

INGREDIENTS

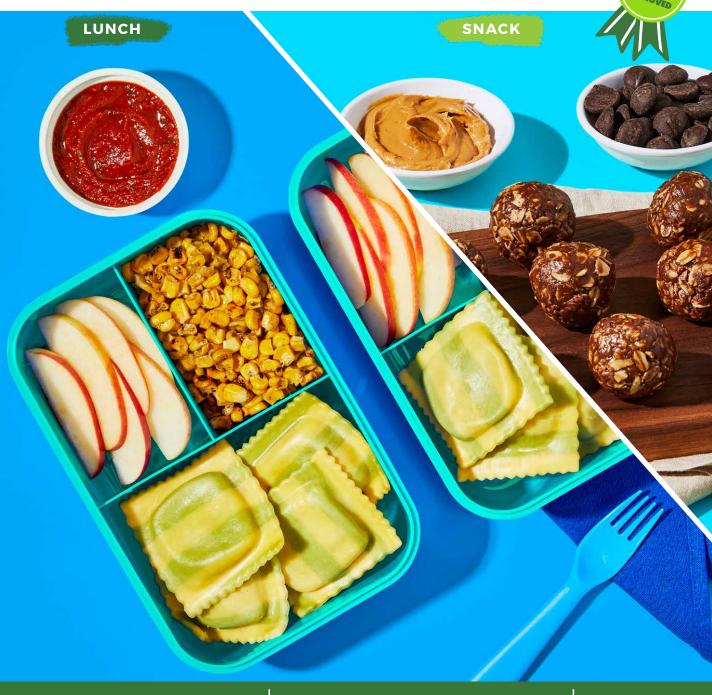
3 PERSON | 6 PERSON

1 2

Apple

KIDS' CHEESY RAVIOLI & SWEET CORN

Snack: Chocolate Peanut Butter Oat Bites



LUNCH PREP: 5 MIN COOK: 15 MIN CALORIES: 370 + SNACK COOK: 15 MIN CALORIES: 350

7.5 oz | 15 oz Marinara Sauce

1 2

Corn

2.3 oz | 4.6 oz 2 tsp | 4 tsp Peanut Butter

Contains: Peanuts

1/2 Cup | 1 Cup

Rolled Oats





3 oz 3 oz Semisweet Chocolate Chips **Contains: Soy**

¼ Cup | ½ Cup Shredded Coconut Contains: Tree Nuts

9 oz | 18 oz

Spinach and

Ricotta Ravioli Contains: Eggs, Milk, Wheat

Honey

ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

WHICH FOOD DOESN'T BELONG?





HELLO

LUNCH + SNACK

Whip up this time-saving, kidpleasing meal (plus a little something extra!).

MAKE IT YOUR OWN

Kiddo doesn't love coconut? Leave it out. Nut allergy? Use sunflower spread instead of peanut butter. This snack is as easy to customize as it is fun to make!

BUST OUT

Plastic wrap

Large bowl

- Large pot Medium bowl
- Strainer
- Paper towels
- Whisk Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)



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PREP

- Bring a large pot of salted water to a boil. Wash and dry produce.
- Drain **corn**, then pat dry with paper towels. Halve, core, and thinly slice apple.



2 COOK RAVIOLI

- Once water is boiling, gently add ravioli to pot. Cook until al dente and floating to the top. 4-5 minutes. Drain and rinse under cold water. Pat dry with paper towels. TIP: To serve ravioli right away, skip rinsing with cold water!
- MICROWAVE ALTERNATIVE: Place ravioli in a large bowl and fill with just enough water to cover. Cover tightly with plastic wrap and microwave until ravioli are tender. 5-7 minutes. Carefully remove plastic wrap, then drain. Rinse under cold water. then pat dry with paper towels.



3 TOAST CORN

- Meanwhile, heat a drizzle of oil in a large pan over high heat. Add corn and cook, stirring occasionally, until golden brown and lightly charred in spots, 4-6 minutes.
- Season to taste with salt and pepper.



4 SERVE OR STASH LUNCH

- To serve: Transfer marinara to a medium microwave-safe bowl: cover with plastic wrap and microwave until warmed through. 30-60 seconds. Divide **ravioli** and marinara between plates. Serve with corn and apple on the side.
- To stash: Refrigerate ravioli, corn, and apple in separate containers and pack as desired, with marinara for dipping!



5 START SNACK

- Place peanut butter, honey, and half the chocolate chips (all for 6 servings) in a large microwave-safe bowl. Cover with plastic wrap and microwave until melted. 30-45 seconds. Whisk until smooth.
- Stir in oats, coconut, and a pinch of salt until evenly combined. Refrigerate until mixture holds together easily when pinched, 5-10 minutes. TIP: Be careful not to over-chill, or mixture will be too hard to roll!



6 FINISH SNACK

- Roll oat mixture into 8-10 1-inch balls (16-20 balls for 6 servings). TIP: The oat mixture is definitely sticky! To help with rolling, lightly oil your hands first.
- To store: Keep oat bites in an airtight container at room temperature for up to 5 days.