

ASPARAGUS PROSCIUTTO & GRUYERE PUFF PASTRY



GROCERY LIST

WILDTREE PRODUCTS

○ Dill Dip Blend

PROTEIN

○ Prosciutto, 6 slices (3 ounces)

○ Egg, 1

PRODUCE

○ Asparagus, 1 bunch

DAIRY

○ Gruyere cheese, 8 ounces

MISCELLANEOUS

○ Oil, ½ tablespoon

○ Puff Pastry, 2 sheets



12 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES

Per Serving: 340 Calories (kcal) | 24 Fat (g) | 8 Saturated Fat (g) | 20 Carbohydrates (g) | 1 Fiber (g)

1 Sugar (g) | 12 Protein (g) | 45 Cholesterol (mg) | 440 Sodium (mg)

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INGREDIENTS

- 1 bunch asparagus, ends trimmed
- ½ **tablespoon oil (Wildtree Natural Grapeseed Oil)**
- **1 teaspoon Dill Dip Blend, divided**
- 2 sheets puff pastry, thawed
- 6 slices prosciutto, halved
- 8 ounces gruyere cheese, shredded
- 1 egg, beaten

KITCHEN TOOLS

- Knife
- Cutting board
- Measuring spoons
- Sheet pan
- Parchment paper
- Mixing bowl
- Pastry brush
- Rolling pin
- Ruler

ASPARAGUS PROSCIUTTO & GRUYERE PUFF PASTRY

STEP-BY-STEP DIRECTIONS



1 Preheat oven to 425°F. Line two sheet pans with parchment paper. Toss asparagus with oil and 1/2 teaspoon **Dill Dip Blend**. Set aside.



2 On a lightly floured surface, roll each puff pastry sheet into a 12x12 inch square. Cut each into 6 rectangles.



3 Place prosciutto in the middle of each square. Top with asparagus laying diagonally from one corner to the opposite corner. Top with cheese.



4 Pull the open corners in to wrap around the filling. Press to seal. Brush with egg and season with remaining ½ teaspoon **Dill Dip Blend**.



5 Bake for about 15 minutes or until puff pastry is puffed and golden.

BANANA CHAI CHOCOLATE CHIP MUFFINS



GROCERY LIST

WILDTREE PRODUCTS

○ Chai Tea Mix

PROTEIN

○ Eggs, 2

PRODUCE

○ Bananas, 4

BREAD/PASTA/RICE/FLOUR:

○ Flour, 1 ½ cups

MISCELLANEOUS

○ Coconut oil, ¼ cup

○ Dark brown sugar, ¼ cup

○ Vanilla extract, 2 teaspoons

○ Baking soda, 1 ½ teaspoons

○ Salt, ½ teaspoon

○ Dark chocolate chips, ½ cup

12 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

Per Serving: 210 Calories (kcal) | 8 Fat (g) | 6 Saturated Fat (g) | 30 Carbohydrates (g)

1 Fiber (g) | 13 Sugar (g) | 4 Protein (g) | 30 Cholesterol (mg) | 270 Sodium (mg)

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INGREDIENTS

- 4 ripe bananas, mashed
- ¼ cup melted coconut oil
- ¼ cup dark brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1 ½ cups flour
- 1 ½ teaspoons baking soda
- **1 ½ tablespoons Chai Tea Mix**
- ½ teaspoon salt
- ½ cup dark chocolate chips

KITCHEN TOOLS

- Mixing bowls
- Measuring cups
- Measuring spoons
- Whisk
- Muffin pan
- Cupcake liners

BANANA CHAI CHOCOLATE CHIP MUFFINS

STEP-BY-STEP DIRECTIONS



1 Preheat oven 350°F. Line a 12 cup muffin tin with paper liners. In a large bowl, combine mashed bananas, coconut oil, brown sugar, eggs, and vanilla.



2 In a separate bowl, whisk together flour, baking soda, **Chai Tea Mix**, and salt.



3 Add dry ingredients to wet ingredients and stir to combine.



4 Fold in chocolate chips.



5 Divide batter among muffin cups. Bake for 20-22 minutes or until they pass the toothpick test.



6 Finish with flaky salt if desired.

CHAI FRENCH TOAST BAKE



GROCERY LIST

WILDTREE PRODUCTS

- Chai Tea Mix

PROTEIN

- Eggs, 8

BREAD/PASTA/RICE/FLOUR

- Whole wheat bread,
1 loaf (16 ounces)

DAIRY

- Milk, 2 cups
- Greek yogurt, 5 ounces
- Butter, unsalted, ½ cup

MISCELLANEOUS

- Sugar, ¼ cup
- Vanilla extract, 1 tablespoon
- Flour, ½ cup
- Dark Brown sugar, ½ cup
- Pecans, ½ cup
- Salt, ¼ teaspoon

8 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 45 MINUTES

Per Serving: 340 Calories (kcal) | 17 Fat (g) | 7 Saturated Fat (g) | 35 Carbohydrates (g)

1 Fiber (g) | 16 Sugar (g) | 12 Protein (g) | 150 Cholesterol (mg) | 290 Sodium (mg)

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INGREDIENTS

- 1 loaf whole wheat bread
- 8 eggs
- 2 cups milk
- 5 ounce container Greek yogurt
- ¼ cup sugar
- 1 tablespoon vanilla extract
- **4 teaspoons Chia Tea Mix, divided**
- ½ cup flour
- ½ cup dark brown sugar
- ½ cup chopped pecans
- ½ cup unsalted butter, softened
- ¼ teaspoon salt

KITCHEN TOOLS

- 9x13-inch baking dish
- Cutting board
- Knife
- Mixing bowls
- Measuring cups
- Measuring spoons

CHAI FRENCH TOAST BAKE

STEP-BY-STEP DIRECTIONS



1 Preheat oven to 350°F. Grease a 9x13-inch baking dish. Cut bread into 1-inch cubes and place in the baking dish.



2 Whisk together eggs, milk, Greek yogurt, sugar, vanilla extract, and 2 teaspoons **Chai Tea Mix**.



3 Pour egg mixture over the top of bread in baking dish. Toss to combine, until the liquid is absorbed by the bread.



4 In a separate bowl, combine flour, brown sugar, pecans, butter, salt, and remaining 2 teaspoons **Chai Tea Mix**.



5 Sprinkle crumb topping over the bread and egg mixture.



6 Bake for 45-50 minutes or until top is crisp and center is cooked.

CHAI SCONES WITH MAPLE COFFEE GLAZE



GROCERY LIST

WILDTREE PRODUCTS

- Chai Tea Mix

PROTEIN

- Egg, 1

BREAD/PASTA/RICE/FLOUR

- Flour, 2 cups

DAIRY:

- Butter, unsalted, 6 tablespoons
- Heavy cream, ½ cup plus 2 tablespoons

MISCELLANEOUS

- Sugar, ⅓ cup
- Baking powder, 1 tablespoon
- Salt, ½ teaspoon
- Vanilla extract, 1 ¼ teaspoon
- Powdered sugar, 1 cup
- Maple syrup, 1 tablespoon
- Brewed coffee, 2 tablespoons

8 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

Per Serving: 370 Calories (kcal) | 16 Fat (g) | 10 Saturated Fat (g) | 52 Carbohydrates (g)

0 Fiber (g) | 27 Sugar (g) | 5 Protein (g) | 65 Cholesterol (mg) | 200 Sodium (mg)

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INGREDIENTS

- 2 cups flour
- ⅓ cup granulated sugar
- 1 tablespoon baking powder
- **1 tablespoon plus ½ teaspoon Chai Tea Mix, divided**
- ½ teaspoon salt
- 6 tablespoons cup cold unsalted butter, cubed
- ½ cup plus 2 tablespoons heavy cream, divided
- 1 egg
- 1 ¼ teaspoons vanilla, divided
- 1 cup powdered sugar
- 1 tablespoon maple syrup
- 2 tablespoons brewed coffee

KITCHEN TOOLS

- Measuring cups
- Measuring spoons
- Food processor
- Sheet pan
- Parchment paper
- Knife
- Mixing bowl
- Whisk

CHAI SCONES WITH MAPLE COFFEE GLAZE

STEP-BY-STEP DIRECTIONS



1 Preheat oven to 400°F. Line a sheet pan with parchment paper. Add flour, sugar, baking powder, 1 tablespoon **Chai Tea Mix**, and salt to a food processor and pulse to combine. Add cold butter and pulse until butter begins to cut into flour mixture and there are pea sized pieces.



2 Whisk together ½ cup heavy cream, egg, and 1 teaspoon vanilla extract. Gradually add mixture and pulse until a dough begins to form and pull away from the sides of the bowl.



3 Turn dough out onto a lightly floured surface. Dough will be slightly crumbly but work together with your hands until dough comes together. Pat into a circle about 1-inch thick. Cut like a pie into 8 equal sized scones.



4 Place on prepared sheet pan, brush with remaining 2 tablespoons heavy cream, and bake for about 20 minutes or until golden and cooked through. Transfer to a wire rack to cool.



5 Prepare glaze by whisking together powdered sugar, maple syrup, brewed coffee, remaining ½ teaspoon Chai Tea Mix, and remaining ¼ teaspoon vanilla extract.



6 Glaze scones once cooled.

HAM & CHEDDAR POPOVER SANDWICHES



GROCERY LIST

WILDTREE PRODUCTS

○ Dill Dip Blend

PROTEIN

○ Eggs, 3
○ Ham, 8 ounces

PRODUCE

○ Arugula, 2 cups

DAIRY

○ Whole milk, 1 cup
○ Butter, unsalted, 2 tablespoons
○ Cheddar, 8 ounces



12 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 40 MINUTES

Per Serving: 190 Calories (kcal) | 11 Fat (g) | 6 Saturated Fat (g) | 11 Carbohydrates (g)
0 Fiber (g) | 1 Sugar (g) | 11 Protein (g) | 80 Cholesterol (mg) | 460 Sodium (mg)

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INGREDIENTS

- 3 eggs
- 1 cup whole milk
- 1 ½ **teaspoons Dill Dip Blend**
- 2 tablespoons unsalted butter, melted
- 1 bag Poppin' Popovers
- 8 ounces ham
- 8 ounces cheddar, sliced
- 2 cups arugula

KITCHEN TOOLS

- Mixing bowl
- Whisk
- Measuring cups
- Measuring spoons
- Muffin tin
- Knife
- Cutting board

HAM & CHEDDAR POPOVER SANDWICHES

STEP-BY-STEP DIRECTIONS



1 Preheat oven to 375°F. Lightly grease a 12 cup muffin tin. Whisk together the eggs, milk, and **Dill Dip Blend**.



2 Add the butter, milk/egg mixture to the Poppin' Popover mix and whisk until smooth.



3 Divide mixture evenly among the 12 muffin tin cups. Bake for 40 minutes.



4 Once popovers are cooked and cooled, slice in half and serve as sandwiches with ham, cheddar and arugula.

GLUTEN FREE PANCAKE BOARD



GROCERY LIST

WILDTREE PRODUCTS

- Blueberry Jam
- Gluten-Free Pancakes

PROTEIN

- Bacon, 8 ounces
- Egg, 1

DAIRY

- Milk, $\frac{3}{4}$ cup
- Butter, unsalted, 1 tablespoon

MISCELLANEOUS

- Maple syrup, $\frac{1}{3}$ cup
- Optional toppings such as fresh fruit, nut butters, chocolate chips, etc.

4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

Per Serving: 620 Calories (kcal) | 29 Fat (g) | 11 Saturated Fat (g) | 62 Carbohydrates (g)

1 Fiber (g) | 32 Sugar (g) | 26 Protein (g) | 120 Cholesterol (mg) | 1290 Sodium (mg)

*calculations do not include optional toppings

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INGREDIENTS

- ⅓ cup maple syrup
- ¼ cup **Blueberry Jam**
- 8 ounces bacon
- **1 bag Gluten-Free Pancakes**
- 1 egg
- ¾ cup milk
- 1 tablespoon unsalted butter, melted
- Optional toppings such as fresh fruit, nut butters, chocolate chips, etc.

KITCHEN TOOLS

- Mixing bowls
- Measuring cups
- Whisk
- Sheet pan
- Aluminum foil
- Nonstick skillet
- Spatula
- Cutting board
- Knife

GLUTEN FREE PANCAKE BOARD

STEP-BY-STEP DIRECTIONS



1 Whisk together maple syrup and **Blueberry Jam**. Set aside.



2 Preheat oven to 400°F. Line a sheet pan with foil and lay bacon on the sheet pan in a single layer. Bake for 15-20 minutes or until desired doneness. Transfer to a paper-towel lined plate.



3 Meanwhile, whisk together **Gluten Free Pancakes**, egg, milk, and melted butter and let batter sit for 2-3 minutes. Heat a greased nonstick skillet over medium heat. Add the batter a scant ¼ cup at a time and cook for about 2 minutes until small bubbles form on top of batter. Flip and finish cooking until golden brown.



4 Assemble pancakes and bacon on a cutting board.



5 Add fresh fruit.



6 Add other desired toppings and prepared blueberry syrup from step 1.



SALMON CAKES WITH BUTTERMILK HERB DRESSING



GROCERY LIST

WILDTREE PRODUCTS

○ Dill Dip Blend

PROTEIN

○ Salmon, skinless, 1 pound

PRODUCE

○ Lemon, ½

○ Parsley, 2 tablespoons chopped

○ Chives, ¼ cup chopped

BREAD/PASTA/RICE/FLOUR

○ Panko breadcrumbs, 1 cup

DAIRY

○ Buttermilk, ½ cup

MISCELLANEOUS

○ Mayonnaise, ½ cup

○ Capers, 1 tablespoon

○ Oil, ¼ cup



4 SERVINGS | PREP TIME: 15 MINUTES | COOK TIME: 6 MINUTES

Per Serving: 530 Calories (kcal) | 41 Fat (g) | 6 Saturated Fat (g) | 14 Carbohydrates (g)

0 Fiber (g) | 2 Sugar (g) | 25 Protein (g) | 75 Cholesterol (mg) | 600 Sodium (mg)

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INGREDIENTS

- ½ cup buttermilk
- ½ cup mayonnaise, divided
- ½ lemon juiced
- 1 tablespoon capers
- 2 tablespoons chopped parsley
- **2 ½ teaspoon Dill Dip Blend, divided**
- 1 pound skinless salmon, cubed
- ¼ cup chopped chives
- 1 cup panko breadcrumbs
- **¼ cup oil (Wildtree Natural Grapeseed Oil recommended)**

KITCHEN TOOLS

- Measuring cups
- Measuring spoons
- Mixing bowl
- Whisk
- Knife
- Cutting board
- Food processor
- 12-inch nonstick skillet
- Spatula

SALMON CAKES WITH BUTTERMILK HERB DRESSING

STEP-BY-STEP DIRECTIONS



1 Make dressing by combining buttermilk, ¼ cup mayonnaise, lemon juice, capers, parsley, and ½ teaspoon **Dill Dip Blend**. Refrigerate until serving.



4 Heat oil in a 12-inch nonstick skillet over medium heat. Add patties and cook for about 2-3 minutes on each side or until golden and cooked through: 145°F.



2 Add salmon, remaining 2 teaspoons **Dill Dip Blend**, and remaining ¼ cup mayonnaise to a food processor. Process until mixture comes together. Add chives and pulse a few times to incorporate.



5 Serve as an appetizer or over salad with prepared dressing from step 1.



3 Shape about 1/3 cup of the mixture into a patty, and coat in panko bread crumbs. Makes 8.

SPINACH & FETA PHYLLO GALETTE



GROCERY LIST

WILDTREE PRODUCTS

○ Dill Dip Blend

PROTEIN

○ Eggs, 2

PRODUCE

○ Garlic, 1 tablespoon minced

DAIRY

○ Feta, 5 ounces

○ Ricotta, $\frac{3}{4}$ cup

○ Butter, unsalted, 6 tablespoons

MISCELLANEOUS

○ Spinach, frozen, 10 ounces

○ Phyllo dough, 8 ounces



6 SERVINGS | PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES

Per Serving: 370 Calories (kcal) | 23 Fat (g) | 13 Saturated Fat (g) | 25 Carbohydrates (g)

1 Fiber (g) | 2 Sugar (g) | 14 Protein (g) | 125 Cholesterol (mg) | 600 Sodium (mg)

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INGREDIENTS

- 1 (10 ounce) box frozen spinach, thawed and excess liquid squeezed out
- 1 tablespoon minced garlic
- 2 eggs, beaten
- ¾ cup ricotta
- 5 ounces feta, crumbled
- **1 teaspoon Dill Dip Blend**
- 8 ounces phyllo dough
- 6 tablespoons unsalted butter, melted

KITCHEN TOOLS

- Mixing bowl
- Measuring cups
- Measuring spoons
- Rubber spatula
- Sheet pan
- Parchment paper
- Pastry brush

SPINACH & FETA PHYLLO GALETTE

STEP-BY-STEP DIRECTIONS



1 Preheat oven to 375°F. In a large mixing bowl, combine spinach, garlic, eggs, ricotta, feta, and **Dill Dip Blend**.



2 Flip a sheet pan upside down and top with a piece of parchment paper. Place one sheet of phyllo dough on the parchment paper. Brush the entire sheet with butter. Top with a second sheet of phyllo perpendicular to the first, brush with butter. Lay the third sheet diagonally, brush with butter. Lay the fourth sheet diagonally in the opposite direction, brush with butter. Repeat with remaining sheets.



3 Place spinach mixture in the middle of the phyllo, spread out in a circle about 3 inches from the edge of the phyllo.



4 Fold edges of phyllo over the spinach filling. Brush phyllo edges with butter.



5 Bake for 25-30 minutes or until phyllo is golden brown and crisp and filling is set.



WEEK 1

Asparagus Prosciutto & Gruyere Puff Pastry | Banana Chai Chocolate Chip Muffins | Chai French Toast Bake
Salmon Cakes with Buttermilk Herb Dressing

WILDTREE PRODUCTS

- Dill Dip Blend
- Chai Tea Mix

PROTEIN

- Prosciutto, 6 slices (3 ounces)
- Egg, 11
- Salmon, skinless, 1 pound

PRODUCE

- Asparagus, 1 bunch
- Bananas, 4
- Lemon, ½
- Parsley, 2 tablespoons chopped
- Chives, ¼ cup chopped

BREAD/PASTA/RICE/FLOUR

- Flour, 1 ½ cups
- Whole wheat bread, 1 loaf (16 ounces)
- Panko breadcrumbs, 1 cup

DAIRY

- Gruyere cheese, 8 ounces
- Milk, 2 cups
- Greek yogurt, 5 ounces
- Butter, unsalted, ½ cup
- Buttermilk, ½ cup

MISCELLANEOUS

- Oil, ¼ cup plus ½ tablespoon
- Coconut oil, ¼ cup
- Puff Pastry, 2 sheets
- Dark brown sugar, ¾ cup
- Vanilla extract, 1 tablespoon plus 2 teaspoons
- Baking soda, 1 ½ teaspoons
- Salt, ¾ teaspoon
- Dark chocolate chips, ½ cup
- Sugar, ¼ cup
- Flour, ½ cup
- Pecans, ½ cup
- Mayonnaise, ½ cup
- Capers, 1 tablespoon



WEEK 2

Spinach & Feta Phyllo Galette | Gluten Free Pancake Board | Chai Scones with Maple Coffee Glaze

Ham & Cheddar Popover Sandwiches

WILDTREE PRODUCTS

- Dill Dip Blend
- Blueberry Jam
- Gluten Free Pancakes
- Chai Tea Mix
- Poppin' Popovers

PROTEIN

- Eggs, 7
- Bacon, 8 ounces
- Ham, 8 ounces

PRODUCE

- Garlic, 1 tablespoon minced
- Arugula, 2 cups

BREAD/FLOUR/RICE/FLOUR

- Flour, 2 cups

DAIRY

- Feta, 5 ounces
- Ricotta, $\frac{3}{4}$ cup
- Butter, unsalted, 15 tablespoons
- Milk, $\frac{3}{4}$ cup
- Whole milk, 1 cup
- Heavy cream, $\frac{1}{2}$ cup plus 2 tablespoons
- Cheddar, 8 ounces

MISCELLANEOUS

- Spinach, frozen, 10 ounces
- Phyllo dough, 8 ounces
- Maple syrup, $\frac{1}{3}$ cup
- Optional toppings such as fresh fruit, nut butters, chocolate chips, etc.
- Sugar, $\frac{1}{3}$ cup
- Baking powder, 1 tablespoon
- Salt, $\frac{1}{2}$ teaspoon
- Vanilla extract, 1 $\frac{1}{4}$ teaspoon
- Powdered sugar, 1 cup
- Maple syrup, 1 tablespoon
- Brewed coffee, 2 tablespoons

