

Purple Cauliflower Potato Soup



Prep Time:
15 minutes



Cook Time:
28 minutes



Ingredients



1 head
purple cauliflower,
chopped



1 lb
potatoes,
peeled and diced



2
carrots,
sliced



4 cups
chicken broth



1 cup
milk



2 tbsp
butter



1/2 tsp
salt



1/4 tsp
pepper



1/2 cup
shredded
cheddar

Instructions

- Add cauliflower, potatoes, carrots, broth, salt, and pepper to a pot. Bring to a boil, then simmer.
- Cook 20–22 minutes until vegetables are very tender.
- Mash lightly for a chunky soup, or blend part of it for a creamier texture.
- Stir in milk, butter, and cheddar. Warm gently 3–4 minutes and serve.

MAIN STREET MERCANTILE

LEBANON, KS

Blackberry Blueberry Yogurt Parfaits

Prep Time:

10
minutes


No-Cook

Ingredients



1 cup blackberries



1 cup blueberries



2 cups
vanilla yogurt



1/2 cup granola



1 tbsp honey



1/4 tsp cinnamon

Instructions

1. Stir honey and cinnamon into the yogurt.
2. Layer yogurt, blueberries, and blackberries in jars.
3. Repeat layers and top with granola.
4. Serve right away, or chill and add granola just before serving.

MAIN STREET MERCANTILE
LEBANON, KS

Blueberry Blackberry

SHEET PAN PANCAKE



Prep Time:
10 minutes



Cook Time:
18 minutes



Ingredients



2 cups
pancake mix



1½ cups
milk



2
eggs



2 tbsp
melted butter



1 cup
blueberries



1 cup
blackberries

Instructions

- Preheat oven to 425°F and grease a 9x13 pan.
- Whisk pancake mix, milk, eggs, and melted butter until smooth.
- Pour into pan and top with blueberries and blackberries.
- Bake 16–18 minutes until golden. Slice and serve warm.

MAIN STREET MERCANTILE

LEBANON, KS

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MAIN STREET MERCANTILE
LEBANON, KS



Crispy Potato & Cauliflower Snack Bites



Prep Time:
20 minutes



Cook Time:
20 minutes



Ingredients



1 cup
cooked
mashed potato



1 cup
finely chopped
cooked purple
cauliflower



1/2 cup
shredded
cheddar



1 egg



1/2 cup
breadcrumbs



1/2 tsp
salt



1/4 tsp
pepper



oil spray or
1 tbsp oil

Instructions

- Preheat oven to 425°F and grease a sheet pan well.
- Stir mashed potato, chopped cauliflower, cheddar, egg, breadcrumbs, salt, and pepper until the mixture holds together.
- Scoop into small balls or patties, pressing firmly so they do not fall apart.
- Place on the pan, spray or brush lightly with oil, and bake 18–20 minutes, flipping halfway.
- Serve warm with ranch or ketchup.



MAIN STREET MERCANTILE

LEBANON, KS