



**Fresh**  
*from*  
**Florida**®

# Sunshine Bites

A Kids' Cookbook of  
Fresh From Florida Flavors

# A Special Invitation to Cook Together

*Dear Parents,*

Welcome to a world of fresh flavors and fun-filled kitchen adventures! This cookbook was designed with young chefs in mind—full of exciting recipes featuring Florida's freshest produce and fruit. But the best ingredient of all? You!

Good mornings start in the kitchen. Whether it's a lazy weekend or a busy school day, this cookbook gives you and your Junior Chef the perfect opportunity to discover new flavors, learn basic cooking skills, and make some memories - all before the day begins!

Inside, you'll find simple, step-by-step recipes made with Florida's freshest ingredients—perfect for little hands ready to whisk, pour, and taste. Explore new flavors, spark creativity, and celebrate every accomplishment—from perfectly whisked eggs to fruit-topped parfaits!

Still hungry? Visit [FreshFromFlorida.com](http://FreshFromFlorida.com) for even more recipes like these! Become a club member and create custom menus, save and share your favorite recipes, and even ask Chef Justin your own cooking questions. Here's to waking up on the sunny side!

*Happy cooking!*



# Breakfast

## Sunshine Bites

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Fresh From Florida Flavors

### Availability



**BELL PEPPER**  
OCT-JUN



**BLUEBERRY**  
MAR-MAY



**CANTALOUPE**  
MAR-JUL



**MUSHROOM**  
YEAR ROUND



**STRAWBERRY**  
DEC-APR



**SQUASH & ZUCCHINI**  
OCT-JUN

# Florida Blueberry Oatmeal Bars

## INGREDIENTS

- 1 ¼ cups Florida blueberries
- ¼ cup Florida orange juice
- ¼ cup Florida sugar
- 1 ½ cups rolled oats
- ¾ cup whole-wheat flour
- ½ cup brown sugar, packed
- 1 tablespoon cornstarch
- 1 stick butter, softened

## PREPARATION

Combine the blueberries, sugar, orange juice and cornstarch in a saucepan. Bring to a boil and cook for 2 to 3 minutes, stirring until sauce thickens, then remove from heat and cool. In a mixing bowl combine oats, flour, brown sugar and butter to make the crumble. Coat a baking pan with nonstick spray and divide the crumble in half. Press half the mixture into the bottom of the pan. Pour the cooled blueberry filling over the oat mixture. Crumble the remaining oat mixture over top and press lightly to hold in place. Bake at 350 degrees for 40 minutes or until browned. Allow to cool prior to slicing the squares.





## Florida Blueberry and Cream Cheese Stuffed Crescents

### INGREDIENTS

- 1 cup Florida blueberries
- 8 ounces cream cheese, softened to room temperature
- 2 tablespoons natural Florida sugar crystals
- 1 Florida egg, beaten
- 1 teaspoon Florida orange zest
- 1 teaspoon lemon or lime zest
- 1 tube crescent dough
- 1 teaspoon natural vanilla

### PREPARATION

Preheat oven to 350 degrees. In a small mixing bowl, combine the cream cheese, all the zest, 1 tablespoon of the sugar crystals and the vanilla. Mix the cream cheese mixture until completely combined. Open the tube of dough and unroll. Cut the dough along the perforated lines to make individual triangles. Starting at the wide end of the triangle, evenly add 1 ounce of the cream cheese mixture keeping the cheese close to the bottom. Add  $\frac{1}{2}$  of the blueberries to the top of the cream cheese mixture. Carefully roll the dough up starting at the wide end. Continue this process until all 8 crescents are stuffed and rolled. Place the stuffed crescents on a baking sheet. Lightly brush the outside of each crescent with the beaten egg, and evenly sprinkle the tops of each with the remaining tablespoon of sugar crystals. Place the stuffed crescents in the preheated oven and bake for about 15 minutes until golden brown. Remove from oven and serve warm.

# Florida Egg and Vegetable Bake

## INGREDIENTS

- 10 Florida eggs
- 2 (8-ounce) tubes of croissant dough
- ½ cup Florida mushrooms, sliced thin
- ½ cup Florida sweet peppers, diced
- ¼ cup Florida zucchini, diced
- ¼ cup Florida yellow squash, diced
- 1 cup jack cheese, shredded
- ½ cup bacon, cooked and chopped
- 1 teaspoon your favorite seasoning blend
- Sea salt and fresh ground pepper to taste

## PREPARATION

Preheat oven to 350 degrees. In a medium-sized bowl, whisk together eggs and seasoning blend. Open both tubes of croissant dough and unroll them on a clean cutting board. Using a knife slice along all the connecting lines, next cut each triangle in half longways. Roll up each piece of cut croissant dough starting at the big end until all of them have been rolled into what looks like mini croissants. Line your medium to large cast iron pan or baking dish all the way around with the rolled croissant dough pieces to form a crust. Pour the whisked eggs into the lined pan. Start adding the vegetables, bacon and cheese to the pan. Once finished, lightly season the eggs with salt and fresh ground pepper. Place the pan in the oven and cook for 15 to 25 minutes until the eggs are cooked throughout and the croissants are golden brown. Remove from oven and serve warm.





## Florida Cantaloupe Smoothie Bowl

### INGREDIENTS

- 1 cup Florida cantaloupe, diced and frozen
- ½ banana, peeled, sliced and frozen
- ¼ cup milk, almond milk, or soy milk
- Various toppings (such as nuts, toasted coconut, berries, hemp seeds, chia seeds)

### PREPARATION

Place frozen fruit in a high-speed blender and turn on. Slowly add liquid until the mixture starts to blend (you might not need all the liquid). Turn off and scrape down sides, continue blending until the mixture is thick and smooth. Pour into small bowl and top with favorite toppings. Serve immediately.

# Florida Strawberry Stuffed French Toast

## INGREDIENTS

- 2 cups Florida strawberries, diced
- 8 ounces Florida goat cheese, softened
- 3 tablespoons brown sugar
- 2 tablespoons vanilla extract, divided
- 1 loaf brioche bread, sliced 1 ½-inch thick
- 1 cup whole milk
- 3 eggs
- 4-6 tablespoons unsalted butter
- Toppings (such as Florida honey, Florida strawberries, powdered sugar or syrup)
- Pinch of sea salt

## PREPARATION

In a small bowl, combine softened goat cheese, brown sugar and 1 tablespoon vanilla. Mix thoroughly and set aside. Prepare bread by making a pocket in each slice (do not cut all the way through). Using a small spoon fill each slice of bread with 1 tablespoon goat cheese mixture, spreading evenly. Add 1 to 2 tablespoons diced strawberries and seal by pressing edges together. Continue until all slices have been stuffed. Reserve ½ cup strawberries for toppings. Place into a baking dish.

In a small bowl, whisk together milk, eggs, 1 tablespoon vanilla and a pinch of salt. Pour mixture over stuffed bread slices and allow to soak for a minimum of 10 minutes, flipping halfway through.

Preheat a large sauté pan over medium-high heat with 2 tablespoons butter. Cook each slice of bread on both sides until golden brown, about 2 minutes per side. Serve immediately with toppings of your choice.





## Florida Blueberry Breakfast Casserole

### INGREDIENTS

- 2 cups Florida blueberries
- 1 white bread loaf
- 4 ounces cream cheese
- 8 large eggs, beaten
- 1 ½ cups milk
- ¼ cup maple syrup
- ½ stick butter, melted

### PREPARATION

Preheat oven to 350 degrees. Cut bread into 1-inch cubes. Cut cream cheese into small cubes. Lightly grease a 9-inch square baking dish. Place half of the bread cubes in the dish. Evenly place the cream cheese cubes and 1 cup of the blueberries over the bread. Add the remaining bread cubes and blueberries to the top of the casserole. In a medium-sized bowl, combine eggs, milk, maple syrup and butter. Slowly pour egg mixture over bread. Cover casserole with foil and bake for approximately 45 minutes. Remove from oven and insert a toothpick in the center of the casserole. When it comes out clean, remove the foil. Bake for approximately 10 more minutes or until top appears golden brown. Let cool slightly and serve warm with extra maple syrup on the side.

# Florida Strawberry Fritters

## INGREDIENTS

- 2 cups Florida strawberries, diced
- 1 cup Florida orange juice
- 2 large eggs
- 2 tablespoons unsalted butter, melted and cooled slightly
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- ½ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ¼ teaspoon ground ginger
- Pinch of cardamom
- Pinch of white pepper
- ½ cup sugar (for coating)
- 1 tablespoon cinnamon (for coating)
- 2 quarts (or more) oil, for frying

## PREPARATION

In a medium bowl toss sugar and cinnamon together and set aside.

To prepare the batter, combine flour, sugar, baking powder, salt, cinnamon, cardamom, ginger, and white pepper in a large bowl. Add the diced strawberries to the flour mixture and toss to combine. In a separate bowl whisk together the orange juice, vanilla, eggs and melted butter. Add dry ingredients (in 2 stages) to wet ingredients until fully combined. Set batter aside to rest for 10 to 15 minutes.

Meanwhile, add at least 2 inches oil to cast iron pan or Dutch oven and heat over medium-high heat until 350 degrees. Using an ice cream scoop (or other high heat safe spoon) drop mounds of batter into hot oil, being careful not to overcrowd pan. Allow to fry at least 6 to 8 minutes, flipping halfway through, or until golden brown. Transfer fritters to paper-towel lined baking sheet to drain any excess oil. Immediately toss in cinnamon-sugar mixture to coat. Serve warm.





## Florida Strawberry and Goat Cheese Tarts

### INGREDIENTS

- 3 cups Florida strawberries, sliced thin
- ½ cup Florida strawberry jam
- Florida honey to drizzle
- 1 tablespoon Florida sugar
- 6 ounces Florida goat cheese
- 1 egg, beaten
- 2 (9-inch rounds) prepared pie crust, homemade or store bought

### PREPARATION

Preheat oven to 375 degrees. Cut out 3 equal-sized circles from each of the 2 larger pie crusts. Place all the cutouts on 1 or 2 lightly greased cookie sheets for baking. Spread an even amount of strawberry jam in the center of each of the cutouts. Have fun evenly arranging or layering the sliced strawberries around the inside of all the cutouts leaving room for a crust. Fold the crust onto itself all the way around to form a crust edge. Crumble an even amount of the goat cheese over each of the strawberry tarts. Brush the crust edges of each of the filled tarts with the beaten egg wash. Lightly sprinkle the sugar evenly over all the crusts where they were just brushed with the beaten egg. Place the tarts in the preheated oven. Cook the strawberry tarts for about 15 to 20 minutes or until the crust is golden brown and the strawberries are bubbling. Remove the strawberry tarts from the oven and let cool slightly. Lightly drizzle strawberry tarts with Florida honey. Serve with fresh whipped cream and extra honey if desired.

# Conversions



CUPS



OZ



G



TBSP



TSP



ML

1	8	225	16	48	250
3/4	6	170	12	36	175
2/3	5	140	11	32	150
1/2	4	115	8	24	125
1/3	3	70	5	16	70
1/4	2	60	4	12	60
1/8	1	30	2	6	30
1/16	1/2	15	1	3	15

2 CUPS = 1 PINT    2 PINTS = 1 QUART    4 QUARTS = 1 GALLON

250°F	300°F	325°F	350°F	400°F	450°F
120°C	150°C	160°C	175°C	200°C	230°C

HERBS: 1 TBSP FRESH = 1 TSP DRY

# Lunch and Dinner

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### Availability



**AVOCADO**  
JUN-FEB



**BELL PEPPER**  
OCT-JUN



**CUCUMBER**  
OCT-JUN



**ORANGE**  
SEP-JUN



**RADISH**  
NOV-MAY



**SWEET CORN**  
NOV-MAY



**TOMATOES**  
OCT-JUN

# Florida Chicken, Avocado and Swiss Wraps

## INGREDIENTS

- 3 Florida chicken breasts, cooked and sliced
- 1 large Florida avocado, peeled and sliced
- 4 slices Swiss cheese
- 4 whole-wheat wraps
- ¼ cup plain yogurt
- 1 tablespoon Dijon mustard
- 1 lemon, juiced
- 1 lime, juiced
- Sea salt and fresh ground pepper, to taste

## PREPARATION

In a small bowl combine the yogurt, mustard, and lemon juice; season with sea salt and pepper, to taste. Place two slices of cheese on top of each wrap, place on a cookie sheet and broil in the oven until the cheese melts. Remove from the oven and add chicken slices to each wrap. Add sliced avocado, sprinkle with lime juice, and top with yogurt sauce. Fold the wrap to create a sandwich.





## Florida Radish and Cucumber Sushi Wraps

### INGREDIENTS

- 2 large Florida cucumbers, sliced thin longways
- 1 head of Florida hydroponic bib lettuce (or romaine hearts)
- 8-10 Florida radishes, rinsed, trimmed and julienne cut
- 1 cup Florida carrots (matchsticks or grated)
- ½ cup fresh cilantro
- 1 teaspoon mixed sesame seeds, toasted
- Soy sauce (or your favorite dipping sauce), to taste

### PREPARATION

Lay a slice of cucumber out on a clean surface. In the middle of the cucumber slice, make a bed of lettuce using 2 lettuce leaves. Then add about a teaspoon worth of carrot and radish. Lastly, add a sprig of fresh cilantro. Roll the cucumber around the bed or stack of lettuce and vegetables. Repeat this process until you have at least 8 rolls. Arrange the rolls on a platter and garnish them with more radish and the sesame seeds. Serve with your favorite dipping sauce.

# Taco Stuffed Florida Bell Peppers

## INGREDIENTS

- 3 large Florida bell peppers (your favorite color), halved lengthwise, seeds removed
- 1 pound lean ground Florida beef
- 2 cups Florida tomatoes, diced
- 1 cup Florida zucchini, diced small
- 1 cup Florida squash, diced small
- 1 cup onion, chopped
- 1 tablespoon garlic, minced
- 1 lime, juiced
- 1 teaspoon oregano
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon chipotle chili powder
- 1 tablespoon chili powder
- 2 cups Colby jack cheese, shredded (or your favorite)
- Olive oil, for cooking
- Various toppings, such as tortilla chips, sour cream and cilantro
- Sea salt and fresh ground pepper, to taste

## PREPARATION

Preheat a large sauté pan over medium-high heat. Preheat oven to 375 degrees. Add olive oil to preheated sauté pan. Add chopped onion to pan and cook until translucent. Add garlic and ground beef to cooking onions. Brown ground beef and drain any excess fat. Add the lime juice, dry spices, tomatoes, zucchini and squash; stir to combine. Remove from heat and let cool slightly. Add about half of the cheese to the beef mixture. Stir to combine. Evenly stuff each pepper half with the beef mixture. Top each stuffed pepper with the rest of the cheese. Place stuffed peppers on a cookie sheet. Bake in preheated oven for 15- 20 minutes. Remove from oven and let cool slightly. Serve warm with chips, salsa, and sour cream.





## Florida Sweet Corn and Jack Cheese Quesadilla

### INGREDIENTS

- 1½ pounds Florida pink shrimp, peeled and deveined
- 2 cups Florida orange juice
- 1 teaspoon sesame oil
- 1 teaspoon low-sodium soy sauce
- 1 teaspoon hot pepper, finely chopped
- 1 tablespoon garlic, minced
- 2 tablespoons parsley, finely chopped
- Sea salt and fresh ground pepper, to taste

### PREPARATION

In a large skillet over medium-high heat, cook orange juice, soy sauce, sesame oil and garlic until liquid is reduced by half. Add pink shrimp and cook approximately 6 to 8 minutes or until shrimp is opaque in center and liquid thickens again. Add the chopped pepper and mix well, then taste and adjust seasoning as needed. Garnish with chopped parsley and serve immediately.

# Florida Tomato and Sweet Pepper Flatbread

## INGREDIENTS

- 1 large Florida bell pepper (red, yellow, green or 1/3 of all 3 colors), seeded and sliced thin
- 2 medium Florida tomatoes, sliced thin
- 2 medium or 1 large baked flatbread or pizza crust
- 2 cups mozzarella cheese, shredded (or your favorite)
- 1/4 cup fresh basil, hand torn
- 1/2 cup Parmesan cheese, grated
- 5 cloves fresh garlic, minced
- 1 tablespoon olive oil
- Sea salt and fresh ground pepper, to taste

## PREPARATION

Preheat oven to 375 degrees. Spread olive oil and garlic evenly over the flatbread. Evenly distribute three-fourths of the 2 kinds of cheese over the flatbread. Evenly distribute the bell pepper and tomato over the cheese. Add remaining cheese to the top of the flatbread. Season the flatbread lightly with salt and pepper. Bake flatbread on a cookie sheet for 7 to 10 minutes until cheese is melted and bubbly. Remove flatbread from oven and garnish with the hand-torn basil. Cut flatbread into several servings and serve warm.





## Florida Beef and Sweet Pepper Skewers

### INGREDIENTS

- 1-2 pounds Florida beef (tenderloin, sirloin, or your favorite cut of beef) cut into 1-inch cubes
- 2 large Florida bell peppers (your favorite color), cut into 1-inch squares
- 1 large onion, cut into 1-inch squares
- 1 cup steak sauce (your favorite)
- 8-10 bamboo skewers (soaked in water for 1 hour) or metal skewers
- Cooking oil spray for grilling
- Sea salt and fresh ground pepper, to taste

### PREPARATION

Assemble skewers by alternating beef, peppers and onions. Season with salt and pepper. Preheat the grill to medium-high heat. Lightly spray skewers with cooking oil spray and carefully place on grill. Cook to desired temperature while basting with steak sauce. When done, remove from grill. Allow the kabobs to rest for 5 minutes before serving.

# Florida Sweet Corn and Ricotta Fritters

## INGREDIENTS

- 2 ears Florida sweet corn, kernels removed
- 4 ounces ricotta cheese
- 2 large eggs, beaten
- ½ bunch fresh cilantro, chopped fine
- ½ cup self-rising unbleached or whole wheat flour
- Oil for deep frying (neutral oil such as vegetable)
- Sea salt and fresh ground pepper, to taste

## PREPARATION

Add oil to a large (and heavy) pot and preheat on medium-high. Do not overfill, as oil will rise during frying. The oil temperature should reach 365 degrees for proper frying.

In a medium bowl, combine the corn, cilantro, ricotta, eggs, flour and a pinch of sea salt and pepper. Allow batter to rest for 5 minutes before frying. Carefully add spoonfuls of the batter to the oil and fry for 2 to 3 minutes or until cooked all the way through. When done, remove from oil with slotted spoon, allowing any excess oil to drain. Place on paper towel-lined pan to cool. Season with sea salt and pepper to taste. Serve with low-fat sour cream if desired.





## Florida Sweet Pepper and Chicken Street Tacos

### INGREDIENTS

- 2 cups Florida sweet peppers, sliced
- 1 pound roasted chicken, pulled or chopped rough
- 8 small soft corn or flour tacos
- 1 cup queso blanco crumbles
- 2 limes, quartered
- ¼ cup fresh cilantro sprigs
- 1 teaspoon taco seasoning blend
- Cantina style salsa (your favorite)
- Florida hot sauce, to taste
- Sea salt and fresh ground pepper, to taste

### PREPARATION

Preheat a large sauté pan over medium-high heat. Add sliced sweet peppers and taco seasoning to a dry pan. Let peppers blister and char to add flavor. Remove peppers from pan and set aside. In same pan, lightly toast tortillas until warm. Remove tortillas from pan and place on a platter or plates. In same pan, add chicken and 1 tablespoon of the salsa you plan to use. Warm the cooked chicken until heated throughout. Assemble the street tacos by adding an even amount of chicken and peppers to each tortilla. Garnish each taco with salsa, cheese and fresh cilantro. Serve with lime wedges, salsa and Florida hot sauce.

# Conversions



CUPS



OZ



G



TBSP



TSP



ML

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# Snacks and Desserts

## Sunshine Bites

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### Availability



**BLUEBERRIES**  
MAR-MAY



**CUCUMBER**  
OCT-JUN



**MANGO**  
MAY-OCT



**STRAWBERRIES**  
DEC-APR



**WATERMELON**  
MAR-JUL and OCT-DEC

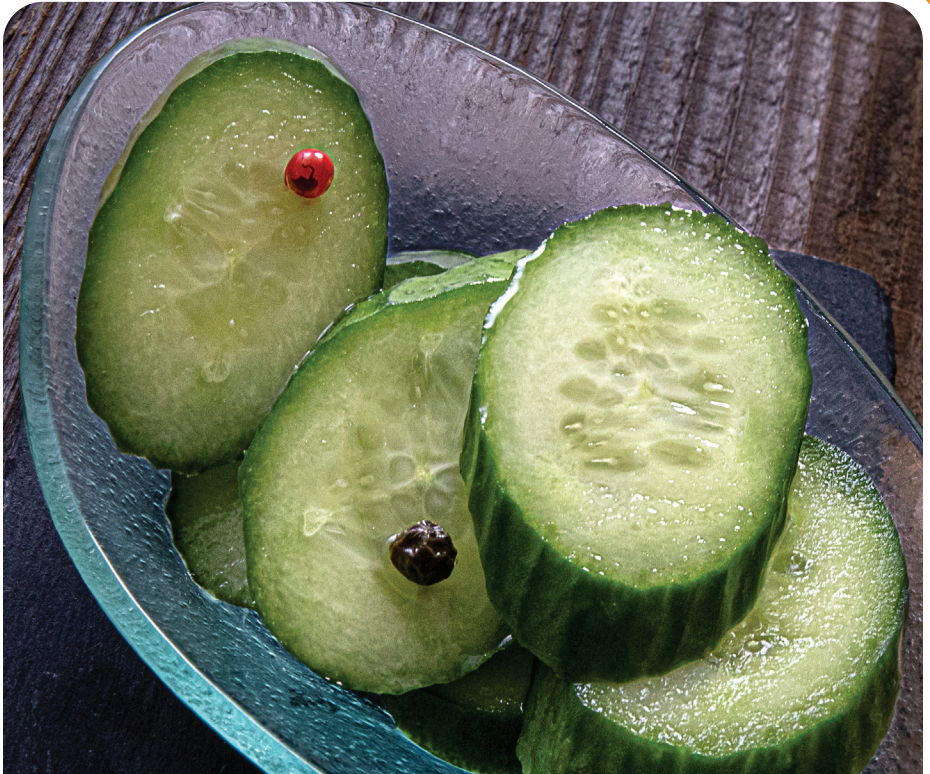
# Florida House Pickles

## INGREDIENTS

- 8-10 Florida cucumbers, sliced ¼-inch thick
- 3 cups water
- 2 cups apple cider vinegar
- 1 teaspoon sugar
- 1 bunch fresh dill
- 3 cloves garlic
- 20 peppercorns
- 1-2 tablespoons sea salt

## PREPARATION

In a large pot, combine the water, vinegar, sugar and salt. Bring to a boil over medium-high heat long enough to dissolve the sugar and salt. Remove from heat and set aside. Fill 3 mason jars with 1 garlic clove, 5 to 6 peppercorns, 2 to 3 sprigs fresh dill and sliced cucumbers. Avoid packing the cucumbers tightly to allow room for brine mixture. Carefully pour brine into each jar, covering the contents completely. Allow to cool to room temperature before securing with lid. Once cool, store in refrigerator for up to 4 weeks.





## Florida Watermelon Slices with Balsamic Syrup, Mint Oil and Feta Cheese

### INGREDIENTS

- 6-12 slices of fresh Florida watermelon
- 4-6 ounces feta cheese, crumbled
- ½ cup olive oil
- 20-25 fresh mint leaves
- 2 tablespoons fresh parsley
- Sea salt to taste
- 1 ½ cups balsamic vinegar
- 3 tablespoons Florida sugar

### PREPARATION

#### Mint Oil

Combine all the ingredients in a blender and process until smooth.

#### Balsamic Vinegar Syrup

In a medium-sized saucepan, combine vinegar and sugar. Bring ingredients to a boil and turn down the heat so the vinegar won't boil over. Continue to cook for about 20 minutes until the syrup coats the back of a spoon. You should end up with about 1/3 of a cup of syrup. Let cool to room temperature.

#### Watermelon Slices

Arrange slices of watermelon on individual plates or a large platter. Drizzle small amounts of mint oil and balsamic syrup over the watermelon slices. Add the crumbled feta cheese to the top of the sliced melon. Serve cold.

# Florida Fruit Pops

## INGREDIENTS

- 2 cups Florida Blueberries (or other seasonal Florida fruit)
- ½ cup Florida sugar
- 1 cup water
- ½ lemon, juiced

## PREPARATION

Add all ingredients to blender and puree until smooth. Pour into favorite molds and freeze for at least 4 hours or until solid. Unmold and serve immediately.





## Florida Strawberry Whole Wheat Muffins

### INGREDIENTS

- 1 pound Florida strawberries, (rinsed and topped) quartered
- $\frac{1}{3}$  cup Florida honey
- 1 teaspoon Florida sugar, for topping
- 2 large Florida eggs, at room temperature
- 1  $\frac{3}{4}$  cups whole wheat flour
- $\frac{1}{3}$  cup old-fashioned oats, plus 2 tablespoons separated for topping
- $\frac{1}{2}$  teaspoon baking soda
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{3}$  cup olive oil
- 1 cup plain Greek yogurt
- 2 teaspoons vanilla extract

### PREPARATION

Preheat the oven to 400 degrees. Prepare muffin pan or tin by lightly greasing each muffin spot in the pan, or by adding paper muffin baking cups to each spot. In a large mixing bowl, combine the flour, salt, baking soda, baking powder and oats. Lightly stir to combine. In a separate medium-sized bowl, combine the olive oil, honey, eggs, yogurt and vanilla. Mix wet ingredients well. Add the wet ingredients to the large bowl of dry ingredients and stir without overmixing. Fold the freshly cut Florida strawberries into the batter mixture. Evenly divide the strawberry batter into the 12 sections of the muffin tin or baking cups. Sprinkle the tops of each muffin with the reserved oats and a pinch of natural Florida sugar to taste. Carefully place the filled muffin tin in the preheated oven and cook for around 20 minutes. To check for doneness, use the toothpick method by inserting a toothpick into the center of one of the middle muffins. If the toothpick comes out clean, the muffins are done. Remove the cooked muffins from the oven and let cool before serving warm with Florida strawberry jam or unsalted butter.

# Florida Mango Upside Down Cupcake

## INGREDIENTS

- 2 cups Florida mango, diced small
- ½ cup light brown sugar
- 2 tablespoons unsalted butter
- 1 teaspoon vanilla extract
- 1 cup whipped cream (store bought or homemade)
- Fresh mint, for garnish (optional)
- 1 cake mix (store bought or homemade)

## PREPARATION

Preheat oven to 375 degrees if using the homemade recipe (if using store bought, follow package instructions). Prepare cupcake batter using box mix or homemade recipe provided. Once the batter is prepared, place cupcake liners in the cupcake pan and set aside. In a small sauce pan over low heat combine the brown sugar, butter, vanilla and mix until smooth. Add the diced mangos and stir to combine. Remove from heat and allow to cool for 5 to 10 minutes. Once cool, add a tablespoon of mango mixture to each cupcake liner. Using an ice cream scoop, evenly divide the batter into the liners (about  $\frac{2}{3}$  full) do not overfill. Bake for about 16 to 18 minutes (if using the scratch made recipe) or until a toothpick comes out clean when inserted. Set aside to cool completely. Top with whipped cream and mint sprig, if desired.





## Florida Strawberry Tiramisu

### INGREDIENTS

- 1 pound Florida strawberries
- 2 tablespoons Florida sugar
- 2 tablespoons Florida honey
- 1 ¼ cups strawberry preserves
- 1 pound Italian mascarpone cheese, room temperature
- 1 cup heavy whipping cream, chilled
- 1 teaspoon vanilla extract
- 1 (7-ounce) package ladyfinger cookies

### PREPARATION

In a large bowl, combine softened mascarpone, sugar and honey and mix thoroughly. In a separate bowl, whisk heavy cream and vanilla until stiff peaks form. Gently fold heavy cream mixture into the mascarpone mixture. Use individual bowls or small dessert dishes to serve. Place sliced strawberries in the bottom of the dish, followed by a dollop of preserves. Next, add crumbled ladyfingers, then a dollop of the mascarpone mixture. Continue layering. Store in refrigerator until ready to serve.

# Florida Strawberry Smoothie

## INGREDIENTS

- 1 cup Florida strawberries
- ½ banana
- 1 teaspoon lemon juice
- 1 cup fat-free milk (may substitute water, juice, or dairy-free milk)
- ½ cup low-fat vanilla or plain yogurt
- Ice cubes

## PREPARATION

Place all ingredients in blender and blend until smooth. Serve immediately.

Fresh tip: Fruits and vegetables can be prepared in advance and frozen in individual freezer-safe bags. Skip the ice cubes when using frozen ingredients.





## Florida Mango, Greek Yogurt & Superfood Granola Parfait

### INGREDIENTS

- 2 ripe Florida mangoes
- 2 cups vanilla bean Greek yogurt
- 1 cup heavy whipping cream
- 1 teaspoon powdered sugar
- 2 cups superfood granola (or crushed cookie crumbs)

### PREPARATION

Place a medium-sized mixing bowl in the freezer to get cold. Use the hedgehog method or peel both mangoes. Dice one of the mangoes into small pieces and set aside. Remove fruit from seed of second mango and add that fruit to a food processor or blender to puree. Puree the fibrous mango, then strain through a fine sieve, removing all fibrous bits and leaving puree smooth. Remove chilled mixing bowl from freezer, then add heavy cream and powdered sugar. Use a whip or thin whisk to vigorously whip air into cream, until stiff peaks form. To assemble the parfait, make even alternating layers, starting with diced mango, then following up with yogurt, granola, mango puree and finally freshly whipped cream. Garnish top with diced mangoes and whipped cream. Keep cold and serve within two hours.

