

Sunnyside Premium

RECIPIES

MANGO PROTEIN SMOOTHIE

5 EASY STEPS TO MAKING A GREAT MANGO SMOOTHIE

INGREDIENTS:

One scoop of ice-cream
100grams of Simped frozen diced mango
Milk so mixture total is 300mls
One scoop of Vanilla Protein Powder

DIRECTIONS:

- Add one scoop of ice-cream
- Add 100grams of frozen diced Mango
- Add milk so mixture total is 300mls
- Add one scoop of Vanilla Protein Powder
- Blend and serve

This will make a medium cup approximately 340mls





Rhubarb and Raspberry Pie



Use Short Crust pastry for your Pie
Rhubarb and Raspberry filling for a DEEP 9-inch pie plate

Ingredients:

6 cups **Sunnyside Rhubarb**, 3 cups **Sunnyside Raspberries**

1 1/2 cups sugar (add a little more if you like your pie sweeter than tart)

1 TBSP lemon juice, 3/4 tsp cinnamon, 1 tsp vanilla, 1/4 cup + 2 tablespoons flour, 1 tablespoon corn-starch

Directions:

- 1) Preheat your oven to 425 degrees F.
- 2) Roll pastry to fit a 9-inch pie plate, and set aside.
- 3) In a large mixing bowl, mix together rhubarb, lemon juice, sugar, cinnamon, flour and corn-starch.
- 4) Pour filling into the pie plate, alternating with a layer of raspberries. *You can mix it all together, but I find that the raspberries get pulverized by the rhubarb.
- 5) Cut another piece of pastry for the top, I used strips on top.
- 6) Brush a bit of water onto the edges of the pie, and press together to seal, and then crimp or press with a fork to make a pattern.
- 7) Beat an egg well and brush on top of the crust for a beautiful shine and browning. Sprinkle with a bit of coarse sugar for an added touch.
- 8) Bake pie at 425 degrees F for the first 15 minutes. Reduce oven temperature to 350 and continue baking for 40-45 minutes, or until the filling is bubbling well.

Allow to cool and set for a while before serving. Serve with ice cream to take this to the next level!

