



Eat Right
WITH ROUSES

Kid's Cooking Camp
with Dietitian April Sins

Shopping List

For virtual classes on August 15, 2020 and August 18, 2020

- 1 large or 4 personal-sized Stonefire Authentic Naan flatbread
- 1 jar pizza sauce
- 1 bag (8 ounces) of shredded mozzarella cheese
- 1 fresh pineapple
- 1 package of Canadian bacon or ham (at least 4 ounces)
- Olive oil
- 1 ripe banana
- Powdered sugar
- 1 can Rouses unsweetened coconut milk
- 1 lime (or Rouses lime juice)

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Hawaiian Flatbread Pizza

Makes 4 Servings

INGREDIENTS:

- 1 large or 4 personal-sized Stonefire Authentic Naan Flatbread
- $\frac{3}{4}$ cup pizza sauce
- 1 cup shredded mozzarella cheese
- 1 cup pineapple, chopped (canned or fresh)
- 4 ounces Canadian bacon or ham, chopped
- 1 tablespoon Rouses olive oil

KITCHEN TOOLS:

- Pizza pan
- Pastry brushes
- Rubber spatula
- Knife and cutting board
- Pizza cutter

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Brush olive oil on pan and place flatbread on the oiled surface.
3. Add sauce evenly on crust and place cheese, ham and pineapple pizza toppings.
4. Brush olive oil on the outer crust edge.
5. Bake flatbread for 12 to 14 minutes or until cheese is fully melted.
6. Remove from oven with oven mitt and let pizza stand for 2 to 3 minutes before cutting.



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Dole Whip

Makes 2 Servings

INGREDIENTS:

- 1 cup ripe Dole pineapple, chopped and frozen
- 1 ripe Dole banana, peeled and frozen
- 2 ½ teaspoons powdered sugar
- ½ cup unsweetened coconut milk
- 1 teaspoon lime juice

KITCHEN TOOLS:

- Blender or food processor
- Knife and cutting board

INSTRUCTIONS:

1. Combine all ingredients in a blender or food processor. Cover and blend until smooth.
2. Garnish with fresh pineapple. Serve immediately.



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