



## Stride Kids in the Kitchen

### Week 4: Go Go Bowls!

Need a portable healthy meal? Join Chef Jeremy as he shows you how to prepare these delicious and nutritious bowls that easily go with you whether you're headed to school, the beach, or the office.

**Recipe:** Blueberry Hummus Bowl with Granola, Mango, Coconut and Chia

**Focused Chef Skills:** Puree, Measure, Cut Mango and Avocado

#### **Ingredient / Shopping List**

*Produce:*

- Fresh blueberries, 2 cups
- 1 mango
- 1 avocado
- Green grapes, 1 cup
- Strawberries, 1 cup
- 1 Banana (optional)

*Dry:*

- Chickpeas, 1 can
- Chia seeds, ¼ cup
- Coconut flakes(unsweetened), 1 cup
- Granola, 1 cup
- Hemp hearts (optional), ¼ cup

#### **Equipment List**

*To help you keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready and within reach before class begins.*

- 1 Cutting board
- 1 Chef knife
- 1 Medium mixing bowl
- 1 Sanitizer towel with sanitizer solution (1 Tablespoon bleach mixed with 1-quart water)
- Tasting spoons
- Measuring cups and spoons
- Blender or Food Processor
- Soft spatula
- 4 bowls (serving or storage)

#### **Advanced Prep List**

Please have the following items prepared before class begins.

- Wash all produce items.

## **RECIPE**

### **Blueberry Hummus Bowl with Granola, Mango, Coconut and Chia**

Ingredients:

- 2 cups Blueberries
- 1 Mango, pit and peel removed
- 1 Avocado, pit and peel removed
- 1 cup Canned Chickpeas, rinsed well
- ¼ cup Chia Seeds
- Pinch Kosher Salt
- 1 cup Granola of your choice
- 1 cup Coconut Flakes, unsweetened
- 1 cup Green Grapes
- 1 cup Strawberries, trimmed and quartered

Instructions:

Place the blueberry, mango and avocado in a blender or food processor and puree just until liquified. Add the chickpeas, chia, and salt. Run on medium speed until incorporated. The blueberry hummus should be getting smooth, but you should still see little bits of blueberry skins floating in the hummus. Equally pour or scoop the hummus into 4 bowls. Decorate the bowls with ¼ cup each of the granola, coconut, grapes, and strawberries.

- For a protein boost, add a tablespoon of hemp hearts to each bowl.
- For a sweeter treat, puree a very ripe banana into the hummus.

*Resource Takeaways:*

- Stride [Simple Ways to Nourish Your Immune System](#) article
- Stride in the Kitchen [Mango Green Smoothie](#) recipe
- Stride in the Kitchen [Mexican-Style Egg Cups](#) recipe
- UHG Stride Discount Feature:
  - Cooking Tool Discounts
    - [Sur La Table](#) Cooking Tools – 20% off
    - [KitchenAid](#) Cooking Tools – up to 20% and cash back deal

