



DESSERTS





MICROGREENS INFUSED ICE CREAM



Ingredients:

- 1 cup heavy cream
- 1 cup whole milk
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 1/2 cup finely chopped microgreens (e.g., mint, basil)

Instructions:

1. In a saucepan, heat cream, milk, and sugar over low heat until sugar dissolves.
2. Remove from heat and stir in vanilla and microgreens.
3. Let cool completely.
4. Pour mixture into an ice cream maker and churn according to instructions.
5. Freeze for 2–3 hours until firm.
6. Scoop and serve!

MICROGREENS INFUSED CAKE

Ingredients:

- 1 cup all-purpose flour
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup unsalted butter, softened
- 2 eggs
- 1/2 cup milk
- 1/2 cup finely chopped microgreens (e.g., basil, mint)
- 1 teaspoon vanilla extract



Instructions:

1. Preheat oven to 350°F (175°C).
2. In a bowl, whisk together flour, sugar, baking powder, and salt.
3. Add butter, eggs, milk, and vanilla; mix until smooth.
4. Fold in microgreens.
5. Pour into a greased cake pan.
6. Bake for 25–30 minutes or until a toothpick comes out clean.

MICROGREENS PARFAIT

Ingredients:

- 1 cup Greek yogurt
- 1 tablespoon honey
- 1/2 cup granola
- 1/4 cup mixed berries (e.g., blueberries, strawberries)
- 1/4 cup mixed microgreens (e.g., mint, basil)

Instructions:

1. In a glass, layer yogurt, honey, and granola.
2. Add berries and microgreens on top.
3. Repeat layers if desired.
4. Serve immediately!



MICROGREENS INFUSED SORBET

Ingredients:

- 1 cup mixed microgreens (e.g., mint, basil)
- 1 cup sugar
- 1 cup water
- 1/2 cup lemon juice
- 1 teaspoon lemon zest



Instructions:

1. In a saucepan, combine sugar and water; heat until sugar dissolves.
2. Remove from heat and let cool.
3. Blend microgreens, lemon juice, and zest until smooth.
4. Mix with the sugar syrup.
5. Pour into a shallow dish and freeze for 2–3 hours, stirring every 30 minutes.
6. Scoop and serve!