cooking spray and then line it with 2 pieces of parchment paper that overhang on the sides.
2. To a stand mixer fitted with a paddle attachment add the butter and both sugars. Beat on medium until creamy, about 3-4 minutes. With the mixer on low add the eggs one at a time beating thoroughly before adding the second then add in the vanilla and almond extract and combine until mixed through.
3. In a small bowl whisk together the All Purpose flour, almond flour, baking powder, and salt. With the mixer on low slowly add in the dry ingredients and mix until you no longer see any dry bits, about 1 minute. Add in the granola and mix on medium until incorporated, about 30 seconds.
4. Scoop the mixture out into the prepared baking dish. Lightly wet your hands and press out into a flat even layer. Dot the top with tablespoons of the peanut butter and fruit spread, so they randomly cover the top but still leave some of the crust exposed. Swirl some of it into the crust.
5. Bake for 30-35 minutes or until puffed and golden brown around the edges and set in the middle. Let cool for 10 minutes in the pan then carefully remove and let cool fully on a baking rack then cut into 15 rectangle bars.