

Wildway®





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MADE WITH: Wildway Grain Free Original Hot Cereal



Ingredients:

-  **2 tbsp** avocado oil
-  **3 cups** onion (diced)
-  **2 cups** celery (diced)
-  **1 cup** mushrooms (diced)
-  **1 cup** apple (cored & diced)
-  **1/4 cup** chopped dates
-  **1/4 cup** parsley (chopped)
-  **4 tsp** poultry seasoning
-  **2 cup** Wildway Original Hot Cereal
-  **3 Eggs** (whisked)

Directions:

- 1) Preheat oven to 350F.
- 2) Heat ghee or oil in a large cast-iron or oven-proof skillet over medium heat. Add onion, celery, apple, mushrooms, cranberries or dates, parsley, poultry seasoning, salt, and pepper. Sauté until very soft, about 7 minutes.
- 3) Remove from heat. Keep in an oven-proof skillet or transfer to 9x9" baking dish. Stir in Wildway Hot Cereal and mix well. Add the whisked eggs and stir well. Bake for 45 minutes to 1 hour, or until browned on top.
- 4) Garnish with some green and enjoy!





MADE WITH: Wildway Grain Free Coconut Cashew Granola



HOLIDAY FESTIVE CRANBERRY SMOOTHIE

Ingredients:

-  **1 cup** frozen cranberries
-  **1 ripe pear** (cored & diced)
-  **1/2 banana** (optional for sweetness)
-  **1 tbsp** hemp seeds
-  **1/4 tsp** fresh ginger (grated)
-  **1/2 tsp** ground cinnamon
-  **1/3 cup** pure orange juice
-  **1/4 cup** unsweetened almond milk
-  **Toppings:** ALL the Wildway Granola

Directions:

- 1) Add all ingredients into a high-speed blender and blend on low, slowly increasing the speed to high, for 1-2 minutes until everything is completely smooth.
- 2) Divide between two glasses.
- 3) Top with your favorite Wildway Coconut Cashew granola and enjoy!





MADE WITH: Wildway Grain Free Banana Nut Granola



HOLIDAY HARVEST SQUASH BAKE

Ingredients:

-  1 large delicata squash
-  3/4 lb green beans
-  1/2 cup cranberries
-  1 cup Wildway Banana Nut Granola
-  1 tbsp avocado oil (drizzle or spray)

Directions:

- 1) Preheat oven to 350F.
- 2) Cut the delicata squash into rings and then cut the rings in halves. Trim the green beans and slice in halves.
- 3) Line a baking sheet with aluminum foil and spread the sliced delicata squash, green beans, and cranberries evenly on the sheet.
- 4) Spray avocado oil atop the ingredients and bake for 25-30 minutes until the vegetables are tender and the squash is slightly caramelized.
- 5) Arrange in a baking dish for serving, top with Wildway Banana Nut granola and enjoy!





MADE WITH: Wildway Grain Free Apple Cinnamon Granola

MAPLE BACON BAKED BRUSSEL SPROUTS & SWEET POTATOES

Ingredients:

-  **2 large sweet potato** (cut 1-inch cubes)
-  **1 lb brussels sprouts** (trimmed & halved)
-  **1 yellow onion** (roughly chopped)
-  **3 tbsp avocado oil**
-  **2 tbsp maple syrup**
-  **salt & pepper** (to taste)
-  **3 strips hickory smoked bacon**
-  **Topping:** Wildway Apple Cinnamon Granola

Directions:

- 1)** Preheat oven to 400F and line two baking sheets with parchment paper. Line a third baking sheet and place a wire rack on top.
- 2)** In a large mixing bowl, combine the cubed sweet potatoes, halved brussels, diced onion, avocado oil, and maple syrup. Mix until vegetables are evenly coated.
- 3)** Evenly distribute the veggies on the two baking sheets. Sprinkle with salt and pepper.
- 4)** Place the bacon on the wire rack of the third baking sheet.
- 5)** Place the vegetables and bacon baking sheets on two separate racks and bake for 20 minutes. After 10 minutes, rotate the sheets for even cooking. Cook until veggies are tender, and bacon is crispy.
- 6)** Once cooked, transfer the veggies into a large bowl and crumble Wildway Apple Cinnamon Granola and bacon on top. Mix well and enjoy!













MADE WITH: Wildway Grain Free Gingerbread Granola





RAW MINI PUMPKIN PIES WITH GINGERBREAD GRANOLA CRUST

Ingredients:

Pumpkin pie filling:

-  **1 cup** pumpkin puree
-  **1/3 cup** coconut oil (melted & cooled)
-  **1** banana
-  **1 tsp** vanilla extract
-  **1 tsp** cinnamon
-  **1/4 tsp** nutmeg
-  **1/4 tsp** ground ginger
-  **1/4 tsp** allspice

Gingerbread cookie crust:

-  **1 cup** Wildway Gingerbread Granola
-  **7** medjool dates
-  **2 tbsp** hemp seeds
-  **1 tbsp** coconut oil

Directions:

- 1) In a food processor, blend Wildway Gingerbread Granola and remaining crust ingredients until sticky dough mixture forms.
- 2) In a greased muffin tin, press the dough mixture into each mold going up the sides. Place the muffin tin in the freezer while you prepare the filling.
- 3) In the same food processor, combine all pumpkin pie filling ingredients and mix until well combined.
- 4) Spoon the pumpkin pie filling atop the crust of each mold. Top each mini pie with more Wildway Gingerbread granola (the more the merrier).
- 5) Place the muffin tin in the freezer for 2-3 hours.
- 6) When ready to serve, remove the tin from the freezer and allow to thaw for a few minutes before devouring!














MADE WITH: Wildway Grain Free Gingerbread Granola

PALEO GINGERBREAD COOKIES

Ingredients:

-  **1/2 cup** Wildway Gingerbread Granola
-  **1 egg + 1 egg-yolk**
-  **2/3 cup** smooth almond butter
(stirred prior to adding)
-  **2 tbsp** organic coconut oil (softened)
-  **1/4 cup** blackstrap molasses
-  **1/4 cup** mashed banana
-  **1 tsp** pure vanilla extract
-  **2/3 cup** organic coconut flour
-  **1 tsp** baking soda
-  **pinch** sea salt
-  **1 tsp** cinnamon
-  **1 tsp** ground ginger
-  **1/4 tsp** allspice

Directions:

- 1)** Preheat your oven to 350F and line a large baking sheet with parchment paper
- 2)** In a large bowl, whisk the egg, egg yolk, almond butter and coconut oil until smooth. Add the molasses, mashed banana, and vanilla and continue to mix until smooth.
- 3)** In a separate bowl, combine the coconut flour, baking soda, salt and spices. Combine the dry and wet ingredients until fully combined - the dough will be sticky. Add in Wildway Gingerbread granola and mix in thoroughly. Chill dough in the freezer for 5-10 minutes.
- 4)** Use a cookie scoop to scoop the dough in heaping tablespoons on the parchment paper. Bake for 8-10 minutes. Avoid overbaking - cookies will become firmer and chewier as they cool.
- 5)** Enjoy!







MADE WITH: Wildway Grain Free Original Hot Cereal



Ingredients:

-  **1 lb** ground beef
-  **1** egg
-  **3 tbsp** Wildway Original Hot Cereal
-  **1.5 tbsp** sugar-free ketchup
-  **1 tsp** avocado oil
-  **1** small yellow onion (diced)
-  **1 tsp** Italian seasoning
-  **Topping:** more sugar-free ketchup

Directions:

- 1)** Preheat the oven to 375F. In a medium pan, sauté onion in 1 tsp avocado oil until soft.
- 2)** In a medium mixing bowl, combine ground beef, eggs, Wildway Original Hot Cereal, sugar-free ketchup, cooked onion, and Italian seasoning.
- 3)** Grease muffin tin with avocado oil and spoon meat mixture into each tin. Once each tin is full, spread additional tablespoon of sugar free ketchup atop each meatloaf muffin.
- 4)** Bake in the oven for 40 minutes until internal temperature of meatloaf muffin is 160F.
- 5)** Once cooked, remove the muffins from the oven and garnish with parsley if desired.
- 6)** Serve and enjoy!












MADE WITH: Wildway Grain Free Vanilla Bean Espresso Granola



Ingredients:

-  **1/2 cup** unrefined coconut oil
-  **3/4 cup** cocoa powder
-  **3/4 cup** creamy almond butter
-  **2 bananas** (blended until smooth)
-  **1 tsp** peppermint extract
-  **1 tsp** vanilla extract
-  **2 crushed** peppermint candy canes
-  **Topping:** Wildway Vanilla Bean Espresso Granola

Directions:

- 1) Grease a 9x5 loaf pan for thick fudge, or a square pan for thinner fudge.
- 2) Melt coconut oil in the microwave. Allow to cool for 10 minutes.
- 3) In a medium mixing bowl, combine melted then cooled coconut oil and blended banana mixture. Whisk until well combined. Add in cocoa powder, almond butter, peppermint extract, and vanilla extract until smooth.
- 4) Pour mixture into the greased loaf tin and smooth top with a spatula until evenly distributed.
- 5) Top fudge with crushed candy canes and sprinkle a very generous portion of Wildway Vanilla Bean Espresso Granola for the cherry on top!
- 6) Place the fudge in the refrigerator for at least two hours until firm. Allow fudge to soften for a couple minutes prior to serving. Enjoy!














MADE WITH: Wildway Grain Free Apple Cinnamon Granola



PALEO SWEET POTATO CASSEROLE

Ingredients:

Sweet potato mash:

-  **2lbs** sweet potatoes (peeled & diced)
-  **1/3 cup** unsweetened almond milk
-  **3 tbsp** coconut oil (melted)
-  **2 tbsp** applesauce
-  **1 tsp** salt
-  **1 tsp** vanilla
-  **2** eggs
-  **1/2 tsp** cinnamon
-  **1/2 tsp** allspice

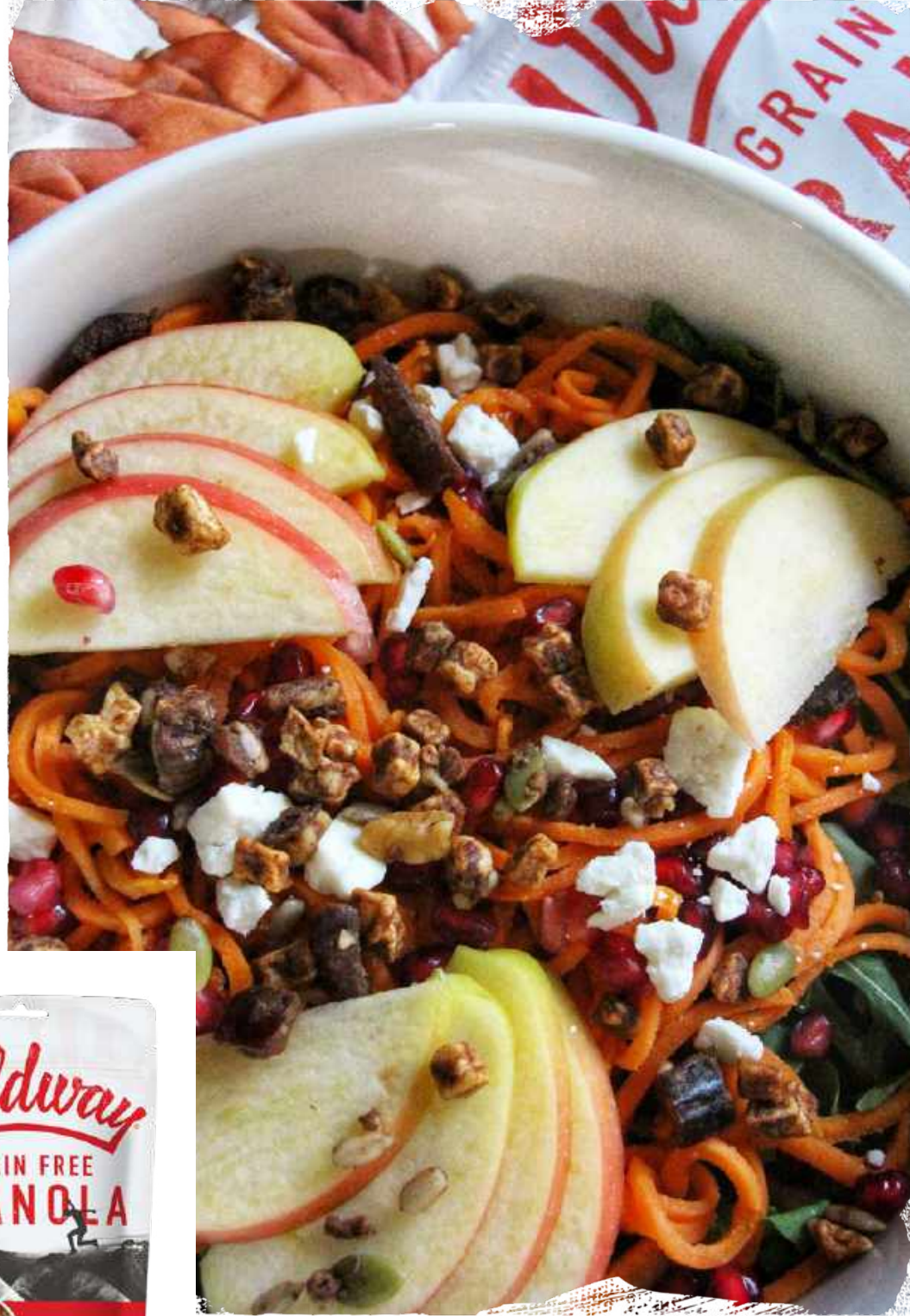
Granola crumble topping:

-  **1/2 cup** Wildway Apple Cinnamon Granola
-  **1/2 cup** pecans (roughly chopped)

Directions:

- 1) Preheat oven to 400F. Stab fork into potatoes and place on a lined baking sheet. Bake potatoes for 35-40 minutes until soft on the inside.
- 2) Transfer potatoes to a large mixing bowl. Add milk, eggs, coconut oil, applesauce, vanilla, and salt. Mash until no lumps remain.
- 3) Pour mash into an 8x8 baking dish and smooth the surface.
- 4) Top the potato mash with Wildway Apple Cinnamon granola and chopped pecans. Cover the dish with foil and bake at 375F for 40 minutes. Enjoy!





MADE WITH: Wildway Grain Free Apple Cinnamon Granola

WARM AUTUMN SPIRALIZED SALAD

Ingredients:

-  **1 tsp** avocado oil
-  **3 cups** spiralized sweet potato
-  **3 cups** spring mix
-  pomegranate seeds
-  **1 small apple** (sliced)
-  **2 tbsp** feta cheese
-  **Topping:** Wildway Apple Cinnamon Granola

Directions:

- 1) In a medium skillet, heat 1 tsp avocado oil and add in spiralized sweet potato. Sauté for 7-8 minutes until noodles reach desired texture.
- 2) In medium serving bowl, set the spring mix foundation and top with cooked sweet potato spirals. Top with chopped apple, pomegranate seeds, feta cheese, and a very generous portion of Wildway Apple Cinnamon Granola to add a surprising sweetness and crunch!



