

# WORLD TOUR *snack pairings*

## SPICY SNACKS



### Roasted Okra

*Top with*

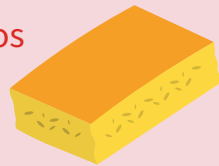
- +Yogurt
- +Coriander
- +Cumin
- +Garlic



### Cornbread

*Mix in*

- +Cheddar
- +Jalapenos



### Roasted Cauliflower

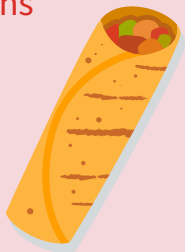
*Top with*

- +Yogurt
- +Buffalo Sauce



### Whole Grain Tortilla

- +Colby Jack
- +Black Beans
- +Avocado
- +Salsa



### Yogurt

- +Peach Slices
- +Wasabi Peas



## Roasted Red Pepper Greek Yogurt Hummus

by A Cedar Spoon

### INGREDIENTS

- 16-oz can of chickpeas
- ¼ cup plain Greek yogurt
- 6 oz fire roasted red peppers
- 1 lemon, juiced
- 3 tbsp tahini
- 3 garlic cloves
- 1 tbsp extra virgin olive oil
- salt (optional)

### GARNISH

- fresh parsley
- kalamata olives
- chopped roasted red peppers
- paprika
- olive oil

### INSTRUCTIONS

- + Put all ingredients except the olive oil into a food processor. Blend the hummus for 30 seconds. Add 1 tbsp of olive oil and continue to blend until you reach the consistency you want. Test and adjust seasoning and add salt if desired.
- + Serve hummus in a bowl and garnish with fresh parsley, olives, chopped roasted red peppers and olive oil. Serve with pita or vegetables.

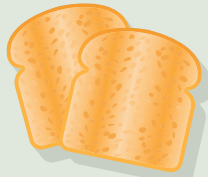
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## SAVORY SNACKS



### Toast

- +Cottage Cheese
- +Cherry Tomatoes
- +Basil
- +Balsamic Drizzle



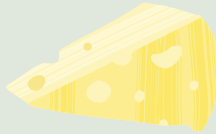
### Pita Wedges

- +Feta
- +Olives
- +Tzatziki Sauce



### Swiss Cheese

- +Smoked Almonds



### Labneh

- +Za'atar
- +Olive Oil
- +Lemon Juice
- +Cucumber Slices



### Feta

- +Edamame
- +Dried Cranberries



## Mediterranean Buddha Bowl

by A Cedar Spoon

### INGREDIENTS

- 16-oz can of chickpeas
- 1 ¼ cup brown rice, rinsed and cooked according to package
- 2 cups hummus
- 2 cups feta cheese, crumbled
- 1 cup kalamata olives, pitted
- 3 cups greens of your choice
- 2 cups plain Greek yogurt
- roasted vegetables of your choice
- 1 lemon, cut into chunks
- ½ cup fresh parsley, chopped

### INSTRUCTIONS

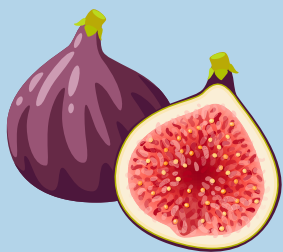
- + Bring a large pot of water to boil (about 4 quarts.) Once the water is boiling, add the rice and continue boiling for 25 minutes or according to the package.
- + When you are ready to assemble the Buddha bowls, start by dividing the brown rice or grain among four bowls.
- + Add each ingredient and divide among the four bowls. Add the hummus and Greek yogurt last. Garnish with parsley and lemon wedges.

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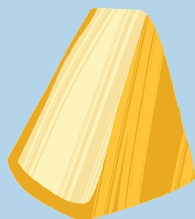
## SWEET SNACKS



**Figs**  
+Blue Cheese  
+Honey Drizzle



**Gruyere**  
+Caramelized Pecans



**Parmigiano Reggiano**  
+Dates  
+Hazelnuts



**Ricotta Cheese**  
+Pineapple  
+Orange Marmalade  
+Whole Grain Cracker



### Strawberry Milk Bubble Tea

by In Katrina's Kitchen

#### INGREDIENTS

3 bags black or green tea  
1 ½ cups hot water  
4 cups strawberry milk (or lactose-free strawberry milk)  
½ cup quick cooking tapioca pearls (boba)  
4 tablespoons simple syrup

#### INSTRUCTIONS

- + Steep tea bags in water for at least 10 minutes for a strong tea.
- + While tea is steeping, prepare boba according to package directions on the stovetop.
- + Remove boba from the pot using a slotted spoon and transfer to a bowl with about 4 tbs of simple syrup.
- + Divide boba among four serving glasses. Pour prepared tea into each glass topped with 1 cup of strawberry milk. Add ice if desired. Serve with fat straws or long dessert spoons to reach the boba.



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## WARM & COZY SNACKS

**Green Tea**  
+Cheddar  
+Apple Slices



**Black Tea**  
+Strawberries  
+Brie



**Oolong Tea**  
+Melted Gouda  
+Pear Slices



**Warm Milk**  
*Mix in*  
+Vanilla  
+Cinnamon  
+Nutmeg  
+Turmeric



### Homemade Tea Lattes

by NeighborFood

#### INGREDIENTS

½ cup water  
1-2 tea bags or 1-2 tsp  
loose leaf tea  
½ cup milk (regular or  
lactose-free)  
1-2 tsp sweetener or simple  
syrup (optional)

#### INSTRUCTIONS

- + Bring the water to a boil. Pour the water over the tea and brew for the recommended brewing time.
- + Meanwhile, steam the milk on the stovetop or in the microwave. The milk is ready when tiny bubbles appear around the outer edge of the pan or when it is fragrant and steaming, but not boiling.
- + Froth the milk using a milk frother until tripled in size.
- + Discard tea bags and sweeten the tea to taste. Add the milk, holding back the froth. Spoon however much froth you desire over the tea and serve.