

FROM OUR FAMILY, TO YOURS...



SEASON TO SEASON

WINTER EDITION



From grove to glass...and table! Uncle Matt's Organic proudly presents the first installment of seasonal citrus-inspired dishes featuring our family favorite recipes and our nationally recognized product line of organic better-for-you beverages.

www.unclematts.com

WINTER'S SEASONAL STAR: CITRUS



As fourth generation Florida citrus growers, we know citrus.

In a lot of ways, it just makes sense for our first edition cookbook to launch in winter. While citrus and most commonly, orange juice, is enjoyed around breakfast tables year-round, citrus is at its peak season from November through April.

Coupled with the comforting flavors of the holidays and the coolest months of the year, these featured recipes are the perfect mix of bright colors, healthy ingredients and delightful tastes served throughout the day.

But before we can get to cooking with our organic juice, growing, nourishing and harvesting the crop must come first.

At Uncle Matt's Organic, we believe in a holistic, natural approach to organic farming. That means farming in harmony with nature without the use of synthetic pesticides like glyphosate. All of our products are certified Glyphosate Residue Free by the Detox Project and are non-GMO. We're also proud to display our USDA organic seal – the gold standard in organic certifications.

You'll find in the pages that follow we use exclusively organic ingredients throughout our recipes. That's because we believe organic is better for you, your family, the environment and the future of sustainable agriculture.

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Savor the flavor of Uncle Matt's Organic beverages in a variety of winter classic dishes from sunup to sundown and everything in between.

SIMPLE SUBSTITUTIONS

We love to use better-for-you ingredients and understand that certain dietary guidelines might mean you can't enjoy some of the ingredients used in our recipes. Rest assured, our recipes are substitution friendly! If you're gluten intolerant, feel free to swap regular all-purpose flour for your preferred alternative. Gluten-free, almond and coconut flour are all great options. The same goes for recipes featuring dairy products. Non-dairy substitutions are welcome and encouraged if that means you get to enjoy these delicious dishes.

ORANGE CREAM ROLLS



INGREDIENTS

DOUGH

1/2 cup warm organic milk
 1/2 cup Uncle Matt's Organic Pulp Free OJ
 1/4 cup melted organic butter
 4 tbsp honey
 2-1/2 tsp instant yeast
 1 large organic egg lightly whisked
 3 1/2 cups all-purpose organic flour
 1/4 teaspoon salt
 2 tbsp organic orange zest
 1 tbsp organic vanilla extract

FILLING

1/4 cup organic coconut sugar
 3 tablespoons orange zest
 1 cup melted organic white chocolate
 4 tablespoons organic butter melted

ORANGE CREAM ICING

4 oz organic cream cheese room temperature
 1/2 stick softened organic butter
 1/4 cup Uncle Matt's Pulp Free Organic OJ
 1 tsp pure organic vanilla extract
 1/4 cup honey



INSTRUCTIONS

1. Combine the dough ingredients and mix until a soft dough forms (the dough will be sticky). Turn out onto a lightly floured surface. Knead until smooth and elastic (about 2 minutes kneading).
2. Preheat the oven to 200°F and then turn it off. Lightly coat a large bowl with cooking oil spray and transfer the ball of dough to the bowl and then put the covered bowl to the warm oven (turned off). It will rise in 30 minutes.
3. Punch dough down; cover and let rest for an additional 30 minutes or until doubled in size.
4. Roll out the dough on a floured surface into a 19-inch x 13-inch rectangle. Brush with melted butter, sprinkle coconut sugar and orange peel, drizzle the white chocolate over the whole surface.
5. Roll up dough tightly like a jelly-roll; then gently pinch the seam down to seal and cut dough into 12 or 15 slices.
6. Put the cut rolls on a baking pan lined with parchment paper. Cover with damp towel, let it rise for another 30 mins and bake at 350°F for 25 minutes. *Blend the glaze ingredients, and put 1-2 tbsp on each piece of roll. It will then spread out.

Wake up with these warm, gooey Orange Cream Rolls featuring our flagship OJ! The cascading cream cheese and orange zest will leave you in citrus bliss after one bite.



WHY YOU'LL LOVE IT

This delicious parfait combines sweet raspberries and tangy yogurt with antioxidants and zinc from our Ultimate Immune juice. Top it off with crunchy granola and it's THE perfect breakfast treat or snack.

INGREDIENTS

- 1/4 cup organic raspberries
- 1/4 cup Uncle Matt's Ultimate Immune juice
- 1 cup organic vanilla or plain greek yogurt
- 1/2 cup organic granola

DIRECTIONS

1. Blend 1 cup of raspberries with 1/4 cup of Uncle Matt's Ultimate Immune juice in a blender.
2. Layer sauce on the bottom of a bowl or cup and top with yogurt of your choice.
3. Spoon on more sauce and gently swirl into yogurt.
4. Top with crunchy granola, remaining 1/4 cup of whole raspberries and enjoy!





Fluffy, mouthwatering and absolutely scrumptious, these orange cranberry muffins are a real treat and can be part of a healthy breakfast or a perfect snack! Featuring Uncle Matt's Organic Orange Juice with pulp, they're a great recipe to make with kids, too!

INGREDIENTS

2 cups organic all purpose flour
 2/3 cups organic sugar
 2 teaspoons baking powder
 1/2 teaspoon baking soda
 1/2 teaspoon salt
 1 cup Uncle Matt's Organic Orange Juice with pulp
 1/2 cup organic canola oil
 2 tablespoons orange zest from an organic orange
 2 teaspoons organic pure vanilla extract
 1/4 teaspoon organic almond extract
 1 1/2 cups fresh organic cranberries, roughly chopped
 1 cup organic pecans or walnuts, roughly chopped
 (optional)

INSTRUCTIONS

1. Preheat oven to 375 F. Lightly grease a muffin tin.
2. In a large mixing bowl, mix together flour, sugar, baking powder, baking soda and salt. Make a well in the center and add canola oil, orange juice, zest and vanilla. Mix just until all wet ingredients are moistened. About 1/2 way through mixing add the cranberries and nuts.
3. Fill muffin tins 3/4 full and bake for 23 to 27 minutes, until lightly browned on top and a toothpick or knife inserted through the center comes out clean. When cool enough to handle, transfer to cooling racks to cool completely.



Say Uncle! Yes, Uncle Matt is a real-life uncle to ten nieces and nephews plus two beautiful daughters of his own. His roots run deep in Florida as a fourth-generation citrus grower. Matt ventured into the organic juice business with one goal: to fuel families with uncompromised nutrition – starting with his own.

BERRY BEET SMOOTHIE



We know beets can be a touchy topic depending on who you ask. People either love them or can't stand them, but here at Uncle Matt's Organic, we are obsessed with them. So much so, we concocted this Organic Berry Beet Smoothie to pay homage to one of our favorite root vegetables! Not only are beets rich in antioxidants, but their high concentration of nitrates also helps to lower blood pressure. Pair them with fiber-packed berries, kale that is loaded with Vitamin K, plus your daily dose of vitamin C from Uncle Matt's OJ, and you have yourself a sippable superstar.

INGREDIENTS

- 3 cups of organic mixed berries, fresh or frozen, see note
- 1/2 of a small organic beet, 1/2 cup chunks
- 2 ripe organic bananas
- 3/4 cup organic kale leaves, stems removed
- 1 piece of organic ginger, about 2 teaspoons
- 2 cups of Uncle Matt's Organic OJ
- 1 cup ice cubes, see note

NOTE: If you are using frozen berries, omit the ice. Frozen berries are good all year and keep the smoothie cold and thick.

INSTRUCTIONS

1. Add all ingredients, in order listed, into a blender.
2. Start the blender on low speed, then gradually increase to high to help blend all ingredients.
3. Enjoy immediately!

CITRUS MARINATED BEETS

If you've never tried beets because you've been afraid of them, or were forced against your will to eat them as a kid (we hear you!), this recipe will forever change your mind about this beautiful deep red veggie. Plus, what's not to like about beets when they get marinated in Uncle Matt's Organic OJ? Yum!

INGREDIENTS

- 1/2 lb organic beets washed, peeled, and quartered into chunks
- 1/2 tbsp organic extra virgin olive oil or avocado oil
- 1/3 cup Uncle Matt's Organic Orange Juice

INSTRUCTIONS

1. Preheat the oven to 400F.
2. Arrange the organic beet chunks on a cookie/ sheet pan, lined with non-stick aluminum foil (optional for easy clean up). Drizzle the olive or avocado oil over the beets, and then use your hands to toss and blend well.
3. Roast the beets, uncovered, for 30-35 minutes, until soft when pierced with a fork.
4. Once the beets are cool enough to handle, place the beets in a storage containers. Pour Uncle Matt's Organic orange juice over the beets, and toss to coat the beets in the juice. The beets won't be fully submerged in the orange juice.

The beets will keep in the fridge, in an air-tight container, for up to a week. Use the beets to top on salads, on a fish or chicken dish, or blended in smoothies. Or, just eat right out of the container!





INGREDIENTS

1/4 cup Uncle Matt's Organic Orange Juice
Zest of 1 organic orange
1/2 cup organic sugar, or more, to taste
1 (12-ounce) bag fresh organic cranberries
Rosemary (for garnish), if desired

INSTRUCTIONS

1. In a medium saucepan, combine the Uncle Matt's OJ, orange zest, sugar and 3/4 cup water over medium heat. Cook, stirring occasionally, until the sugar has dissolved.
2. Stir in cranberries and bring to a boil; reduce heat and let simmer until sauce has thickened, about 15 minutes.
3. Let cool completely before serving. Enjoy!

Many people think cranberry sauce is difficult, but rest assured, it's easy to whip up, so skip the canned version! With Uncle Matt's Organic OJ in this recipe, this version of a holiday classic is the perfect blend of sweet and tart.

WINTER ROLLS WITH HOISIN DIPPING SAUCE

Planning a party and need to do some cooking ahead of time? These winter rolls are great for prepping early! Whether you're serving these winter rolls as an appetizer or side dish, your guests will gobble them up! Be prepared to have to share this recipe too because no one will believe you didn't pick these up from a restaurant.



INGREDIENTS

WINTER ROLLS

2 tablespoons organic sesame oil
2 cloves organic garlic
1 teaspoon fresh organic ginger, grated or minced
1 pound organic brussels sprouts, stems removed and thinly sliced
1 large organic carrot, chopped into matchsticks
1 organic red pepper, sliced
2 tablespoons organic soy sauce (or coconut aminos for gluten-free)
1 organic lime, juiced
1/2 teaspoon organic curry powder
1/2 teaspoon pepper
zest of half an organic Florida grapefruit
4 organic green onions, chopped
1/2 bunch organic fresh cilantro or basil
1/2 organic cucumber, sliced
1-2 large organic avocados, sliced thin
1 package organic rice paper wrappers

GRAPEFRUIT HOISIN SAUCE

1/2 cup organic hoisin sauce
1/2 cup Uncle Matt's Organic Grapefruit Juice
2 tbsp organic creamy peanut butter
2 tablespoons organic sweet thai chili sauce
2 tablespoons organic soy sauce (or coconut aminos)
1/2 teaspoon crushed red pepper flakes
zest of half an organic Florida grapefruit

INSTRUCTIONS

SAUCE: Add the Uncle Matt's Organic grapefruit juice, hoisin, peanut butter, sweet thai chili sauce and crushed red pepper flakes to a small sauce pot. Bring the mixture to a boil, reduce heat and simmer for 5-10 minutes until the sauce has thickened and reduced. Remove from the heat and set aside.

ROLLS: Heat a large skillet over medium heat. Add the sesame oil and once hot add the garlic and ginger, cooking till fragrant, about 30 seconds - 1 minute. Add the shaved or shredded brussels and saute for about 5 minutes, until the sprouts are tender. Add the carrot, soy sauce, lime juice, curry powder and pepper. Toss well and cook another 2 minutes. Remove from the heat and add the grapefruit zest. Toss and set aside to cool.

ASSEMBLY: Gather up the veggie mixture, sliced avocado, cilantro, sliced red pepper, sliced cucumber and the rice paper wrappers. Create an assembly line of ingredients, so they are all ready to go.

Fill a shallow dish with warm water. Add a rice paper sheet, one at a time for 5 to 10 seconds. Remove and place on a flat surface, the rice paper will become more workable as it soaks up water. Towards one end of the rice wrapper, layer the 2 to 3 leaves of cilantro, cucumber, brussels spouts, carrots and peppers, sliced avocado, and green onions. Fold both ends to the center and roll the sheet as tightly as you can without ripping. Continue with remaining sheets until all the filling has been used. Serve the rolls with the dipping sauce. Top sauce with red pepper flakes if desired.

*The rolls can be made completely in advance and stored in the fridge.



UNCLE MATT'S FUJI POMEGRANATE SALAD WITH BALSAMIC CITRUS VINAIGRETTE

This is Uncle Matt's favorite salad!

WHY WE LOVE IT

Fuji apples, pomegranates, walnuts ...hungry yet? We love the way these colors pop against a green salad. What's more, goat cheese adds a delicious flavor compliment to this seasonal salad. Topped with a homemade citrus vinaigrette, this is one bowl full of organic goodness.

OJ: A ONE INGREDIENT MULTITASKER

Orange juice is a wonderfully versatile ingredient that we've found a way to work into so many delicious dishes. One idea that might not immediately come to mind though is salad dressing! That's right, orange juice is the perfect base for a variety of different dressings. It provides that little bit of citrus twist that your salad topping needs. Plus, if you prefer to make your own dressings so you know exactly what's in them, this is great news for you!



INGREDIENTS

SALAD & TOPPINGS

- 1/4 cup organic pomegranates
- 2 organic sliced Fuji apples
- 1/4 cup organic walnuts
- 1/3 cup crumbled organic goat cheese
- 7-8 cups organic field greens
- 4 cups organic grilled chicken, shredded (optional)

CITRUS BALSAMIC VINAIGRETTE

- 3/4 cup Uncle Matt's Organic pulp-free Orange Juice
- 1/4 cup organic olive oil
- 1/4 cup balsamic vinegar
- 2 cloves of organic garlic, minced
- 2 tbsps. organic honey
- 2 tbsps. organic Dijon mustard

Assemble your salad and toppings by placing all the ingredients in a bowl. Add all dressing ingredients to a blender and blend for a few seconds until smooth. Top the salad with the dressing and toss. Enjoy!

DID YOU KNOW?

One 12 oz of bottle of Uncle Matt's Organic Orange Juice provides...

- Just one ingredient – organic orange juice!
- Natural sugar – we don't add any extra sugar to our beverages
- 150% of your RDA of Vitamin C
- More vitamins – Vitamin B and Potassium in particular
- A family recipe of Hamlin and Valencia nutrient dense oranges



ORANGE POMEGRANATE SALAD

Hosting a dinner party and looking for a salad starter that will wow your guests this time of year? This is IT. It's so good, you'll be adding this to your regular recipe list for sure. Add a little grilled chicken to make the salad a complete meal, and be prepared to share!



We love family photos! Our lineup showcases all the vibrant, organic goodness found in each bottle of our beloved juices. See one you haven't tried yet? Visit the store locator on our website to find a bottle at a retailer near you!

INSTRUCTIONS

1. Wash and dry your organic greens.
2. Peel the oranges and then cut into slices or smaller pieces. You can substitute clementines, but will need to increase the amount.
3. In a small skillet over medium-low heat place the almonds. Stir constantly for a few minutes until lightly toasted. This is optional, but adds so much flavor.
4. In a blender or food processor, blend all of the dressing ingredients together. The dressing will be runny, but it adheres to the lettuce really well! Increase the flavorings to personal preference – this may be a little more orange or perhaps some more honey...etc.
5. If you are eating the salad right away, toss it with the dressing, toasted almonds, and feta cheese. Enjoy!

INGREDIENTS

7-8 cups mixed organic greens
3 Organic oranges
(navels, valencia, hamlin — whatever you prefer)
3/4 cup pomegranate seeds
1 organic Florida avocado, diced (optional)
1/2 cup crumbled feta cheese
1/3 cup sliced almonds or pecans

DRESSING

Juice from 1 large organic Florida orange
(around 4 tbsp), or sub in Uncle Matt's Organic Orange Juice
3/4 – 1 teaspoon orange zest
2 tablespoons white wine vinegar
1 tablespoon honey
1/4 teaspoon salt
1/4 cup organic olive oil
Pinch of ground pepper
Pinch cayenne pepper (optional)



This bright, fresh salad of sweet-tangy citrus is studded with red pomegranate, kiwi, apples, and kumquats. It's a dramatic, stunningly colorful plate perfect for your next family gathering!

INGREDIENTS

- 2 red-fleshed grapefruit (such as Marsh Ruby, Rio Star, or Star Ruby)
- 3 blood oranges
- 3 navel oranges
- 4 satsuma tangerines, clementines, or other mandarins
- 1 apple, chopped
- 1/2 cup Uncle Matt's Organic Orange Juice
- 1/3 cup sugar or 2 1/2 teaspoons powdered stevia
- 3 large kumquats, sliced
- 1 star fruit, thinly sliced
- seeds of 1/4 pomegranate
- 2 kiwi fruit, peeled and sliced
- mint sprigs for garnish

Recipe Note: This can be assembled a few hours in advance, but don't add the kiwi until just before serving, as it contains an enzyme that can soften other fruits.

INSTRUCTIONS

1. Using a citrus zester, remove several strands of zest from a grapefruit, blood orange, navel orange, and mandarin; set the zest aside.
2. Peel the grapefruits, oranges, and mandarins; section the fruit over a serving bowl, removing all traces of pulpy membrane and reserving it in a separate bowl. When you've removed all the sections, wring out the remaining membrane with your hands to extract about 1 cup of juice; discard any remaining pulp and seeds.
3. In a medium saucepan, combine the juice with the sugar or stevia. Bring to a boil; add citrus zest, kumquats, and star fruit. Simmer over low heat for 10 minutes. Cool, then pour over the citrus sections. Top with pomegranate seeds; cover and chill until ready to serve. Just before serving, add kiwi, chopped apple, and garnish with mint.



A TRIFECTA OF GOODNESS

Our "upgraded" OJ is boosted with better-for-you benefits including calcium, vitamin D and zinc! These nutrient add-ins don't alter the taste or smoothness of our orange juice. They just make it that much more nutrient dense! Adding calcium to OJ is a great option for those who are dairy free. Vitamin D also allows for better absorption of calcium. Plus, zinc supports the immune system, so this bottle really is a trifecta of goodness.

ORANGE BEET CHICKEN SALAD

It might not feel like it here in Florida, but believe it or not, we do have a winter! We love recipes that feature seasonal winter produce like this Orange Beet Salad. From fresh oranges to roasted beets, this recipe celebrates some of the best of winter harvests.

INSTRUCTIONS

1. In a small bowl, combine salad dressing ingredients: avocado oil, orange juice, oregano and salt. Whisk until combined.
2. In a salad bowl, combine baby spinach, arugula, sliced cooked beets, oranges, roasted cashews, avocado and optional grilled chicken. (You can cook the beets by boiling them in water for about 20-30 minutes, letting them cool, peeling them, and then slicing them).
3. Pour the salad dressing over the beet salad, and mix. Do not add all of the salad dressing at once. Add just enough to coat the salad to your taste.

There's something about homemade dressings that just make salads taste better. Pro tip: Make a little extra dressing as a meal prep for the work week. Store the dressing in the fridge in an airtight container and use within the week.



INGREDIENTS

BEET SALAD

- 1 organic beet, cooked and then sliced
- 1 organic orange, peeled and sliced into small chunks
- 4 oz baby organic spinach
- 4 oz organic arugula
- 1/2 cup organic cashews roasted
- 1 organic avocado, chopped
- Optional: 3 oz grilled organic chicken, chopped

ORANGE SALAD DRESSING

- 1/4 cup organic avocado oil
- 1/4 cup Uncle Matt's Organic Orange Juice
- 1/2 tsp organic oregano
- pinch of salt

CHICKEN WITH GRAPEFRUIT PAN SAUCE

INGREDIENTS

- 1 organic Florida grapefruit
- 8 organic chicken cutlets
- 2 tbsp organic avocado oil
- 1/2 cup of Uncle Matt's Organic Grapefruit Juice
- 1 1/4 cups organic chicken broth
- 3 tbsp organic ghee
- 1 tbsp organic toasted walnuts
- 1 tbsp organic chopped parsley

INSTRUCTIONS

1. Cut away the peel and pith of the grapefruit; cut into segments.
2. Season chicken cutlets and cook in avocado oil in batches, until cooked through to 165 degrees internal temperature, about 3 minutes per side. Then remove.
3. Add Uncle Matt's Organic Grapefruit juice and chicken broth to the pan. Simmer for 6 minutes.
4. Next, stir in ghee. Top the chicken with the sauce and grapefruit segments, toasted walnuts and chopped parsley.

Serves 4.



Looking for a tasty weeknight dinner that doesn't take too much preparation and forever to cook? Trying to get your little ones to try and love grapefruit? We've got you covered! While simple to prepare, our chicken with grapefruit pan sauce is packed with all the nutritional goodness of our organic grapefruit juice plus tastes delicious! Your kiddos will be grapefruit's biggest fans in no time.

INGREDIENTS

1 1/2 cups Uncle Matt's Organic Orange Juice
 1 1/2 lb. Organic ground beef
 1 tsp. orange zest
 4 tbsp. organic olive oil, divided
 Salt and pepper to taste
 1 cup organic red bell pepper, chopped
 1 cup organic green bell pepper, chopped
 1/2 cup organic onion, diced
 2 tbsp. organic jalapeño, seeded and diced
 2 tbsp. organic chopped garlic
 2 tbsp. organic chili powder
 1 tbsp. organic onion powder
 2 tsp. organic garlic powder
 2 tsp. ground cumin
 1 (20-oz.) can organic diced tomatoes
 2 tbsp. fresh organic oregano
 1 tbsp. organic chipotle peppers, seeded, chopped (optional)
 1 14oz can organic pinto beans
 2 cups shredded organic cheddar cheese
 1 cup organic sour cream

INSTRUCTIONS

1. In a large skillet over medium-high heat, add 2 tablespoons of olive oil and ground beef and season with salt and pepper.
2. Brown meat until cooked through, then remove from skillet and set aside.

We put our tangy twist on this comfort food classic with a hit of Uncle Matt's Organic Orange Juice! The citrus enhances the rich spices and brings out a subtle sweetness in each savory bite. Cozy up with a bowlful of rich organic goodness during these crisp evenings.



3. In a large pot over medium heat, place the remaining 2 tablespoons of olive oil, red and green peppers, onion, jalapeño, and garlic.
4. Cook for 8 to 10 minutes until onions are tender. Add chili powder, onion powder, garlic powder, and cumin and cook for 1 to 2 more minutes.
5. Add tomatoes, Uncle Matt's Organic Orange Juice, oregano, chipotle peppers (optional), pinto beans and orange zest. Add browned ground beef to pot. Cook over medium-low heat for 45 minutes.
6. Serve chili in bowls and top with cheddar cheese and sour cream.

HONEY ORANGE CHICKEN

INGREDIENTS

1/2 cup Uncle Matt's Organic Orange Juice
 1/4 cup honey
 1-oz package Simply Organic Italian Dressing Mix
 1 lbs boneless skinless organic chicken breasts and/or organic boneless chicken thighs
 Optional garnish: organic orange slices and organic rosemary sprigs

INSTRUCTIONS

1. Whisk together orange juice, honey and Italian dressing mix. Pour over chicken and refrigerate for an hour.
2. Remove chicken from marinade and grill 12 to 15 minutes, until internal temperature reaches 165 degrees. Garnish with rosemary and grilled citrus slices, if desired.



Need a quick weeknight dinner that delivers on taste with none of the mess? Enter our Honey Orange Chicken! Try this recipe for your family and enjoy all the flavors of Uncle Matt's OJ paired with chicken. Garnish with orange slices and fresh herbs and viola!

TURMERIC GINGER SOUP

Looking for a cozy meal that checks off a healthy balance of nutrition, anti-inflammatory ingredients and tastes great? Look no further. This Turmeric and Ginger Soup is made with organic turmeric, ginger, butternut squash, carrots and more. Plus, add in a little Uncle Matt's Organic Ultimate Defense Juice for all the flavors of fall.

INGREDIENTS

- 1 tbsp organic olive oil
- 1 cup of organic fennel, chopped
- 2 cups of organic carrots, diced
- 1 1/2 tbsp grated organic ginger
- 1 1/2 cups chopped organic butternut squash
- 1 organic leek, diced
- 3 organic garlic cloves, minced
- 1 tbsp turmeric powder
- 1/4 cup of Uncle Matt's Organic Ultimate Defense Juice
- 2 3/4 cups organic chicken broth (or vegetable broth, for vegetarian option)
- 1 can of organic coconut milk (14.5 oz)
- Salt and pepper as desired
- Cilantro, chopped (optional)
- Organic Greek yogurt (optional)

You might be familiar with the taste of turmeric if you enjoy cuisines that use curry, but this spice has also been used for thousands of years for its medicinal benefits! Curcumin, the primary active ingredient found in turmeric, is often used as a natural approach to battling inflammation. Turmeric has been studied for its potential impact on common conditions such as respiratory infections, rheumatoid arthritis, Alzheimer's and heart disease.



INSTRUCTIONS

1. Heat the olive oil in a large soup pot or dutch oven. Add the leek, carrot, squash and fennel and saute until softened, approximately 3-5 minutes. Add in the garlic, Uncle Matt's Orange Defense Juice, ginger, turmeric and salt and pepper to taste. Cook for another 5-7 minutes.
2. Add the chicken broth and coconut milk. Bring the soup to a boil, then cover and simmer for 20-25 minutes.
3. Once the soup is cooked, add it to a blender – or use an immersion blender – and blend until creamy. Adjust seasonings as desired.
4. Serve immediately and enjoy. Top with organic yogurt and fresh, chopped cilantro if desired.

FISH TACOS WITH GRAPEFRUIT SALSA



INGREDIENTS

- 1 medium red organic grapefruit, segmented and cut into 1 inch pieces
- 1 ripe organic avocado
- 1 tbsp organic lime juice
- 1 small organic shallot, minced
- 2 tbsp chopped organic cilantro
- 2 tbsp of organic grapeseed or avocado oil, divided
- 1 lb mild fish fillets, such as cod or halibut
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup shredded organic cabbage
- 8, 6-inch corn tortillas, warmed

INSTRUCTIONS

1. Using a knife, remove peel and white pith from the grapefruit. Over a medium sized bowl, cut grapefruit segments, dropping them into the bowl and discard seeds and membranes. Add avocado, shallot, cilantro, lime juice and 1 tsp of oil. Toss well to combine and set aside.
2. Heat oil in a large skillet, preferably cast-iron, over medium-high heat. Season fish with salt and pepper and sear, undisturbed, until golden brown, 2 to 3 minutes. Flip and continue cooking until golden and flaky, 2 to 3 minutes more. Remove and let cool slightly, then flake, using a fork.

Serve the fish, salsa and cabbage in tortillas.

Is Taco Tuesday your family's favorite night of the week? It is for ours! Switch up the flavors and ingredients for your next taco night with this citrus-inspired twist.

ORANGE HOT CHOCOLATE



If there's one beverage that goes hand in hand in with the winter season and cooler months, it's hot chocolate!

While regular or spiked hot chocolate is tasty when made traditionally, we've elevated this beverage with a subtle citrus infusion brought to you by Uncle Matt's OJ. It's no secret that orange and chocolate make a great pair, so why not warm them up for a feel good, festive treat?

INGREDIENTS

- 1 tbsp organic hot chocolate powder
- 3 oz almond milk (or preferred plant-based milk)
- 2 oz Uncle Matt's Organic pulp free Orange Juice
- 1 slice of organic Florida orange for garnish
- 4 oz gin (optional for spiked hot chocolate)

INSTRUCTIONS

Add almond milk and orange juice to a saucepan over medium heat. Once warmed, whisk in hot chocolate powder until combined. Let the mixture simmer for about three minutes before pouring into a mug. If making spiked hot chocolate, add gin to the mug and stir. Garnish with a fresh organic orange slice and enjoy!

ORANGE, TURMERIC + CRANBERRY FIZZ

INGREDIENTS

- 1 ounce of gin or vodka
- 1 ounce tonic or soda water
- 2 ounces of Uncle Matt's Organic Ultimate Defense Juice
- 1 ounce of organic cranberry juice
- As garnish: organic orange slices, rosemary, frozen cranberries

INSTRUCTIONS

1. Fill desired glass with ice. Combine the gin (or vodka), tonic & Ultimate Defense juice. Mix until combined.
2. Top with cranberry juice, cranberries & orange slice. Garnish with a sprig of rosemary if desired.



'Tis the season for holiday cocktails, and this orange, turmeric + cranberry fizz is perfect for a holiday brunch! It features a splash (or two) of gin and is made with Uncle Matt's Organic Ultimate Defense juice for a little extra OJ twist.



WHY YOU'LL LOVE IT

While you're outside grilling, throw a couple slices of grapefruit over the fire for the ultimate cocktail garnish. The subtle tones of smoked grapefruit pairs perfectly with this bartender classic and Uncle Matt's Organic Grapefruit Juice!

INGREDIENTS

- 2 half-wheel slices of organic pink grapefruit
- 4 oz. gin
- 1 oz. Uncle Matt's Organic grapefruit juice
- 4 oz. tonic
- 4 oz. soda
- Sea salt

DIRECTIONS

1. Build a medium-heat fire in a charcoal grill, or heat a gas grill to medium. (Alternatively, heat a cast-iron grill pan over medium-high.)
2. Place grapefruit on grill and cook, turning once, until lightly charred, about 1 minute.
3. Remove from heat and set aside.
4. To an ice-filled rocks glass, add gin and grapefruit juice.
5. Top with tonic and soda, and garnish with grilled grapefruit slice sprinkled with sea salt.





We know gin might get overlooked in your liquor cabinet when you're shaking up a cocktail, but for all you at-home mixologists, we've found the perfect mix. Sip on our purple power OJ enhanced with the fresh essence of rosemary in this Ultimate Immune Cocktail. Cheers!

INGREDIENTS

1 tbsp organic sugar
 2 dashes angostura bitters
 1/2 cup Uncle Matt's Organic Ultimate Immune
 3 oz gin
 1/2 cup ice
 Organic orange wedges for garnish
 Organic rosemary sprigs for garnish

INSTRUCTIONS

1. Dampen rim of a cocktail glass and roll the edges in the sugar to coat.
2. Fill cocktail glass with ice. Add Ultimate Immune juice, bitters and gin to a cocktail shaker and shake to combine.
3. Pour over ice and garnish with orange wedges and rosemary sprigs.





CINNAMON GRAPEFRUIT PALOMA COCKTAIL

This is Susan McLean's favorite cocktail because it features her favorite - grapefruit juice!

WHY WE LOVE IT

A paloma but give it a little kick! The tart taste of Uncle Matt's Organic Grapefruit juice mixed with cinnamon and chili powder is the powerful flavor combo you didn't know you needed in an adult beverage. This is the perfect way to spice up your next round of pre-dinner cocktails!

Makes 2 cocktails.

GRATEFUL FOR GRAPEFRUIT

Our grapefruit juice is a delicious blend of Ruby Red and White Grapefruit. Just like orange juice, grapefruit juice is full of vitamin C. It's also a source of calcium, folic acid, phosphorus and potassium making it your go-to superstar for health support. What you might not know is that there's a bounty of health benefits derived from grapefruit's powerful phytonutrients -- like free radical-fighting lycopene and disease-detering limonoids.

INGREDIENTS

- 4 oz tequila
- 4 oz Uncle Matt's Grapefruit Juice
- 1 oz organic lime juice
- 1 oz cinnamon simple syrup (recipe below)
- Club soda or sparkling water for topping
- Coarse sea salt + a pinch of chili powder for the rim

CINNAMON SIMPLE SYRUP

- 1/2 cup water
- 1/2 cup organic sugar
- 2 cinnamon sticks

INSTRUCTIONS

Bring water and sugar to a simmer in a small saucepan. Stir until sugar is dissolved. Remove from heat, add cinnamon sticks, cover and let sit for at least 30 minutes (or up to 2 hours). Remove cinnamon sticks and store in refrigerator until ready to use.

To make the cocktail:

Dip the rim of each glass in a small amount of simple syrup, then dip into salt mixed with a pinch of chili powder (optional) until well coated.

Add all ingredients except club soda to a cocktail shaker over ice. Shake well, then strain into glass and top off with club soda.



CRANBERRY ORANGE BUNDT CAKE



WHY YOU'LL LOVE IT

Do you tout always having that picture perfect dessert table? Then this cranberry orange bundt cake is the decadent addition you've been searching for! Cranberries and Uncle Matt's Organic Orange Juice make a great pair in this flavorful bundt cake.

INGREDIENTS

CAKE:

2 1/2 cups organic all purpose flour
 3/4 teaspoon baking powder
 1/2 tsp baking soda
 1/2 teaspoon salt
 10 tbsp organic unsalted butter, at room temp
 1 1/2 cups organic granulated sugar
 1 tbsp organic orange zest
 2 large organic eggs, at room temp
 1 teaspoon organic vanilla extract
 3/4 cup organic buttermilk, at room temp
 1/2 cup Uncle Matt's Organic Orange Juice
 1 1/2 cups fresh organic cranberries

GLAZE:

1 cup organic powdered sugar
 1 teaspoon organic orange zest
 1 tbsp organic cranberry juice
 1/2 tbsp Uncle Matt's Organic Orange Juice

DIRECTIONS

1. Preheat oven to 350 degrees F. Spray a bundt cake pan with cooking spray and dust the inside
2. In a large bowl, whisk together flour, baking powder, baking soda and salt.
3. In a stand mixer fitted with the paddle attachment, beat the butter, sugar and orange zest until light and fluffy (~2 minutes). Add in the eggs and vanilla and continue mixing. Alternate between adding the flour mixture, buttermilk and orange juice, mixing until the batter just comes together.



5. Gently fold in the cranberries. Transfer batter to bundt cake pan.
6. Bake for 50-60 minutes, until golden brown and a toothpick inserted into the center of the cake comes out clean.
7. Remove from oven and let cool in the pan for 15-20 minutes before removing. Transfer to a cooling rack to cool completely.
8. Wait to add the glaze until the cake is completely cooled. Whisk together all ingredients for the glaze, then pour over the cooled cake. Optional: top with sugared cranberries.



HOLIDAY MIMOSA CUPCAKES

These are Matt and Susan’s daughters’ favorite treats!

WHY WE LOVE IT

These delicious cupcakes are the perfect holiday indulgence! Whether you’re gathering with friends or hosting your own soiree, you’ll want to make these cupcakes to enjoy! Infused with champagne and Uncle Matt’s Organic OJ, how could you go wrong?

INSTRUCTIONS

FOR THE MIMOSA CUPCAKES

Preheat oven to 350 degrees (F). Line (2) 12-cup muffin tins with paper cupcake liners, spray lightly with nonstick spray and set aside until needed. In a large bowl sift together the flour, baking powder, baking soda, and salt. Set aside until needed.

Beat the butter, in the bowl of a stand mixer fitted with the paddle attachment or in large bowl and using a handheld electric mixer, until smooth and creamy, about 1 minute. Add in the sugar, a little bit at a time, and beat smooth. Once all of the sugar has been added, increase speed to medium-high and beat until light and fluffy, about 2 minutes, scraping down the sides and bottom of the bowl as needed.

Reduce speed to low. Add in the egg whites, a little bit at a time, beating well after each addition, and scraping down the sides and bottom of the bowl as needed. Turn mixer off. In a spouted measuring cup, whisk together the orange zest, sour cream, Uncle Matt’s Organic orange juice, vanilla extract, and oil. Whisk until well combined.

With mixer on the lowest speed, add the flour in three additions, alternating with the sour cream mixture in two additions, beginning and ended with the flour, mixing until just combined. Slowly pour in the champagne and mix until just combined.

Divide the cupcake batter evenly among the prepared pans, filling each mold 3/4 of the way full. Bake, one tray at a time, for 18 to 20 minutes, or until the cupcakes are domed, slightly golden, and a toothpick inserted in the center comes out clean.

Cool the cupcakes in the pan, on a wire cooling rack, for 10 minutes, before removing the cupcakes from the pan and placing on a cooling rack. Brush with champagne soaking syrup and set aside to cool completely before frosting.

INGREDIENTS

CAKE

- 3 cups organic all-purpose flour
- 1 tbsp baking powder
- 1/2 teaspoon baking soda
- 3/4 teaspoon salt
- 1 cup organic unsalted butter, softened
- 1 1/4 cups granulated organic sugar
- 6 large organic egg whites, beaten until foamy
- 3 teaspoons organic orange zest, finely grated
- 1/2 cup organic sour cream
- 1/4 cups Uncle Matt’s Organic OJ
- 2 teaspoons organic vanilla extract
- 1/4 cup organic canola oil
- 1 cup brut champagne

FROSTING

- 8 ounces softened organic cream cheese
- 1/2 cup of softened organic butter
- 3 cups organic confectioner sugar
- 1/4 teaspoon salt
- 3 tbsp of champagne
- 1 teaspoon Uncle Matt’s Organic OJ

FOR THE CHAMPAGNE FROSTING

In a large bowl using a handheld electric mixer, or in the bowl of a stand mixer fitted with the paddle attachment, beat the butter and cream cheese on medium-speed until smooth and creamy. Reduce the speed to low and gradually add in the confectioners’s sugar, beating until light and fluffy, about 2 minutes.

Add in the salt, champagne, and orange juice and beat smooth. If the consistency appears too thick, add a teaspoon of champagne or orange juice, but only if necessary. The frosting should be creamy and spreadable, but also thick enough to hold its shape. Pipe or spread the frosting on top of each cooled cupcake. Then top with an orange slice and orange zest, if desired.

BLOOD ORANGE CARAMEL UPSIDE DOWN CAKE



The epitome of all things festive, this Blood Orange Caramel Upside Down Cake delivers! Warm caramel infused with Uncle Matt's Organic OJ tops this delicious and decadent dessert. Sliced blood oranges top off this showstopper. Be sure to bring this scrumptious indulgence to your next gathering!

INGREDIENTS

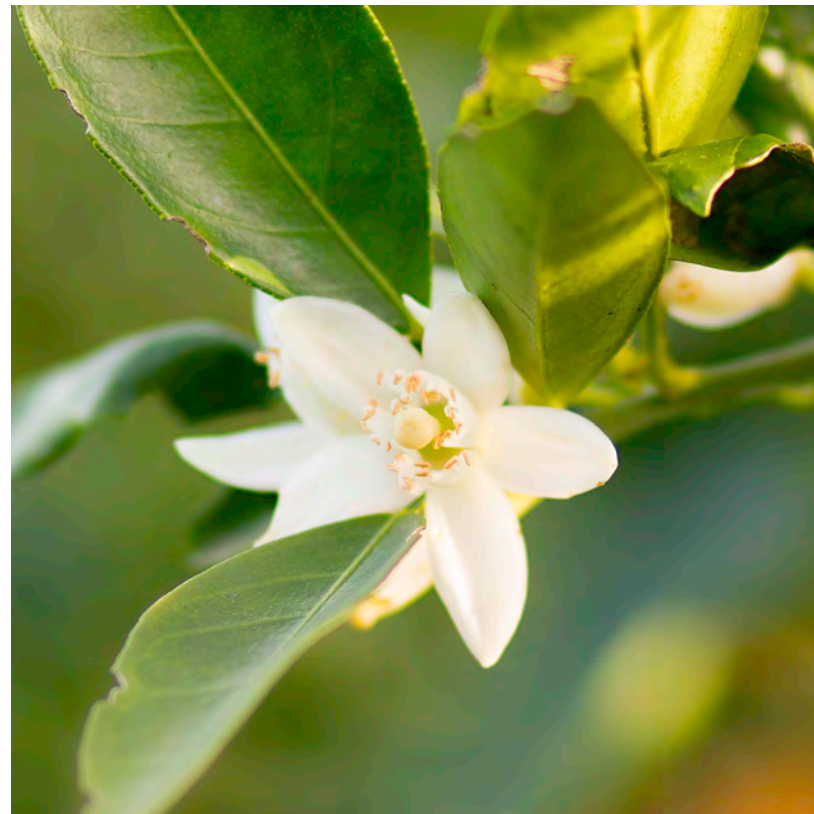
3 small blood oranges, preferably organic
 3/4 cup all purpose organic flour
 1 cup organic almond flour
 1 1/2 teaspoons baking powder
 1/2 teaspoon salt
 Zest of 1 blood orange
 1/2 stick unsalted butter, room temperature
 2/3 cup organic sugar
 3 eggs, room temperature
 1/3 cup organic Greek yogurt
 2 teaspoons organic vanilla extract

ORANGE CARAMEL

1/2 cup (100g) organic light brown sugar
 3 Tablespoons organic unsalted butter
 1 Tablespoon Uncle Matt's Pulp Free Organic OJ

INSTRUCTIONS

1. Preheat oven to 350F. Grease the sides of an 8" cake pan and then cut a piece of parchment
2. For the Orange Caramel, add 45g (3 tbsp) butter and light brown sugar to a saucepan. Heat over medium heat, swirling the pan until sugar has dissolved and butter has melted, about 3 minutes. Slowly pour in 1 tablespoon of orange juice, it may splatter so be careful. Swirl pan until smooth and pour into cake pan.
3. With a sharp knife, slice 1 of the blood oranges into 1/8" slices. Place slices on the bottom of the cake pan, and press into caramel if it has set slightly, this will help the slices from shifting when you pour in the batter. Repeat with another blood orange if necessary.
4. In a medium bowl whisk together flour, almond flour, baking powder, salt, and zest of 1 blood orange. Set aside. In a large bowl cream together room temperature butter and sugar, about 3 minutes. Beat in eggs, one at a time and then beat in Greek yogurt and vanilla. Fold in the dry ingredients.
5. Pour batter into cake pan, spreading to edges with a spatula. Place in the center of oven. Bake for 30-35 minutes or until toothpick inserted into the middle of the cake comes out clean. Transfer to a cooling rack and cool for 20 minutes. To transfer to a plate, place plate on top of cake, flip and lift cake pan off the top. Cool completely before serving.





If there's one thing the McLean family members have in common is that everyone LOVES grapefruit! Cooler months are the perfect time to enjoy this delish citrus fruit, so this pie can always be found on the table for our holiday gatherings...what's left of it at least. It never lasts long in our house!

INGREDIENTS

FOR THE SHELL

4 large organic egg whites at room temperature
1/4 teaspoon salt
1/4 teaspoon cream of tartar
1 cup organic sugar
1 cup sweetened organic flake coconut

FOR THE FILLING

1 envelope (about 1 tablespoon) unflavored organic gelatin
3/4 cup Uncle Matt's Organic Grapefruit Juice
4 large organic egg yolks
1/2 cup organic sugar
8 ounces organic cream cheese, softened
1 cup well-chilled organic heavy cream
2 cups fresh organic grapefruit sections (cut from about 3 large grapefruit), cut into 1/2-inch pieces and drained well
Fresh organic grapefruit sections for garnish if desired

INSTRUCTIONS

MAKE THE SHELL

In a bowl with an electric mixer beat the egg whites with the salt until they are foamy, beat in the cream of tartar, and beat the whites until they hold soft peaks. Beat in the sugar, a little at a time, beat the meringue for 5 to 7 minutes, or until it is stiff and glossy and the sugar is dissolved, and fold in the coconut. Drop heaping tablespoons of the meringue evenly around the edge of a well-butter 9-inch (1-quart) pie plate, spreading the meringue with the back of the spoon to form the side of the shell, and spread the remaining meringue evenly over the bottom of the pie plate. Bake the shell in the middle of a preheated 250°F. oven for 1 1/4 to 1 1/3 hours, or until it is firm and very pale golden, turn off the oven, and let the shell cool completely in the oven with the door ajar. (Once the shell is cooled completely, it may be left overnight in the oven with the door closed.)

on a candy thermometer. Transfer the yolk mixture to a metal bowl set in a larger bowl of ice and cold water and whisk it constantly until it is thickened to the consistency of raw egg white but is not set. Remove the smaller bowl from the bowl of ice and cold water and reserve the bowl of ice and cold water for later use. In another metal bowl with an electric mixer beat the cream cheese until it is light, fluffy, and smooth, scraping down the side, add the yolk mixture, a little at a time, beating and beat the mixture until it is smooth and combined well. Set the bowl containing the cream cheese mixture in the reserved bowl of ice and cold water and whisk the cream cheese mixture until it is thickened and forms a ribbon when the whisk is lifted. In a bowl beat the heavy cream until it holds stiff peaks and whisk about one fourth of it into the cream cheese mixture. Fold in the remaining whipped cream gently but thoroughly and fold in the grapefruit pieces gently.

MAKE THE FILLING

In a small bowl sprinkle the gelatin over 1/4 cup of the grapefruit juice and let it soften for 1 minute. In a small saucepan whisk together the egg yolks and the sugar, add the remaining 1/2 cup grapefruit juice, the gelatin mixture, and a pinch of salt, and cook the mixture over moderate heat, whisking, until it registers 160°F

Pour the filling into the shell, smoothing the top, and chill the pie, uncovered, for 4 hours, or until the filling is set completely. (If the pie is to be chilled for more than 4 hours, cover it with plastic wrap or wax paper.) Just before serving garnish the pie with the grapefruit sections.



INGREDIENTS

CRUST

1 cup (112 grams) finely ground organic almond flour
1 cup (90 grams) organic oat flour
1/4 teaspoon (1.5 grams) salt
1/4 cup (60 ml) organic maple syrup/agave
2 Tablespoons (28 grams) melted organic coconut oil

ELDERBERRY ORANGE FILLING

1 1/2 cups Uncle Matt's Organic Ultimate Immune Juice
1/2 cup organic coconut cream (the thick white cream, NOT coconut milk)
1/4 cup organic maple syrup/agave
1 Tablespoon organic cornstarch
2 teaspoons agar-agar powder

INSTRUCTIONS

1. Preheat the oven to 350F and make the tart crust.
2. To make the crust, add the almond flour, oat flour, and salt to a mixing bowl. Then, use a whisk to sift together until well combined.
3. Next, add the maple syrup and melted coconut oil to the mixing bowl. Then, mix everything together until you have a firm dough. The dough should not be sticky, but it should hold together. If the dough is too crumbly, add 1-2 teaspoons more of melted coconut oil until the dough holds together.
4. Add the dough to a 9-inch non-stick tart pan (preferably a tart pan with a removable bottom for easy release).

5. Use your hands or a measuring cup to evenly press the dough into the tart pan making sure to press it up the sides as well. Before baking, pierce/prick the bottom of the tart with a fork so it doesn't puff while baking.
6. Add the pan to the oven and bake for 12-15 minutes until slightly browned and cooked through. You can also add the crust to the freezer for about 1 hour for a no-bake option.
7. Once the tart shell is done baking, remove it from the oven and set it aside. Then, make the filling.
8. To make the filling, start by adding Uncle Matt's Organic Ultimate Immune Juice, the coconut cream, and the maple syrup to a saucepan. Whisk together until no clumps of the coconut cream remain.
9. Next, add in the cornstarch and agar agar powder. Whisk together until the powders completely dissolve. Then, turn on the heat.
10. Bring the mixture to a boil, then reduce to a simmer and cook for an additional 2-3 minutes until the mixture starts to thicken. Make sure to whisk continuously while it is heating up so no clumps form.
11. Pour the elderberry orange filling into the cooked tart shell. Then, carefully transfer to the fridge and cool for 3 hours (or overnight) until the filling has set.
12. Before serving, add on any desired fresh toppings including fresh orange slices, sugared cranberries, pomegranate seeds, and coconut whipped cream.
13. Once garnished, slice, serve, and enjoy!

FROM OUR GROVE TO YOUR GLASS. EVERY SIP HAS A STORY.



Whether you decide to mix our delicious beverages into your next cocktail, add a bit of citrus bliss to your dinner or dessert, or just want to enjoy a tall glass of refreshing, organic goodness, we hope our recipes inspire you and bring a little more health and wellness to your table. If this means taking a new approach to healthy eating habits for you and your family, that's one step to boosting your overall wellness. Incorporating more organic items into your weekly grocery list is good for you, and our planet. However you're inspired, it's been our pleasure to share with you some of our family favorite dishes that we enjoy during the winter months. It was love at first sip for us. We hope it is for you too. Cheers to your health!