

GREEN MARKET



RECIPE CARD

SEASONAL PRODUCE:

OKRA, GREEN BEANS, EGGPLANT, PEACHES,
TOMATOES, CUCUMBERS, BLUEBERRIES, KALE

HOW TO MAKE: ICE CREAM SANDWICH

BANANAS (FROZEN)
COCONUT CONDENSED MILK
RAWHEAD BREAD BUCKWHEAT BARS*

*Find these items at the Green Market!

1. Add frozen bananas and coconut condensed milk in blender and blend until combined.
2. put mixture between Rawhead Bread buckwheat bars
3. Enjoy!