

BALANCED BITES PRESENTS



# TASTY TOUCHDOWN

15 EASY GLUTEN-FREE & FAMILY-FRIENDLY RECIPES



The Super Bowl. Love it or hate it, you better believe I'm in it for the food. For real, I couldn't honestly tell you who's playing in this year's Super Bowl. And since it always lasts a long, loooooong time, I like to be prepared. With lots and lots of seriously tasty food.



Whether or not you're into football, we all know the Super Bowl is a time to meet up with friends or family over delicious food. This year will be looking a little bit (okay, a lot) different, but it's still worthwhile to have a bit of fun with the food, and that's where this guide comes into play. This e-Cookbook is packed with 15 recipes that will cover all your Super Bowl needs. What's more, the recipes use our BB spices, sugars, nuts, & infused salts - & you'll return to these dishes again & again.

*\*Please note that we do not condone the excessive gathering of people at this time. It's a football game, folks. Just watch with your household or SMALL pod and we will all celebrate together when this virus is under control.*

Keep it safe, keep it distanced, & mask up! We're in this together!

xo,

Diane

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# SUPER GARLIC & ONION CHEX MIX

PREP TIME: 10 minutes | COOK TIME: 1 hour | YIELD: 10 cups

3 cups Rice Chex  
3 cups Corn Chex  
2 cups nuts of choice  
2 cups gluten-free pretzel twists  
1/3 cup ghee or butter  
3 tablespoons gluten-free Worcestershire sauce\*  
1-1 1/2 tablespoons\*\* SUPER GARLIC blend  
1-1 1/2 tablespoons\*\* SUPER ONION blend  
1-1 1/2 tablespoons\*\* DINER blend

Heat oven to 250°F.

In a large bowl, mix cereals, nuts, and pretzels until well blended.

Melt ghee, then add Worcestershire sauce and spice blends.

Pour the butter mixture over the mixed cereal, nuts, and pretzels; stir until evenly coated. Transfer to ungreased roasting pan.

Bake 45 minutes, stirring every 15 minutes.

Let cool before eating.

Store in an airtight container at room temperature.

## RECIPE NOTES

\*Lea and Perrins Worcestershire Sauce is gluten-free and readily available.

\*\*Depending on how seasoned you'd like it!

## MIX IT UP

Try this recipe with SMOKY or RANCH instead of DINER blend.

Try additional add-ins like gluten-free cheerios, cheese crackers, bagel chips, or croutons.







# BACON RANCH JALAPEÑO POPPERS

PREP TIME: 10 minutes | COOK TIME: 30 minutes | YIELD: 16 poppers (4 per serving)

8 jalapeños, halved lengthwise and seeded  
1/2 cup vegan “ricotta” cheese (like Kite Hill), ricotta cheese, or Herbed Cashew Cheese (recipe below)  
1 teaspoon RANCH blend  
8 slices bacon, cut in half  
Ranch Dressing, for serving (page 6)

Preheat the oven to 375°F. Line a rimmed baking sheet with foil, then place a wire baking rack on it.

In a small bowl, mix the ricotta cheese with the spice blend. Stuff the jalapeños with the herb cheese, then wrap a piece of bacon around each one.

Bake for 25 to 30 minutes, until the bacon is crispy.

Let cool slightly, then serve with ranch dressing on the side.

## HERBED CASHEW CHEESE

PREP TIME: 10 minutes, plus time to soak the cashews | YIELD: 1 1/2 cups

1 cup raw cashews  
1 cup warm water  
1/4 cup extra-virgin olive oil  
1/4 cup water  
2 tablespoons fresh lemon juice  
1 clove garlic, minced or grated  
2 tablespoons minced fresh chives  
Sea salt and ground black pepper

Place the cashews in a small container and add the warm water. (If it doesn't cover the cashews completely, just add more warm water.) Soak for 1 to 4 hours unrefrigerated or up to overnight in the refrigerator.

Drain and rinse the cashews, then place them in a blender or food processor. Add the olive oil, the 1/4 cup water, the lemon juice, and the garlic. Process until smooth and creamy, stopping occasionally to scrape down the sides of the processor, about 5 minutes total. Mix in the chives and add salt and pepper to taste.

If you'd like a lighter texture, add warm water, 1 tablespoon at a time, until you achieve the desired consistency.



# RANCH DRESSING

YIELD: 1 cup

3/4 cup full-fat sour cream  
Juice of 1 large lemon  
3 tablespoons RANCH blend  
2 tablespoons extra-virgin  
olive oil  
1 heaping tablespoon  
chopped fresh chives,  
optional  
1 clove garlic, minced or  
grated  
1/2 teaspoon red pepper  
flakes, optional

In a small mixing bowl, whisk together all the ingredients until well mixed





# SPINACH ARTICHOKE DIP

PREP TIME: 15 minutes | COOK TIME: 20 minutes | YIELD: 2 cups

2 tablespoons extra-virgin olive oil, divided  
1 medium yellow onion, finely chopped  
1 large clove garlic, grated or minced  
TRIFECTA blend  
1/2 pound frozen chopped spinach, thawed, with the water squeezed out  
4 ounces artichoke hearts, finely chopped  
1 1/2 cups Queso Dip (page 12) or Dairy-Free Queso Dip (page 14), omit the pico de gallo

Heat 1 tablespoon of the olive oil in a medium-sized saucepan over medium heat. Add the onion and garlic, season lightly with TRIFECTA blend, and cook for 8-10 minutes, until the garlic has browned and the onion is translucent.

Make a well in the onion mixture and add the remaining tablespoon of olive oil. Add the spinach and artichoke hearts, lightly season with salt and pepper, and continue to cook for 5 minutes, stirring every minute or so.

Remove the pan from the heat and add queso base. Stir to combine and taste for seasonings, adjusting for salt and pepper if needed.

This dip can be served warm or at room temperature and can be reheated in a preheated 350°F oven for 10 minutes. Store leftovers in an airtight glass container for up to a week. This recipe can be made up to a few days in advance of a party.





BALANCED BITES

TRIFECTA  
*spice blend*

net weight 3.45 oz | 110 grams



# CREAMY CAULIFLOWER HUMMUS

PREP TIME: 15 minutes | YIELD: 2 cups

4 cups cauliflower florets,  
steamed

1/4 cup + 1 tablespoon extra-  
virgin olive oil

2 tablespoons tahini, raw or  
roasted

Grated zest and juice of one  
lemon

Pinch of TEX MEX blend

Sea salt and black pepper to  
taste

Pinch of paprika

## FOR SERVING

Sliced vegetables of choice

Olives of choice

In a food processor, combine the cauliflower, 1/4 cup of the olive oil, tahini, lemon juice, and TEX MEX and process until smooth. Add salt and pepper to taste, along with more tahini or olive oil if you like.

Scoop the hummus into a serving dish and garnish with the reserved lemon zest, remaining tablespoon of olive oil, and paprika (if using).

Serve with sliced vegetables and olives.

## CHANGE IT UP

Substitute zucchini for the cauliflower, but shred and strain it first to remove most of its water content.





# CAULIFLOWER QUESO DIP

PREP TIME: 10 minutes | COOK TIME: 10 minutes | YIELD: 1 1/2 cups

1 1/2 cups chopped cauliflower  
1/4 boiling hot water  
6 ounces cheddar cheese, shredded  
1/2 teaspoon SUPER ONION blend  
1/2 teaspoon SUPER GARLIC blend  
1/2 cup fresh pico de gallo, store-bought or homemade

Fill a large pot with 2 inches of water (use a steamer basket if you have one) and steam the cauliflower until it is fork tender.

Add the cauliflower, water, cheese, and spice blends to a blender or food processor. Blend until smooth. If the sauce is too thick, add water, 1 tablespoon at a time, until the consistency is reached. Taste and adjust for seasonings.

Stir in the fresh pico and serve

Store in an airtight container in the fridge for up to 5 days. Freeze leftovers or extra in a freezer-safe bag until needed. Blend again if necessary upon defrosting.

## NIGHTSHADE-FREE?

Omit the pico.

## DAIRY-FREE?

Try our dairy-free cashew “queso” dip, page 14.





# DAIRY-FREE CASHEW QUESO DIP

PREP TIME: 10 minutes, plus time to soak the cashews | COOK TIME: 15 minutes |  
YIELD: 1 1/2 cups (1/4 cup per serving)

## FOR THE CASHEWS

1/2 cup raw cashews

1/2 cup warm water

1 cup chopped cauliflower

1/4 cup warm water

1/4 cup nutritional yeast

1/4 teaspoon SUPER ONION  
blend

2 or 3 pinches of sea salt

2 or 3 pinches of ground  
black pepper

1/2 cup pico de gallo

Place the cashews in a small container and add the warm water. (If it doesn't cover the cashews completely, just add more water.) Soak for 1 to 4 hours unrefrigerated or up to overnight in the refrigerator.

Fill a large pot with 2 inches of water and place a steamer basket in the pot. Cover and bring to a boil over high heat. Add the cauliflower and steam for 15 minutes, until fork-tender.

Transfer the cauliflower to a blender or food processor. Drain the cashews, then add them to the blender or food processor. Add the 1/4 cup warm water, nutritional yeast, SUPER ONION, salt, and pepper. Blend until smooth. If the sauce is too thick, add water a tablespoon at a time until the desired consistency is reached. Taste and adjust the seasonings as desired.

Transfer the dip to a serving bowl, stir in the salsa, and serve.

Store in an airtight container in the fridge for up to 5 days or in a freezer-safe bag in the freezer until ready to use. After defrosting, stir to restore the texture.

## NIGHTSHADE-FREE?

Omit the pico.







# MAKE AN EPIC GLUTEN-FREE CHEESE BOARD

Charcuterie boards—spread of meats, cheeses, nuts, and other savory finger foods—are perfect for special occasions! There are lots of ways to change these up, and to mix-and-match seasonal ingredients with pantry ingredients to make your own cheeseboard really special and catered to your tastes.

Adding labels for everything on the board is a nice touch for parties, and folks who are gluten-free or have other dietary restrictions will particularly appreciate the information.

## CHEESES

Choose a combination of hard and soft cheeses, and include one with a flavor mixed in (like a honey or olive chèvre, for example) if you like.

Some of my favorite hard cheeses are:

- Goat Gouda
- Cheddar
- Manchego

Some of my favorite soft cheeses are:

- Chèvre-plain, honey, fig, olive, or truffle
- Goat Brie

## MEATS

Choose a combination of fresh and cured meats such as:

- Prosciutto, salami, chorizo, and coppa
- Turkey breast
- Roast beef
- Head cheese
- Pastrami
- Corned beef

## SAVORY AND/OR FERMENTED ITEMS

I love including savory items like roasted veggies, BB Seasoned Nuts, cheese crisps, pickles, and other fermented goodies on a board. Even a small container of sauerkraut can go perfectly with meats, cheeses, and some mustard!

Some of my favorite savory and/or fermented items are:

- Pickles
- Marinated Onions
- Sauerkraut
- Olives. Some of my favorites are oil cured, Castelvetrano, and Kalamata. I prefer using pitted olives because they're less messy, but some with pits really have great flavor.
- Roasted vegetables, like carrots, peppers, or potatoes Grilled vegetables, like carrots, peppers, or potatoes
- Grilled vegetables, like zucchini, peppers, or eggplant
- Roasted and salted nuts (our Balanced Bites Seasoned Nut Mixes will add an extra "oomph" to your board!)
- Baked Cheese Crisps
- Gluten-free or grain-free crackers
- Hard- or soft-boiled eggs (or even some leftover frittata cut up into pieces)

## SAVORY SPREADS & MUSTARDS

To add some punch to the combination of meat, cheese, and crunchy crackers or crispy toast, add a creamy spread. It can provide a lot of flavor and break up the fattiness of the bites.

Some of my favorite savory spreads and mustards are:

- Brown mustard
- Whole-grain mustard
- Dijon mustard
- Onion jam
- Bacon jam

*Continued on page 18...*





**SMOKY  
MAPLE  
BBQ**  
seasoned wet mix  
net weight 3 oz | 85 grams

**SUPER  
GARLIC  
RANCH**  
seasoned wet mix  
net weight 3 oz | 85 grams





## TIPS & HACKS TO OPTIMIZE THE LOOK OF YOUR BOARD

Use a great board. The backdrop for your food doesn't matter as much as the food itself, but it can make for a much more impressive presentation.

Pick foods you love. If you choose a few things you love and others you don't, you'll end up avoiding the things you don't love.

Balance the foods. Pick some sweeter foods and some that are more salty, sour, and pungent. Then, select some spicy meats and some mild ones. Next, pick some cured meats and some fresh (if you can!). Lastly, choose some fresh or fermented veggies and some that have been grilled or roasted.

Slice carefully. When you prepare the cheeses and meats, slice them evenly and thinly. You want to give your guests as many bites as possible to enjoy, so keep each piece on the small side. And even slices make for a more beautiful presentation.

Be creative with the presentation. One of the best-kept secrets about assembling charcuterie boards is this: you can throw together something really impressive looking with just scraps and almost-finished items from your fridge. The trick is to make it look lovely! Arrange the cheeses in staggered or zig-zag shapes, and select at least two or three options but no more than four or five. Break up the white and yellow cheeses with more brightly colored items, like meats and pickles. You can place everything right on the board, but think about using small bowls or dishes for items like sauces or olives. It helps keep the foods contained and the board clean, but using small dishes also adds some visual interest to the board.





# SIMPLIFY DINNERTIME WITH BALANCED BITES MEALS!

Heat, eat, and get to your meal planning and prepping without any more effort or fuss over dinner.

- Butter Chicken
- Chicken Cottage Pie
- Mary's Blueberry BBQ Beef
- Salisbury Steak & Gravy
- Slow-Cooked Orange Beef
- Liberian Pepper Chicken
- Beef Picadillo
- Vietnamese Pork & Cabbage
- Creamy Pesto Spaghetti Squash Bake
- BBQ Pulled Pork
- Teriyaki Chicken
- Sloppy Joe Chili
- Pork Shoulder Carnitas
- Chicken Enchilada Bake
- Spaghetti Squash Bolognese Bake

Orders in before Saturday will ship the following Tuesday. Use code WELCOME10 for \$10 off your first meal order!

[MEALS.BALANCEDBITES.COM](https://meals.balancedbites.com)

# SMOKY OVEN FRIES

PREP TIME: 10 minutes | COOK TIME: 25-30 minutes | YIELD: 4 servings

3-6 red-skinned potatoes  
(use enough to fill 2 sheet  
pans, quantity may vary  
based on the size of your  
potatoes)

1 tablespoon extra-virgin olive  
oil or melted coconut oil

2 teaspoons SMOKY blend

Preheat the oven to 375°F. Line two rimmed baking sheets with parchment paper.

Toss the potato slices in the oil so that each slice is evenly coated. Divide the potato slices between the two pans and spread them out in a single layer. Sprinkle them evenly with the spice blend.

Bake for 15 minutes, then remove the pan from the oven and flip the potato slices. Bake for an additional 10 to 15 minutes, until the potatoes are golden brown and crispy. Serve warm.

## RECIPE NOTE

These fries are best when served immediately, as they may become quite soggy when stored. However, you can store them in an airtight container in the refrigerator for up to 5 days and re-crisp them in a preheated low oven or toaster oven (about 250°F) until warmed, about 5 minutes.

## FODMAP-FREE?

Use a FODMAP-free spice blend or just use sea salt.

## CHANGE IT UP

You could season with any of my other spice blends—the DINER or GREEK blends would be great—or simply use sea salt.







# CHICKEN PEPPERONI NUGGETS

PREP TIME: 30 minutes | COOK TIME: 25 minutes | YIELD: ~20 1-ounce nuggets (4 servings)

## NUGGETS

3/4 teaspoon SUPER ONION blend

3/4 teaspoon SUPER GARLIC or SUPER GARLIC PIZZA blend

4 ounces pepperoni

1 1/4 pounds ground chicken thighs

3-4 tablespoons cooking fat of choice or enough to coat the bottom of your pan

## BREADING

1 cup almond flour or other raw nut or seed meal or flour

2 tablespoons coconut flour

3 teaspoons TRIFECTA blend

1 large egg

## GARNISH

Coarse sea salt

### EGG-FREE?

Omit the egg. Skip this step if you're short on time.

### NIGHTSHADE FREE?

Use the following amounts instead of the amounts listed above:

- 1 3/4 pounds ground chicken thighs
- 4 ounces bacon

Preheat the oven to 375°F. Line a rimmed baking sheet with foil, then place a wire baking rack on top of it.

Make the spice blend: Mix the spices together in a small bowl.

Make the chicken nuggets: Place the pepperoni in the food processor and blend until the meat is finely ground. Add the chicken and spices in a food processor and pulse until the mixture comes together into a paste-like consistency.

Form the meat into 20 small nugget-shaped bites, about 1 ounce each.

Create a "breeding" station for the chicken: In a large, shallow bowl or dish, whisk the almond flour, coconut flour, and spices until well-combined. In a second large, shallow bowl or dish, whisk the egg until well beaten. Next, place the chicken into the flour mixture to coat it completely, gently shaking off any excess.

Place a large, heavy-bottomed, high-sided skillet or sauté pan over medium-high heat. Using just enough fat to coat the bottom of the pan, melt the cooking fat and allow it to become hot, about 5 minutes.

Place the chicken into the hot pan and cook for 3 to 4 minutes on each side, until the breading has turned golden brown. Place the browned chicken on the prepared baking sheet. Once all of the chicken has been browned, place the baking sheet in the oven and bake for 15 minutes or until the internal temperature of the chicken reaches 165°F.

Repeat this process, cooking the chicken in batches so not to overcrowd the pan

Place the chicken into the hot pan and cook for 3 to 4 minutes on each side, until the breading has turned golden brown. Place the browned chicken on the prepared baking sheet. Once all of the chicken has been browned, place the baking sheet in the oven and bake for 15 minutes or until the internal temperature of the chicken reaches 165°F.

Garnish with coarse salt before serving.







# SUPER EASY PALEO CHILI

**PREP TIME: 20 minutes | COOK TIME: 20 minutes high pressure + 30-40minutes for depressurization (Instant Pot); 6 hours (slow cooker) | YIELD: 6-8 servings**

- 2 slices bacon, chopped
- 2 cups chopped red onion (1-2 an extra large, or 1 large), reserve some aside for garnish if you like
- 5-6 garlic cloves, roughly chopped
- 2 bell peppers, chopped (red, orange, or yellow)
- 2 pounds ground beef, turkey, or pork (or a combination)
- 4-5 cups chopped butternut squash in 1" pieces (yield from 1 medium squash that's peeled, seeded, and diced - or you can cut up pre-made chunks a bit smaller)
- 1/4 cup red wine (optional) or broth of any kind
- 1, 6-ounce can tomato paste
- 3 tablespoons TACO & FAJITA blend
- 2 tablespoons COFFEE BBQ blend
- 1/2 tablespoon SMOKY blend (optional, don't add for mild flavor and add more for a spicy chili)

## GARNISH

Chopped cilantro

Lime

Siete Family Foods grain-free tortilla chips

Set the Instant Pot (IP) to the Sauté function, then hit the "Adjust" button to move it to the middle setting labeled as "Normal" for medium heat.

While the IP is heating up, chop the bacon, red onion, and bell peppers into 1/2" pieces. Place the bacon into the pot and allow it to render down for a few minutes, stirring occasionally. Then add the onion, peppers, and garlic to the pot and allow them to cook for a few minutes.

Add the remaining ingredients to the Instant Pot and break up the meat with a wooden spoon, gently stirring the ingredients together to incorporate them. Close the lid. Make sure you hear the sound play to indicate that it's closed and your valve is set to "Sealing."

Press the Manual button, the Adjust down to 20 minutes. Be sure that High Pressure is selected. If it isn't, tap the Pressure button to switch it. This will allow the content to come up to high pressure, then cook at high pressure for 20 minutes. The IP will take a few seconds to register your request, then it will read "On" while it comes up to pressure. It'll then count backwards from 20 until the High Pressure cooking has completed.

When the high pressure cooking is finished, allow the Instant Pot to depressurize on its own, don't flip the valve to release it. When I cooked mine, it took about 40 minutes to depressurize naturally. If you are in a hurry, you can flip the valve to venting to depressurize it more quickly, but you may need to cover the valve with a kitchen towel to prevent steam from spraying all over your kitchen. You can also turn OFF the Instant Pot after the high pressure cooking has completed, which allow it to naturally depressurize a bit faster as well.

**SLOW COOKER OPTION:** Alternatively, this chili can be made by slow cooking on low for ~6 hours.







# COFFEE BBQ BACON BURGERS

PREP TIME: 10 minutes | COOK TIME: 10 minutes | YIELD: 6 servings

1 pound ground beef  
1 pound bacon  
3 tablespoons COFFEE BBQ blend, divided  
5-6 grinds freshly cracked black pepper (approximately 1/2 teaspoon)  
Sea salt & cracked pepper

Pulse the bacon in a food processor until finely chopped, then pulse in 3 tablespoons of COFFEE BBQ spice blend and the black pepper.

In a mixing bowl, combine the beef with the bacon mixture and form into 6 evenly-sized patties.

Grill the burgers for 4 to 5 minutes per side for medium-rare doneness, or to your preferred level of doneness

**Tip:** *Your grill may flare up a bit due to the high fat content in bacon dripping into the flame, so be careful when flipping!*

Serving suggestion: Place each burger patty on a lettuce leaf, and top with a spoonful of mayo, crispy bacon, caramelized onions, guacamole, & raw red onions. Serve with a side of pickles.

## RECIPE NOTES:

To make a lighter version of these burgers, either use 1/2 pound of ground beef and 1/2 pound of ground chicken or turkey along with the bacon. If you use poultry, be sure you cook the burgers through, no pink.

You can also use 1/2 pound of bacon per pound of ground beef if you prefer less bacon.





BALANCED BITES  
**COFFEE BBQ**  
*spice blend*  
net weight 2.4 oz | 69 grams  
MADE IN THE USA



# GRAIN-FREE BBQ CHICKEN PIZZAS

PREP TIME: 10 minutes | COOK TIME: Variable | YIELD: 4

## COFFEE BBQ SAUCE

1 cup organic ketchup  
1 cup water  
4 tablespoons COFFEE BBQ blend  
2 tablespoons organic yellow mustard  
2 tablespoons organic molasses  
2 tablespoons organic maple syrup  
2 tablespoons organic coconut aminos

## PIZZA

4 Siete Grain-Free Tortillas  
Cooking Fat  
1 pound shredded or finely chopped, pre-cooked chicken  
Cheese (pecorino romano and chevré work great)  
Red onions, thinly sliced  
Green onions, sliced  
Cilantro, chopped

### First, prepare the Coffee BBQ Sauce.

Mix all ingredients for the sauce into a sauce pan over medium-low heat to reduce and cook to your taste preference, stirring occasionally to prevent burning.

### Next, prepare the grain-free tortilla pizza crusts:

Pre-heat an oven or toaster oven to 200°F (or use the keep-warm setting).

Heat a cast iron skillet over medium heat.

Brush the tortilla on both sides with the cooking fat of your choice (bacon fat is amazing).

Place it in the skillet and cook it for 2-3 minutes per side, flipping as-needed, until it's crispy throughout, just browning it slightly and eliminating the soft texture that it has when it's first out of the package. This process does take time, which can be annoying. If you have a large, flat cast iron griddle, that would be ideal to cook 3-4 of them at once.

Once each tortilla is crispy, place it either directly onto the rack in your oven or on a cookie sheet to stay warm while you finish the others. Repeat as necessary.

### Next, assemble the pizzas. Layer the following:

- About 1 tablespoon COFFEE BBQ Sauce
- Shredded or finely chopped, pre-cooked chicken
- Cheese of your choosing
- Thinly sliced red onions
- Sliced green onions
- Chopped cilantro

### Then, finish cooking the pizzas:

Place your pizzas into your oven or toaster oven on a broil setting to heat through and melt the cheese, keeping an eye on them so you don't burn the edges of the crust. You can either place directly on the rack or use a baking sheet if you prefer.

Cut each individual pizza into 4 slices, and enjoy!







# FLOURLESS DARK CHOCOLATE BROWNIES

PREP TIME: 20 minutes | COOK TIME: 30 minutes | YIELD: 9 to 12 brownies

4 ounces dark chocolate,  
melted & cooled  
3 large eggs  
1/2 cup butter or ghee  
3/4 cup pure maple syrup  
1/2 cup + 2 tablespoons  
unsweetened cocoa powder  
2 tablespoons very strong  
brewed coffee  
2 tablespoons finely ground  
coffee  
COCOA infused sugar

Preheat the oven to 375F.

Line a 9-inch square baking dish into parchment paper.

In a medium-sized mixing bowl, mix together the melted chocolate, eggs, butter, and maple syrup until combined.

Slowly sift the cocoa powder over the wet ingredients, whisking evenly. Add the brewed coffee and ground coffee and stir until well combined.

Pour the brownie batter into the prepared pan Bake for about 30 minutes, until a toothpick inserted in the center comes out clean.

Garnish with a dusting of COCOA infused sugar.

Store refrigerated in an airtight container for up to a week.





# CITRUS SPRITZER MOCKTAIL

PREP TIME: 5 minutes | YIELD: 2 mocktails

Zest & juice of 1 lemon

Zest & juice of 1 lime

2 teaspoons honey

Lime wedges, for rim  
& garnish

CHILI LEMON LIME infused  
salt

Crushed ice

16 ounces sparkling water

Zest and juice the lemon and lime and add to a small bowl.  
Add the honey & mix so everything is mixed together.

Take a lime wedge & use it to moisten the rim of each glass.

Pour the infused salt into a shallow dish, then dip each  
glass into the salt so it covers the rim evenly.

Divide the lemon lime mixture between the two glasses,  
add crushed ice, then top with the sparkling water.

Garnish with a lime wedge & serve.







# WHOLE SOME FOODS, DELIVERED TO YOUR DOOR

Balanced Bites Wholesome Foods are the perfect way to easily add flavor to whatever you're cooking. Instead of having to dig through your spice cabinet for your favorite seasoning combos, we've got you covered with 15 organic spice blends & two infused salts. Our seasoned nuts are perfectly snackable, chopped up on a salad or as-is on a

charcuterie board. Enjoy our organic granola straight from the bag, atop yogurt with fruit, or even with your favorite milk in a bowl. Add a pop of flavor to your morning coffee, tea, and beyond with our organic infused sugars! Our products also make great gifts for anyone—from the newbie chef to the seasoned expert! Grab yours now at

[SHOP.BALANCEDBITES.COM](https://shop.balancedbites.com)