

Hooray Puree® Product Descriptions

All of our single ingredient vegetable purees are shelf stable and a great binding agent, providing students necessary nutrition and sustenance, developing palates, and most of all, kids love them!



Hooray Purée® Butternut Squash Puree, 50 oz. bag

Packed with nutrition, our **shelf stable butternut squash puree** is low in calories, an excellent source of beta carotene, and a good source of fiber, vitamin C, potassium, calcium, magnesium, niacin and folate. **1 oz of Hooray butternut squash puree equals ½ serving of orange vegetable** when served as a soup or with a visible vegetable. Perfect examples include: meatloaf, chili, pasta sauce, stir-fry or veggie rice medleys.



Hooray Purée® Spinach Puree, 50 oz. bag

Packed with nutrition, our **shelf stable spinach puree** is low in calories, an excellent source of beta carotene, vitamin K and a good source of calcium, folate, magnesium, manganese and iron. **1 oz of Hooray spinach puree equals ½ serving of dark green vegetable** when served as a soup (we have a great spinach sausage recipe!) or with a visible vegetable. Spinach puree is best when mixed with turkey or beef taco meat (served with lettuce and tomato) or heartier dishes like lasagna, chili or meatballs.



Hooray Purée® Sweet Potato Puree , 50 oz. bag

Packed with nutrition, our **shelf stable sweet potato puree** is low in calories, an excellent source of fiber and vitamins A, B6 and C and a good source of iron, magnesium, niacin, phosphorus, potassium, riboflavin and thiamine. **1 oz of Hooray sweet potato puree equals ½ serving of orange vegetable** when served as a soup (great with our carrot puree!) or with a visible vegetable. Sweet potato puree is best when mixed in with rice medleys, enchiladas, chili, or pasta sauces.



Hooray Purée® Carrot Puree , 50 oz. bag

Packed with nutrition, our **shelf stable carrot puree** is low in calories, an excellent source of beta carotene and a good source of fiber, manganese, niacin, and vitamin B6. **1 oz of Hooray carrot puree equals ½ serving of orange vegetable** when served as a soup (great with ginger or our sweet potato puree!) or with a visible vegetable. Carrot puree is best when mixed into taco meat (served with lettuce and tomato), pasta sauces, veggie mac and cheese, casseroles, enchiladas, veggie rice medleys, or even carrot cake!