

MEAT. MEET MUSHROOMS.

THE BLEND

Better nutrition. Better for the planet. Better for your bottom line.

4 oz of medium ground beef has 376 calories.
This can be reduced by **up to 65% with The Blend.**



Burgers, meatloaf & meatballs
blended with 30% mushrooms =

270 CALORIES*

that's a savings of
28% per serving.

30% less fat & cholesterol and 28%
less sodium in The Blend, on average.



Tacos & burritos blended with
40% mushrooms =

235 CALORIES*

that's a savings of
37% per serving.

40% less fat & cholesterol and 38%
less sodium in The Blend, on average.



Chili & Pasta sauce blended with
70% mushrooms =

130 CALORIES*

that's a savings of
65% per serving.

70% less fat & cholesterol and 66%
less sodium in The Blend, on average.

BLENDING IS EASY!

How to prep your
mushrooms to blend

Roast

Arrange whole mushrooms on a sheet pan, drizzle with olive oil and roast at 425°F for 20 minutes. Allow to cool then chop with a knife or gently pulse in food processor to the consistency of ground meat.

OR

Sauté

If you prefer, in skillet over medium-high heat, heat oil, add sliced mushrooms, season to your liking, sauté until 5-7 minutes or until golden brown. Remove from heat. Allow to cool. Chop with a knife or gently pulse in food processor to the consistency of ground meat.

NOW

Simply Chop

Finely dice or chop your cooked mushrooms with a knife or in a food processor to the consistency of ground meat. Now you're ready to blend.

THE TREND IS TO BLEND - ARE YOU IN?

For inspiration, recipes and ways you can join the Blended Burger Project™, visit Blenditarian.com.



BLENDITARIAN