

2021 Komen Greater New York City Race for the Cure

THE POWER OF ONE WEEK

ONE final week, and ONE final push, to make a HUGE impact in the fight against breast cancer. **Together, let's see what a difference ONE week can make.**

ONE Mission Monday

STEP 1:

Earn Mission Badges by completing the Mission Journey found within Komen's Race mobile app and educate yourself about breast cancer, Komen's impact and resources, and how you can make an impact.

STEP 2:

Share ONE new thing you learned from the Mission Journey on social using #powerofONEweek and encourage people to donate to your campaign in your caption so people can see exactly where their dollars are going (create your own or use one of our pre-made graphics).

My ONE Tuesday

STEP 1:

Share your reason for walking by taking to social to share a photo & story of why you walk using the My ONE Tuesday poster brought to you by our **Care Pillar Sponsor, Pfizer!**

Don't forget to use **#powerofONEweek** when posting!

STEP 2:

Encourage people to donate to your campaign in your post, asking your network to support you and your reason for racing/walking!

ONE Community Wednesday

STEP 1:

Host a ONE-Pot Wednesday dinner, virtually or in person, with your team, friends, or family using the ONE Recipe Cards provided by our Silver Sponsor, Key Food Stores Co-Operative, Inc. The ONE Recipe Cards feature recipes from Urban Meadow, Kellogg's, Kraft Heinz, and Post Consumer Brands. Share your story/why you race at dinner, and encourage your guests to sign up!

STEP 2:

Just as you'd bring wine to a dinner party, ask everyone to **donate \$20 "at the door"** as their contribution.

GREAT FOR TEAMS!

Celebrate ONE Thursday

STEP 1:

Host a Power of ONE Week party, a virtual or hybrid celebration aimed at expanding your community! Invite your team, friends, or family, and have a blast sure to get you pumped and ready for Race Day!

STEP 2:

It's pay-to-play, where you must donate or raise a minimum of \$25 to unlock your access to the party. Invite your team members and friends to celebrate as ONE for the cause!

GREAT FOR TEAMS!

ONE Funday Friday

STEP 1:

Bronze Sponsor, Your Local Ford Stores, wants you to put on your most pinked-out look, and take a photo in front of your Ford vehicle to share on social.

No Ford, no problem – just take a photo in your wildest pink outfit and share using **#PowerofONEweek!** Let's see your tutus, boas, vintage race Ts, handmade accessories – we want it all!

STEP 2:

Create a "Dare Me To Wear" fundraising challenge by posting your WILD pinked-out look and telling your followers that you'll wear it while you walk if you reach your fundraising goal by the end of the day!

GREAT FOR TEAMS!

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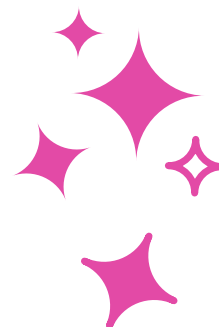
THE POWER OF ONE

Spell out KOMEN by engaging every day throughout the Power of One week

K	O	M	E	N
 <p>ONE Mission Monday</p>	<p>Tell a donor how Komen makes an impact</p>	 <p>COMMUNITY</p>	<p>Track your steps</p>	
<p>Download the app</p>	 <p>My ONE Tuesday</p>	<p>Reach out for a new donation!</p>		 <p>ACTION</p>
	<p>Up your fundraising goal!</p>	 <p>ONE Community Wednesday</p>	<p>Post a photo in your Facebook Group</p>	
 <p>CARE</p>	<p>Snap a selfie!</p>	<p>Recruit ONE friend to join your team</p>	 <p>Celebrate ONE Thursday</p>	<p>Celebrate!</p>
<p>Remember Your Why</p>		<p>Train with your team!</p>	 <p>RESEARCH</p>	 <p>ONE Friday Friday</p>

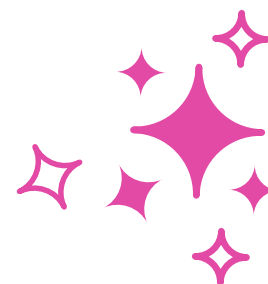
#powerofONEweek

My
ONE
Tuesday



My **WHY** is

#powerof**ONE**week



CONVERSATION CARDS

Hosting a **ONE Community Wednesday** get together? Use these cards to get people talking, sharing, & learning more about each other & what it means to be a part of this ONE community! We have cards for EVERYONE — for helping you talk about **IMPACT** to participants & non-participants alike, for sharing stories with your fellow **ONE COMMUNITY** members, and even for some quality **TEAM** bonding. Feel free to come up with your own as well!

#powerof**ONE**week

ONE COMMUNITY

Why do you walk?

TEAMS

Which team member can answer this question first: How many years has Komen hosted the race/walk?

TEAMS

What's ONE thing your team might not know about you?

ONE COMMUNITY

What's your favorite part of the Susan G. Komen ONE Community?

IMPACT

Do you know what Komen's mission is?

TEAMS

Have every team member share one new Mission fact they learned through the digital Mission Experience!

ONE COMMUNITY

Have everyone in the room share their favorite Race / Walk memory. What is your favorite pink accessory and why?

IMPACT

Do you know how much money Komen has invested in breast cancer research?

IMPACT

Share the Susan G Komen founding story. If you aren't familiar with it, look it up and learn how Komen got started!

TEAMS

Guess which team member has been participating in Race / Walk the longest!

Thai Curry Veggie Noodle Soup

From The Kitchen of:



Prep Time: 5 minutes

Cook Time: 30 minutes

Ingredients:

- 1 tbsp Urban Meadow® olive oil
- 3 garlic cloves, minced
- 1 onion, diced
- 1 tbsp freshly grated ginger
- 3 tbsp red curry paste
- 2 (13.5-ounce) cans coconut milk
- 2 red bell pepper, diced
- 2 tbsp freshly squeezed lime juice
- 2 cups Urban Meadow® frozen green beans
- 2 heads baby bok choy
- 6 cups Urban Meadow® vegetable broth
- 1 (8-ounce) package rice noodles
- 1 tbsp fish sauce
- 2 tsp Urban Meadow® brown sugar
- 3 green onions, thinly sliced
- ½ cup fresh cilantro leaves, chopped
- ¼ cup fresh basil leaves, chopped
- Urban Meadow® salt & black pepper, to taste

Directions:

1. In a large pot, over medium heat, add olive oil and sauté your onions, garlic and ginger until onions are translucent.
2. Add in red curry paste and coconut milk and stir until combined. Then add bell peppers, vegetable broth and lime juice. Bring to a boil then reduce to a simmer. Add in rice noodles, fish sauce and brown sugar.
5. Once noodles are tender, add in bok choy and frozen green beans and continue to cook for another 5 minutes.
6. Serve soup and add salt & pepper to taste. Garnish with fresh cilantro, basil and green onions. Enjoy!

ONE
POT RECIPE



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Hearty Veggie Chili

From The Kitchen of: *Kellogg's*

Prep Time: 35 minutes Cook Time: 35 minutes

Ingredients:

- 1 cup chopped red onions, divided
- 2 cloves garlic, minced
- 2 tsp Urban Meadow® vegetable oil
- 2 tbsp chili powder
- 1 tsp ground cumin
- 1 can (28 oz) Urban Meadow® crushed tomatoes
- 1 can (14.5 oz) Urban Meadow® diced tomatoes
- 1 can (15 oz) Urban Meadow® kidney beans
- 1 ½ cups water
- 1 tsp Urban Meadow® sugar
- 1 tsp dried basil leaves
- 1 pkg (12 oz) Morningstar Farms® Meal Starters Grillers® Recipe Crumbles®
- 2 ½ cups coarsely chopped zucchini
- Urban Meadow® shredded cheddar cheese

Optional: parsley sprigs

Directions:

1. In nonstick Dutch oven cook $\frac{3}{4}$ cup of the onion and garlic in hot oil until tender. Stir in chili powder and cumin. Cook and stir for 1 minute more.
2. Stir in crushed tomatoes, kidney beans, undrained diced tomatoes, water, sugar and basil. Bring to boil. Reduce heat. Simmer, covered, for 20 minutes, stirring occasionally.
3. Stir in Morningstar Farms® Meal Starters Grillers® Recipe Crumbles® and zucchini. Return to boiling. Reduce heat. Simmer, uncovered, for 5 minutes more. Ladle into serving bowls. Serve topped with the remaining $\frac{1}{4}$ cup onion, cheddar cheese and parsley (if desired).

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POT RECIPE



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Grilled Salmon and Vegetables

From The Kitchen of: **KraftHeinz**

Prep Time: 15 minutes *Cook Time:* 55 minutes

Ingredients:

- ½ cup Urban Meadow® honey, divided
- ¼ cup A.1. Original Sauce
- 1 skin-on salmon fillet (2 lb.)
- 10 mixed orange, red and purple carrots, peeled, cut into matchlike sticks
- 2 parsnips, peeled, cut into matchlike sticks
- ¼ cup KRAFT Balsamic Vinaigrette Dressing
- ¼ cup chopped Italian parsley

Directions:

1. Heat grill to medium-high heat.
2. Mix ¼ cup honey and A.1. Pour half over fish in shallow dish; turn to evenly coat both sides of fish. Refrigerate 20 minutes to marinate. Meanwhile, combine vegetables in large bowl. Mix dressing and remaining honey. Add to vegetable mixture; toss to evenly coat. Spoon onto center of large sheet heavy-duty foil; fold to make packet.
3. Grill vegetable packet 20 minutes. Remove fish from marinade; discard marinade. Place fish, skin side up, next to packet on grill; cook 5 minutes. Turn fish; brush with half the remaining A.1. mixture. Grill 15 minutes or until fish flakes easily with fork, brushing occasionally with remaining A.1. mixture.
4. Cut slits in foil packet to release steam before opening packet. Sprinkle vegetables with parsley. Serve with fish.

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PAN RECIPE



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Southwestern Chicken Skillet

From The Kitchen of:



Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients:

- 2 tbsp Urban Meadow® Olive Oil
- 4 (-1 lb) boneless, skinless chicken cutlets
- 1 tsp cumin
- 1 tsp smoked paprika
- ¼ tsp chili powder
- 1 tsp Urban Meadow® Salt & Pepper
- 2 tbsp Urban Meadow® salted butter
- 1 ½ cups onion, diced
- 1 red pepper, diced
- 1 jalapeño pepper, deseeded & sliced
- 2 garlic cloves, minced
- 1½ cups Urban Meadow® Long Grain Rice, rinsed
- 1 (14.5 oz) can Urban Meadow® diced tomatoes
- 3 ¼ cups Urban Meadow® chicken broth
- 1 (14.75 oz) can Urban Meadow® corn, drained
- ½ cup Urban Meadow® Shredded Mexican Cheese

*For garnish: fresh cilantro, sour cream,
lime wedges and sliced avocados*

Directions:

1. In a small bowl, combine cumin, paprika, chili powder, salt and ground pepper. Season chicken generously with spice blend.
2. Add oil to a large pan over medium-high heat. Add chicken cutlets, cooking each side for 4-5 minutes. Place chicken on a plate to rest.
3. To the same pan, add onion, red pepper, and jalapeño. Sauté until onions are translucent, approximately 2-3 minutes. Season with salt & pepper. Add butter, garlic cloves & rice. Sauté for 2-3 minutes, stirring constantly, until rice is golden, about 5 minutes.
6. Add diced tomatoes & chicken broth. Stir until well combined. Bring to a boil, cover & reduce the heat to simmer. Simmer for 20-30 minutes or until the liquid is evaporated.
7. Mix in corn and place chicken on top of the rice blend. Sprinkle with shredded cheese. Cover to melt, about 2 minutes. Garnish with fresh cilantro, sour cream, lime wedges, and sliced avocado. Enjoy!

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Shrimp Saganaki Skillet

From The Kitchen of:



Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- 8 oz raw shrimp, peeled & deveined
- 1 (14.5 oz) can Urban Meadow® organic diced tomatoes
- 10 cloves garlic, minced
- 1 red onion, chopped
- ½ cup feta cheese, crumbled
- 2 tbsp Urban Meadow® olive oil
- ¼ tsp Urban Meadow® salt
- ¼ tsp Urban Meadow® black pepper
- ½ tsp ground cayenne
- ½ tsp crushed red pepper flakes

Chopped fresh parsley leaves or dill, for garnish

Directions:

1. Heat olive oil in a skillet over medium-high heat, add onion and cook until translucent.
2. Stir in garlic, cook until fragrant (about 30 seconds) and add diced tomatoes, red pepper flakes & cayenne pepper. Stir to mix well. Simmer for about 5 minutes, stirring occasionally.
3. Add the shrimp, and cook, stirring occasionally, until the shrimp are cooked through, about 3 minutes. Season with salt and pepper.
4. Top with feta cheese and chopped parsley. Serve with crusty bread & enjoy!

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Cheddar Chicken-Veggie Bake

From The Kitchen of: *Kellogg's*

Prep Time: 15 minutes Cook Time: 25 minutes

Ingredients:

- 5 tsp Urban Meadow® butter
- 2 cups Kellogg's® Rice Krispies® cereal
- 2 tbsp Urban Meadow® flour
- ¼ tsp Urban Meadow® pepper
- ¾ cup fat-free milk
- 1 tsp Urban Meadow® mustard
- 1 cup Urban Meadow® shredded cheddar cheese
- 1 cup Urban Meadow® frozen whole kernel corn, thawed
- 3 cups Urban Meadow® frozen cut broccoli, thawed
- 1 ½ cups cooked chicken, chopped

Directions:

1. In small saucepan melt 2 teaspoons of the butter. Add cereal. Toss until coated. Remove from pan. Set aside.

2. In same saucepan melt remaining 1 tbsp (3 teaspoons) butter. Whisk in flour and pepper. Add milk and mustard. Cook and stir over medium heat until mixture boils and thickens. Remove from heat. Add cheese, a little at a time, stirring until melted. Stir in corn.

3. In 8 x 8 x 2-inch baking dish arrange broccoli and chicken. Spoon cheese mixture evenly over top. Sprinkle with cereal mixture. Bake, uncovered, at 350°F about 25 minutes or until heated through and cereal browns.

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Spicy Black Bean Burger Bowl

From The Kitchen of: *Kellogg's*

Prep Time: 15 minutes Cook Time: 10 minutes

Ingredients:

- 1 MorningStar Farms® Spicy Black Bean Veggie Burger
- 1 tsp Urban Meadow® vegetable oil
- 1 ½ cups Urban Meadow® frozen vegetables (broccoli, cauliflower, carrots, corn, bell peppers, celery, green onion, zucchini, mushrooms), chopped
- ¼ cup salsa
- 1 tbsp water
- 1 ½ teaspoons reduced-sodium taco seasoning

Optional: Urban Meadow® shredded cheddar cheese

Directions:

1. Prepare MorningStar Farms® Spicy Black Bean Veggie Burger according to package directions.
2. In large nonstick skillet heat oil over medium heat. Add vegetables. Cook and stir over medium heat for 3 to 5 minutes or until desired doneness. Stir in salsa, water and taco seasoning. Cook and stir for 1 to 2 minutes more or until heated through. Spoon into serving bowl. Top with burger. Garnish with cheese (if desired). Serve immediately.

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Veggie Sloppy Joe

From The Kitchen of: *Kellogg's*

Prep Time: 20 minutes Cook Time: 15 minutes

Ingredients:

- ½ cup chopped onions
- 1 clove garlic, minced
- ½ cup chopped green pepper
- 1 tsp Urban Meadow® vegetable oil
- 1 package Morningstar Farms® Meal Starters Grillers® Recipe Crumbles™
- ¼ tsp Urban Meadow® black pepper
- 1 can (8 oz.) Urban Meadow® tomato sauce
- 1 cup Urban Meadow® ketchup
- 1 tsp Urban Meadow® Worcestershire sauce
- 6 Urban Meadow® hamburger buns

Directions:

1. In a 2-quart saucepan, sautee onions, garlic, and green pepper in oil. Stir in remaining ingredients except buns. Cook over medium heat, until mixture starts to simmer, stirring occasionally. Reduce heat, cover, and simmer 10 minutes. Serve hot on hamburger buns.

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Beet Hummus

From The Kitchen of:



Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

- 2-4 roasted beets, peeled & chopped
- 1 can Urban Meadow® chickpeas, drained
- ⅔ cup tahini
- ⅓ cup of Urban Meadow® lemon juice
- 2 cloves garlic, chopped
- ⅓ cup Urban Meadow® olive oil
- 1 tsp cumin or more to taste
- 1 tsp kosher salt
- 1 handful chopped herbs

Optional: Parsley, pine nuts, lemon zest, everything bagel seasoning, marinated roasted red peppers

Directions:

1. Combine the beets, chickpeas, tahini, lemon juice, garlic, cumin and salt in a food processor.
2. While processing, slowly drizzle in the olive oil and blend until smooth.
3. Serve in a bowl and sprinkle with desired toppings.

ONE RECIPE



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Watermelon-Jalapeño Crostini

From The Kitchen of: **KraftHeinz**

Prep Time: 15 minutes Cook Time: N/A

Ingredients:

- ¾ cup seedless watermelon, chopped
- ¾ cup English cucumbers, chopped
- 2 tbsp KRAFT Zesty Lime Vinaigrette Dressing
- 32 diagonally cut French bread slices (¼ inch thick), toasted
- ½ cup PHILADELPHIA Spicy Jalapeño Cream Cheese Spread

Directions:

1. Combine watermelon, cucumbers and dressing.
2. Spread toast slices with cream cheese spread.
3. Top with watermelon mixture.

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Olive Oil Cake

From The Kitchen of:



Prep Time: 5 minutes

Cook Time: 35 minutes

Ingredients:

- 1¼ cup Urban Meadow® flour
- ¾ cup Urban Meadow® sugar
- ½ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp Urban Meadow® salt
- ¼ cup Urban Meadow® olive oil
- ½ cup Urban Meadow® yogurt
- 2 large Urban Meadow® eggs
- 3 tbsp Urban Meadow® lemon juice
- Zest of one lemon

Directions:

1. Preheat oven to 350°F. Grease & sugar a 9" round pan.
2. Combine flour, sugar, baking powder, baking soda and salt in a large bowl.
3. Create a well and whisk in olive oil, yogurt and eggs. Add lemon zest and juice and stir until completely combined.
5. Pour batter into prepared pan. Bake for 30-35 minutes or until an inserted toothpick comes out clean.
6. Allow to cool for at least 10 minutes before slicing.

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Strawberry Cheesecake Cups

From The Kitchen of: **KraftHeinz**

Prep Time: 20 minutes Cook Time: N/A

Ingredients:

- 1 cup boiling water
- 1 pkg (0.3 oz.) JELL-O Strawberry Flavor Sugar Free Gelatin
- 2 cups ice cubes
- 1½ cups sliced strawberries, divided
- 1 pkg (1 oz) JELL-O Cheesecake Flavor Sugar Free Fat Free Instant Pudding
- 1 cup Urban Meadow® almond milk
- 1 tub (8 oz) COOL WHIP Sugar Free Whipped Topping (3 cups), thawed, divided
- 2 tbsp Urban Meadow® graham crackers, broken into crumbs

Directions:

1. Add boiling water to gelatin mix in medium bowl; stir 2 minutes until completely dissolved. Add ice; stir until gelatin is slightly thickened. Remove and discard any unmelted ice.
2. Lean 6 parfait glasses, at an angle, against sides of muffin pan cups. Stir ¾ cup strawberries into gelatin; spoon into parfait glasses, adding about ¾ cup gelatin to each glass.
3. Refrigerate 30 minutes or until gelatin is firm.
4. Beat pudding mix and milk in medium bowl with whisk 2 minutes. Stir in 2¼ cups COOL WHIP; spoon into resealable plastic bag. Cut small piece off one bottom corner of bag; use to pipe pudding mixture over gelatin layers in glasses.
5. Refrigerate 1 hour.
6. Sprinkle graham crumbs over desserts just before serving. Top with remaining strawberries and COOL WHIP.

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Crunchy Crust Ice Cream Pie

From The Kitchen of: **Post** CONSUMER BRANDS

Prep Time: 15 minutes

Cook Time: N/A

Ingredients:

- 1 Tbsp. Urban Meadow® butter
- 1 ½ cups Urban Meadow® marshmallows
- (2) ¾ cups Fruity Pebbles Cereal, divided
- 1 qt. (4 cups) Urban Meadow® vanilla ice cream, softened

Directions:

1. Melt butter in medium saucepan. Add marshmallows; cook and stir on low heat until marshmallows are completely melted. Remove from heat; immediately stir in 2¾ cups of the cereal. Firmly press cereal mixture onto bottom and up side of 9-inch pie plate sprayed with cooking spray. Cool.
2. Spread ice cream onto crust; cover. Freeze 2 hours or until firm.
3. Remove pie from freezer about 10 minutes before serving. Let stand at room temperature to soften slightly. Sprinkle with the remaining ½ cup cereal before cutting into eight wedges to serve.

ONE
RECIPE



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Chocolate-Banana Bark

From The Kitchen of: **KraftHeinz**

Prep Time: 10 minutes Cook Time: N/A

Ingredients:

- 2 (1.4 oz) pkg JELL-O Chocolate Fudge Sugar Free Instant Pudding
- 2½ cups Urban Meadow® almond milk
- 1 (8 oz) tub COOL WHIP Sugar Free Whipped Topping (about 3 cups), thawed
- 2 bananas, sliced
- 2 oz BAKER'S Bittersweet Chocolate, chopped

Directions:

1. Beat pudding mixes and milk in large bowl with whisk 2 minutes. Stir in COOL WHIP, then bananas.
2. Spread into 12-inch wide layer on parchment-covered baking sheet.
3. Melt chocolate as directed on package; drizzle over pudding.
4. Freeze 2 hours or until firm.
5. Transfer bark to cutting board; cut into small pieces to serve.

ONE
RECIPE



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Frozen Yogurt Bark

From The Kitchen of:



Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

- 2 cups Urban Meadow® yogurt
- ¼ cup Urban Meadow® maple syrup
- ½ tsp vanilla extract
- ½ cup sliced strawberries
- ¼ cup blueberries
- ¼ cup raspberries
- ¼ cup Urban Meadow® mixed nuts
- ¼ cup granola

Directions:

1. In a large bowl, combine yogurt, maple syrup and vanilla extract.
2. Line a baking sheet with parchment paper. Pour the yogurt mixture & spread evenly.
3. Top with berries, nuts and granola.
4. Place in the freezer until the yogurt is firm, about 3 hours.
5. Break into 12-15 pieces, and enjoy immediately.
6. Store leftovers in the freezer.

ONE
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Crunch Cereal-Crusted French Toast

From The Kitchen of: **Post** CONSUMER BRANDS

Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients:

- 4 tbsp Urban Meadow® butter
- 4 slices Urban Meadow® bread
- 2 Urban Meadow® eggs, whisked
- 2 tbsp Urban Meadow® milk
- ½ tsp cinnamon
- 2 cups Honey Bunches of Oats cereal

Urban Meadow® Honey for drizzling

Directions:

1. Heat butter in large skillet over medium-high heat.
2. Whisk together eggs, milk and cinnamon in small baking dish.
3. Soak both sides of bread in egg mixture then coat both sides with crushed up cereal.
4. Cook in skillet for 1-2 minutes per side, then remove from pan, drizzle with honey & eat!

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Mixed Berry Protein Parfaits

From The Kitchen of: **Post** CONSUMER BRANDS

Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

- Urban Meadow® yogurt
- Post® Premier Protein® Mixed Berry Almond Cereal
- Raspberries
- Strawberries
- Sliced almonds

Directions:

1. Add a layer of yogurt, then Post® Premier Protein® Mixed Berry Almond Cereal, followed by raspberries and strawberries – and repeat!
2. Enjoy!

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Dulce de Leche Cereal Treats

From The Kitchen of: **Post** CONSUMER BRANDS

Prep Time: 15 minutes Cook Time: N/A

Ingredients:

- ¼ cup (½ stick) Urban Meadow® butter
- 1 pkg (10½ oz) Urban Meadow® marshmallows
- 1 pkg (16 oz) Honey Bunches of Oats® Cereal
- ½ cup Mexican caramel sauce (dulce de leche)

Optional: decorating icing

Directions:

1. Line 15 x 10 x 1 inch pan with foil; lightly grease foil. Set aside. Melt butter in large saucepan on low heat. Add marshmallows; cook until melted, stirring frequently. Remove from heat. Add cereal; mix well. Press firmly into prepared pan; cool completely.
2. Remove formed cereal mixture from pan by turning pan upside down on cutting board. Remove pan; peel off foil. Cut cereal mixture crosswise in half. Spread one half with dulce de leche; top with remaining half to form sandwich.
3. Decorate with icing, if desired. Cut into 24 squares to serve.

ONE
RECIPE



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Berry Blast Overnight Wheats

From The Kitchen of: *Kellogg's*

Prep Time: 5 minutes Cook Time: N/A

Ingredients:

- ½ cup Kellogg's® Frosted Mini-Wheats®
Bite Size cereal (crushed to ¼ cup)
- ¼ tsp dried basil leaves
- ¾ cup Urban Meadow® plain yogurt
- ¼ cup sliced strawberries/raspberries

Directions:

1. In small bowl stir together cereal and basil. Stir in yogurt and fruit. Tightly cover and refrigerate for 8 to 48 hours.
2. Before serving, spoon into serving bowl.

ONE
RECIPE



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Strawberry Crepes

From The Kitchen of:



Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients:

- 1 cup water
- 1 ¼ cups Urban Meadow® flour
- 1 tbsp cornstarch
- 1 tbsp Urban Meadow® sugar
- 1 cup Urban Meadow® almond milk
- 2 tbsp coconut oil melted, plus more for frying
- 1 cup strawberries, sliced

Optional: Urban Meadow® whipped topping & Urban Meadow® powdered sugar for serving

Directions:

1. In a large bowl, whisk together flour, cornstarch and sugar. Slowly pour in the water, almond milk and coconut oil. Whisk well until smooth.
2. Heat coconut oil in a large, non-stick pan over medium heat. Pour ⅓ cup of the batter to the pan, immediately lifting and rotating the pan to evenly spread the batter.
3. Cook until the batter sets in the middle, about 2 minutes. Using a spatula, carefully flip the crepe over and cook for 30 more seconds until bubbles form. Remove from pan and repeat with the rest of the batter.
4. Top with a sprinkle of powdered sugar, sliced strawberries & garnish with whipped topping. Enjoy!

ONE RECIPE



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Whipped Strawberry Lemonade

From The Kitchen of: **KraftHeinz**

Prep Time: 5 minutes Cook Time: N/A

Ingredients:

- 1 cup boiling water
- 1 pkg (0.3 oz) JELL-O Lemon Flavor Sugar Free Gelatin
- 1 cup (about $\frac{1}{2}$ of 8-oz. tub) COOL WHIP Sugar Free Whipped Topping, thawed, divided
- 1 cup Urban Meadow® almond milk
- juice from 1 lemon
- 2 cups Urban Meadow® frozen strawberries
- $1\frac{1}{2}$ cups ice cubes

Directions:

1. Add boiling water to gelatin mix in small bowl; stir 2 minutes until completely dissolved. Pour into blender.
2. Reserve $\frac{1}{4}$ cup COOL WHIP for later use. Add remaining COOL WHIP to gelatin in blender along with all remaining ingredients except ice; blend well.
3. Add ice; blend until thickened.
4. Serve topped with reserved COOL WHIP.

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Pomegranate Smoothie

From The Kitchen of:



Prep Time: 5 minutes

Cook Time: N/A

Ingredients:

- 1 cup pomegranate juice
- 1 cup Urban Meadow® frozen mixed berry medley
- 1 banana
- ½ cup Urban Meadow® yogurt
- 3 tsp Urban Meadow® honey

Directions:

1. Place all the ingredients in a blender and purée about 1 to 2 minutes, or until smooth.
2. Pour into a cup. Enjoy immediately or store in fridge for up to 24 hours.

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Chocolate Covered Strawberry Cocoa PEBBLES™ Smoothie

From The Kitchen of: **Post** CONSUMER BRANDS

Prep Time: 10 minutes

Cook Time: N/A

Ingredients:

Garnish:

- 1 strawberry
- 1 tsp Cocoa PEBBLES™, lightly crushed

Smoothie:

- 6 oz cont. low-fat strawberry yogurt
- ¼ cup Cocoa PEBBLES™
- ½ cup sliced fresh strawberries
- ¼ cup low-fat chocolate milk
- ½ cup or 4 cubes ice

Directions:

1. Open container of strawberry yogurt and dip whole strawberry into yogurt. Roll in crushed Cocoa PEBBLES™. Place in freezer until ready to serve.
2. In a blender, add strawberry yogurt, Cocoa PEBBLES™, strawberries, chocolate milk and ice. Blend until combined.
3. Pour into serving glass and garnish the edge of the glass with the cereal coated whole strawberry.

Makes 1 glass - 12 ounce serving



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