

BALANCED BITES PRESENTS



# MOTHER'S DAY BRUNCH GUIDE

25+ DELICIOUS GLUTEN-FREE & FAMILY-FRIENDLY RECIPES

Dear Mom,

*Let's stay in.*

Mother's Day might still be looking a little different this year, but that's not to say you can't make it special. Celebrate mom with a home-cooked brunch - we're sharing over 25 seriously delicious recipes in this e-Cookbook for you to choose from!

Not together this year? Choose a few dishes and cook them together over FaceTime. I know we all are experiencing Zoom fatigue at this point of the Pandemic, but I promise cooking together (whether in real life or not) is a ton of fun, and a Mother's Day you won't forget!

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 still do not condone the excessive gathering of people at this time. Celebrate mom, but celebrate safely - we will all be together soon when this virus is under control!*

xo,

Diane



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# Peanut Butter Granola

PREP TIME: 10 minutes | COOK TIME: 2-3 hours | YIELD: 25 1-ounce servings

4 cups rolled oats  
1/2 cup collagen  
1/2 teaspoon flake salt  
Cinnamon  
1/4 cup cacao butter  
1/2 cup crunchy peanut  
butter, creamy is OK too  
1/2 cup maple syrup  
1 teaspoon vanilla

Preheat oven to 325° F.

Combine dry ingredients in a large mixing bowl.

Melt cacao butter, then mix in all other wet ingredients. Once combined, pour into dry and stir to thoroughly/evenly coat the oats with the wet mixture so that no dry spots remain. The resulting mixture won't feel super moist, don't worry, It'll be perfect.

Bake on a parchment lined sheet at 325° F for 25-30 minutes, then turn off the oven, remove the parchment and stir the granola up. Place back into the oven and let dry out a couple hours before storing into a container.



## Don't feel like baking?

You can grab our granola in our shop, just visit [shop.balancedbites.com](https://shop.balancedbites.com). Diane's Magic Blend is the same recipe, only peanut-free!







# Gluten-Free Banana Bread

PREP TIME: 15 minutes | COOK TIME: 45 minutes | YIELD: 11 slices

1 1/2 cups gluten-free flour  
3 tablespoons light brown sugar  
1 teaspoon ground cinnamon  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon sea salt  
4 bananas (around 1 1/2 cups of mashed banana)  
1 egg  
2 tablespoons honey, softened  
1 tablespoon vanilla  
1 teaspoon apple cider vinegar or lemon juice  
1/4 cup + 2 tablespoons chocolate chips  
Balanced Bites CINNAMON, COCOA, or VANILLA Infused Sugars, for garnish



This recipe goes perfectly with Balanced Bites VANILLA, CINNAMON, or COCOA Infused Sugar!

Preheat oven to 350° F and line a large loaf pan with parchment paper.

Combine dry ingredients in a large mixing bowl.

Combine wet ingredients in a medium mixing bowl.

Mix the wet ingredients into the dry, then before mixing in 2/3 of the chocolate chips, quickly mix in the vinegar.

Add chocolate chips at the very end and quickly stir in.

Pour the batter into your lined loaf pan, then sprinkle the remaining chocolate chips evenly along the top of the loaf.

Bake for 45-50 minutes or until a toothpick placed into the center of the loaf comes out cleanly (chocolate excluded!).





# Cinnamon Spice Pancakes

PREP TIME: 5 minutes | COOK TIME: 10 minutes | YIELD: 2

1/4 cup plus 2 tablespoons  
coconut flour  
1/2 teaspoon baking soda  
1/4 teaspoon ground nutmeg  
1 teaspoon ground cinnamon  
4 large eggs, beaten  
1/2 cup full-fat, canned  
coconut milk  
1 teaspoon lemon juice  
2 teaspoons honey  
2 tablespoons unsalted butter,  
ghee, or coconut oil, for  
cooking; melted butter or  
ghee, for serving  
Balanced Bites CINNAMON  
Infused Sugar, for serving  
(optional)



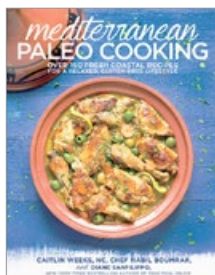
This recipe goes  
perfectly with our  
Balanced Bites  
CINNAMON Infused  
Sugar!

Sift the coconut flour, baking soda, nutmeg, and cinnamon into a large bowl. Add the eggs, coconut milk, lemon juice, and honey to the bowl. Whisk until smooth.

Melt the fat in a medium skillet over medium heat. Pour 1/4 cup of batter into the hot pan for each pancake, leaving room for it to spread.

Cook each pancake for 2 minutes, then flip it over and cook for 2 more minutes on the opposite side. Transfer the cooked pancakes to a plate and cover to keep warm while you cook the rest of the pancakes.

Top with the melted butter and a sprinkling of Cinnamon Infused Sugar, and serve.



## Want even more Mediterranean-inspired Paleo recipes?

Check out Diane's book collaboration, *Mediterranean Paleo Cooking*, with more than 150 vibrant recipes for your every day life.





# Lemon Blueberry Muffins

PREP TIME: 15 minutes | COOK TIME: 35-40 minutes | YIELD: 1 dozen muffins

6 large eggs  
1/2 cup butter or coconut oil,  
melted  
1/4 cup pure maple syrup  
1 teaspoon pure vanilla extract  
Grated zest and juice of 1  
lemon  
1/2 cup coconut flour  
1/4 cup tapioca flour or  
arrowroot starch  
1/2 teaspoon sea salt  
1/2 teaspoon baking soda  
1 cup fresh blueberries  
Balanced Bites VANILLA  
Infused Sugar, for garnish



This recipe goes  
perfectly with our  
Balanced Bites  
VANILLA Infused  
Sugar!

Preheat the oven to 350°F. Line a 12-well muffin tin with parchment paper liners.

In a large mixing bowl, whisk together the eggs, butter, maple syrup, vanilla extract, lemon zest, and lemon juice. Sift the coconut flour, tapioca flour, salt, and baking soda into the wet ingredients and stir until well combined. Gently fold in the blueberries.

Fill the lined muffin cups evenly with the batter and bake for 35 to 40 minutes, until a toothpick inserted into the center of a muffin comes out clean.

Store the muffins on the counter top for 1 day or in the refrigerator for up to 5 days.

## CHANGE IT UP

For standard blueberry muffins, replace the lemon juice with 1 teaspoon of apple cider vinegar and omit the lemon zest.

## KITCHEN TIP

Parchment paper muffin cups are the key to grain-free/Paleo baking that won't stick! Don't use standard papers here—trust me, nothing sticks to the parchment liners, and you'll be thrilled with the results.





# Fluffy Banana Pancakes

**PREP TIME:** 10 minutes, plus time for the batter to set up | **COOK TIME:** 20 minutes  
**YIELD:** About 1 dozen 3-inch pancakes (2 servings)

2 ripe bananas, mashed  
4 large eggs  
1 teaspoon lemon juice  
1 teaspoon pure vanilla extract  
1 tablespoon melted ghee,  
butter, or coconut oil, plus  
extra for the pan  
3 tablespoons coconut flour  
2 tablespoons tapioca flour or  
arrowroot starch  
1/2 teaspoon baking soda  
Pinch of sea salt

## FOR SERVING

Butter or ghee  
Banana slices  
Pure maple syrup  
Fresh berries  
Balanced Bites CINNAMON  
and/or VANILLA Infused  
Sugars



This recipe goes perfectly  
with our Balanced Bites  
VANILLA and/or CINNAMON  
Infused Sugars!

Whisk the bananas, eggs, lemon juice, vanilla, and melted ghee together. Sift the coconut flour, tapioca flour, baking soda, and salt into the wet ingredients. Allow the batter to rest on the counter top for 5 to 10 minutes to thicken slightly.

Heat a large skillet over medium-low heat. Grease the skillet and spoon the batter into the skillet to make pancakes of your desired size. When a few bubbles appear, after about 2 minutes, flip the pancakes once to finish cooking. Repeat until you've used up all of the batter.

Serve with butter or ghee, sliced bananas, maple syrup, and fresh berries. Top with Balanced Bites CINNAMON and/or VANILLA Infused Sugars!







# Bacon, Brussels, Asparagus, & Goat Cheese Frittata

**PREP TIME:** 10 minutes, plus 40 minutes for the Brussels sprouts | **COOK TIME:** 16 to 25 minutes (+45 minutes for caramelized onions) | **YIELD:** 2 servings

1/2 pound bacon, chopped  
1 tablespoon cooking fat (optional)  
1/2 small red onion, chopped  
1/2 cup chopped asparagus (about 1-inch pieces)  
1 cup Crispy Brussels Sprouts (page 16)  
4 eggs  
2 tablespoons full-fat coconut milk, store bought or homemade  
1/4 teaspoon sea salt  
1/4 teaspoon ground black pepper or 1/2 teaspoon spice blend of choice  
2 ounces goat cheese, crumbled

Preheat the oven to 350°F.

Heat an oven proof 8-inch skillet over medium heat. Add the bacon and cook for 4 to 5 minutes to render some of the fat. Taste the cooked bacon—if it tastes fairly salty, use less salt later in the recipe. If the pan is looking a little dry, add the optional cooking fat.

Add the red onion to the skillet. Stir and cook for 2 minutes, then add the sliced asparagus and Crispy Brussels Sprouts and allow to cook and warm through for an additional 2 minutes.

While the vegetables are cooking, whisk the eggs in a large bowl with the coconut milk, sea salt, and pepper. Add the egg mixture to the skillet and top with the goat cheese, if using.

Bake for 10 to 15 minutes, until the eggs are no longer runny, the frittata puffs up a bit, and the edges are golden brown.

## VARIATION: MAKE THESE AS EGG MUFFINS!

Line 4 cavities of a 12-cavity muffin tin with parchment paper baking cups. Divide the cooked vegetables evenly among the prepared muffin cavities. Pour the egg mixture over the other ingredients and top with the goat cheese, if using. Bake according to the instructions, but check after 10 minutes to make sure it doesn't overcook.

Parchment paper baking cups specifically are critical to ensure the eggs won't stick to the paper! They're easy to find at most grocery stores, or they can easily be ordered online on a site like Amazon.

## FODMAP-FREE?

If you don't have an 8-inch skillet, you can double the recipe and use a 10-inch skillet instead. Bake for 15 to 20 minutes. Store leftovers in the refrigerator for up to 5 days, or freeze individually wrapped portions for up to several weeks. Defrost in the refrigerator overnight before reheating, ideally in a toaster oven.

## FODMAP-FREE?

Omit the onion.





# Worth-the-Wait Crustless Quiche

PREP TIME: 10 minutes | COOK TIME: 45 minutes (+45 minutes for caramelized onions) |  
YIELD: 4

Caramelized Onions (page 18)

8 slices bacon, chopped

1 tablespoon cooking fat, for  
greasing the baking dish

8 eggs

1 teaspoon Balanced Bites  
TRIFECTA Spice Blend



This recipe goes  
perfectly with our  
Balanced Bites  
TRIFECTA Spice Blend!

Prepare the Caramelized Onions, if you haven't already.

Preheat the oven to 350°F. Grease a 9-by-11 inch casserole dish.

In a large skillet over medium heat, cook the bacon for 8 to 10 minutes until the fat has rendered off and the meat becomes crispy. Using a slotted spoon, place the bacon on a paper towel to drain, leaving the fat in the pan.

In a mixing bowl, whisk the eggs and season with salt and pepper. Mix the bacon into the beaten eggs, then add the Caramelized Onions. Pour the egg mixture into the prepared casserole dish and bake for 30 to 40 minutes or until the eggs puff up and the edges become brown and pull away from the sides of the pan.

This quiche freezes and reheats well in a toaster oven once defrosted overnight.

Serve with a mixed greens salad or sautéed greens.

## CHEF NOTE

Caramelized onions are very easy to make, but they take a long time! I highly recommend making a double batch and keeping them on hand for recipes like this one.







# Crispy Brussels Sprouts

PREP TIME: 10 minutes | COOK TIME: 25 to 30 minutes | YIELD: 2 servings (about 1 cup each)

4 cups Brussels sprouts (about 1 pound), trimmed and halved  
1 tablespoon cooking fat  
1 teaspoon Balanced Bites TRIFECTA Spice Blend



This recipe goes perfectly with our Balanced Bites TRIFECTA Spice Blend!

Preheat the oven to 375°F.

Place the Brussels sprouts on a large rimmed baking sheet (use stainless steel rather than nonstick for the best browning). Toss with the cooking fat.

Sprinkle with the TRIFECTA blend, then arrange cut side down.

Roast for 25 to 30 minutes, until the leaves begin to separate and become dark brown and crispy and the halved are cooked through and browned. Check about halfway through cooking—if the separated leaves have browned very quickly, remove them, then continue roasting the rest of the pieces.





# Caramelized Onions

PREP TIME: 10 minutes | COOK TIME: 45 minutes | YIELD: about 1 cup

2 tablespoons bacon fat, ghee, or coconut oil

4 small onions (yellow, red, or a combination), thinly sliced

1/2 teaspoon sea salt

1/2 teaspoon dried rosemary or thyme (optional)

In a large sauté pan or skillet over medium heat, melt the bacon fat, then place the onions in the pan. Cook the onions for 8 to 10 minutes or until they begin to become translucent, then add the salt and the dried herbs, if using.

Reduce the heat to medium-low and slowly cook the onions, stirring occasionally, allowing them to brown just slightly before stirring each time. If you find that the onions are browning too quickly or are sticking too much, reduce the heat slightly, add 1 to 2 tablespoons of warm water at a time to the pan, and stir it into the onions to keep them cooking evenly. Over the cooking time, the onions will become more and more browned and softened, and eventually they will look as they do in the photo. They will be rich-tasting and richly colored at the end of cooking, around 45 minutes. This process requires low, slow heat; faster, hotter heat will not yield the same results.

## CHANGE IT UP

Add 1 to 2 tablespoons of balsamic vinegar to the onions for their last 10 minutes of cooking for a more robust flavor.

## CHEF NOTE

Enjoy these onions as a topping for burgers, sausages, or grass-fed hot dogs or mixed into meatloaf, omelets, or Worth-the-Wait Crustless Quiche (page XX).





# Citrus & Herb Whole Roasted Chicken

PREP TIME: 10 minutes | COOK TIME: 60-120 minutes | YIELD: 4-6 servings depending on portion sizes

1/4 cup melted butter,  
coconut oil, bacon grease,  
or duck fat

1 whole chicken

1 onion, cut into large chunks

4-6 cloves of garlic, smashed

1 orange or lemon, cut into 6  
pieces

2-4 large carrots, cut into  
large chunks

1 tablespoon Balanced Bites  
GREEK, SAVORY, OR TEX  
MEX Spice Blend

Black pepper to taste



This recipe goes perfectly  
with our Balanced Bites  
GREEK, SAVORY, OR TEX  
MEX Spice Blends!

Preheat the oven to 375.

Brush the bottom of a large roasting pan with some of the melted butter. Remove any gizzards or organs from the inside of the chicken (sometimes in a paper or plastic wrapping). Stuff the chicken with the onions, garlic, and some of the citrus. Place the carrots around the chicken in the roasting pan. Brush the chicken with melted butter, and sprinkle it with the Herb Salt Blend and black pepper.

Roast until the chicken reaches 165 degrees when a thermometer is placed between the leg and breast.

Cooking time depends on the size of the bird but is approximately 20 minutes per pound.

## CHANGE IT UP

Use any of the spice blends on page 16 to make a totally new kind of bird.





# Curried Chicken Salad with Apples

PREP TIME: 20 minutes | YIELD: 4-6 servings

1 cup avocado oil mayonnaise  
3 tablespoons apple cider vinegar  
3 tablespoons yellow curry powder  
4 boneless, skinless chicken breasts (about 2 pounds total), cooked, cooled, and diced  
1/2 medium red onion, diced  
3 green onions (scallions), sliced  
3 celery stalks, sliced  
2 green apples, diced

## FOR SERVING

Cucumber slices, green apple slices, jicama slices, avocado slices, and/or mixed greens

Mix the mayonnaise and apple cider vinegar in a small bowl. Sprinkle the curry powder over the mayonnaise mixture and whisk until evenly distributed. In a large bowl, combine the chicken, red onion, green onions, celery, and apples. Pour the mayonnaise mixture over the chicken and stir until evenly coated.

Serve with your choice of accompaniment.





# Quick & Easy Salmon Cakes

PREP TIME: 10 minutes | COOK TIME: 20 minutes | YIELD: 4 patties

- 2 6-ounce cans of wild salmon, drained
- 2 eggs, beaten
- 3 tablespoons minced shallots
- 1-2 cloves garlic, minced or grated
- 2 tablespoons green onions (scallions), minced
- 1 teaspoon Balanced Bites SAVORY Spice Blend
- 2 teaspoons gluten-free mustard (optional)
- 1-2 teaspoons coconut flour (optional)
- 1/4 cup coconut oil or butter



This recipe goes perfectly with our Balanced Bites SAVORY Spice Blend!

Combine the salmon, eggs, shallots, garlic, green onions, Savory Spice Blend, and mustard (optional) in a small mixing bowl. If the consistency is runny, sift the coconut flour over the mixture, and combine well.

In a large pan over medium-heat, melt enough coconut oil to create a layer about 1/4-inch thick. Form the salmon mixture into 4 equally sized patties, and place them in the pan, all at once or 2 at a time. Allow the patties to brown on one side before flipping, and cook all the way through. Serve warm or cold as leftovers.

## FODMAP FREE?

Leave out the shallots, garlic, and green onions - season with extra fresh herbs.

Do not use the coconut flour or coconut oil.





# Creamy Mushroom Soup

PREP TIME: 10 minutes | COOK TIME: 20 minutes | YIELD: 4 servings

1 tablespoon bacon fat or ghee  
1/2 medium onion, diced (1 cup)  
Sea salt and black pepper  
1 dozen medium-sized mushrooms (cremini or shiitake), sliced  
Leaves from 1 sprig fresh thyme (1/2 teaspoon), plus an additional sprig for optional garnish  
Pinch of nutmeg  
3 1/2 cups organic chicken broth  
1/2 cup full-fat coconut milk, canned or homemade

In a large saucepan or soup pot, melt the bacon fat over medium heat, then cook the onions until they're translucent and the edges begin to brown, about 5 minutes. Season lightly with salt and pepper.

Add the mushrooms, thyme leaves, and nutmeg to the pan. Continue to cook until the mushrooms brown, about 10 minutes.

Add the broth and coconut milk and simmer for 5 minutes.

Using a slotted spoon, remove 1/2 cup of the mushrooms from the pan and set aside. (For a completely creamy soup without any chunks of mushroom, skip this step.)

Transfer the soup to a blender in 3 small batches, removing the center "valve" from the lid and covering the hole where the valve normally rests with a thick kitchen towel. Holding the lid in place with your hand, blend on low, then move to high speed after a few seconds. Note that blending hot liquids causes them to expand, so rushing to blend this all at once or in an overfilled blender is not safe and will cause hot soup to splatter everywhere.

After blending all 3 batches, pour the soup into serving bowls and evenly distribute the reserved mushrooms. Garnish with a portion of a thyme sprig, if desired.





# Carrot-Ginger Soup

PREP TIME: 10 minutes | COOK TIME: 15-20 minutes | YIELD: 4 servings

1 tablespoon bacon fat or ghee  
1/2 medium onion, diced (1 cup)  
Sea salt and black pepper  
1 dozen medium-sized mushrooms (cremini or shiitake), sliced  
Leaves from 1 sprig fresh thyme (1/2 teaspoon), plus an additional sprig for optional garnish  
Pinch of nutmeg  
3 1/2 cups organic chicken broth  
1/2 cup full-fat coconut milk, canned or homemade

In a large pot over medium heat, melt the ghee. Cook the celery and onion with a dash of salt and pepper until they become tender and translucent, about 5 minutes. Stir in the garlic and ginger and cook for 1 minute, being careful not to burn the garlic. Add the carrots and bone broth, reduce the heat to medium-low, and simmer until the carrots are soft all the way through, about 10 minutes.

Transfer to a blender in 3 small batches, removing the center “valve” from the lid and covering the hole where the valve normally rests with a thick kitchen towel. Holding the lid in place with your hand, blend on low, then move to high speed after a few seconds. Note that blending hot liquids causes them to expand, so rushing to blend this all at once or in an overfilled blender is not safe and will cause hot soup to splatter everywhere. After blending all 3 batches, serve with a garnish of fresh dill, if using.

## KITCHEN TIP

You can make this soup a lot faster by steaming the diced carrots the day before or in a separate pot so that you don't need to wait for them to cook in the liquid with the soup. This will shave about 10 minutes off your cooking time.



BALANCED  
BITES

**SUPER  
TRIFECTA**  
*spice blend*

net weight 3.35 oz | 95 grams



# Sliced Pear Salad with Champagne Vinaigrette

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

## PEAR & MIXED GREENS SALAD

4 cups of mixed greens  
1 Red Anjou pear, sliced  
2 tablespoons Balanced Bites SMOKY MAPLE BBQ Seasoned Nut Mix  
1/2 cup Champagne Vinaigrette (recipe below)

## CHAMPAGNE VINAIGRETTE

2/3 cup EVOO  
1/3 cup champagne vinegar (see Note)  
1 small shallot, minced (about 1 teaspoon)  
1 teaspoon dijon mustard  
Balanced Bites SUPER TRIFECTA Spice Blend, to taste

Arrange the mixed greens in a large serving bowl and top with the pear and nuts. Toss or top with the dressing before serving.

### NOTE

If you can't find champagne vinegar, use apple cider vinegar.



This recipe goes perfectly with our Balanced Bites SUPER TRIFECTA Spice Blend!



This recipe goes perfectly with our Balanced Bites SMOKY MAPLE BBQ Seasoned Nut Mix!





# Greek Salad with Avoziki Dressing

PREP TIME: 15 minutes (not including tzatziki dressing) | COOK TIME: -- | YIELD: 2 servings

4 cups chopped romaine lettuce

1/2 cup cucumber slices

1/2 cup halved cherry tomatoes

1/4 cup pitted and halved Kalamata olives

2 tablespoons capers

## AVOZIKI DRESSING

1/4 cup Dairy-Free Tzatziki (recipe right)

2 tablespoons extra-virgin olive oil

1/2 teaspoon Balanced Bites GREEK Spice Blend

## DAIRY-FREE TZATZIKI (AVOZIKI)

1 ripe avocado

1/4 cup peeled and grated cucumber

2 tablespoons extra-virgin olive oil

1 teaspoon minced fresh dill

1 small clove garlic, grated

Juice of 1 lemon

Sea salt and black pepper to taste

Plate the romaine lettuce and top it with the cucumbers, cherry tomatoes, olives, and capers.

Make the dairy-free tzatziki (avoziki). Combine all of the ingredients in a small food processor or with a hand blender.

In a small mixing bowl, combine the tzatziki and olive oil

Top the salad with the dressing and sprinkle with the spice blend.

## NIGHTSHADE-FREE?

Omit the tomatoes and add chopped cooked beets for color instead.



This recipe goes perfectly with our Balanced Bites GREEK Spice Blend!





# Summer Squash Caprese Noodle Salad

PREP TIME: 30 minutes | COOK TIME: -- | YIELD: 4 to 6 servings

4 to 6 medium zucchini or yellow squash  
1 cup cherry tomatoes, quartered  
1/4 cup fresh basil leaves, thinly sliced  
1/4 cup extra-virgin olive oil  
1 clove garlic, grated or minced  
Sea salt or black pepper

Chop the ends off the zucchini and use a julienne peeler or spiral slicer to make fettucine-like noodles, peeling down to the center seedy section. You should have about 5 cups of noodles. (You can use a standard peeler if you don't have a julienne peeler.) Discard the seedy centers.

In a medium-sized mixing bowl, combine the cherry tomatoes, basil, olive oil, garlic, and salt and pepper to taste.

Toss the squash with the tomato mixture and serve on plates or in bowls.

## NIGHTSHADE-FREE?

Leave out the tomatoes—add shredded carrots for color instead.

## CHANGE IT UP

For a warm dish, steam the squash noodles for about 2 minutes. Remove the noodles from the steamer pot and allow them to sit in the basket over a plate to drain for 10 minutes before combining the noodles with the tomato mixture.





# Spicy Roasted Asparagus with Lemon

PREP TIME: 5 minutes | COOK TIME: 15 minutes | YIELD: 4 servings

- 1 pound asparagus, trimmed and rinsed
- 1 tablespoon cooking fat of choice, melted
- 1 teaspoon Balanced Bites TRIFECTA Spice Blend
- 1 tablespoon extra-virgin olive oil
- Juice of 1/2 lemon
- 1/4 cup shaved Parmesan cheese (optional)
- Grated zest of 1 lemon
- 1 teaspoon red pepper flakes



This recipe goes perfectly with our Balanced Bites TRIFECTA Spice Blend!

Preheat oven to 375°F.

Place the asparagus on a rimmed baking sheet and toss with the melted cooking fat. Sprinkle it with the TRIFECTA blend. Roast for 10 to 15 minutes, until bright green and fork-tender. You'll need less time for very thin asparagus, more time for very thick asparagus.

Remove the asparagus from the oven and drizzle it with the olive oil and lemon juice, then top with the cheese (if using), lemon zest, and red pepper flakes.

## NIGHTSHADE-FREE?

Omit the red pepper flakes.

## DAIRY-FREE?

Omit the cheese.

## TIP

Use the remaining lemon half to make a quick spritzer by squeezing the juice into a glass of sparkling water.





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

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



# 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 40...*



## 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.





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

- Green Curry Chicken
- Magic Green Sauce Beef
- Slow-Cooked Orange Beef
- Laney's Turkey Meatloaf
- Mary's Blueberry BBQ Beef
- Chicken Cottage Pie
- Pesto Chicken & Spaghetti Squash
- Pork Shoulder Carnitas
- Butter Chicken
- Kyndra's Egg Roll in a Bowl
- Beef Picadillo
- BBQ Pulled Pork
- Sloppy Joe Chili
- Chicken Enchilada Bake
- Spaghetti Squash Bolognese Bake

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**GRAB SOME MEALS >**







# Two-Bite Chocolate Cream Pies

PREP TIME: 15 minutes | COOK TIME: 10 minutes | YIELD: 12 pies (3 pies per serving)

## FOR THE CRUST

- 1/2 cup chopped raw cashews or walnuts
- 1/2 cup unsweetened finely shredded coconut
- 1 tablespoon ghee, melted
- 2 pinches of sea salt
- 2 pinches of ground cinnamon
- 1 tablespoon Balanced Bites VANILLA Infused Sugar

## FOR THE MOO-LESS CHOCOLATE PUDDING

- 1 avocado, halved and pitted
- 1 medium green-tipped banana
- 1/4 cup full-fat coconut milk, store-bought or homemade
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon unsweetened carob powder (see Note)
- 1/4 teaspoon pure vanilla extract

## FOR GARNISH (OPTIONAL)

- 1 tablespoon cacao nibs
- 1 tablespoon toasted coconut flakes

## SPECIAL EQUIPMENT

- 1 (12-cavity) mini-muffin tin
- 12 parchment paper mini baking cups

Preheat the oven to 350°F. Line a 12-cavity mini-muffin tin with parchment paper mini baking cups

Make the crust. Place the chopped cashews, shredded coconut, ghee, salt, cinnamon, and VANILLA infused sugar in a food processor. Pulse until the texture is fine and the ingredients are well combined.

Press the crust into the prepared muffin tin and bake for 10 minutes, or until lightly browned and starting to crisp. Set aside to cool.

While the crust is baking, make the Moo-Less Chocolate Pudding: Scoop the flesh of the avocado into a food processor and add the banana, coconut milk, cocoa powder, carob powder, and vanilla extract. Blend until completely smooth, scraping down the sides once or twice.

Fill the cooled crusts with the chocolate pudding. Garnish with cacao nibs and/or toasted coconut flakes, if desired. Serve at room temperature or chilled.

Store in an airtight container in the fridge for up to 3 days or in the freezer for up to 14 days. To defrost, allow to come to room temperature for about 15 to 20 minutes.

## NOTE

If you can't find carob powder, use another tablespoon of cocoa powder instead (3 tablespoons total). But the carob powder will add a hint of sweetness without adding sweetener, so it's worth using if you can!



This recipe goes perfectly with our Balanced Bites VANILLA Infused Sugar!







# Raw Raspberry Tart

PREP TIME: 40 minutes, plus time to chill | COOK TIME: -- | YIELD: 1 9-inch tart or 4 4-inch tarts

## CRUST

- 1 cup macadamia nuts
- 1 cup walnuts
- 4 large or 6 medium Medjool dates, pitted

## FILLING

- 12 ounces fresh raspberries or other berries of choice
- Juice of 1/2 lemon
- 2 tablespoons coconut butter (also called coconut manna or coconut cream concentrate)
- 1 tablespoon coconut oil, softened
- 4 or 6 Medjool dates (use 4 if your berries are very sweet, or 6 if they are less sweet)

## FOR GARNISH (OPTIONAL)

- Strips of lemon zest and/or lemon slices
- Balanced Bites VANILLA Infused Sugar



This recipe goes perfectly with our Balanced Bites VANILLA Infused Sugar!

Make the crust: Place the nuts in a food processor and process until they are a very fine consistency, almost like nut flour. Add the dates and pulse until the mixture becomes sticky and forms a giant “ball” in the processor.

Press the crust mixture into one 9-inch round tart or pie pan or four 4-inch tart pans (lined with parchment paper if you have it) and place in the freezer to set.

Make the filling: Place the berries, lemon juice, coconut butter, coconut oil, and dates in the food processor and process until smooth. Taste to make sure you have added enough dates for your desired sweetness.

Remove the crust from the freezer and fill the pan with the berry mixture. Place the tart back in the freezer and chill for at least 2 hours.

Remove the tart from the freezer a few minutes before serving to soften it slightly. Garnish with lemon zest or slices, if desired.





# Fresh Blueberry Crumble

PREP TIME: 15 minutes | COOK TIME: 30 to 40 minutes | YIELD: 6 servings

2 pints fresh blueberries  
Juice of 1 lemon, divided  
1 cup almond meal or almond flour  
1/4 cup chopped macadamia nuts or walnuts  
1/4 cup butter or coconut oil, melted  
2 tablespoons pure maple syrup  
1/2 teaspoon ground cinnamon  
2 pinches of sea salt

Preheat the oven to 375°F.

Place the blueberries and half of the lemon juice in a 9-inch square baking dish. Toss slightly to coat the blueberries with the juice.

In a mixing bowl, combine the almond meal, nuts, melted butter, maple syrup, remaining lemon juice, cinnamon, and salt.

Spread the nut topping evenly over the blueberries and bake until the fruit is well-cooked and bubbly and the topping is golden brown, 30 to 40 minutes.

## CHANGE IT UP

Use any fruit you like; bake just until you see the juices bubbling and the top becoming golden brown.





# No-Bake Carrot Cake Bites

PREP TIME: 15 minutes | YIELD: 1 dozen bites (1 per serving)

1 small carrot, peeled  
1/2 cup unsweetened cashew,  
almond, or sunflower seed  
butter  
1 scoop collagen peptides  
1/4 teaspoon pumpkin pie  
spice  
5 drops stevia extract  
2 tablespoons chopped  
walnuts  
1/2 cup unsweetened  
shredded coconut

Shred the carrot on a box grater, then finely mince the shreds. Alternatively, roughly chop the carrot and then process in a food processor until it's in very fine pieces. Place the carrot on a cheesecloth or a few layers of paper towels and squeeze out any excess water. Take care when completing this step, as the carrot juice may stain. You should have 5 or 6 tablespoons of minced carrot.

Combine 1/4 cup of the minced carrot (reserve the rest), the cashew butter, collagen peptides, pumpkin pie spice, and stevia in a medium-sized mixing bowl. Taste and add more stevia if desired. When the mixture is well combined, fold in the walnuts. Freeze the mixture for about 10 minutes to firm it up.

While the cashew butter mixture is in the freezer, combine the shredded coconut and 1 tablespoon of the minced carrot in a small bowl.

Once the cashew butter mixture is firm to the touch, form 1 tablespoon of the mixture into a ball and roll it in the coconut-and-carrot mixture to coat. Place it in a mini muffin cup or on a pan or plate. Repeat with the remaining mixture.

Refrigerate for at least 20 minutes or up to overnight. Serve cold; these treats will melt at room temperature.

Store in an airtight container in the refrigerator or freezer for up to 6 weeks.





# BERRY ALMOND CRUNCH Ice Cream Crumble

PREP TIME: 15 minutes | YIELD: 4 servings

10-12 ounces frozen raspberries, defrosted  
10-12 ounces frozen strawberries, defrosted  
Water  
1-2 teaspoons honey, optional  
1 pint vanilla-bean ice cream  
Balanced Bites BERRY ALMOND CRUNCH Gluten-Free Granola  
Fresh mint leaves, for garnish

Blend the defrosted berries with enough water to help your blender or food processor blend the fruit into a smooth puree.

Use a wide sieve to strain the seeds from the puree.

Add honey, to sweeten if needed.

Scoop out 4 servings of ice cream, drizzle with puree, then sprinkle with Balanced Bites BERRY ALMOND CRUNCH Granola on top.

Garnish with a few fresh mint leaves.



This recipe goes perfectly with our Balanced Bites BERRY ALMOND CRUNCH Granola!





# 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



This recipe goes perfectly with our Balanced Bites CHILI LEMON LIME Infused Salt!

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.





# Ginger Fizz Mocktail

PREP TIME: 10 minutes | YIELD: 4 servings

1 fresh peach, peeled, pitted, and pureed (see Tips)

Juice of 2 lemons

1 teaspoon premade ginger juice, or 1 (2-inch) piece of fresh ginger, peeled and juiced (see Tips)

Sparkling water

Sprig of mint, for garnish (optional)

In a pitcher, mix together the pureed peach, lemon juice, and ginger juice. Stir well to combine.

Add sparkling water to taste (depending on how diluted you want it to be) and serve with a slice of fresh peach.

## TIPS

If peaches aren't in season, use frozen peaches instead: thaw about 8 slices to be the equivalent of 1 peach.

Ginger People is one great brand of bottled ginger juice, or you may find fresh ginger juice or "shots" locally in smaller juice shops.



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