

FALL RAINBOW BOX

• Beet Poke Bowls

Grab these items:

Beet Poke

Sesame Rice

Pickled Seasonal Vegetables

N

1. Combine all ingredients and enjoy!

• African Peanut Soup & Seasonal Greens

Grab these items:

African Peanut Soup

Farm Salad

Turmeric Buttermilk Dressing

N

1. Warm soup in a saucepan set over medium heat, or pour into a microwave-safe bowl, and heat in a microwave. Dress salad and enjoy!

• Chickpea Fritter Sandwiches & Seasonal Salad

Grab these items:

Pita

Hummus

Cucumber tomato salad

Falafel

Pickled carrots, cabbage, and pickles

Tahini sauce

Seasonal salad (*note: changes seasonally; allergens not reflected on this insert)

N W

1. Preheat oven to 375 degrees. Place pita on baking sheet and put in oven. Toast for 3 minutes or until warm and puffy, but not brown or crispy. Toast falafel til warm. You can also heat falafel and pita in microwave until warm.
2. With a serrated knife, partially slice open your warm pita bread and open it up like a clam shell. Add hummus, cucumber-tomato salad, pickles, falafel, tahini, and pickled vegetables to your liking. Serve with side salad.

• Peanut Butter Energy Balls **N**

• Sumac Shortbread **D W**

• Seasonal Fruit Mousse **D W**

Storage Instructions:

Store everything in the fridge, except for the pita, which you should freeze unless you're enjoying in the next 24 hours.

This food saves the planet.

Replacing a meat meal with a veggie meal is one of the single best things you can do to stop global warming.

- More than recycling.

- More than driving an electric car.

- More than putting a solar panel on your roof.

Replacing 3 meat meals with veggie meals? That's even better.

Thanks for caring about what you're eating. Thanks for trusting us with your meals.

We'd love to hear feedback about this box.

Write to us anytime at box@cloverfoodlab.com.

-Love from the whole box team (too many of us now to list out everyone!)