

APPYS

WINTER 2023 VOL 11



17 EASY RECIPES
YOUR GUESTS WILL
LOVE

**BRUNCH
LUNCH
DINNER**
APPYS GOT YOU

CREATE YOUR OWN
APPYNESS





EDITOR'S LETTER

We wanted to thank you for taking the time to download our APPYs recipe book. Summer Fresh® is inspired to create healthy meal solutions that bring joy to you & your family, real food you can feel good every day.™ We believe the holidays are meant for enjoying time with friends and family over drinks and great food without all the fuss.

Susan
President, Summer Fresh®



**Kid
friendly
recipe**

**FAMILY TIME
MADE EASY**

Look for the Kid
Friendly Recipe
icon for easy & fun
recipes to do with
the kids!

JOLLY HUMMUS WREATH

Kid
friendly
recipe



SERVINGS 10
PREP TIME 10 min.

INGREDIENTS

- 3 x 227g Summer Fresh Original Hummus
- 2 x 227g Summer Fresh Bruschetta
- 1 pkg La Panzanella Original Sea Salt Croccantini®
- 6 cherry tomatoes
- ½ cup basil, chopped

METHOD

1. On a serving platter evenly spread Summer Fresh Original Hummus into a wreath shape, leaving the middle empty for the bowl of Summer Fresh Bruschetta.
2. Sprinkle with chopped basil and create bulbs with Summer Fresh Bruschetta
3. Serve with La Panzanella Original Sea Salt Croccantini®.

READY IN
10 MINS





LOADED SPINACH & BACON SWEET POTATO CHIPS

SERVINGS
16

PREP TIME
5 min.

COOK TIME
12-14 min.

INGREDIENTS

200g Summer Fresh Loaded Spinach Dip
 3 sweet potatoes
 3 tbsp olive oil
 1 ½ salt
 ½ tsp pepper
 1 tsp paprika
 6 slices of bacon
 parsley, garnish

METHOD

1. Preheat Air fryer; Cook bacon to preferred crispiness.
2. Scrub & clean sweet potatoes then slice into ½ - ¾ inch slices. Brush the tops with olive oil and sprinkle with paprika, salt and pepper and add to the air fryer.
3. Bake for 10 minutes. Flip slices over for an additional 5-10 minutes.
4. Once finished baking, remove and let cool at room temperature
5. Top each with a dollop of Summer Fresh Loaded Spinach Dip and sprinkle with bacon bits and chopped parsley.





CARAMELIZED ONION FESTIVE CRACKERS

SERVINGS
6

PREP TIME
15 min.

COOK TIME
15 min.

INGREDIENTS

227g Summer Fresh Caramelized Onion Hummus
454g phyllo, 1 package
1 onion, sliced thinly
2 tbsp butter, melted
black sesame, garnish
thyme, garnish

METHOD

1. Preheat oven to 350 F. Line 2 baking sheets with parchment paper. Grill onions until golden brown.
2. Place thawed phyllo sheets on a flat surface. Cut phyllo lengthwise. Spread a thin layer of Summer Fresh Caramelized Onion Hummus and Grilled onions along the phyllo and roll pinching the ends to create a candy shape.
3. Transfer filo crackers to the baking trays. Brush with remaining butter. Sprinkle with black sesame seeds. Bake for 12-15 minutes or until golden.





SPINACH SNOWFLAKE

SERVINGS 16 PREP TIME 20 min. COOK TIME 40 min.

INGREDIENTS

- 227g Summer Fresh Spinach Dip
- 4 tubes of crescent dough
- egg wash, 1 egg and 1 tbsp milk
- parsley, garnish

METHOD

1. Preheat oven to 350°F.
2. Shape each can of dough into a ball (resulting in 4 balls). Lightly dust the surface with flour and roll out the dough into 10-inch circles. If the dough retracts, allow it to rest for 15 minutes. Perform the same steps with the rest of the dough.
3. Place one dough circle onto a baking sheet lined with parchment paper. Spread a thin layer of Summer Fresh Spinach Dip over the dough, leaving ½ inch border around the edge. Place another piece of dough on top and spread with more filling, repeat the step and top with remaining dough.
4. Position a drinking glass at the dough's center. With a sharp knife, divide the dough into 4 triangles adjacent to the glass. Halve each triangle, resulting in 8 smaller triangles. Proceed to halve each of these triangles once more, yielding a combined total of 16 triangles. Remove the glass.
5. Lift two triangles that are next to each other and twist away from each other two times. Pinch the ends to seal. Repeat with the remaining pairs of triangles. Using a pastry brush, brush the egg wash in a thin, even layer onto your pastry.
6. Bake until golden and cooked for about 40 mins. Remove from the oven and let cool for 10 mins. Serve with more Summer Fresh Spinach Dip.

PARTY
FAVOURITE



MINI COTTI

SERVINGS 20 PREP TIME 15 min. COOK TIME 16-20 min.

INGREDIENTS

- ¼ cup Summer Fresh Bruschetta
- 1 ½ cups rigatoni pasta
- ¼ cup ricotta cheese
- 1/8 tsp garlic, chopped
- 1/8 cup Parmigiano Reggiano cheese, shredded
- salt & pepper to taste

METHOD

1. Cook pasta until al dente. Drain and cool.
2. Make filling by adding ricotta cheese, Summer Fresh Bruschetta, salt, pepper, garlic together. Mix it evenly.
3. Using a piping bag to fill into each pasta tube.
4. Stick a toothpick in each cheese-stuffed pasta, sprinkle with Parmigiano Reggiano and fresh basil.



LESS THAN
15 MINS





CHEESY ARTICHOKE CRAB PUFFS

SERVINGS
24

PREP TIME
5 min.

COOK TIME
12-14 min.

INGREDIENTS

- 227g Summer Fresh 5 Cheese Dip
- 227g Summer Fresh Artichoke & Asiago
- 1 can crab meat
- 1 cup cream cheese
- 1 green onion, chopped
- 1 clove garlic, minced
- ¼ tsp paprika
- 1 tsp fresh chopped parsley
- salt & pepper to taste
- 1 can crescent dough sheet

METHOD

1. Preheat the oven to 375°F. Grease a mini muffin tin.
2. In a bowl add Summer Fresh 5 Cheese Dip, Summer Fresh Artichoke & Asiago Dip, crab, green onion, garlic, paprika, parsley, salt, and pepper. Fold together until combined, set aside.
3. Unroll the dough onto a clean work surface and cut it into 24 equal square pieces. Press each piece into a section of the mini muffin tin.
4. Fill the cups with the crab mixture evenly. Bake for 11-13 minutes until golden brown.
5. Cool for a couple of minutes in the tin, then transfer to a wire rack to continue cooling until ready to eat.

**MAKE
AHEAD**



WOW YOUR GUESTS

SUMMER FRESH® ROASTED RED PEPPER DIP

BOULANGERIE GRISSOL® BAGUETTES JALAPENO CHEDDAR

BOULANGERIE GRISSOL® BAGUETTES OLIVE OIL & SEA SALT

BRANDT® EXTRA LEAN KOLBASSA

SUMMER FRESH® ORIGINAL HUMMUS

SUMMER FRESH® DILL PICKLE HUMMUS

SUMMER FRESH® SPICY GARLIC DIP & SAUCE

BRANDT® GERMAN SALAMI

SUMMER FRESH® BABA GHANOUJ

BRANDT® KOLBASSA SAUSAGE

LA PANZANELLA® ORIGINAL SEA SALT CROCCANTINI

CHARCUTERIE TREE

The holiday season brings with it a delightful fusion of traditions and culinary creativity, and one of the most charming examples of this festive spirit is the Christmas tree-shaped charcuterie tree.





**ONLY 3
INGREDIENTS**



PICKLES IN A CHEESY BLANKET

INGREDIENTS

METHOD

- SERVINGS**
8
- PREP TIME**
5 min.
- COOK TIME**
8 mins
- 227g Summer Fresh Dill Pickle Hummus
8 pickle spears dill
8 slices Provolone cheese

1. Remove 8 pickle spears from the jar and pat each of them dry. Set aside.
2. Spread a layer of Summer Fresh Dill Pickle Hummus on a slice of Provolone cheese. Place one slice of Provolone cheese, hummus facing up, into a small pan on a stovetop over medium heat.
3. Cook the cheese until it bubbles and browns around the outside edge then turn off the heat.
4. Place one pickle spear in the center of the melted cheese and use a spatula to wrap the cheese up around it like a blanket.
5. Remove from the pan and repeat with the remaining pickles.
6. Serve with Summer Fresh Spicy Dill Pickle Dip.





**APPY
FAVOURITE**

MINI TACO BOWLS

INGREDIENTS METHOD

SERVINGS 227g Summer Fresh Queso Dip
20 227g Summer Fresh Bruschetta

PREP TIME 227g Summer Fresh Avocado Hummus
15 min. 1 lb ground chicken

COOK TIME wonton wrappers
12-14 min. 2 tbsp taco seasoning

red onion, finely chopped
jalapeno, finely chopped (optional)
cheese, shredded

1. Preheat oven to 350°F. Lightly butter one side of the wonton shell with butter. Place butter side down into muffin pan and bake for 8-10 minutes or until wontons are light golden brown.
2. Heat oil in a pan over medium heat. Add ground chicken, using a wooden spoon to break up the meat. Add taco seasoning. Remove from heat add Summer Fresh Queso Dip and mix thoroughly with chicken mixture.
3. Spoon taco meat into taco bowls and top with Summer Fresh Bruschetta, a small dollop of Summer Fresh Avocado Hummus, red onions, and jalapenos.





MUSHROOM CRISPY RICE

TASTY TREAT

INGREDIENTS

- 5 tbsp + 1/2 cup Summer Fresh Roasted Red Pepper Dip
- 1 cup Japanese short-grain rice
- 1 1/2 cups water
- 1 tbsp rice vinegar
- 1 1/2 cups sliced mushroom
- salt, to prefer taste
- 1/2 cup + 1-2 tbsp olive oil



SERVINGS	PREP TIME	COOK TIME
12	30 min.	25-27 min.

METHOD

1. Cook rice. Transfer rice to a bowl and season with rice vinegar. Gently fluff and fan the rice, careful to not smash the grains.
2. Line a baking sheet with parchment paper or saran wrap. Gently transfer the rice to the pan and spread with a wet rice paddle to make an even 1/2-inch layer. You want the rice to be thick enough to pan-fry. Freeze for 30 mins so it becomes stiff and easy to cut.
3. Once the rice is ready, wet a sharp knife and cut it into 2-inch triangles, 12 pieces total. Rinse the knife in between slices to keep the rice from sticking to the knife.
4. Add a 1/2 cup of neutral cooking oil to a medium pan, or enough to make a thin layer in the pan for frying. Heat over medium heat. Once hot and shimmering, place a few of the rice rectangles in the hot oil and cook for about 3 minutes per side, or until the rice is golden.
5. In a skillet, add little olive oil and mushrooms. Cook over medium heat for 5-7 minutes. Toss the cooked mushrooms with Summer Fresh Roasted Red Pepper Dip and adjust as per your taste.
6. Finally, top with a dollop of Summer Fresh Roasted Red Pepper Dip and tossed mushrooms on rice patties. Serve.





PARTY VEGGIE CRUDITES

INGREDIENTS

METHOD

SERVINGS
15

PREP TIME
15 min.

- 227g Summer Fresh Roasted Red Pepper Hummus
- 200g Summer Fresh Za'atar Garlic Dip & Sauce
- 227g Summer Fresh Tzatziki
- 227g Summer Fresh Spinach Dip
- cucumbers
- red bell pepper
- yellow pepper
- carrots
- cherry tomatoes

1. Prep all veggies.
2. Place desired hummus or dip into each glass
3. Add a mix of veggies (cucumber, carrot, red pepper, yellow pepper) to each cup carefully.
4. Refrigerate until ready to serve.
5. Garnish with a picked grape tomatoes

**MAKE
AHEAD**





BOULANGERIE GRISSOL®
BAGUETTES OLIVE OIL &
SEA SALT

BRANDT®
EXTRA LEAN
KOLBASSA

SUMMER FRESH®
ORIGINAL HUMMUS

SUMMER FRESH®
ROASTED RED PEPPER
HUMMUS

BOULANGERIE GRISSOL®
BAGUETTES JALAPENO
CHEDDAR

BRANDT®
KOLBASSA
SAUSAGE

MINI CROSTINI BITES

These bite-sized nibbles are not just about texture; they are a tantalizing journey of flavours and textures. Using Boulangerie Grissol® Baguettes try an arrange of flavours with Summer Fresh Hummus and Dips and top with Brandt Kolbassa. It will deliver a symphony of flavours & textures your tastebuds will love.





BRUNCH

NEVER TASTED SO GOOD

Brunch has evolved into a delightful culinary experience that combines the best of both breakfast and lunch, offering an array of savoury and sweet options to please every palate.

One intriguing addition to the brunch menu is dessert hummus, a creative twist on this traditional healthy dip. Dessert hummus takes the creamy, chickpea-based spread to a whole new level by infusing it with sweet flavours like chocolate brownie, key lime, or pumpkin pie.





ASSORTED BRUNCH BAGEL BITES

BRUNCH FAVOURITE



INGREDIENTS

SERVINGS
12

PREP TIME
10 min.



- 200g Summer Fresh Chocolate Brownie Dessert Hummus
- 200g Summer Fresh Key Lime Dessert Hummus
- 200g Summer Fresh Pumpkin Pie Dessert Hummus
- your favourite bagels
- assorted fruit (strawberries, raspberries, banana, pear)
- assorted nuts (pecans, pistachios, peanuts)
- coconut, shredded
- oats

METHOD

1. Toast bagels and spread your preferred dessert hummus. Top with your choice of toppings.
2. Serve and enjoy.



OVERNIGHT CHOCOLATE HUMMUS FRENCH TOAST

INGREDIENTS

- 200g Summer Fresh Chocolate Brownie Dessert Hummus
- 1 loaf of French bread, cut into 1-inch thick slices
- 4 large eggs
- 1 cup whole milk
- 1/4 cup granulated sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- Pinch of salt

METHOD

1. Grease a 9x13-inch baking dish or a similar-sized casserole dish. Spread Summer Fresh Chocolate Brownie Dessert Hummus evenly over one side of each bread slice. Place the slices with the chocolate hummus facing up into the greased baking dish, arranging them in a single layer.
2. In a medium-sized bowl, whisk together the eggs, milk, sugar, vanilla extract, ground cinnamon, and a pinch of salt until well combined. Pour the egg mixture evenly over the bread slices in the baking dish, making sure all the bread is soaked. Press down gently on the bread to ensure it absorbs the liquid.
3. Cover the baking dish with plastic wrap or aluminum foil and refrigerate it overnight or for at least 4 hours. Allowing the bread to soak up the flavours and to soften.
4. Preheat your oven to 350°F (175°C). Remove the plastic wrap or foil from the baking dish, and if desired, sprinkle chocolate chips over the top. Bake the French toast for 30-35 minutes or until it's puffed up and the top is golden brown.
5. Remove the French toast from the oven and let it cool for a few minutes. You can dust it with powdered sugar for an extra touch of sweetness if desired. Serve with fresh berries, if you like.
6. Slice and serve your delicious Chocolate Hummus Overnight French Toast warm.

BRUNCH
MUST TRY





PUMPKIN PIE CRESCENT ROLLS

INGREDIENTS

- 200g Summer Fresh Pumpkin Pie Dessert Hummus
- 1 pkg refrigerated crescent rolls dough
- 2 tbsp unsalted butter, melted
- 2 tbsp granulated sugar



METHOD

1. Preheat oven to 375°F or as per the package instructions. Unroll the crescent roll dough and separate it into triangles. Lay them out on a clean surface or baking sheet.
2. Spoon a generous tablespoon of Summer Fresh Pumpkin Pie Dessert Hummus onto the wide end of each crescent roll triangle. Spread it out evenly.
3. Roll up each crescent roll, starting from the wide end with the Pumpkin Pie Dessert Hummus and ending at the point. Place the rolled crescents on a baking sheet lined with parchment paper.
4. Using a pastry brush, lightly brush the tops of the crescent rolls with the melted butter and sprinkle with sugar.
5. Bake according to the crescent roll package instructions or until the rolls are golden brown and cooked through. Allow to cool slightly before serving.

KEY LIME TARTS

INGREDIENTS

- 200g Summer Fresh Key Lime Dessert Hummus
- 1 pkg frozen tart shells
- 1 lime, garnish



METHOD

1. Preheat oven to 375°F and bake for 10-12 minutes or until golden. Let cool.
2. Using a piping bag add Summer Fresh Key Lime Dessert Hummus and pipe Dessert Hummus into each tart.
3. Garnish with slice of lime and lime curl.



HIGH TEA

PINKIES UP

High tea during the Christmas season is a delightful tradition that brings together the elegance of teatime with the festive cheer of the holiday.

Picture a cozy, festively decorated room with the aroma of freshly brewed teas wafting through the air. The table is adorned with an array of exquisite teacups, teapots, and tiers of dainty sandwiches, scones, and sweets. This festive twist comes in the form of seasonal flavours, with spiced teas like cinnamon and chai taking centre stage.

High tea is a time to celebrate the bonds of friendship and family, offering a moment of respite from the holiday hustle and bustle in a setting of refined indulgence.





FANCY
IT UP



TASTY &
EASY

MINI CHICKEN & WAFFLES

INGREDIENTS

227g Summer Fresh Caramelized Onion Hummus
chicken nuggets
mini waffles, frozen
hot sauce

METHOD

1. Bake mini waffles as per direction.
2. Air fry chicken nuggets per instructions.
3. Add 1 tbsp of hummus on top of waffle. Place chicken on it and top it with hot sauce. Serve.

BABA GHANOUJ MINI PANCAKES

INGREDIENTS

227g Summer Fresh Baba Ghanouj Dip
1 cup pancake Dry Mix
1 red onions, diced
paprika (as per your taste)
3 tbsp garlic paste
water

METHOD

1. In a bowl, add pancake mix and Summer Fresh Baba Ghanouj Dip mix thoroughly. Add approximate $\frac{3}{4}$ cup of water and bring it to medium lumpy consistency. Add onions and garlic and mix again.
2. Cook into mini pancakes.
3. Garnish pancakes with Summer Fresh Tzatziki and sliced green onion.





**SUPER
EASY**



CHOCOLATE BROWNIE HUMMUS CANNOLI INGREDIENTS

200g Summer Fresh Chocolate Brownie Hummus Cannoli Shells

SERVINGS 8 PREP TIME 10 min.

METHOD

1. Have your cannoli shells and Summer Fresh Chocolate Brownie hummus ready.
2. Carefully fill each cannoli shell with chocolate hummus using a spoon or pastry/piping bag. Optional: Sprinkle powdered sugar, chopped nuts at each end.
3. Serve immediately and enjoy your simple and delicious Chocolate Hummus Cannoli!

TIP: If you don't have a pastry/piping bag, fill a ziplock bag and cut the corner of it.

TRY IT WITH

