

COOKING
PANDA

SPRING RECIPES

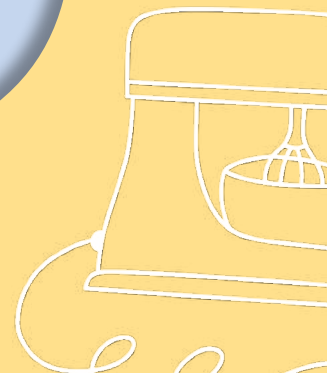
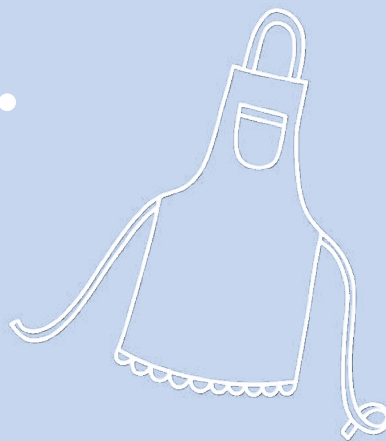
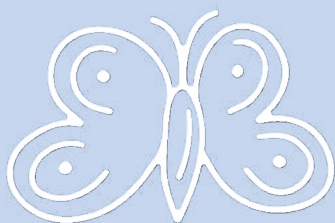
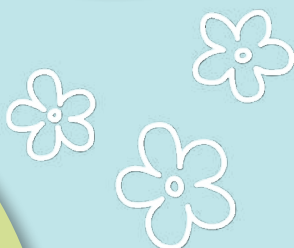
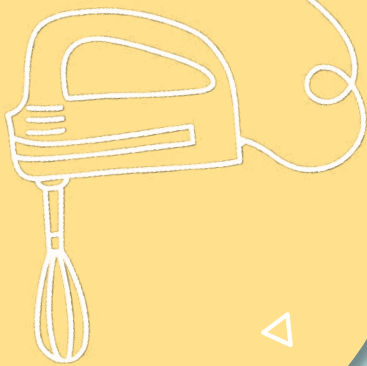
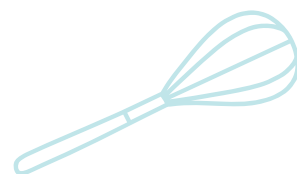


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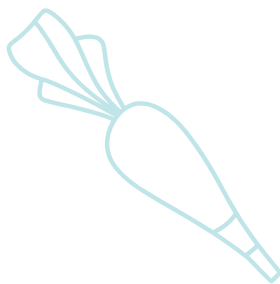


WELCOME TO OUR SPRING 2023 COOKBOOK

This cookbook was brought to you by a team who is devoted to creating delicious recipes and their passion for food with everyone they can. The recipes that you're currently holding in your hungry hands are an effort to provide you with a number of different ways to use the delicious items in your box in more ways than just snacking! The people and brands that we work with care deeply about bringing you both the best of what is familiar and the boldest of what is exciting and new. This cookbook is designed to inspire you to take the ingredients and products that we share with you every season and get creative with them!

Stay hungry!

**COOKING
PANDA**
Team





100% WILD NO FAKE S
LOOK AT OUR INGREDIENTS

4 - 0.7 OZ (20g) PACKS /
NET WT. 2.8 OZ (80g)

CHU

FRUIT BIT BERRY

✓ 100%
✓ NO A
✓ HIGH
✓ GLUT
✓ VEG

50% PRO
TO MELT
SWEET

W

100% WILD NO FAKE S

**BLACKBERRY OATMEAL
COOKIES**

BLACKBERRY OATMEAL COOKIES

PREP TIME 10 minutes | **COOKING TIME** 12 minutes



INGREDIENTS

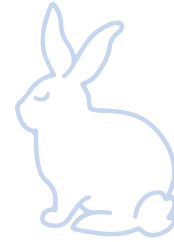
- 1 cup butter, softened to room temperature
- 1 cup packed light brown sugar
- ½ cup white sugar
- 2 eggs
- 2 tsp vanilla extract
- 1 ¼ cups flour + 2 TBSP flour divided
- ½ tsp baking soda
- 1 tsp salt
- 3 cups quick oats
- 1 cup white chocolate chips
- ½ cup **CHUM Fruit Bites Blackberry**, chopped
- ⅔ cup blackberries quartered

DIRECTIONS

- 1 Preheat your oven to 325F.
- 2 In the bowl of a stand mixer, cream together the butter and sugars until smooth. Beat in the eggs and vanilla.
- 3 Combine the 1 ¼ cup of flour, baking soda and salt in a separate bowl and then slowly add to the creamed mixture, mixing just enough to combine.
- 4 Gently mix in the oats, white chocolate chips and **CHUM Fruit Bites Blackberry**.
- 5 Place the remaining 2 TBSP flour in a small bowl and gently toss the blackberry pieces until evenly coated.
- 6 Very gently fold the blackberries into the cookie dough, just enough to separate them evenly into the mixture.
- 7 Use a cookie scoop to drop cookies onto a greased cookie sheet and bake for about 12-13 minutes.
- 8 Cool on the baking sheet for about 5-7 minutes before transferring to a wire rack to cool completely. Enjoy!



BLUE RASPBERRY CUPCAKES



PREP TIME 15 minutes | **COOKING TIME** 20 minutes

INGREDIENTS

Cupcake Ingredients:

- 1 box of white cake mix
- ½ cup vegetable oil
- 4 egg whites
- 1 ½ cups **Warheads Blue Raspberry Sour Soda**
- 1 package Blue raspberry Jello, divided

Frosting Ingredients:

- 2 sticks salted butter, softened
- ½ cup cream cheese, softened
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 4 cups powdered sugar
- 1 tablespoon half and half
- 2 tablespoons **Warheads Blue Raspberry Sour Soda**
- Blue Raspberry Jello, rest of package
- Blue food coloring
- Blue sprinkles

DIRECTIONS

- 1 Preheat the oven to 350 degrees. Line cupcake tin(s) with cupcake liners.
- 2 Add the cake mix to a bowl and add in the oil, egg whites, **Warheads Blue Raspberry Sour Soda**, and mix. Add in ½ package of the jello.
- 3 Put the batter into the cupcake liner and fill them ¾ full. Bake for 18-20 minutes. Let the cupcakes cool.
- 4 Make the frosting: Put the butter and cream cheese in a bowl and mix until fluffy.
- 5 Add in the salt and vanilla then mix in the rest of the jello.
- 6 In a separate bowl, mix the half and half and the **Warheads Blue Raspberry Sour Soda** together.
- 7 To the butter, mix in the powdered sugar 1 cup at a time and add a little bit of the liquid mixture in between each cup until fully incorporated. Beat for 1-2 minutes until it forms stiff peaks. Add in blue food coloring, making sure not to overmix.
- 8 Place frosting into a piping bag and frost the cupcakes. Add sprinkles and enjoy!



FEATURED PRODUCTS

Warheads Blue Raspberry Sour Soda



**BLUE RASPBERRY
CUPCAKES**





MAKING & BAKING

ADDI'S

FOR EVERYONE

Super Moist
BROWNIE MIX

4
EASY
STEPS

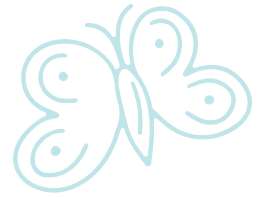
GLUTEN FREE | DAIRY FREE | EGG, SOY & NUT FREE

(z.) 596 g

CHOCOLATE TURTLE CUPS

CHOCOLATE TURTLE CUPS

PREP TIME 15 minutes | **COOKING TIME** 40 minutes



INGREDIENTS

- 12 4-ounce jelly jars
- **Addi's Super Moist Brownie Mix** (plus ingredients called for in mix)
- 1 11- ounce package caramels , unwrapped
- 3 tablespoons heavy whipping cream
- ½ cup semi-sweet chocolate chunks or chocolate chips
- ½ cup rough chopped pecans

DIRECTIONS

- 1** Preheat the oven to 350F.
- 2** Spray 12 jelly jars with non-stick cooking spray & place them on a rimmed baking sheet.
- 3** Prepare the **Addi Super Moist Brownie Mix** as directed on the package.
- 4** Divide it evenly between the jelly jars, filling the jars approximately halfway full.
- 5** Bake for 25 minutes and check for doneness by inserting a toothpick and if it comes out clean, they should be done.
- 6** Allow to fully cool on a cooling rack.
- 7** When the brownies have cooled, combine the unwrapped caramels and the whipping cream in a heavy, small saucepan over low heat. Stir constantly until the caramels have melted.
- 8** Working quickly, spoon evenly between all of the jelly jars to cover the top of the brownie and immediately sprinkle with the pecans, pushing them into the caramel if needed to secure them.
- 9** As the caramel begins to solidify, sprinkle with the chocolate chunks and push them into the caramel to secure them as needed.
- 10** Enjoy!

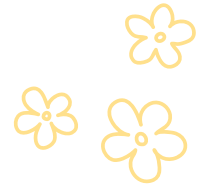


FEATURED PRODUCTS

Addi's Super Moist Brownie Mix

MINT CHOCOLATE BROWNIE CUPS

PREP TIME 15 minutes | **COOKING TIME** 30 minutes



INGREDIENTS

Brownie Cups:

- 1 box fudge brownie mix
- ¼ cup water
- ⅔ cup vegetable oil
- 2 eggs
- 1 Zing Dark Chocolate Mint Bar, chopped

Mint Frosting:

- ½ cup butter, softened
- 2 cups powdered sugar
- 1 tsp mint extract

Chocolate Glaze:

- 1 cup semisweet chocolate chips
- 6 tablespoons butter

DIRECTIONS

- 1 Heat oven to 350F. Spray 15 regular-size muffin cups with cooking spray.
- 2 In a large bowl, combine brownie mix, water, oil and eggs. Fold in chopped **Zing Dark Chocolate Mint Bar**. Fill muffin cups two-thirds full of batter and bake for 15 to 18 minutes or until edges are dry but centers are still slightly soft. Cool 5 minutes in cups, then remove to a cooling rack to cool completely while you make frosting.
- 3 In a medium bowl, beat frosting ingredients with an electric mixer on medium-high speed until smooth and creamy. Pipe frosting on tops of cooled brownie cups.
- 4 Place chocolate glaze ingredients in a heatproof bowl set over a saucepan of simmering water. Stir frequently as mixture melts; remove from heat just when no lumps remain. Pour a spoonful over frosting on each cup. Let stand 15 minutes before serving.
- 5 Garnish with mint leaves and enjoy!



FEATURED PRODUCTS

Zing Dark Chocolate Mint Bar



**MINT CHOCOLATE
BROWNIE CUPS**



**Yum
Crumbs**
Dessert Toppings

WWW.YUMCRUMBS.COM



Net WT. 2oz (28.35g)

**STRAWBERRY
SHORTCAKE BROWNIES**

STRAWBERRY SHORTCAKE BROWNIES

PREP TIME 30 minutes | **COOKING TIME** 30 minutes



INGREDIENTS

Brownies:

- 1 box strawberry cake mix
- ½ cup salted butter, melted
- 2 large eggs
- 2 tablespoons strawberry gelatin

Cream Cheese Frosting:

- 8 ounce block cream cheese, softened
- ¼ cup salted butter, softened
- 1 teaspoon vanilla extract
- ½ cup powdered sugar
- 1 to 2 tablespoons heavy cream
- 1 cup **Yum Crumbs Strawberry Shortcake Dessert Topping**

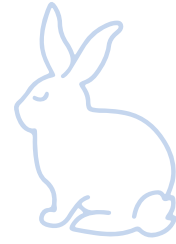
DIRECTIONS

- 1** Preheat the oven to 350F. Line an 8×8-inch glass baking dish with parchment paper, spray with non-stick cooking spray, and set aside.
- 2** Mix together strawberry cake, melted butter, eggs and strawberry gelatin in a medium mixing bowl until well combined.
- 3** Use a rubber spatula to spread the batter into the prepared baking dish. Bake for 25 minutes. Cool completely.
- 4** To make the frosting, beat together cream cheese, butter and vanilla until combined. Slowly add in powdered sugar and heavy cream and beat until smooth and fluffy.
- 5** Spread cream cheese frosting over the cooled brownies.
- 6** Sprinkle **Yum Crumbs Strawberry Shortcake Dessert Topping** over the strawberry brownies and press down into the frosting.
- 7** Cut into squares and serve.



CAPRESE PESTO PASTA

PREP TIME 10 minutes | **COOKING TIME** 15 minutes



INGREDIENTS

- 1 pound **Jovial Cassava Penne Pasta**
- 1 cup cherry tomatoes, halved
- 8 ounces mozzarella perline
- 1 ¼ cup favorite pre-made basil pesto
- ¼ cup fresh basil leaves thinly sliced, for tossing with the pasta

DIRECTIONS

- 1** Bring a large pot of salted water to a boil. When boiling, add the **Jovial Cassava Penne Pasta** and cook as per package directions to al dente, approximately 13 minutes. When the pasta is done, reserve 1 cup of the pasta water and drain.
- 2** Return the cooked pasta to the pot and add in the pesto sauce, tomatoes, mozzarella, and fresh basil.
- 3** Toss to combine. Add a little of the reserved pasta water as needed to loosen the sauce for even coating.
- 4** Serve immediately and Enjoy!



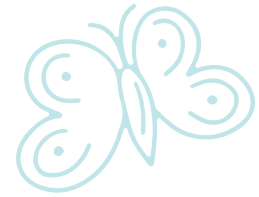


CAPRESE PESTO PASTA



**MANGO HABANERO
ENCHILADAS**

MANGO HABANERO ENCHILADAS



PREP TIME 10 minutes | **COOKING TIME** 20 minutes

INGREDIENTS

- 1 jar **Mrs. Renfro's Mango Habanero Salsa**
- 1 cup sour cream, divided
- 2 cups shredded cooked chicken breast
- 1 ½ cup Monterey Jack cheese, divided
- 6 flour tortilla (6-inch), warmed
- ½ cup queso fresco, crumbled
- Cilantro, chopped
- 1 green onion, thinly sliced
- Black olives, sliced

DIRECTIONS

- 1 Preheat the oven to 375F.
- 2 Spread ¼ cup of **Mrs. Renfro's Mango Habanero Salsa** in the bottom of an 11 x 8 baking dish.
- 3 Stir ¾ cup salsa, ½ cup sour cream, chicken and ½ cup of cheese in a large bowl.
- 4 Spoon about ¼ cup chicken mixture down the center of each tortilla. Roll up the tortillas and place seam-side down in the baking dish.
- 5 Pour the remaining salsa over the filled tortillas.
- 6 Bake for 20 minutes or until the enchiladas are hot and bubbling. Top with the queso fresco, onion, black olives and a dollop of sour cream when serving.
- 7 Enjoy!



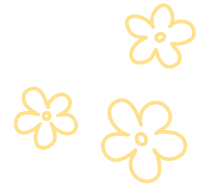
FEATURED PRODUCTS

Mrs. Renfro's Mango Habanero Salsa

SERVES
2-4 SERVINGS

MUSHROOM BEEF RAGU LASAGNA

PREP TIME 20 minutes | **COOKING TIME** 50 minutes



INGREDIENTS

- 2 tbsp. Butter
- 8 oz cremini mushrooms, sliced
- 1 lb. lean ground beef
- 2 tsp. (divided) **Rachael Ray Buon Appetito Italian Seasoning Grinder**
- 1 jar favorite pasta sauce
- 1 container (15 oz.) part-skim ricotta cheese
- 2 ¼ cups shredded part-skim mozzarella cheese
- ½ cup grated parmesan cheese, divided
- 2 eggs
- 12 lasagna noodles, cooked and drained

DIRECTIONS

- 1** Preheat oven to 375°F.
- 2** In a large skillet, melt butter over medium heat. Once melted, add mushrooms and saute until golden brown.
- 3** Add in ground beef and season with 1 tsp. **Rachael Ray Buon Appetito Italian Seasoning Grinder**. Cook until browned and cooked through. Stir in sauce; heat through.
- 4** In a large bowl, combine ricotta cheese, 2 cups mozzarella cheese, ¼ cup Parmesan cheese, 1 tsp. **Rachael Ray Buon Appetito Italian Seasoning Grinder** and eggs; set aside.
- 5** Evenly spread 1 cup beef and mushroom ragu in a 13 x 9-inch baking dish.
- 6** Layer 4 lasagna noodles, then 1 cup ragu and ½ of the ricotta cheese mixture; repeat.
- 7** Top with remaining 4 noodles and sauce. Cover with aluminum foil & bake for 30 minutes.
- 8** Remove foil and sprinkle with remaining ¼ cup Mozzarella and ¼ cup Parmesan cheese.
- 9** Bake uncovered for an additional 5 minutes, or until bubbly and brown on top.
- 10** Let stand for 10 minutes before serving and Enjoy!



FEATURED PRODUCTS

Rachael Ray Buon Appetito Italian Seasoning Grinder



**MUSHROOM BEEF
RAGU LASAGNA**





**STEAK AND EGG
FRIED RICE**

STEAK AND EGG FRIED RICE

PREP TIME 10 minutes | **COOKING TIME** 30 minutes



INGREDIENTS

- 2 tablespoons **Secret Aardvark Drunken Garlic Black Bean Sauce**
- 2 teaspoons sugar
- 4 scallions, thinly sliced (white and green parts separated)
- 1 clove garlic, finely grated
- 2 teaspoon toasted sesame oil
- 12 ounces skirt steak, thinly sliced
- Kosher salt and freshly ground pepper
- 4 teaspoons vegetable oil
- 3 cups cooked brown rice
- 4 cups baby spinach
- 1 cup bean sprouts
- 4 large eggs
- Sriracha, for topping

DIRECTIONS

- 1** Combine the **Secret Aardvark Drunken Garlic Black Bean Sauce**, sugar, scallion whites, garlic and sesame oil in a large bowl; add the steak and let marinate for 10 minutes.
- 2** Preheat a large nonstick skillet over high heat. Add the steak and marinade and season lightly with salt and pepper. Cook, undisturbed, until the steak starts browning around the edges, about 3 minutes. Stir and continue cooking until the steak is just cooked through, about 2 more minutes. Remove to a bowl.
- 3** Heat 2 teaspoons vegetable oil in the skillet. Add the rice, season with $\frac{1}{2}$ teaspoon salt and cook, stirring occasionally, until slightly crisp, about 3 minutes.
- 4** Stir in the spinach until just wilted. Add the steak and any juices from the bowl; heat through.
- 5** Remove from the heat and stir in the bean sprouts; season with salt and pepper. Divide among bowls.
- 6** Wipe out the skillet, return to high heat and add the remaining 2 teaspoons vegetable oil. Crack in the eggs, season with salt and cook until the whites are set but the yolks are still runny, about 3 minutes.
- 7** Top each rice bowl with an egg and the scallion greens. Drizzle with sriracha and more **Secret Aardvark Drunken Garlic Black Bean Sauce** for an umami kick!
- 8** Enjoy!



TOMATO BEEF BONE BROTH ENCHILADAS



PREP TIME 10 minutes | **COOKING TIME** 30 minutes

INGREDIENTS

- 1 packet of **LonoLife Tomato Bone Broth**
- 1 28 oz. can red enchilada sauce
- 1 can pinto beans drained and rinsed
- Sea salt
- 12 corn tortillas
- 8 ounces grated Monterey Jack cheese
- ½ red onion, sliced
- Juice of 1 lime
- 1 bunch cilantro stems removed and chopped
- 2 handfuls arugula chopped
- 1 avocado, cubed
- Sea salt, to taste

DIRECTIONS

- 1** Sauté onions. In the same pan, add the enchilada sauce, **LonoLife Tomato Bone Broth**, and heat until warm.
- 2** Heat beans in another pan. Warm tortillas.
- 3** Grease a baking dish, then cover the bottom with sauce.
- 4** To assemble enchiladas: add beans, cheese and sauce inside each tortilla. Roll and place in baking dish. Top with remaining sauce and cheese.
- 5** Bake at 375F for 30 minutes, or until the cheese is melted.
- 6** Top with cilantro, arugula, avocado and sea salt.



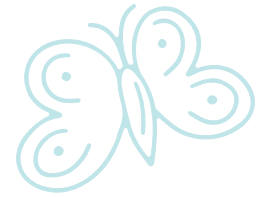


**TOMATO BEEF BONE
BROTH ENCHILADAS**



**BUTTER PANEER
CHICKEN PANINI**

BUTTER PANEER CHICKEN PANINI



PREP TIME 20 minutes | **COOKING TIME** 20 minutes

INGREDIENTS

For Chicken:

- 1 large chicken breast
- 1 cup flour
- 2 eggs
- 1 cup breadcrumbs
- 1 cup crumbled paneer cheese
- salt and pepper
- oil for frying

Sandwich:

- ¼ cup **AlcoEats Easy Indie Bowl - Butter Paneer**
- 3 ½ Tbsp. water
- 2 pieces naan bread
- crumbled paneer cheese
- shredded mozzarella
- butter
- cilantro

DIRECTIONS

- 1** Make the chicken: Butterfly your chicken breast so you have 2 thinner pieces of chicken. One by one, place between two pieces of plastic wrap and pound gently to flatten it out. Season with salt and pepper.
- 2** Put the flour in one bowl, beat the eggs into another, and stir together the breadcrumbs and paneer in a third. Season each bowl with salt and pepper.
- 3** Dip the chicken into the first bowl and shake off the excess flour. Then the second bowl with the eggs, and finally into the breadcrumbs. Press the breadcrumbs to adhere to the meat. Dip it back into the eggs, and repeat with the breadcrumbs for a thicker crust.
- 4** In a wide frying pan over medium high heat, add about ½ inch of oil. Fry the chicken pieces for about 3 minutes on each side to brown and cook through. Place on a wire rack to dry.
- 5** In a small bowl, whisk together **AlcoEats Easy Indie Bowl - Butter Paneer** and water. Set aside.
- 6** Warm the naan bread in a dry frying pan on both sides to soften.
- 7** Spread some of the **AlcoEats Easy Indie Bowl - Butter Paneer** sauce on the bread, then add both cheeses. Add the piece of chicken and fold it over, making sure there is enough sauce and cheese on the top and bottom of the chicken.
- 8** Add some butter to a frying pan and add the sandwich. Cook on each side for about 5 minutes covered to allow the cheese to melt and the bread to get crispy.
- 9** Before eating, open the sandwich and add in some cilantro. Enjoy!!!

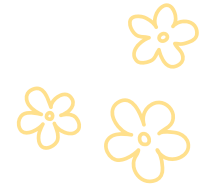


FEATURED PRODUCTS

AlcoEats Easy Indie Bowl - Butter Paneer

MEDITERRANEAN CHICKEN LETTUCE WRAPS

PREP TIME 20 minutes | **COOKING TIME** 10 minutes



INGREDIENTS

For the Chicken Breasts:

- 1 large chicken breast
- Salt & black pepper to taste
- 1 tsp dried rosemary
- 1 tsp dried oregano
- 1-2 tbsp **STAR Fine Foods Organic Extra Virgin Olive Oil**
- 1 lemon

For the Greek Yogurt Dressing:

- 5 tbsp Greek yogurt
- ¼ cup fresh flat leaf parsley, chopped

- ½ cucumber, grated and drained of excess moisture
- 3 tbsp **STAR Fine Foods Organic Extra Virgin Olive Oil**
- 1 tbsp lemon juice, freshly squeezed
- salt and pepper, to taste

For the Lettuce Wraps:

- ½ cup Kalamata olives, sliced
- 5-6 sun-dried tomatoes, drained and chopped
- 1 head butter lettuce, leaves separated
- 8 artichoke hearts, drained
- ½ red onion, thinly sliced

DIRECTIONS

- 1** Season the chicken breast with salt, pepper and the herbs. Into a skillet over medium-high heat, add some **STAR Fine Foods Organic Extra Virgin Olive Oil**. Add chicken and cook on both sides until cooked through, about 6 minutes per side. Remove and let rest on a cutting board.
- 2** Cut the artichoke hearts in halves and place them the cut side onto the same skillet/frying pan or grill pan. Add lemon juice to the pan. Cook the artichokes until they are nice and brown.
- 3** Meanwhile prepare the yogurt dressing: Combine the yogurt, chopped parsley, cucumber, **STAR Fine Foods Organic Extra Virgin Olive Oil** and lemon juice in a bowl and mix with a spoon until combined. Season with Salt and Pepper, if desired.
- 4** Slice your chicken breast and arrange with the rest of the ingredients inside the lettuce leaves.
- 5** Drizzle with the yogurt dressing and Enjoy!



FEATURED PRODUCTS

STAR Fine Foods Organic Extra Virgin Olive Oil



**MEDITERRANEAN CHICKEN
LETTUCE WRAPS**



MISO GINGER SALMON

MISO GINGER SALMON

PREP TIME 10 minutes plus 30 minutes marinating time | **COOKING TIME** 20 minutes

INGREDIENTS

- 3 Tablespoons **Mekhala Living Organic Miso Ginger Paste**
- 2 Tablespoons honey
- 2 Tablespoons soy sauce
- 3 Tablespoons fresh squeezed lemon juice
- 2 (6-ounce) salmon filets, about 1 to 1 ½ inches thick
- Steamed rice, for serving
- Steamed veggies, for serving
- Toasted sesame seeds, for garnish
- Green onion, for garnish



DIRECTIONS

- 1** In a small bowl, whisk together the **Mekhala Living Organic Miso Ginger Paste**, honey, soy sauce and lemon juice until well combined and smooth. Place the salmon filets in a shallow dish and spoon the miso marinade over them. Cover the dish with plastic wrap and transfer to the refrigerator for at least 30 minutes.
- 2** Adjust the oven rack to 6 inches from the broiler and preheat the oven on broil for 5 minutes.
- 3** On the stove top, heat a cast iron skillet over high heat until it is almost smoking hot.
- 4** With tongs, remove the salmon filets and allow excess marinade to drip off, place the salmon filets (skinside down if you left the skin on) into the hot skillet and immediately transfer the skillet to the preheated oven. Broil for 5-6 minutes. This will depend on how thick your filets are.
- 5** As soon as the salmon begins to char and caramelize, carefully remove the skillet from the oven and transfer the salmon filets to a serving platter.
- 6** Serve on a bed of steamed rice alongside vegetables of your choice.
- 7** Garnish with sesame seeds and green onions. Enjoy!



PEAR AND WALNUT SALAD



PREP TIME 15 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 teaspoons maple syrup
- 1 teaspoon chopped fresh thyme
- 1 teaspoon Dijon mustard
- ½ teaspoon black pepper
- ¼ teaspoon kosher salt
- 4 cups mixed greens
- 1 medium ripe pear, thinly sliced
- ¼ cup crumbled Gorgonzola cheese
- ¼ cup **Crazy Go Nuts Maple Walnut Snack**
- ¼ cup golden raisins
- Cooked chicken breast, sliced

DIRECTIONS

- 1 Whisk together oil, lemon juice, maple syrup, thyme, mustard, pepper and salt in a large bowl.
- 2 Add lettuce and gently toss to combine.
- 3 Top with sliced pear, gorgonzola, **Crazy Go Nuts Maple Walnut Snack**, raisins and sliced chicken.
- 4 Serve immediately and enjoy!





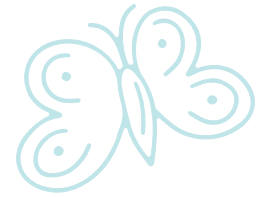
PEAR AND WALNUT
SALAD





APPLE BANANA KIWI
SMOOTHIE

APPLE BANANA KIWI SMOOTHIE



PREP TIME 10 minutes

INGREDIENTS

- 1 apple, roughly chopped
- 1 banana, broken into chunks
- 2 kiwi, peeled
- 2 cups spinach
- 1 ¼ cups oat milk
- ¼ cup ice, or as desired
- 2 teaspoons chia seeds
- **Slammers Crushed Superfood Snack - Burst**

DIRECTIONS

- 1 Blend **Slammers Crushed Superfood Snack - Burst**, apple, banana, kiwi, spinach, oatmilk, ice and chia seeds together in a blender until smooth.
- 2 Divide between two glasses and enjoy!



FEATURED PRODUCTS

Slammers Crushed Superfood Snack - Burst

CHERRY MOJITO

PREP TIME 5 minutes

INGREDIENTS

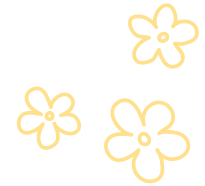
- 12 cherries, pitted and stems removed
- Juice from 2 limes
- 24 mint leaves
- 1 scoop **Coffee Over Cardio Hydrate-Mojito Blast**
- 4 oz. white rum
- 2 cup crushed ice
- 1 cup club soda

For Garnishing:

- fresh cherries
- lime wedges
- mint leaves

DIRECTIONS

- 1** In two sturdy glasses, divide cherries, mint leaves, **Coffee Over Cardio Hydrate-Mojito Blast** and rum.
- 2** Muddle to extract juices from cherries and mint leaves and to dissolve the **Coffee Over Cardio Hydrate-Mojito Blast**. Add ice and then top with soda water.
- 3** Garnish with lime wedges, mint leaves and fresh cherries. Serve immediately.





CHERRY MOJITO



MATCHA ENERGY DRINK MIX | DIETARY SUPPLEMENT

UJIDO
THE PATH OF ZEN

MATCHA ENERGY DRINK MIX

ENERGY
STRAWBERRY FLAVOR

- Authentic Traditional Japanese Matcha
- Antioxidants Catechins & EGCG
- L-Theanine Focus & Well Being
- Vitamin C Immune Defense
- Patent Vitamin B Complex
- Energy & Metabolism
- Natural Pre-Workout

15 READY TO MIX PACKETS • 15 X 25 PACKETS

UJIDO

**ICED STRAWBERRY
MATCHA LATTE**

ICED STRAWBERRY MATCHA LATTE

PREP TIME 10 minutes



INGREDIENTS

Strawberry Milk:

- ½ cup milk of choice
- 2-3 tablespoons strawberry jam
- ½ teaspoon vanilla extract

Matcha:

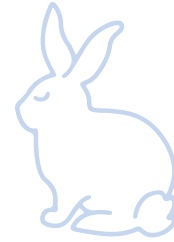
- 1 **Ujido Matcha Strawberry Energy Packet**
- 2 tablespoons hot water
- ½ teaspoon lavender or regular honey
- Strawberry, for garnish

DIRECTIONS

- 1** To make the strawberry milk: Combine all ingredients in a small blender and blend until creamy.
- 2** To make the matcha. In a bowl, whisk together the **Ujido Matcha Strawberry Energy Packet** and hot water until a paste forms. Add ½ cup cold water and the honey, whisk until frothy.
- 3** Pour the strawberry milk over ice, then pour over the **Ujido Matcha Strawberry Energy** mix. Stir to combine.



BANANA SPLIT SUNDAE



PREP TIME 5 minutes

INGREDIENTS

- 1 banana
- 1 scoop chocolate ice cream
- 1 scoop vanilla ice cream
- 1 scoop strawberry ice cream
- 2 tablespoons strawberry syrup
- 2 tablespoons chocolate syrup
- whipped cream
- Mixed berries
- 1 bag **Jessica's Natural Foods Gluten - Free Chocolate Chip Granola**

DIRECTIONS

- 1** Peel then slice a banana in half lengthwise and place one piece of the banana on each side of a banana boat dish.
- 2** Place a scoop of vanilla, chocolate and then strawberry ice cream between the banana pieces.
- 3** Drizzle with strawberry syrup then with the chocolate syrup.
- 4** Top each ice cream scoop with whipped cream.
- 5** Scatter mixed berries and top with **Jessica's Natural Foods Gluten - Free Chocolate Chip Granola**
- 6** Enjoy immediately!



FEATURED PRODUCTS

Jessica's Natural Foods Gluten - Free Chocolate Chip Granola



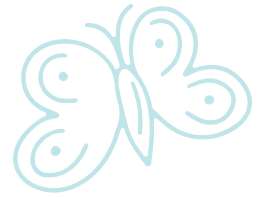
BANANA SPLIT SUNDAE



BUNNY BAIT

BUNNY BAIT

PREP TIME 15 minutes | **COOLING TIME** 45 minutes



INGREDIENTS

- 8 cup popped **Dell Cove® Ruby Red popcorn kernels**, about ½ cup unpopped
- 1 ½ cup pretzels twists, broken in half
- ½ cup salted peanuts
- 2 cup white candy melts
- 12 ounce pastel candy coated chocolates
- ½ cup sprinkles, any festive style
- 1 cup colorful candy melts

DIRECTIONS

- 1 Line a large baking sheet with parchment paper, set aside.
- 2 Place popped **Dell Cove® Ruby Red popcorn kernels** in a large mixing bowl, then add the pretzels and peanuts.
- 3 In a microwave-safe medium bowl, heat the white candy melts per package instructions until smooth.
- 4 Pour candy melts over the popcorn mixture, then use a spatula to quickly (but gently!) toss and stir until the candy melts have coated all of the ingredients.
- 5 Gently fold in candy coated chocolates.
- 6 Transfer coated popcorn mixture to the prepared baking sheet and spread out into an even layer.
- 7 While candy melts are still wet, sprinkle with festive sprinkles as desired.
- 8 To add more color, heat the colorful candy melts and drizzle them on top of the bunny bait.
- 9 Let bunny bait dry completely (about 1 hour), then use your hands to gently break it apart into snack-sized pieces.

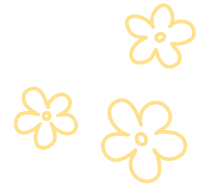


FEATURED PRODUCTS

Dell Cove® Ruby Red popcorn kernels

CHOCOLATE COCONUT PUDDING

PREP TIME 10 minutes



INGREDIENTS

- 1 cup fresh coconut meat
- ¼ cup **100 Coconuts Pure Coconut Water**
- 1 tablespoon cocoa powder
- 1 tablespoon pure maple syrup
- ½ teaspoon vanilla extract
- pinch of fine sea salt
- 4-5 large ice cubes

DIRECTIONS

- 1** Combine the coconut meat, **100 Coconuts Pure Coconut Water**, cocoa powder, vanilla extract, salt, maple syrup and ice cubes into a blender container, and blend until very smooth and creamy.
- 2** Adjust sweetness to taste, and serve immediately!



FEATURED PRODUCTS

Dell Cove® Ruby Red popcorn kernels



**CHOCOLATE COCONUT
PUDDING**





**CHOCOLATE CRISP
ICE CREAM SANDWICH**

CHOCOLATE CRISP ICE CREAM SANDWICH

PREP TIME 5 minutes | **COOKING TIME** 5 minutes



INGREDIENTS

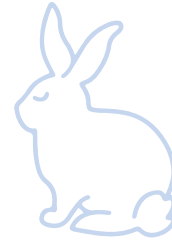
- 8 **Undercover Snacks Milk Chocolate Quinoa Crisps**
- Ice cream, your favorite flavor
- 1 cup semi-sweet chocolate chips
- Toppings - crushed potato chips, toffee bits, coconut, sprinkles, and sea salt

DIRECTIONS

- 1** To make the sandwiches, put a small scoop of ice cream in between two **Undercover Snacks Milk Chocolate Quinoa Crisps** and lightly press together. Place them into the freezer until you get your dipping chocolate and toppings ready.
- 2** Place chocolate chips into a glass bowl. Microwave for 30 seconds and then stir. Repeat this until the chocolate is melted and glossy.
- 3** Dip half of the cookie sandwiches in the melted chocolate and then dip in your toppings.
- 4** Place them on a cookie sheet and put them back into the freezer until the chocolate is set.
- 5** Enjoy!



MACADAMIA FRENCH TOAST



PREP TIME 10 minutes | **COOKING TIME** 10 minutes

INGREDIENTS

- ½ cup milk
- 3 eggs
- ¼ cup **Artisana Organics Mac-Coconut Nut Butter Blend**, plus more for finishing
- 2 tablespoons white sugar
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1 tablespoon butter
- 4 slices brioche bread
- ½ cup chopped macadamia nuts
- Powdered sugar

DIRECTIONS

- 1** Whisk together milk, eggs, **Artisana Organics Mac-Coconut Nut Butter Blend**, sugar, vanilla extract, and cinnamon in a large bowl.
- 2** Heat the butter in a griddle or frying pan over medium heat.
- 3** Dunk each slice of bread in egg mixture, soaking both sides. Place in pan, and cook on both sides until golden, about 3 to 4 minutes per side.
- 4** Top with macadamia nuts and sprinkle with powdered sugar if desired and drizzle with more **Artisana Organics Mac-Coconut Nut Butter Blend** and enjoy!





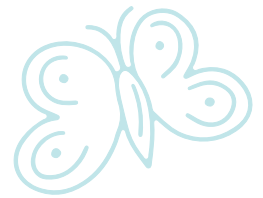
**MACADAMIA
FRENCH TOAST**



S'MORES CANNOLIS

S'MORES CANNOLIS

PREP TIME 30 minutes (PLUS 2+ hours chilling time) | **COOKING TIME** 10 minutes



INGREDIENTS

Marshmallow Fluff:

- 3 cups of **Campfire Mini White Marshmallows**
- 3 teaspoon corn syrup

Cannolis:

- 1 cup chopped dark chocolate
- 1 cup crushed graham cracker crumbs
- 12 cannoli shells
- 2 cups ricotta cheese
- 8 ounces mascarpone cheese
- ½ cup heavy whipping cream

DIRECTIONS

- 1** Make your marshmallow fluff: Melt the **Campfire Mini White Marshmallows** in a double boiler over low heat. When they have begun to become slightly melted and sticky, add the corn syrup. Stir frequently to avoid scorching.
- 2** Once all lumps are gone, transfer to a medium bowl and allow to cool while you prepare the cannoli shells.
- 3** Prep Cannoli shells: In a microwave safe bowl, melt the chocolate for 30 seconds and then stir. Continue microwaving at 15 second intervals, stirring each time, until the chocolate is smooth.
- 4** Pour the graham cracker crumbs into a bowl. Dip each end of the cannoli into the chocolate and then the cracker crumbs. Place the cannoli on a baking sheet lined with parchment and allow the chocolate to set.
- 5** While the chocolate hardens, make the filling: In a large bowl, blend the ricotta, mascarpone, and marshmallow fluff with a hand mixer until light and fluffy.
- 6** In a separate small bowl, whisk the heavy cream until stiff peaks form. Gently fold the whipped cream into the ricotta mixture and chill for 1-2 hours.
- 7** Transfer the filling to a pastry bag or zip lock bag with the end snipped off. Pipe the filling into the cannoli and return the shells to the baking sheet. Chill for 1-24 hours. Serve chilled.

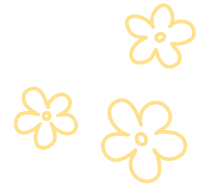


FEATURED PRODUCTS

Campfire Mini White Marshmallows

S'MORES COOKIE SANDWICH

PREP TIME 20 minutes | **COOKING TIME** 5 minutes



INGREDIENTS

Vegan Marshmallow Fluff:

- ½ cup aquafaba (liquid from a can of unsalted chickpeas),
- 1 teaspoon vanilla extract
- ¼ teaspoon cream of tartar
- ¾ cup white sugar
- 4 oz. vegan dark Chocolate
- 1 bag **Partake Foods Crunchy Chocolate Chip Mini Cookie Snack Pack**



DIRECTIONS

- 1** Make the vegan marshmallow fluff: Add the aquafaba, vanilla, and cream of tartar to the bowl of a stand mixer. Use the mixer to beat the liquid for about 1 minute until it starts to get fluffy.
- 2** Very slowly sprinkle in the sugar a spoonful at a time while the mixer is on. Continue to beat for about 10 minutes until a stiff peak is formed. When you lift the beater the fluff should look glossy and hold a stiff peak.
- 3** Place in a piping bag and set aside.
- 4** Meanwhile add dark chocolate to a microwave safe bowl. Microwave in 30 second intervals, stirring after each, until fully melted.
- 5** Make s'mores: Take a **Partake Foods Crunchy Chocolate Chip Mini Cookie** and pipe a ring of marshmallow. Using a kitchen torch, lightly toast the marshmallow.
- 6** Top with a spoon of melted dark chocolate.
- 7** Top with another **Partake Foods Crunchy Chocolate Chip Mini Cookie** and Enjoy!



FEATURED PRODUCTS

Partake Foods Crunchy Chocolate Chip
Mini Cookie Snack Pack

PARTAKE

VEGAN
& GLUTEN
FREE

TOP 9
ALLERGEN
FREE



**Chocolate
Chip**

MINI CRUNCHY COOKIES



NET WT. .67 OZ. (19g)

**S'MORES COOKIE
SANDWICH**



SPRING PRETZEL RODS

SPRING PRETZEL RODS

PREP TIME 15 minutes | **COOLING TIME** 60 minutes



INGREDIENTS

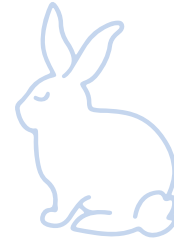
- 1 bag of 15 oz white chocolate chips
- 24 Pretzel Rods
- ¼ of a bag of 12 oz candy melts, assorted colors
- ½ cup of **Must Love Sprinkles**

DIRECTIONS

- 1** In a tall glass, melt white chocolate chips in the microwave in 30 second increments, stirring after each pass.
- 2** Dip each pretzel rod into the melted white chocolate. Place on a cookie sheet lined with parchment paper.
- 3** Melt the different colored candy melts in a microwave safe dish according to the package directions.
- 4** Drizzle the melted candy over the white chocolate.
- 5** Top with **Must Love Sprinkles**, allow to cool completely and enjoy!



HONEY BBQ CHICKPEA BRUSCHETTA



COOKING TIME 20 minutes

INGREDIENTS

For chickpea mixture:

- 1 14 oz can chickpeas, rinsed and drained
 - 1 tablespoon olive oil, plus extra for brushing
 - 1 tablespoon lemon juice
 - 1 teaspoon ground cumin
 - ½ teaspoon garlic powder
 - ½ teaspoon smoked paprika
 - Salt and pepper to taste
- 1 baguette, sliced diagonally into 1 inch slices
 - 1 to 2 garlic cloves, peeled
 - **Festive Chickpeas™ Honey BBQ garbanzo halves**
 - BBQ sauce of choice
 - Chives, sliced for garnish

DIRECTIONS

- 1 Place the chickpeas in a bowl and lightly mash with a fork. Add in the olive oil, lemon juice, cumin, garlic powder, smoked paprika and salt and pepper and stir until well combined.
- 2 Heat a grill pan or cast iron skillet over medium.
- 3 Brush both sides of the baguette slices with olive oil and toast to lightly char both sides.
- 4 Rub the toasts with the garlic cloves and top with the chickpea mixture, **Festive Chickpeas™ Honey BBQ garbanzo halves**, drizzle with BBQ sauce and garnish with sliced chives.
- 5 Serve immediately and enjoy!



FEATURED PRODUCTS

Festive Chickpeas™ Honey BBQ garbanzo halves

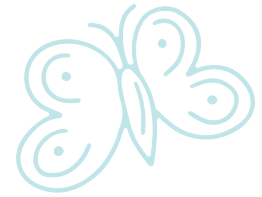


**HONEY BBQ CHICKPEA
BRUSCHETTA**



**MUSHROOM SHALLOT
NACHOS**

MUSHROOM SHALLOT NACHOS



PREP TIME 30 minutes | **COOKING TIME** 35 minutes

INGREDIENTS

Vegan Nacho Cheese:

- 2 cups peeled and chopped Yukon gold potatoes
- 1 cup peeled and chopped carrots
- ½ cup raw cashews
- 2 tsp. of salt, divided
- 1 cup unsweetened almond milk (or non-dairy milk of choice)
- ½ cup nutritional yeast
- ¼ cup pickled jalapeños with juice
- 3 tbsp. fresh lemon juice
- 1 tsp. garlic powder
- 8 oz. mushrooms, sliced
- 1 shallot, sliced
- 1 tbsp. Marsala wine
- Tortilla Chips
- 1 cup roasted red pepper, sliced
- **Popadelics Crunchy Mushroom Chips - Rad Rosemary & Salt**
- ½ cup Plant-based sour cream
- Chopped Chives, for garnish

DIRECTIONS

- 1 Preheat the oven on the broil setting.
- 2 Make the vegan nacho cheese: Bring a medium pot of water to a boil, and place the potatoes, carrots, and cashews in once boiling. Simmer for about 20 minutes, or until fork-tender. Drain and transfer to a high-speed blender.
- 3 Add 1 tsp. Of salt and the remaining ingredients into the blender and blend until completely smooth. Adjust seasonings to taste and add the additional juice from the jar of jalapeños as desired.
- 4 In a large saute pan, heat vegan butter until melted. Add mushrooms, shallots and 1 teaspoon salt to the pan and cook over medium heat for about 10 minutes stirring frequently.
- 5 Add marsala wine and stir to deglaze the pan. Stir in rosemary. Reduce heat to low and allow mixture to caramelize, stirring frequently for about 20-25 minutes.
- 6 In a large cast iron pan or baking sheet, place a layer of tortilla chips.
- 7 Arrange the mushroom/shallot mixture over the tortilla chips. Add sliced roasted red peppers, **Popadelics Crunchy Mushroom Chips** and drizzle with the cheese.
- 8 Broil nachos for about 50 seconds or until everything is warmed through.
- 9 Top the nachos with plant based sour cream and garnish with chives.
- 10 Enjoy!



FEATURED PRODUCTS

Popadelics Crunchy Mushroom Chips - Rad Rosemary & Salt

QUESO BLANCO

PREP TIME 5 minutes | **COOKING TIME** 10 minutes

INGREDIENTS

- 3 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1½ cups whole milk
- 1 (4-ounce) can diced green chilies
- 1 teaspoon garlic salt
- ½ teaspoon onion powder
- ¼ teaspoon chili powder
- ¼ teaspoon ground cumin optional
- 1 cup shredded white sharp cheddar cheese
- 2 tablespoons chopped fresh cilantro, plus more for garnish
- 2 tablespoons chopped tomatoes, plus more for garnish
- **Mr. Tortilla Black Truffle & Sea Salt Crunchy Chips**, for serving

DIRECTIONS

- 1** Melt butter in a medium pot over medium-low heat. Whisk in flour until bubbly.
- 2** Add milk and stir until well combined. Mix in green chilies, garlic salt, onion powder, chili powder and cumin.
- 3** Add cheese and mix until smooth.
- 4** Right before serving, add cilantro and tomatoes and mix well. Garnish with extra cilantro and tomatoes.
- 5** Serve warm with **Mr. Tortilla Black Truffle & Sea Salt Crunchy Chips** and enjoy!



FEATURED PRODUCTS

Mr. Tortilla Black Truffle & Sea Salt Crunchy Chips



QUESO BLANCO
