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### **How to bring a “Healthy Sparkle to Holiday Menus.”**

Santa Monica, December 1, 2011 – Dream Foods International, LLC, ([www.dreamfoods.com](http://www.dreamfoods.com)), a specialist in organic citrus juices, recognizes that while more families are moving towards organic foods, they are looking for ways to bring healthier dishes to the holiday menus. There is the myth that the only way to have flavor, it has to have butter. Owner and Founder of Dream Foods International, Adriana Kahane has always recognized the importance of bringing flavorful and healthy dishes to the dinner table even during the holiday season. With a great respect to tradition, more traditional recipes are being made with a new twist. The American pallet is becoming more sophisticated and at the same time, consumers are more than ever looking for healthy options for their diets without breaking the bank. Dream Foods is excited to share their ideas on how their traditional products can be used for traditional holiday recipes with an organic twist!

### **Italian Volcano® Blood Orange Brussels Sprouts**



**Ingredients:**

- 1/2 cup Italian Volcano® Blood Orange Juice
- 30 Brussels sprouts (halved)
- 1/2 cup toasted walnut pieces
- 1 tbsp. coconut oil or olive oil
- 2 tbsp. soy sauce
- Fine ground sea salt to taste
- Fresh black pepper to taste

**Instructions:**

Mix Italian Volcano® Blood Orange Juice with soy sauce and set aside. Place oil in skillet and warm over medium-high heat and add the halved Brussels sprouts to skillet. Sear all sides of the sprouts by turning them in the skillet. When the sprouts are bright green with brown spots, add juice mixture into the pan and cover immediately. Reduce heat and let simmer for 5 minutes. Remove from heat when sprouts are penetrable with a knife, leaving firmness to the sprouts. Add toasted walnuts and season with salt and fresh black pepper to taste with a gentle toss. Enjoy!

### **Italian Volcano® Blood Orange & Lime Martini**

**Ingredients:**

- 2 oz. Italian Volcano® Blood Orange Juice
- 2 oz. Volcano® Lime Burst
- 8 oz. Vodka
- 4 oz. Cointreau Liqueur

Pour all ingredients into a shaker filled with ice.  
Shake and strain into a martini glass.



## THIS AINT YOUR MAMMA'S JELLO

### Ingredients:

750ml Italian Volcano® Blood Orange Juice

Sugar to taste (1-3 tbsp.)

3 heaping tbsp. cornstarch

Mix all ingredients in a pan on the stove. Stir over low flame until it boils. Let boil for 1 minute then turn off flame. Keep stirring until lukewarm. Pour into a large gelatin mold or 8 small molds. Refrigerate for at least 3 hours and then serve with chocolate sauce or whipped cream and a sprig of mint.



### About Dream Foods International, LLC

Dream Foods International, LLC distributes a super-premium, organic, kosher, not from concentrate citrus juice line that includes the award-winning *Italian Volcano® Blood Orange Juice, Tangerine Juice, Lemon Juice, Old-Fashioned Lemonade and Limeade* as well as the best-selling *Volcano Lemon* and *Lime Burst®*. The Santa Monica-based company continues to broaden its distribution in the United States and Canada with product available in chains like Winn-Dixie, Kroger's, Vons, Whole Foods, The Fresh Market, Fresh and Easy, Safeway Canada, Thrifty Foods Canada and Costco. Consumers can buy Dream Foods International's products at the website [www.mybrands.com](http://www.mybrands.com) by searching under the brand name "Volcano" and on the website [www.greenpolkadotbox.com](http://www.greenpolkadotbox.com) by searching under "Italian Volcano" and "Volcano." They can search on the company's website at [www.dreamfoods.com](http://www.dreamfoods.com) to get recipes and help locating retailers in their area. To stay informed about all of our upcoming events and latest news, the company can be followed on Facebook at [www.facebook.com/drinkvolcano](http://www.facebook.com/drinkvolcano)

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