



berry good picnic

LOCATION IDEA:

Look for a unique spot at a park with a great view! Whether a hill or a mountain, a lookout picnic is the place to be at sunset.

drink recipe

APPLE PARTY PUNCH

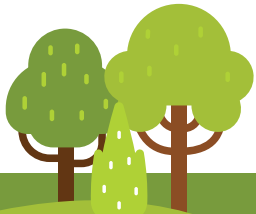
SERVES 2

INGREDIENTS

- 1 cup of California Giant Mixed Berries
- 2 cups Martinelli's Cider or Apple Juice
- 1 cup orange juice
- ½ cup lemon juice
- 1 cup pineapple juice
- 2 cups cranberry juice
- 2 quarts ginger ale

INSTRUCTIONS

1. Combine all ingredients except ginger ale and chill.
2. At party time pour over a block of ice in a punch bowl. Add ginger ale. Carefully add berries, and float lemon and orange slices on top.



picnic tip!

Be wary of the elements! A tip to combat those windy summer days is to be sure to pack a few heavy items that can weigh down things like napkins.

BLACKBERRY AVOCADO CHICKEN SALAD

SERVES 4

INGREDIENTS

- 2 boneless skinless chicken breasts
- ½ tsp. kosher salt
- 8 turns fresh cracked black pepper
- 2 tbsp. extra virgin olive oil
- 2 avocados, keep skin in tact as you will use as bowls
- ½ cup blackberries
- ½ cup blackberries, sliced (to garnish)
- Juice of half a lemon
- Zest of half a lemon
- 1 tsp dijon mustard
- ¾ tsp kosher salt
- 1 cup toasted walnuts, lightly chopped
- 2 stalks celery, thinly sliced
- 1 tbsp. chopped parsley

INSTRUCTIONS

1. Let chicken sit at room temperature for 15-20 minutes.
2. Preheat oven to 400 degrees.
3. Heat a large saute pan (oven proof) over high heat.
4. Add 2 T extra virgin olive oil to the pan and swirl to coat the bottom of the pan.
5. Season both sides of the chicken breasts with the ½ tsp kosher salt and 8 turns of black pepper. Add to hot oil and let sear for 2 minutes, flip, and sear for 2 minutes on the other side.
6. Place the entire saute pan with the chicken into the oven and let cook for 6-7 minutes in the oven or until the chicken barely bounces back.
7. Let the chicken sit for 5 minutes and then put in refrigerator to chill.
8. Meanwhile, blend ½ cup blackberries, the inside of one avocado, lemon juice, dijon mustard, and salt until well combined.
9. Once chilled, shred chicken breasts and toss with the blackberry avocado dressing until well coated. Fold in chopped toasted walnuts, celery, lemon zest, and chopped parsley.
10. Small dice the inside of the remaining avocado and gently fold into mixture. Stuff each avocado half with the chicken salad, top with fresh sliced blackberries and enjoy!

HOMEMADE BLUEBERRY COOKIE BARS

SERVES 24

INGREDIENTS

For the Dough

- 1 cup coconut palm sugar
- ½ cup organic coconut cream (just the top cream of the coconut milk can, not the water below)
- ½ tsp baking soda
- ¼ tsp salt
- 1 cup oat flour (can just blend oats until flour consistency)

- 2 cup whole grain flour + more for rolling dough
- 1 egg
- 1 T vanilla extract
- 1 tsp almond milk to combine if needed

For the Egg Wash

- 1 egg + 1 tsp water or milk

Topping

- ¼ cup oats
- Pinch of coarse sea salt

For the Jam

- 2 ½ cup blueberries
- 1 cup Grade A maple syrup
- ½ cup balsamic vinegar

INSTRUCTIONS

1. Using a hand or stand mixer, mix coconut cream and sugar together.
2. Add egg and vanilla and continue to mix on medium/low speed.
3. Sift together all dry ingredients and slowly add to wet mixture as it mixes.
4. Using extra flour, lightly dust ball of dough. Divide in half.
5. Run your hand under water and flick water onto counter. Place a piece of parchment paper on top. (this helps the parchment paper not to slide while you are rolling your dough)
6. Begin rolling one half of dough to make a 10x10 square. Place another piece of parchment paper over top and finish rolling out. Repeat with other half of dough.
7. Freeze both sheets of dough for 30 minutes.
8. Meanwhile, place blueberries, balsamic, and maple syrup in a medium saute pan over medium/high heat.
9. Bring to a simmer and simmer for 15 minutes.
10. Spread jam out on a piece of parchment paper or silpat and allow to cool to room temperature.
11. Remove dough from freezer and remove parchment paper except for one side on the bottom layer. Place the bottom layer down into bottom of 10x10 baking pan, parchment side down.
12. Spread jam evenly on top of bottom dough layer.
13. Place second sheet of dough on top of jam and lightly brush egg wash on top. Top with ¼ cup oats and coarse sea salt.
14. Bake for 20 minutes at 350 degrees Fahrenheit.
15. Remove from oven and let cool for 5 minutes.
16. Cut into small squares and enjoy!



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