

ZÈGO MIX-INS GUIDE



Your Guide to Adding Taste, Nutrition, and Crunch to Everyday Meals, Snacks and Desserts

Mix-Ins

Snack or Ingredient -- You choose!

The idea for Mix-Ins came from my treasured food allergy blogger friends.

You see, our first ZEGO products were seed and fruit nutrition bars deliciously free of the top allergens, gluten, and grains. But I always had an eye on what we should make next. There aren't many top 8 allergy safe companies that also are gluten-free, low-glycemic and superfood-based. So, I wanted to make sure my next product was what they needed most.

Year-after-year I asked this question and every time I got the same answer, they wanted a snack that could also used as an ingredient.

So, I created Mix-Ins -- a blend of simple ingredients so delicious you can eat them straight like trail mix or simply add eggs (or egg replacement) to make paleo muffins. In fact, we have found so many uses for Mix-Ins that I wanted to provide you a guide -- part inspiration (no recipe necessary) and part creation (you'll see an * next to these, indicating recipes are included at the end).

We are so excited to bring you ZEGO's Mix-Ins Guide Book! Please send me your great ideas at colleen@zegofoods.com.

Cheers, Colleen (founder and CEO of ZEGO)

Thank you to the many people who have helped with this guidebook--my daughter Kelsey, my amazing ZEGO teammate Danielle, and my wonderful friends who are food bloggers and advocates extraordinaire--Caroline @gratefulfoodie, Kathlena @theallergychef, Krysten @krystenskitchen and Stephanie @sweet4epigirl, all of whom directly contributed with their recipes and expertise.

~ Colleen, May 2018

Boost Your Breakfast

ZEGO Mix-Ins are so versatile, and great addition to your breakfast routine. Top your sunbutter toast or rice cake. Double the volume by making granola--so many possibilities!



Cranberry Granola*



Apple Cinnamon Cereal Boost



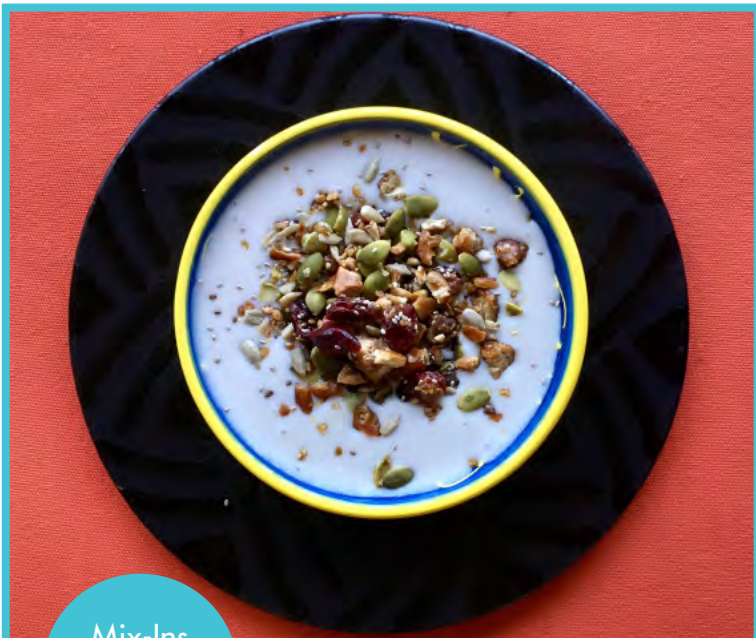
Cranberry Smoothie



Apple Cinnamon Pancakes*

More Breakfast Boosting

Looking to up the nutrition and add some pizzaz to your breakfast? Try adding to smoothies, cereal, yogurt, or make into this protein and fiber-packed chia pudding (up your YUM factor).



Mix-Ins
Topped
Yogurt



3 Minute
Paleo
Muffins*



Paleo
Breakfast
Cookie*

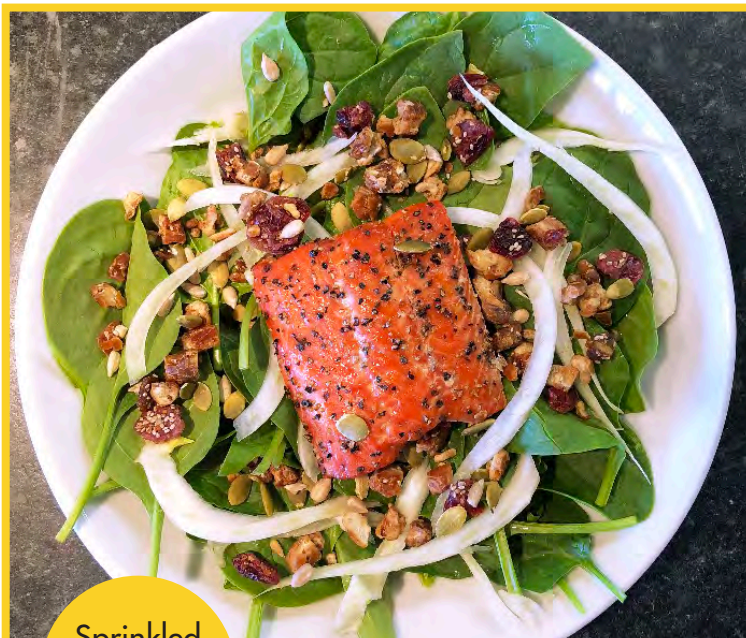
@sweets4epigirl



Chia
Cranberry
Pudding*

Enlighten Your Entrees

When you want to eat beautiful food but don't have the time, Mix-Ins will recue your moment! Add to avocado toast with spicy red pepper flakes, spinach salmon with fennel salad and more.



Sprinkled Spinach Salad



Avocado Toast with Cranberry Mix-Ins



Protein Balls With Papaya Bowl*

@sweets4epigirl



Butternut Cranberry Quinoa Bowl*

*Recipes provided pages 8-12

Turn Up Your Treats

Whether adding a flourish to your regular treats or turning yourself into a baking hero, in a few seconds to a few minutes, Mix-Ins will add beauty, taste, crunch and nutrition to your favorites.



Granola Brittle*



Topped Off Muffins



Dipped Coconut Popsicles

@theallergychef



@krystenskitchen

Chia Date Smoothie

*Recipes provided pages 8-12

More Tasty Treats

With ZEGO Mix-Ins you can please crowd with allergy and gluten free cereal treats or cookies, make an oatmeal bake to last your kids the week, or make a single chia pudding for yourself!



Crispie
Rice Cereal
Treats*

@gratefulfoodie



Acai Bowl
Granola
Substitute



Chewy &
Crunchy
Cookies*



Fruitful
Oatmeal
Bake*

Recipes

Crispie Rice Cereal Treats



Crispie Rice Cereal Treats

- 3 T Butter Alternative
- 1 t Organic Vanilla Extract (from Madagascar is special)
- 4 C Mini-Marshmallows (try one of the vegan options!)
- 6 C Crisp Rice Cereal
- 1½ C ZEGO Mix-Ins

Instructions

1. Spray 9x13 pan with vegetable spray AND the spatula part of a rubber spatula. Set aside.
2. Melt buttery spread in large pot over low heat.
3. Add vanilla and stir thoroughly.
4. Add marshmallows and stir until fully melted.
5. Remove from heat.
6. Mix rice crispy style cereal and Mix-Ins together and add to marshmallow mixture.
7. When thoroughly combined, using "greased" spatula, spread mixture into even layer in pan. Cool completely before cutting.

Granola Brittle & Granola

- 1½ C Oats
- ½ C Coconut Flakes
- 1 T Coconut Sugar
- 3 T Oil
- ⅓ C Maple Syrup
- ¼ t Salt
- 1 t Vanilla
- 1 C ZEGO Mix-ins (1 bag)

Instructions

1. Preheat oven to 325 degrees F (162 C).
2. Add oats, coconut, Mix-Ins, coconut sugar, and salt to a large mixing bowl and stir to combine.
3. To a small saucepan, add oil and maple syrup. Warm over medium heat for 2-3 minutes, whisking until the two are totally combined and there is no visible separation. Add vanilla, whisk once more.
4. Immediately pour over the dry ingredients and stir to combine until all oats and Mix-ins are thoroughly coated. Spread into an even layer on a large baking sheet.
5. Bake for 15-22 minutes, rotating half way through. In the last ten minutes, watch carefully as to not let it burn. Granola will be golden brown when done.
6. To keep this brittle chunky, don't stir during baking. For granola, stir when rotating.
7. Let cool completely before enjoying. Break into clumps for brittle, smaller pieces for granola.
8. Store in a sealed bag or container at room temperature for 2 weeks or in the freezer for up to one month.



Granola Brittle

Recipes



Mix-Ins
Oatmeal
Bake

Oatmeal Bake

- 2 C Gluten-Free Rolled Oats
- 1 C ZEGO Mix-Ins (1 bag)
- 1/3 C Cane Sugar or Maple Syrup
- 1 t Baking Powder (or make your own)
- 2 t Ground Cinnamon
- Scant 1/2 t fine-grain sea salt
- 2 C Dairy Free Milk
- 1 Egg or Substitute
- 3 T Oil
- 2 t Vanilla Extract
- 2 Bananas, cut into 1/2 inch slices
- 1 1/2 C Blueberries or Mixed Berries

Instructions

1. Preheat the oven to 375°F with a rack in the top third of the oven. Generously grease the inside of an 8-inch square baking dish.
2. In a bowl, mix together the oats, 2/3 cup Mix-Ins, the sugar (if using), baking powder, cinnamon, and salt.
3. In another bowl, whisk together the maple syrup (if using) the milk, egg, oil, and the vanilla.
4. Arrange the bananas in a single layer in the bottom of the prepared baking dish. Sprinkle two-thirds of the berries over the top. Cover the fruit with the oat mixture. Slowly drizzle the milk mixture over the oats. Gently give the baking dish a couple thwacks on the countertop to make sure the milk moves through the oats. Scatter the remaining berries and remaining Mix-Ins across the top.
5. Bake for 35 to 45 minutes, until the top is nicely golden and the oat mixture has set. Remove from the oven and let cool for a few minutes. Sprinkle with a bit more sugar or drizzle with maple syrup. Cool completely before cutting.

Raw Protein Balls

- 1 C ZEGO Mix-Ins
- 1/4 C Unsweetened Butter or Alternative
- 1/2 C Unsweetened Shredded Coconut
- 2 T White Chia Seeds
- 1 T Cacao Powder (optional)

Instructions

1. Add all ingredients into a food processor, pulse for 15-20 seconds until it forms a wet dough but still holds some texture.
2. Using a cookie scoop, make balls and gently squeeze in hand to form a perfect ball.
3. Roll the balls in white chia seeds or shredded coconut.
4. Place the balls on a cookie sheet and refrigerate for five minutes.



Mix-Ins
Protein Balls
With Papaya
Bowl

@sweets4epigirl

Recipes



Butternut
Cranberry
Quinoa
Bowl

Butternut and Cranberry Quinoa Bowl

3 C Butternut Squash, chopped
1 T Olive Oil
1 C Uncooked Quinoa
1½ C Water
¾-1 C ZEGO Cranberry Mix-Ins
½ C Red Onion, chopped
Salt and Pepper

Balsamic Vinaigrette

¼ C Olive Oil
2 T Balsamic Vinegar
½ t Honey
½ t Dijon Mustard
1 Garlic Clove, minced
Salt and Pepper

Sweet Chia Pudding

¼ C Chia Seeds
½ C ZEGO Mix-Ins
(cranberry is our fave for this)
1 C Milk Substitute or Water

Blend for 2 minutes or until it has formed a thick pudding.

Sprinkle more Mix-Ins on top and add some yummy berries!

Instructions

1. Preheat the oven to 400F.
2. In a large bowl, toss the butternut squash with olive oil. Season with salt and pepper, to taste. Arrange coated squash on a baking sheet in a single layer. Roast 20-25 minutes until squash is lightly browned.
3. While squash is roasting, rinse quinoa under cold water until water runs clear. Place quinoa & water in a medium saucepan. Boil, reduce to a simmer, and cook partially covered until liquid is absorbed, about 20 minutes. Let cool a bit before combining in step #5.
4. Whisk together the vinaigrette ingredients.
5. To assemble the salad, combine the cooked quinoa, roasted squash, red onion, and ZEGO Cranberry Mix-Ins in a large bowl. Add the vinaigrette and mix until combined. Season with salt and pepper. Chill and serve.



Sweet
Chia
Pudding

Recipes



Paleo
Breakfast
Cookies

Paleo Breakfast Cookies

- 1 C Dairy Free Butter (room temp)
- ½ C Maple (honey or agave)
- ½ C Date Sugar (maple or coconut)
- 2 t Vanilla
- 2 T Water
- 240 grams Cassava Flour (approx. 2 C)
- 2 T Gelatin (or use an egg or egg replacer)
- 1 t Baking Soda (make your own to make paleo)
- 1 C ZEGO Mix-Ins
- Vegetable spray

Instructions

In a medium bowl mix together butter, maple, sugar, vanilla and water, let sit for 5 minutes. In a separate bowl mix in your flour, gelatin, baking soda and Mix-Ins. Mix wet and dry ingredients together, don't over mix. Scoop onto pre-lined baking sheets (I use a 1.5 Tablespoon cookie scooper) Bake for 10-13 minutes (our cookies come out perfectly in 10 minutes). Let them cool for about 5 minutes before moving carefully to a cooling rack and allowing them to cool. As the gelatin cools the harder the cookie gets so DO NOT over bake them.

Chocolate Cranberry Cookies

- ½ C Dairy Free Butter Substitute, softened
- ½ C Packed Light Brown Sugar
- ½ C Granulated Sugar
- 1 T Vanilla Extract
- 1 Large Egg
- ½ C Sweet Rice flour
- 1½- 2 C Cranberry Mix-Ins
- ¾ C White or Dark Chocolate Chips
- 1 C Rice Flour
- 1½ t Baking Soda

Instructions

Preheat the oven to 350 degrees F. Line 2 baking sheet with parchment paper. With an electric mixer, cream the butter substitute and both sugars together until smooth. Add the vanilla and egg, mixing well. Sift together flour and baking soda. Spoon the flour mixture gradually into the sugar mixture. Stir in the Mix-Ins and chocolate chips. Drop by heaping spoonfuls, about 2 tablespoons, onto the prepared baking sheets, 2 inches apart. Bake one sheet at a time until lightly golden on top and the edges are set, 12 to 15 minutes. Cool on the sheet about 5 minutes, and then transfer to a wire rack to cool completely.

Chewy &
Crunchy
Cookies



Recipes

3 Minute
Paleo
Muffins*



3 Minute Paleo Muffins

4 Eggs or Egg Substitute
1t Baking Powder (or make your own)
1 Bag Mix-Ins (flavor of your choice)
Pinch of Salt

Heat oven to 325. Grind Mix-Ins to course meal in food processor or blender. Stir in baking powder and salt to distribute evenly. Beat eggs. Combine ingredients. Let sit for a few minutes while you wait for the oven to pre-heat. Bake 12-20 minutes for 8 mini or 6 regular muffins.

What recipes have you made with your Mix-Ins? We'd love to know & feature your creation in our Guide book and on social media AND send you a thank you gift!

info@zegofoods.com

Thank you ~Colleen