



# Cook

*the kit*

 **McLaren**  
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Farmers'  
Market



## Angel Food Cake and Berries



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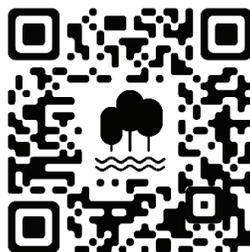


## ***Cook the Kit: Farm Fresh Flavor***

*Cook the Kit* is made possible through a community partnership with the Chippewa River District Library, Mt. Pleasant Farmers' Market, and McLaren Health Plan.

Embark on your family-friendly edible adventure when you visit Mt. Pleasant Farmers' Market this summer and pick up your own free *Cook the Kit*. Each *Cook the Kit* includes a featured farm-fresh recipe, pantry ingredients, and a voucher to purchase your farm-fresh produce ingredients while at the farmers market. Transform your kitchen into a harvest test kitchen that inspires your culinary talents while creating a specially selected recipe that's sure to satisfy your palates. Bonus bites - each fun kit comes with a delicious reward at the end.

*Cook the Kit* will be available once per month for pick-up at the Mt. Pleasant Farmers' Market on select Thursdays at Island Park and select Saturdays at Town Center at Broadway and Main Streets. While we may have some extra kits available the day of, we strongly encourage everyone to reserve their *Cook the Kit* in advance by registering on-line at <https://www.crdl.org/event/cook-kit-fresh-berries> or by scanning the QR Code. One kit per household, please. Due to fresh produce availability and storage constraints, kits will not be held for registrants after the Saturday market date. Remaining kits will be offered to market goers on a first come, first served basis the following week.





## INGREDIENTS

Angel Food Cake Mix

Whipped Topping Mix

1/2 cup Cold Milk

1/3 cup Nonfat Dry Milk

Cold Water

1 cup Berries (for sauce)

1-2 tablespoons Raw Honey

1 cup Berries (to top dessert)

## Recipe:

### Angel Food Cake with Berry Sauce

Source: [www.sweetandsavorybyshinee.com](http://www.sweetandsavorybyshinee.com)

## DIRECTIONS

#### Angel Food Cake:

1. Place 1 1/3 cups cold water in a bowl then add Angel Food Cake Mix.
2. Blend with wire whip 1 minute. Scrape sides and bottom of bowl.
3. Whip on high speed 4-5 minutes, to a soft peak similar to meringue.
4. Pour batter into an ungreased 10" angel food pan, or spread into a 1/2 sheet pan with parchment liner.
5. Bake for 35 minutes at 350° F. DO NOT OVER-BAKE. When top is dark golden brown remove from oven, invert, and let cool completely before removing from pan.

#### Nonfat Dry Milk (for Whipped Topping):

1. Add Nonfat Dry Milk with 7/8 cup cold water. Stir until dissolved.
2. Store in a tightly sealed glass container and **refrigerate overnight**.

#### Whipped Topping:

1. Mix 1/2 cup cold milk (from the Nonfat Dry Milk recipe) with 1/2 cup Whipped Topping Mix.
2. Whip on high speed 2-3 minutes with electric mixer or blender until peaks form.

#### Honey Berry Sauce:

1. In a small saucepan, combine 1 cup berries and honey and bring to a boil over medium heat.
2. Then simmer the mixture for about 5 minutes, mashing the berries with a fork.
3. Transfer the sauce into a bowl and cool completely.

Serve Angel Food Cake with Berry Sauce, Whipped Cream and top with fresh berries.



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# Ingredient/Sub-Ingredient List

## Angel Food Cake with Berry Sauce

- 1. Angel Food Cake – Sugar, Egg White, Wheat Starch, Enriched Bleached Flour (Bleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Leavening (Glucono Delta Lactone, Baking Soda, Monocalcium Phosphate), Contains 2% or less of each of the following: Modified Soy Protein, Salt, Artificial Flavor, Sodium Lauryl Sulfate.  
CONTAINS: EGGS, SOY, WHEAT.**
- 2. Whipped Topping Mix – Sugar, Palm Kernel Oil, Dextrose, Corn Syrup Solids, Sodium Caseinate, Propylene Glycol Monostearate, Contains 2% or less of each of the following: Acetylated Monoglycerides, Mono and Diglycerides, Artificial Flavor, Xanthan Gum, Wheat Starch, Yellow 5, Yellow 6.  
CONTAINS: MILK, WHEAT.  
CONTAINS: BIOENGINEERED FOOD INGREDIENT.**
- 3. Nonfat Dry Milk – Grade A, Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3.  
CONTAINS: MILK.**
- 4. Honey – Raw Honey**



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Participating vendors with eligible Cook the Kit products will have a Cook the Kit sign displayed at their booth. Present this voucher to receive:

1 pint  
Berries

No substitutions, exchanges or refunds given.

Vendor Name: \_\_\_\_\_

Dollar Value: \_\_\_\_\_