



Contact: Harry Merzian  
310-315-5739 x 1005  
pr@dreamfoods.com

**Make Great Tasting Healthy Menus this Holiday Season with  
Volcano Lemon Burst® and Volcano Lime Burst®!  
Avoid Recipes that Require Difficult New Year's Resolutions**

Santa Monica, December 7, 2012 –Dream Foods International, LLC, ([www.dreamfoods.com](http://www.dreamfoods.com)), a specialist in organic citrus juices, invites consumers to experiment with light and healthy recipes made from organic citrus juices while cooking this holiday season. Company founder and CEO, Adriana Kahane, recognizes the importance of bringing these healthy recipes to Christmas and New Year's menus. In a recent interview she said, "Making good choices during the holiday season can also shorten the list of New Year's resolutions. Start with this Spicy Arugula Salad with Volcano Lemon Burst® Dressing. This simple and delicious salad dressing is low in calories and sodium. Add a lime zest to a flavorful fish dinner with this Teriyaki Volcano Lime Burst® Tilapia." Dream Foods is excited to share their ideas on how their healthy products can be used for great-tasting holiday recipes with an organic twist!

**Spicy Arugula with Volcano Lemon Burst® Dressing**



**Mix together:**  
Spicy Arugula  
Shaved Parmesan  
Fresh Tarragon  
Chives

**Top with:** Fresh minced garlic, freshly cracked black pepper, olive oil, and a healthy squeeze of Volcano Lemon Burst®

**Teriyaki Volcano Lime Burst® Tilapia**

**Ingredients:**  
4 (7- to 8- ounce) tilapia fillets  
1 cup teriyaki sauce  
¼ cup Volcano Lime Burst®  
2 teaspoons minced fresh garlic  
2 teaspoons sesame oil

**Directions:** Place tilapia, teriyaki sauce, Volcano Lime Burst®, garlic and sesame oil in plastic bag. Seal bag, shake and coat. Refrigerate 24 hours, turning periodically. Grill marinated tilapia about 3 minutes each side.



## 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)

###

Dream Foods International, LLC • 1223 Wilshire Blvd. #355. Santa Monica, CA 90403  
1-877-9VOLCANO • [www.dreamfoods.com](http://www.dreamfoods.com)