THE BLEND

Better nutrition. Better for the planet. Better for your bottom line.

4 oz of medium ground beef has 376 calories. This can be reduced by **up to 65% with The Blend**.



Burgers, meatloaf & meatballs blended with 30% mushrooms = 270 CALORIES*

that's a savings of 28% per serving.

30% less fat & cholesterol and 28% less sodium in The Blend, on average.



Tacos & burritos blended with 40% mushrooms = 235 CALORIES*

that's a savings of 37% per serving.

40% less fat & cholesterol and 38% less sodium in The Blend, on average.



Chili & Pasta sauce blended with 70% mushrooms = **130 CALORIES*** that's a savings of 65% per serving.

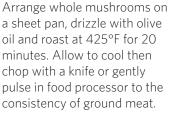
70% less fat & cholesterol and 66% less sodium in The Blend, on average.

NOW

BLENDING IS EASY!

How to prep your mushrooms to blend

Roast



Sauté

If you prefer, in skillet over medium-high heat, heat oil, add sliced mushrooms, season to your liking, sauté until 5-7 minutes or until golden brown. Remove from heat. Allow to cool. Chop with a knife or gently pulse in food processor to the consistency of ground meat.

Simply Chop

Finely dice or chop your cooked mushrooms with a knife or in a food processor to the consistency of ground meat. Now you're ready to blend.

THE TREND IS TO BLEND - ARE YOU IN?

For inspiration, recipes and ways you can join the Blended Burger Project™, visit Blenditarian.com.



Meat Type: Medium Ground Beef (70/30).* For meat and mushroom blend only. Mushroom and meat nutrition and calorie information is based on data from The Blend Calculator and USDA. Calculated savings are estimates only.