



# COOK BOOK



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**Thank you for downloading Bubba's cookbook!**

We hope these recipes will help power your morning and sweeten your afternoon.  
However you dine, much Bubba love to you, friend!



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# Beet & Cauliflower “Hummus”

CONDIMENT



» Looking for a paleo-friendly hummus alternative? Bubba's has got you covered with our savory beet and cauliflower hummus. This delicious dip can be paired with any one of Bubba's 'Nana Chips! Our personal favorite with this recipe is with our Grand Garlic Parm 'Nana Chips. Share and enjoy with the whole family!

## SHOPPING LIST

- 2 cups fully cooked beets (we like Love Grown!)
- 1/4 cup olive oil
- 5-6 cups fully cooked cauliflower florets
- 1/2 cup lemon juice
- 1 clove garlic, minced
- Dash of salt
- Bubba's 'Nana Chips

## DIRECTIONS

1. Mix lemon juice, garlic, salt, and olive oil in a small bowl.
2. Add prepared beets and cauliflower into a large bowl and add lemon juice mixture.
3. Combine both mixtures and blend together using a hand blender or food processor.
4. Portion into a serving bowl and enjoy with your favorite flavor of Bubba's 'Nana Chips!



# Paleo

## Avocado Fries

SIDE



» Step up your game day spread with these tantalizing Bubba's Macho Nacho Avocado Fries. Bring these unique oven baked appetizers to your next get together and you'll have your guests wanting more! Made with clean ingredients, enjoy straight out of the oven or serve with your favorite dip!

### SHOPPING LIST

- 2 ripe but firm avocados, pitted
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp fine sea salt
- ½ tsp black pepper
- 1/3 cup arrowroot flour
- 1 large egg, beaten
- 1 tbsp water
- 1 tsp stone ground mustard
- 1-½ cups crushed Bubba's Macho Nacho Nana Chips

### DIRECTIONS

1. Preheat oven to 425°F
2. Line a baking sheet with foil.
3. Cut each avocado into 6-8 slices, and set aside.
4. In one small bowl, combine the arrowroot flour and half the seasonings.
5. In a second small bowl, whisk together the egg, water and mustard.
6. In a third small bowl, combine the 'Nana Chips and the other half of the seasonings.
7. Dip the avocado slices into the arrowroot mixture, then the egg mixture, then the 'Nana Chips mixture. Lay them on the baking sheet.
8. After dipping, bake the avocado slices for 10 - 12 minutes, then flip and bake another 2 - 4 minutes.
9. Enjoy as-is or with your favorite Paleo-friendly dressing or dip!







# Crunchy Chicken Tenders

ENTREE



» Chicken tenders will no longer be just a kid's menu item with Bubba's Crunch Chicken Tenders recipe. Try this recipe using any one of Bubba's 'Nana Chip Flavors. (But we'll let you in on a secret, Blazing Buffalo is our favorite!)

## SHOPPING LIST

- 1-1/2 lbs chicken tenders
- 1/4 cup coconut or almond milk
- 1/4 cup arrowroot flour or 1/2 cup coconut flour
- 1-1/2 cups favorite flavor of Bubba's Nana Chips or Chipleets
- 2 eggs
- Salt and black pepper, to taste

## DIRECTIONS

1. Preheat oven to 375F
2. Pulse Nana Chips in blender or food processor in 3-5 second increments until fine.
3. Season chicken tenders with salt and black pepper.
4. In a shallow dish, season the flour.
5. Beat the eggs in another shallow dish with the milk.
6. Pour the Nana coating into a third shallow dish.
7. Dredge the chicken tenders in the flour, and shake off the excess.
8. Dip the floured chicken into the egg mixture and then coat the tenders with the Nana Chip mixture.
9. Place breaded tenders on a baking sheet and bake for 12-15 minutes, until golden brown.



# Sweet and Savory Nut Bars



DESSERT

» Need a sweet and savory treat that is paleo and gluten-free? Try out Bubba's Sweet and Savory Nut Bars. Munch down on these bars for an afternoon snack or midmorning meal. These are easy to make and great for the whole family!

## SHOPPING LIST

### Crust:

- 1 1/2 cups almond flour
- 7 tablespoons unrefined coconut oil, melted
- 2 tablespoons of honey

### Topping:

- 2 cups of Bubba's Savory Original Snack Mix
- 2 tablespoons of unrefined coconut oil)
- 2 tablespoons honey
- 2 tablespoons coconut milkIngredient Twelve
- 2 tablespoons butter (or substitute)

## DIRECTIONS

1. Mix the crust ingredients and compress the dough into the bottom of a small casserole dish or toaster-sized cookie sheet lined with parchment paper.
2. Heat the honey, butter, and coconut milk in a saucepan over medium heat until butter is melted.
3. Add 2 cups of Bubba's Savory Original Snack Mix into the honey mixture.
4. Refrigerate mixture for a total of 20 minutes. Stir once, after 10 minutes have passed.
5. Spread the mixture on top of the crust and bake for 20 minutes at 350°F or until the nuts turn a golden brown on the edges.
6. Let cool, then slice into desired size and serve up!







# Chocolatey UnGranola Bark

DESSERT

40-50  
minutes  
TOTAL TIME

» Indulge in Bubba's Chocolatey UnGranola Bark! This paleo dessert is bursting with chocolate and Cinn-Ful Apple UnGranola goodness. Each mouthwatering bite gives you a deliciously sweet crunch! This dessert is great for the whole family and a healthier alternative when you're craving a sweet treat. Feel free to substitute any of our UnGranola flavors into this recipe—we love them all!

## SHOPPING LIST

- 2 oz dark chocolate
- 1 Tbsp unrefined coconut oil
- 1-¼ cup Bubba's Cinn-Ful Apple UnGranola

## DIRECTIONS

1. Using a double boiler, melt the chocolate and the coconut oil together. Stir until smooth.
2. Stir the UnGranola into the melted chocolate and coconut oil mixture.
3. Spread mixture on a parchment paper lined baking sheet.
4. Refrigerate for ½ hour, or until set.
5. Break into pieces and enjoy! \* Store in an airtight container, or freeze for later.





# Quick & Easy Ice Cream Crunch



## DESSERT

» Forget going to the ice-cream shop, create your own deliciousness at home with this quick and easy recipe!

### SHOPPING LIST

- Bourbon Vanilla UnGranola
- Vanilla non-dairy Ice Cream

### DIRECTIONS

1. Scoop ice cream into bowl, top with Bourbon Vanilla UnGranola, and enjoy!

Buy Bourbon Vanilla UnGranola

# Bubba's Own Apple Pie

## DESSERT



» Here at Bubba's, we think that simple recipes are often the most delicious. If you're craving the taste of your grandma's apple pie but don't have time to bake, look no further than this two-step, quick and easy recipe.

### SHOPPING LIST

- Cinn-Ful Apple UnGranola
- Apple Slices
- Date Caramel Sauce

### DIRECTIONS

1. Sprinkle UnGranola on top of apple slices.
2. Drizzle with caramel sauce and enjoy!



Buy Cinn-Ful Apple UnGranola



# Chocolate Peanut Butter Pops

50-60  
minutes  
TOTAL TIME

SWEETS

» Enjoy a healthier variety of Halloween treat! Made with Bubba's Uber Chocolate UnGranola and peanut butter, our Spooky Chocolate Peanut Butter Pops are scary delicious. The cravings for these sweet and crunchy pops will {happily} haunt you all year long!

## SHOPPING LIST

- 1 cup Bubba's Uber Chocolate UnGranola
- 1/2 cup mini dark chocolate chips
- 1/2 cup ground flax seed
- 1/2 cup organic crunchy peanut butter (substitute sunflower butter to keep it Paleo-friendly)
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 24 lollipop sticks
- 24 6x6 inch pieces of orange or clear cellophane
- 24 6-inch pieces of ribbon

## DIRECTIONS

1. In a large bowl, combine Ungranola, chocolate chips, flax seed, peanut butter, honey, and vanilla extract. Stir together until all ingredients are incorporated.
2. Using a tablespoon, scoop portions and roll into a ball using clean hands. Repeat until none of the mixture remains. Set balls on parchment paper and refrigerate for 30 minutes.
3. Place one lollipop stick in each ball. Refrigerate for additional 30 minutes. Wrap with cellophane, tie with ribbon and enjoy! Makes 24 pops.







# Chocolate Chia Pudding Parfait

DESSERT

20-30  
minutes  
PREP TIME

» Looking for a sweet and delicious dessert parfait, but without all the not-so-good-for-you ingredients? Look no further than this delicious Chocolate Chia Pudding Parfait!

## SHOPPING LIST

- 1-1/2 cups non-dairy milk of choice (unsweetened)
- 1/3 cup chia seeds
- 1/4 cup unsweetened cocoa powder
- 3-4 Tbsp maple syrup (or Stevia extract, to taste)
- 1/4 tsp sea salt
- 1 cup Uber Chocolate or Bourbon Vanilla UnGranola
- For Mexican Hot Chocolate version add: 2 tsp ground cinnamon and a pinch of cayenne pepper

## DIRECTIONS

1. Add all ingredients except maple syrup into a bowl and whisk vigorously to combine.
2. Add maple syrup (or sweeten to taste with Stevia).
3. Let the mixture rest, covered, in the fridge for 3-5 hours.
4. In a wine glass, alternate layers of 2 Tbsp pudding and 1 Tbsp UnGranola into 4 total layers.
5. Optional: add fresh or frozen berries in between layers.





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