



Creamy Carrot Soup

Ingredients:

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2 cups or 16 oz. (4 retail pouches) of Hooray Purée Carrot
Lemon zest from 1 lemon
1½ cups chicken broth
2 cloves garlic, pressed
1½ cups half-and-half (or coconut milk)
Lemon juice to taste
¼ tsp. nutmeg
½ tsp. kosher salt (or to taste)
Ground pepper to taste

Method:

1. Combine all ingredients and warm on stove.





Creamy Spinach + Quinoa Risotto

Ingredients:

3 cups quinoa, cooked in 6 cups vegetable broth
Lemon zest of 2 lemons
½ cup parsley, finely chopped
½ cup scallions, finely chopped
1 cup parmesan cheese
1 ½ cups or 12 oz. (3 retail pouches) Hooray Purée Spinach

Optional: bunch of asparagus or broccoli, finely chopped

Method:

1. Prepare quinoa as you normally would (on stove or in rice cooker).
2. Blend the cheese and puree together to get a desired consistency. Be careful not to blend too much or consistency will be runny.
3. Add puree mixture to quinoa and stir.
4. Stir in half of the lemon zest, ¾ scallions and all of the parsley.
5. Garnish with remaining lemon zest and scallions.

**If preparing for children, you may want to try without scallions or parsley first.*



Butternut Squash + Sweet Potato Soup

Ingredients:

- 1 Tbs. coconut oil
- 1 yellow onion, diced
- 3 cups or 24 oz. (6 retail pouches) Hooray Purée Butternut Squash
- 1 cup or 8 oz. (2 retail pouches) Hooray Purée Sweet Potato
- 1 green apple, peeled, cored, cubed and blended until mashed
- 3 cups vegetable broth
- 1 tsp. cinnamon
- ½ tsp. curry powder
- ¼ tsp. ground ginger
- Pinch nutmeg
- ½ cup coconut milk
- 1 tsp. sea salt

Optional: pepitas and radish sprouts for garnish

Method:

1. Heat coconut oil in large stock pot over medium-low heat. Add onion and cook until translucent, about 5 minutes.
2. Add purees, apple, broth and spices. Gently stir.
3. While soup is warming, add in coconut milk and sea salt after several minutes.
4. Serve warm.





Butternut Squash Chipotle Fish Sauce

Ingredients:

- 1 cup plain or honey Greek yogurt
- ½ cup or 4 oz. (1 retail pouch) Hooray Purée Butternut Squash
- 1 tsp. Chipotle seasoning (or to taste)
- 1 tsp. Adobo seasoning (or to taste)
- ½ tsp. sea salt or Kosher salt (or to taste)

Method:

1. Blend together and serve with mashed or pureed fish.



Ginger Curry Sweet Potatoes

Ingredients:

- 1 Tbs. olive oil
- 1 ½ tsp. mild or sweet mango chutney (Patak brand)
- 1 small shallot, minced
- 1 tsp. curry powder (mild)
- ½ tsp. fresh ginger, minced
- 1 clove garlic, minced
- 2 cups or 16 oz. (4 retail pouches) Hooray Purée Sweet Potato

Optional: vegetable broth as needed, for consistency

Method:

1. In large heavy skillet, heat olive oil over medium heat. Add onion, curry powder, ginger and garlic. Cook until tender.
2. Stir in puree, broth and chutney. Cook until thickened, approximately 1 minute.

** For creamier consistency, place in food processor or use immersion blender until creamy.*



Healthy Macaroni + Cheese

Ingredients:

½ cup or 4 oz. (1 retail pouch) Hooray Purée Butternut Squash
½ cup or 4 oz. (1 retail pouch) Hooray Purée Sweet Potato
½ cup white beans, drained
3 cups Barilla whole grain elbow macaroni
2 Tbs. butter
2 Tbs. flour
1 cup whole milk
3 cups Cheddar cheese, shredded
Kosher salt & pepper (to taste)

Method:

1. Boil large pot of salted water. Cook the macaroni according to package directions.
2. Add white beans to food processor and process until smooth.
3. Heat a saucepan on medium heat. Melt butter. Whisk in flour until it forms a thick paste. Whisk in milk and cook until it begins to thicken, about 3-4 minutes. Add the beans, purees and cheeses. Stir until cheese has melted.
4. As soon as cheese is melted, remove from heat. Toss with macaroni noodles and serve immediately.





Orange Cardamom Carrot Puree

Ingredients:

1 cup or 8 oz. (2 retail pouches) Hooray Purée Carrot
Juice from 1 orange
1 Tbs. orange infused olive oil *or* 1 Tbs. unsalted butter, melted
1 tsp. orange zest, minced
¼ tsp. ground cardamom

Method:

1. Combine ingredients.



Spinach Basil Pesto

Ingredients:

½ cup or 4 oz. (1 retail pouch) Hooray Purée Spinach
¾ cup fresh basil leaves
½ cup toasted pine nuts
½ cup grated Parmesan cheese
4 cloves garlic, minced or crushed
¾ tsp. Kosher or sea salt
½ tsp. black pepper
2-4 Tbs. olive oil

Optional: 1 tsp. fresh lemon juice

Method:

1. Blend in blender until desired consistency. Start with 2 Tbs. olive oil, but add up to 2 more Tbs., as needed.





Skinny Alfredo Sauce

Ingredients:

- 1 Tbs. butter
- 1 clove garlic, minced or crushed
- 1 tsp. lemon juice
- 2 tsp. all-purpose flour
- ½ cup milk
- 1 cup or 8 oz. (2 retail pouches) Hooray Purée Butternut Squash
- ½ cup Parmesan cheese

Method:

1. In pot, melt butter over medium heat and sauté garlic and lemon.
2. Add flour, stir and cook for 1 minute, until thickened. Whisk in milk, puree and dash of salt, whisking constantly until just thickened.
3. Add Parmesan cheese and stir until melted.



Carrot Ginger Yogurt

Ingredients:

- 1 cup or 8 oz. (2 retail pouches) Hooray Purée Carrot
- 1 cup yogurt
- 2 Tbs. white miso paste
- 2 Tbs. rice vinegar
- 1 Tbs. sesame oil
- 1 Tbs. ginger paste
- 1 tsp. sugar

Method:

1. Combine all ingredients in medium bowl.



The Devil is in the Details Pureed Eggs

Ingredients:

- 12 boiled egg yolks
- ¾ cup plain Chobani Greek Yogurt
- 1 cup or 8 oz. (2 retail pouches) Hooray Purée Carrot
- ¼ cup of your favorite mustard
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. paprika

Method:

1. Add the yogurt, carrot, mustard and spices to bowl of boiled egg yolks.
2. Mash ingredients together using a fork. Serve.



Veggie Hummus

Ingredients:

- ½ cup or 4 oz. (1 retail pouch) Hooray Purée Spinach
- 1 clove chopped garlic
- 1 can (15 oz.) chickpeas, drained and rinsed
- ¼ tsp. salt
- 2 Tbs. lemon juice
- 2 Tbs. tahini
- 2 Tbs. olive oil
- 2 Tbs. water

Method:

1. Puree chickpeas and garlic (or use premade hummus).
2. Add remaining ingredients, stir and serve.



Butternut BBQ Sauce

Ingredients:

- 1 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. liquid smoke
- 1 tsp. black pepper
- 1 Tbs. Worcestershire sauce
- ½ cup brown sugar
- 1 cup or 8 oz. (2 retail pouches) Hooray Purée Butternut Squash
- 14 oz. catsup (one bottle)

Method:

1. Combine all ingredients. Mix well. Keep refrigerated.
2. Serve over rice, risotto, barley, or other soft pastas.