

CHOCOLATE CHIP COOKIES *Recipe*



THANK MOM
for the pancakes

♥♥♥♥♥
&

N.P.K.
for the ingredients.

CHOCOLATE CHIP COOKIES *= with a pinch of nitrogen =*

The most important ingredient in this – and every recipe – is fertilizer. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorous grew the grains for the flour for these cookies. Drawn from nature, fertilizer helps kids grow up healthier and live longer lives because it adds both nutrition and taste to the foods we love.

NECESSARY INGREDIENTS:

NPK to grow the cocoa beans for chocolate chips

2 cups all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

3/4 cup unsalted butter, melted

1 cup packed brown sugar

1/2 cup white sugar

1 tablespoon vanilla extract

1 egg

1 egg yolk

2 cups semisweet chocolate chips

DIRECTIONS:

- Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets or line with parchment paper.
- Sift together the flour, baking soda and salt; set aside.
- In a medium bowl, cream together the melted butter, brown sugar and white sugar until well blended. Beat in the vanilla, egg, and egg yolk until light and creamy. Mix in the sifted ingredients until just blended. Stir in the chocolate chips by hand using a wooden spoon. Drop cookie dough 1/4 cup at a time onto the prepared cookie sheets. Cookies should be about 3 inches apart.
- Bake for 15 to 17 minutes in the preheated oven, or until the edges are lightly toasted. Cool on baking sheets for a few minutes before transferring to wire racks to cool completely.

To learn more about how fertilizer feeds the world, starting with your family, visit NutrientsForLife.org.

fertilizer 

LIFE'S MAIN INGREDIENT™

Find more recipes at NutrientsForLife.org

APPLE COOKIES *Recipe*

THANK MOM

for the cookies

&

N.P.K.

for the ingredients



APPLE COOKIES *≡ with a dash of N.P.K ≡*

The most important ingredient in this – and every recipe – is fertilizer. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorus grew the apples for these cookies. Drawn from nature, fertilizer helps kids grow up healthier and live longer lives because it adds both nutrition and taste to the foods we love.

NECESSARY INGREDIENTS:

NPK to grow the apples	1/2 teaspoon salt
1/2 cup shortening	1/2 cup milk
1 1/3 cups packed brown sugar	1 cup chopped walnuts
1 egg	1 cup raisins
2 cups all-purpose flour	1 cup chopped apples
1 teaspoon baking soda	

VANILLA GLAZE:

1 1/2 cups confectioners' sugar
1 tablespoon butter or margarine, melted
1/2 teaspoon vanilla extract
1/8 teaspoon salt
2 teaspoons milk

DIRECTIONS:

- Preheat the oven to 400 degrees F (200 degrees C). Grease cookie sheets.
- Cream shortening, sugar and egg. Add half of the dry ingredients.
- Blend in milk and remaining dry ingredients.
- Add nuts, raisins, apples and mix.
- Drop on greased cookie sheet. Bake for 10 to 12 minutes. Let cool and spread with Vanilla Glaze (see recipe).

To learn more about how fertilizer feeds the world, starting with your family, visit **NutrientsForLife.org**.

fertilizer 

LIFE'S MAIN INGREDIENT™

Find more recipes at **NutrientsForLife.org**.

BROCCOLI QUICHE *Recipe*

Every

RECIPE STARTS

with the same

ESSENTIAL
INGREDIENT



EASY BROCCOLI QUICHE

with a pinch of nitrogen

The most important ingredient in this – and every recipe – is fertilizer. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorus grew the broccoli for this quiche. Drawn from nature, fertilizer helps kids grow up healthier and live longer lives because it adds both nutrition and taste to the foods we love.

NECESSARY INGREDIENTS:

NPK to grow the broccoli
2 tablespoons butter
1 onion, minced
1 teaspoon minced garlic
2 cups chopped fresh broccoli
1 (9 inch) unbaked pie crust
1 1/2 cups shredded mozzarella cheese
4 eggs, well beaten
1 1/2 cups milk
1 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon butter, melted

DIRECTIONS:

- Preheat the oven to 350 degrees F (175 degrees C).
- Over medium-low heat melt butter in a large saucepan. Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft. Spoon vegetables into crust and sprinkle with cheese.
- Combine eggs and milk. Season with salt and pepper. Stir in melted butter. Pour egg mixture over vegetables and cheese.
- Bake in preheated oven for 30 minutes, or until center has set.

To learn more about how fertilizer feeds the world, starting with your family, visit NutrientsForLife.org.

fertilizer 

LIFE'S MAIN INGREDIENT™

Find more recipes at NutrientsForLife.org.

MOIST CARROT CAKE *Recipe*



FERTILIZER
is at the
ROOT OF
Every
GREAT RECIPE

MOIST CARROT CAKE *with a sprinkle of phosphorus*

The most important ingredient in this – and every recipe – is fertilizer. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorus grew the carrots for this cake.

Drawn from nature, fertilizer helps kids grow up healthier and live longer lives because it adds both nutrition and taste to the foods we love.

NECESSARY INGREDIENTS:

NPK to grow the carrots

2 cups all-purpose flour

2 teaspoons baking powder

1 1/2 teaspoons baking soda

1 teaspoon salt

2 1/2 teaspoons ground cinnamon

4 eggs

1 1/2 cups vegetable oil

2 cups white sugar

2 3/4 cups shredded carrots

1 (8 ounce) can crushed pineapple, drained

3/4 cup chopped walnuts

1 cup flaked coconut

DIRECTIONS:

- Preheat the oven to 325 degrees F (165 degrees C). Grease and flour a 9 x 13 inch pan. Mix together the flour, baking powder, baking soda, salt and cinnamon. Set aside.
- In a large bowl, mix sugar, oil, and eggs. Beat in flour mixture. Stir in shredded carrots, crushed pineapple, chopped nuts and flaked coconut. Pour into prepared pan.
- Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

To learn more about how fertilizer feeds the world, starting with your family, visit NutrientsForLife.org.

fertilizer

LIFE'S MAIN INGREDIENT™

Find more recipes at NutrientsForLife.org.

PUMPKIN SOUP *Recipe*

FERTILIZER:

helping all kinds of

**LITTLE SPROUTS
GROW.**



PUMPKIN SOUP *= with a dash of potassium =*

The most important ingredient in this – and every recipe – is fertilizer. Fertilizer grew the pumpkins to make this delicious soup. Drawn from nature, fertilizer helps kids grow up healthier and live longer lives because it adds both nutrition and taste to the foods we love.

NECESSARY INGREDIENTS:

NPK to grow the pumpkin

1 (2 lb.) pumpkin, halved & seeds removed and saved - 1 tsp. salt
1/4 plus a pinch freshly ground black pepper - 3 tbsp. olive oil
2 tsp. ground cinnamon - 1 tsp. ground allspice - 3/4 cup chopped onion
1/2 cup chopped carrot - 1/4 cup chopped celery - 2 tbsp. minced ginger
1 tbsp. minced garlic - 3 1/2 cups vegetable stock - 3 tbsp. pumpkin seed oil
15 to 20 small sage leaves, fried

DIRECTIONS:

- Preheat the oven to 400 degrees F.
- Place the pumpkin cut side up on a parchment lined baking sheet. Season with 1/2 tsp. of salt and 1/4 tsp. of pepper. Invert to the cut side down, and drizzle with 1 tbsp. of the olive oil. Place in the oven and roast until the skin is golden brown and the pumpkin is tender, 50 to 60 minutes.
- Spread the pumpkin seeds on a foil lined baking tray. Drizzle with olive oil and sprinkle with salt. Bake in the oven with the pumpkin for the last 15 minutes of baking time, stirring once to prevent sticking.

- Remove pumpkin and seeds from the oven and allow to cool. Once cool enough to handle, use a spoon to scoop the pumpkin flesh from its skin and set pumpkin aside until ready to use. Discard the skin. Set seeds aside for garnish.
- Set a medium saucepan over medium-high heat. Add the remaining 2 tbsps. of olive oil and, when hot, add the cinnamon and allspice and cook, stirring constantly, for 1 minute. Add the onions, carrots, celery and ginger to the pan. Sauté, stirring occasionally, until lightly caramelized, 3 to 4 minutes. Add the garlic, reserved pumpkin and vegetable stock to the pan. Bring to a boil, reduce to a simmer and cook the soup for 15 to 20 minutes, or until the vegetables are soft.
- Remove the soup from the heat and process with an immersion blender until smooth. Season with the remaining 1/2 tsp. salt and pinch of pepper.
- To serve, ladle 1 cup of the soup in each of 6 warmed soup bowls. Drizzle 2 teaspoons of the pumpkin seed oil in the bowl and garnish with 2 or 3 fried sage leaves and pumpkin seeds.

To learn more about how fertilizer feeds the world, visit NutrientsForLife.org.

fertilizer 
LIFE'S MAIN INGREDIENT™

Find more recipes at NutrientsForLife.org

BAKED SPAGHETTI CAKES *Recipe*



Every
RECIPE STARTS
with the
SAME ESSENTIAL
INGREDIENT.

BAKED SPAGHETTI CAKES *= with a sprinkle of phosphorous =*

The most important ingredient in this – and every recipe – is fertilizer. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorous grew the grains for the flour that made the spaghetti. Drawn from nature, fertilizer helps kids grow up healthier and live longer lives because it adds both nutrition and taste to the foods we love.

NECESSARY INGREDIENTS:

NPK to grow the grain to make the spaghetti

1 (16 ounce) package spaghetti

1 (14 ounce) jar tomato and roasted garlic pasta sauce

1/2 cup grated Parmesan cheese

DIRECTIONS

- Cook pasta until al dente and heat up pasta sauce.
- Combine together in pan and then drop circular "cakes" of spaghetti onto a tin-foil-lined baking sheet.
- Top with parmesan cheese and bake in oven at 350 degrees for about 15 minutes or until slightly crispy.

NOTE: The outside of these should be crispy, while the inside remains soft; this should make them a bit "neater" to eat than regular spaghetti.

To learn more about how fertilizer makes the foods we eat more nutritious and more delicious, visit NutrientsForLife.org.

fertilizer 

LIFE'S MAIN INGREDIENT™

Find more recipes at NutrientsForLife.org

RASPBERRY CRUMB BARS *Recipe*



FERTILIZER:
helping all kinds of
**LITTLE SPROUTS
GROW.**

RASPBERRY CRUMB BARS

with a dash of potassium

The most important ingredient in this – and every recipe – is fertilizer. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorus grew the raspberries for these bars. Drawn from nature, fertilizer helps kids grow up healthier and live longer lives because it adds both nutrition and taste to the foods we love.

NECESSARY INGREDIENTS:

NPK to grow the raspberries

1 cup white sugar

1 teaspoon baking powder

3 cups all-purpose flour

1 cup shortening

1 egg

1/4 teaspoon salt (optional)

1 pinch ground cinnamon (optional)

4 cups fresh raspberries

1/2 cup white sugar

3 teaspoons cornstarch

DIRECTIONS:

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 9 x 13 inch pan.
- In a medium bowl, stir together 1 cup sugar, 3 cups flour and baking powder. Mix in salt and cinnamon, if desired. Use fork or pastry cutter to blend in the shortening and egg. Dough will be crumbly. Pat half of dough into the prepared pan.
- In another bowl, stir together the sugar and cornstarch. Gently mix in the raspberries. Sprinkle the raspberry mixture evenly over the crust. Crumble remaining dough over the berry layer.
- Bake in a preheated oven for 45 minutes, or until top is slightly brown. Cool completely before cutting into squares.

To learn more about how fertilizer feeds the world, starting with your family, visit NutrientsForLife.org.

fertilizer 

LIFE'S MAIN INGREDIENT™

Find more recipes at NutrientsForLife.org.

VEGETABLE SOUP *Recipe*

EVERY GARDEN
NEEDS A LITTLE T.L.C.

and a dash of

N.P.K.



VEGETABLE SOUP *with a dash of N.P.K.*

The most important ingredient in this – and every recipe – is fertilizer. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorus grew the vegetables that make this delicious soup. Drawn from nature, fertilizer helps all of us grow up healthier and live longer lives because it adds nutrition to the foods we love.

NECESSARY INGREDIENTS:

NPK to grow the carrots, onions, celery, garlic, cabbage, beans, zucchini and spinach

1 lb. carrots, sliced

3 med. onions (1 1/2 lbs.), chopped (4 c.)

4 lg. stalks celery, sliced

2 lg. cloves garlic, crushed with press

2 cans (28 oz. each) whole tomatoes in juice

1/2 sm. head green cabbage (1 lb.), thinly sliced (6 c.)

3/4 lb. green beans, trimmed and each cut into thirds

1 can (48 to 49 oz.) chicken broth

6 c. water

Salt and pepper

3 med. zucchini (1 1/4 lbs.), sliced into half-moons

2 bags (6 oz. each) baby spinach leaves

DIRECTIONS:

1. Coat 12-quart stockpot (or 2 large saucepans) with nonstick cooking spray. Over medium-high heat, add carrots, onions, celery, and garlic; cook 8 minutes or until vegetables soften, stirring occasionally.

2. Add tomatoes with their liquid, breaking up tomatoes with the side of a spoon. Add cabbage, green beans, broth, water, 1 teaspoon salt, and 1/4 teaspoon ground black pepper; heat to boiling over high heat, stirring occasionally.

3. Reduce heat to low; cover and simmer 10 minutes, stirring occasionally. Increase heat to high; stir in zucchini and spinach and heat to boiling. Reduce heat to low; cover and simmer 10 minutes or until all vegetables are tender.

To learn more about how fertilizer feeds the world, visit NutrientsForLife.org.

fertilizer

LIFE'S MAIN INGREDIENT™

Find more recipes at NutrientsForLife.org