

2023
EDITION

pure
flavor

Celebrates

- NATIONAL -
**SNACK
DAY**

MARCH
4TH

TOP 10 SNACKING DIP RECIPES

eBOOK

pure
flavor®

Live Deliciously®

If you're searching for delicious snacking ideas that are filling and nutritious, look no further! Try these flavorful dips that are loaded with fresh fruits & veggies!

WHAT'S INSIDE

FRESH PRODUCE MAKES DELICIOUS DIPS!

Pure Flavor® greenhouse grown fruits and vegetables can enhance your dips, making them even more delicious and nutritious for snacking:

Freshness: Picked at the peak of their freshness and flavor, they add a burst of fresh taste and texture to your dips.

Nutritional value: Grown in a controlled environment, they are also rich in vitamins and minerals, which can help support your overall health and well-being.

Versatility: Available all year, so you can make healthy dips no matter the season. Can be used in a variety of dip recipes, from sweet to savory.

Flavor combinations: Because they come in a variety of colors, textures, and flavors, you can experiment with different flavor combinations to create unique and delicious dips.

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Baked Goat Cheese & Sangria® Bruschetta Dip

CON
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Engage the conversation, no matter where you are:



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THE NEXT GENERATION OF VEGETABLE GROWERS

At Pure Flavor®, we're forging a new, green way forward that puts sustainability first by efficiently growing millions of healthy & flavorful vegetables. You deserve to feel good about the choices you make at your local grocery store. We're working hard to make that choice an easy one 365 days a year.

LIFE IS BETTER WHEN YOU *Live Deliciously®*





RECIPE | TOMATOES

CLOUD 9® WHIPPED FETA DIP



35 min

15 min
PREP.

20 min
COOKING



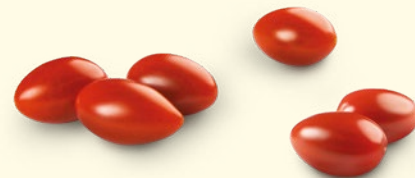
6



easy

INGREDIENTS

3 dry pints Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes
2 cloves garlic, minced
8 oz feta cheese, crumbled
6 oz cream cheese
¼ cup plain Greek yogurt
4 tbsp olive oil, divided
1½ tbsp lemon juice
1 tbsp honey
Salt and pepper, to taste
Dried oregano, for garnish
Balsamic glaze, for garnish
Baguette, sliced & toasted



DIRECTIONS

- 1** Preheat oven to 375°F. Spread tomatoes evenly on a baking sheet. Coat with 2 tablespoons of olive oil, salt & pepper to taste, and bake for 20 minutes. Set aside to cool.
- 2** Combine feta cheese, cream cheese, garlic, Greek yogurt, & lemon juice in a food processor. Pulse until well combined.
- 3** Add olive oil & honey and continue to blend. Once a smooth consistency is reached, mix in half of the roasted tomatoes by hand.
- 4** Transfer the cooled dip into a large bowl, drizzle with balsamic glaze & garnish with dried oregano. Serve with toasted baguette slices and garnish with remaining roasted tomatoes.

Pro tip: For optimal flavor, refrigerate for an hour before serving.



IT'S
TIME TO

#SnackHealthy

Our friend Amanda, a Keto Lifestyle Enthusiast, shares some of her hacks on how to turn unwanted snacking habits into feel-good, healthy choices for you and your family. Get inspired with simple tips and easy recipes to help update your snack choices. Start enjoying the rewarding benefits of including more vegetables today. With greenhouse grown vegetables, you can choose fresh any time of year!

AMANDA SEBELE, Keto Lifestyle Enthusiast

As modern life is more demanding than ever – from looking after our families, domestic duties, working full-time, and commuting on a daily basis – time moves quickly. We get set in our routines and we tend to put others needs ahead of making time for our own well-being. Even with the best of intentions, we often choose not-so-good snacking choices for the sake of time and convenience. Unfortunately, many convenient options are also packed with sugar, preservatives, bad fats, and other processed ingredients that have an impact on our bodies. Consuming these types of snacks can affect you both daily, and in the long run. But don't despair – just by taking baby steps and piggybacking on current daily routines can result in positive change! There is nothing like snacking on nutrient-dense vegetables, that are juicy, refreshing, full of flavor, and most importantly, pure natural fuel for our bodies. So how do we incorporate the good fresh snacks into our busy days? We've put together a few easy hacks that use the best greenhouse-grown snacking vegetables to make you feel great. It's time to #snackhealthy and experience Pure Flavor®!

IT STARTS AT HOME

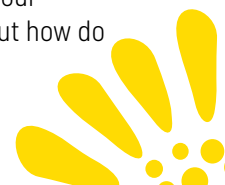
The best way to make significant change is to start with baby steps. When things are too difficult or seem daunting, we are quick to give up. We often go to what is easy and accessible, especially when life is busy. Your current snacking choices may not be ones that you are proud of, and if we're being honest they may also be addicting. It's best to start small, replacing one bad snacking choice with a more nutrient-dense flavorful option. Starting big and eliminating all the bad snacking choices increases your chances of failing and defaulting back to your old habits.

Think about your patterns. Be aware of what are your current go-to items for snacking and figure out the ones that you want to change. Do you tend to walk by the fridge or pantry and easily grab what's there? Do you have a secret stash of treats by the couch or bed for when it's your time to unwind? Is there a certain time of day when you really want to snack? Where are you? What do you do? Once you are aware of what you typically snack on, when and where, then you can start thinking of solutions to swap them with a better

snacking choice. Sounds easy but it is definitely hard to create lasting change. We are creatures of habit and this can be a major mental battleground but by putting a few key things into play, you should be able to work on forming new, healthier habits.

Habits are built through repetition. To be able to form or break a habit, it's important to understand the three stages of our actions:

1. Cue – Something that triggers to act a certain way. An example could be stress that triggers you to snack. The trigger tells your brain to provide you with a reward for how you are feeling.
2. Response – After the trigger is set, you may impulsively or mindlessly respond with action. It could be that you decide to easily find a quick snack to satisfy the need. Maybe work has a vending machine with goodies, or at home your pantry has a bag of chips calling you.
3. Reward – As a result of your action, you received the reward. Your craving is now satisfied. But how do you feel?



If you can identify the triggers and what the current rewards are, then you can swap those actions into better actions.

IT'S TIME TO GRAB THE RIGHT STUFF



Did you know that fresh, greenhouse grown produce is available year-round? It's often the first thing you see when you walk into the grocery store making it super easy to grab and enjoy! Though it may be a habit to reach for quick, convenient, and processed snacks, vegetables are refreshing on their own and they taste great with other ingredients like hummus. Choosing healthy items like veggies doesn't have to mean that you lose the conveniences.

Time is of the essence, that's why Pure Flavor® is passionate about offering healthy snacking items to help families make healthy decisions. Eating all the rainbow of colours can make you feel vibrant and full of life. Even when life gets busy, whether it's work, school, or social activities, Pure Flavor® has a full line of Snacking Tomatoes, Cucumbers and Peppers that you can easily stock your fridge with so that they are ready to grab and go.

CHANGE THE SITUATION

Here are some great snacking ideas for the busy parts of your day or typical situations where you may find yourself reaching for a snack. When it comes to vegetables that are sustainably grown in a controlled greenhouse environment, these snacks are packed with energizing vitamins and minerals.

MID-MORNING SNACKS:

Instead of typical carbohydrate heavy snacks like croissants, donuts, or cookies, why not easily replace them

with healthy choices like snacking on juicy Juno® Bites Red Grapes Tomatoes, Sangria® Medley Tomatoes, or give yourself an extra burst of energy with a handful of Mini Cucumbers. These are quick and easy to grab; great to eat at home or on-the-go.

ON-THE-GO AT SCHOOL OR WORK

Spending the day at school or the office means you need to be at your best! By incorporating nutrient-dense whole foods to snack on, you'll find yourself full of energy throughout the day. When we get home and are over hungry, we again tend to reach for what is quick, not always what is best for us. Some of the recipes below like Mini Caprese Bites and Turkey Sandwich, Deli Style Protein Box, or Rainbow Flatbread have a good balance of healthy fats, proteins, and carbohydrates with low amounts of sugar. This will keep your blood sugars stable in order to prevent sugar cravings and distribute energy evenly throughout the day.

It's really all about having good snack options easily accessible in order to form the feel-good habits. Pure Flavor® offers sweet and crunchy treats, all in easy and convenient travel packs. Looking for something fun for kid's school lunches? Why not check out the Mini Munchies Snack Packs which are a tasty lunchbox companion. Need something quick to bring to work or on a road-trip for your epic adventures? Refuel with Pure Flavor® Snack+ packs!

CHEAT NIGHTS

Sometimes we just need a good cheat night – whether you are curled up on your couch watching a movie or you have guests over to enjoy some snacks and socialize. Typically, those sweet and or salty snacks we tend to serve magically disappear and then appear on our waistline. Aurora Bites Mini Sweet Peppers, are, simply put, the perfect popping peppers to enjoy! Plus they make some really yummy appetizers for guests.

#SNACKHEALTHY

So, as they say time flies as we get older and maybe that is because our schedules get busier. With more demands on busy families, we want to ensure that you have the options you need to choose healthy snacks that will leave you feeling great.

Take stock of your current snacking and eating patterns to identify where and when you reach for snacks and start from there! Maybe start by substituting your morning snack for some sweet grape tomatoes or switch those chips for cucumbers and hummus at TV time. It really is as simple as starting with small steps to bring more fresh produce home and to have it accessible to make it just as convenient as pre-packaged snacks.

With greenhouse grown vegetables that are available all year round, you can start to enjoy all the rewarding benefits of eating well no matter the season. We hope these quick ideas inspire you to form new habits and help you feel great when you #snackhealthy.





RECIPE | TOMATOES

BAKED GOAT CHEESE & SANGRIA® BRUSCHETTA DIP



35 min

15 min
PREP.

20 min
COOKING



6



easy

INGREDIENTS

Recipe created by Hanan Ghadban

For the bruschetta:

2 dry pints Pure Flavor® Sangria®
Medley Tomatoes, quartered
1 clove garlic, crushed
¼ cup basil, cut into ribbons
2 tbsp olive oil
1 tbsp balsamic vinegar
Salt & pepper, to taste

For the dip:

2 cloves garlic, crushed
10 oz goat cheese, softened
6 oz cream cheese, softened
1 cup mozzarella, shredded
½ cup plain Greek yogurt
1 tbsp olive oil
Salt & pepper, to taste

For serving:

Grated Parmesan, for garnish
Balsamic glaze, for garnish
Baguette



DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 In a large bowl, mix bruschetta ingredients and set aside.
- 3 In a separate bowl, cream together the dip ingredients.
- 4 Lightly grease a baking dish and add the dip mixture. Spread evenly and bake on middle rack for 20 minutes until cheese is golden. Remove and set aside.
- 5 Once dip is slightly cooled, add bruschetta on top of the dip.
- 6 Garnish with Parmesan and balsamic glaze. Serve with sliced baguette and enjoy!

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RECIPE | TOMATOES

BALSAMIC TOMATO DIP



20 min
PREP.



15



easy

20 min

0 min
COOKING

INGREDIENTS

Recipe created by Caeli-Rose White

- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 2 cans** black beans, drained & rinsed
- 1 bag** frozen white corn, thawed
- 2** avocados, diced
- ½** red onion, diced
- 1 bunch** cilantro, diced
- 4-6 tbsp** balsamic vinegar
- 2-4 tbsp** olive oil
- 3 tbsp** fresh lime juice
- Salt & pepper, to taste



DIRECTIONS

- 1 Add the tomatoes, beans, corn, cilantro, and onion to a large mixing bowl. Season with salt and pepper, then add the lime juice, balsamic vinegar, and olive oil. Mix well. Adjust with more seasonings, olive oil or balsamic vinegar. Add the diced avocados just before serving. Serve with tortilla chips.



RECIPE | TOMATOES

MEDITERRANEAN TOMATO DIP



15 min

15 min
PREP.

0 min
COOKING



8



easy

INGREDIENTS

1 lb Pure Flavor® Chocolate Rose Brown Beefsteak Tomatoes, diced
1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
2 cloves garlic, minced
6 oz feta cheese, crumbled
½ cup Kalamata olives, pitted and chopped
3 tbsp olive oil
2 tbsp lemon juice
2 tbsp oil-packed sundried tomatoes, rinsed and chopped
1 tsp balsamic vinegar
Oregano, to taste
Pepper, to taste



DIRECTIONS

- 1 Combine tomatoes, cucumbers, olives, and oregano in a medium-sized serving bowl. Set aside.
- 2 In a small bowl, combine the olive oil, lemon juice, sundried tomatoes, garlic, vinegar, and pepper to taste. Whisk until combined. Pour the mixture over the tomatoes and olives and toss to combine.
- 3 Sprinkle the feta over the tomatoes. Serve immediately.



RECIPE | CUCUMBERS

NUMERO UNO SALSA



10 min
PREP.



10 min

N/A
COOKING

4

easy

INGREDIENTS

2 dry pints Pure Flavor® Uno Bites™ Nano Cucumbers, finely chopped

¼ red onion, finely diced

¼ bunch cilantro, finely chopped

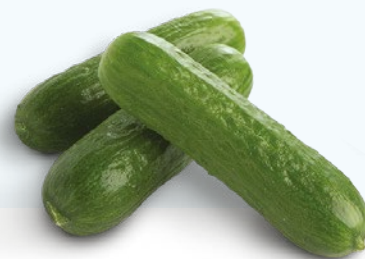
2 tbsp olive oil

2 tsp lime juice

½ **tsp** red chili flakes

¼ **tsp** garlic powder

Salt, to taste



DIRECTIONS

- 1 In a large bowl, combine cucumbers, red onion, garlic powder, olive oil, and lime juice.
- 2 Add cilantro and red chili flakes. Season with salt and serve with your favorite tortilla chips.

Pro Tip: For an added kick, substitute red chili flakes with finely chopped jalapeno or serrano chili peppers.



RECIPE | CUCUMBERS

PICKLED CUCUMBER ACHAAR



12 min

10 min
PREP.

2 min
COOKING



4



easy

INGREDIENTS

Recipe created by *Tanya Anurag*

- | | |
|--|----------------------------------|
| 1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers, sliced | ¼ tsp salt |
| 1 cup plain yogurt | Mint, for garnish |
| 1 tbsp lemon juice | Sesame seeds, for garnish |
| 1 tbsp olive oil | Pita Chips, optional for serving |
| ½ tsp sesame seeds, dry roasted | |
| ¼ tsp turmeric powder | |
| ¼ tsp red chili powder | |
| ¼ tsp fenugreek seeds | |



DIRECTIONS

- 1 Set aside ¼ cup of sliced cucumbers.
- 2 In a bowl, whisk plain yogurt with salt, turmeric, red chili powder, sesame seeds, lemon juice, and cucumbers.
- 3 Heat olive oil in a small pan over medium heat and fry fenugreek seeds until they crackle.
- 4 Add fried seeds and oil to the yogurt cucumber mixture.
- 5 Garnish with cucumber slices, sesame seeds, and mint. Serve with pita chips.

Pro Tip: For optimal flavor, let this dish set in the fridge for an hour before serving.



RECIPE | CUCUMBERS

CUCUMBER AVOCADO SALSA



10 min

10 min
PREP.

0 min
COOKING



4



easy

INGREDIENTS

1 lb Pure Flavor® Mini Cucumbers, diced
1 Pure Flavor® Red Beefsteak Tomato, diced
½ red onion, finely diced
1 avocado, diced
1 mango, diced
1 pkg dried Italian salad dressing mix
Salt, to taste



DIRECTIONS

- 1 In a large mixing bowl, combine all ingredients.
- 2 Chill for 30 minutes before serving.

Pro-tip: Serve with vegetables or tortilla chips.



RECIPE | PEPPERS

SWEET PEPPER SALSA



35 min

15 min
PREP.

0 min
COOKING



4



easy

INGREDIENTS

Recipe created by Megan Hutson

- 1 lb Pure Flavor® Aurora Bites Mini Sweet Peppers, chopped
- ½ red onion, chopped
- 1 bunch cilantro, finely chopped
- 1 lime, juiced
- 1 tsp sea salt
- 1 package banana chips
- 1 package rice crackers
- 1 bag tortilla chips

DIRECTIONS

- 1 In a medium bowl, mix all ingredients and set aside until ready to serve.
- 2 Place salsa in a serving bowl and set on serving tray. Arrange the colorful chips or crackers around the pepper salsa.





RECIPE | BERRIES

STRAWBERRY DESSERT SALSA



30 min

20 min
PREP.

10 min
COOKING



6



easy

INGREDIENTS

12 oz Pure Flavor® Sweet Blooms® Strawberries, finely chopped

12 oz frozen unsweetened raspberries, thawed and drained

2 apples, peeled and finely chopped

2 kiwis, peeled and finely chopped

3 tbsp peach jam

2 tbsp sugar

Cinnamon Tortilla Chips:

10 flour tortillas, quartered

6 cups vegetable oil

3 tbsp brown sugar

2 tsp ground cinnamon



DIRECTIONS

- 1 In a large bowl, combine strawberries, apples, raspberries, kiwi, peach jam, and sugar. Cover and chill until ready to serve.
- 2 In a medium pot, heat oil to 375°F. Fry tortillas a few at a time until light golden brown on both sides. Drain on paper towels.
- 3 Combine brown sugar and cinnamon and toss tortilla chips to coat.
- 4 Serve with Strawberry Dessert Salsa with cinnamon tortilla chips.



RECIPE | MELONS

MELON SALSA



15 min

15 min
PREP.

N/A
COOKING



4



easy

INGREDIENTS

- 2 Pure Flavor® Solara™ Melons, cubed
- 1 Pure Flavor® Long English Cucumber, diced
- 1 small red onion, finely chopped
- ½ **cup** cilantro, roughly chopped
- 1 lime, juiced
- 1 **tbsp** olive oil
- 1 habanero chili, finely chopped
- 1 **tsp** salt



DIRECTIONS

- 1 In medium bowl, combine all ingredients together and serve. Enjoy!



Live Deliciously[®]