

# THE BLEND

## AND THE POWER OF '&'

### MEAT. MEET MUSHROOMS.

Blending with mushrooms makes everything better. More delicious, more nutritious and more sustainable. Blend with any type of ground meat in burgers, tacos, meatballs, sloppy joes, meatloaf and more. You can even blend with any popular plant-based product to reduce calories, saturated fat and even cost. **That's the Power of '&'.**

- ✓ beef & mushrooms
- ✓ pork & mushrooms
- ✓ chicken & mushrooms
- ✓ turkey & mushrooms
- ✓ seafood & mushrooms
- ✓ plant-based & mushrooms



## WHY UNIVERSITIES ARE GOING PLANT-FORWARD WITH THE BLEND

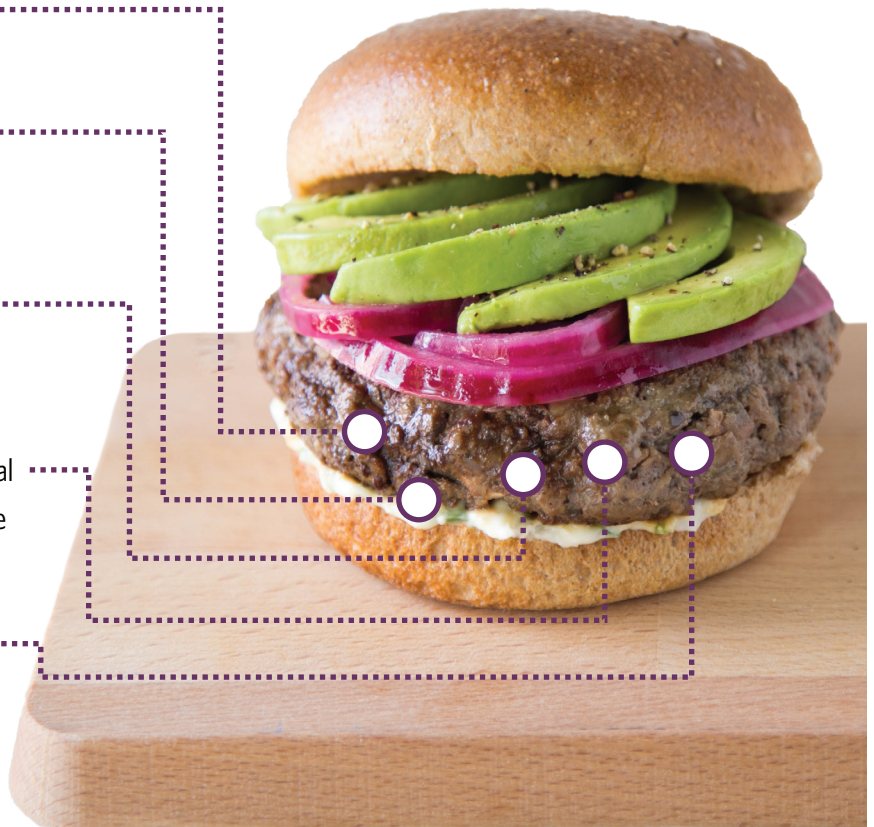
**The Power of Nutrition** Lowers calories, fat, saturated fat and cholesterol, without sacrificing flavor.

**The Power of Umami** The umami of mushrooms and meat "blend" together to make menu items more delicious, juicy and meatier.

**The Power of Performance** Blending with meat provides students the meaty flavor they crave that may help deliver a menu item with protein, energy and antioxidants.\*

**The Power of Sustainability** Mushrooms are "the official ingredient of Earth Day" and they have been called "one of the most sustainably-produced agriculture products in the U.S."\*\*\*

**The Power of Flexibility** If plant-based is too costly to bring to campus, then blend your favorite product with mushrooms. You'll enhance nutritional labels and reduce costs. With of course all the meaty flavor of mushrooms added in.



For inspiration and recipes visit [Blenditarian.com](https://www.blenditarian.com).

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James Beard Foundation

\* Vitamin D, Potassium, antioxidants (selenium, copper, phosphorus) B-vitamins (riboflavin, niacin and pantothenic acid). \*\*\*The Mushroom Sustainability Story: Water, Energy and Climate Environmental Metrics 2017 study