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**01**

## G4U CHICKEN AND VEGETABLE SNACK KEMBOBS

DAIRY-FREE; GLUTEN-FREE; GRAIN-FREE

- 1 pound chicken breasts cut into 2 inch pieces
- 1 medium organic lemon
- 4 tablespoons olive oil, divided
- Salt and pepper, to taste
- 8 ounces organic button mushrooms cleaned and stems trimmed
- 2 medium organic yellow squash, cut into 2 inch pieces
- 2 medium organic zucchini, cut into 2 inch pieces
- 2 medium organic red onion, cut into 1 inch chunks
- 1 head organic garlic

1. Place chicken in medium bowl with juice of ½ lemon, 2 tablespoons olive oil and salt and pepper. Set aside to marinate for at least 15 minutes.
2. Place vegetables in a separate bowl with the juice of ½ lemon, remaining olive oil, and salt and pepper. Toss to coat.
3. Separate the cloves of garlic leaving all of the paper and skin intact. Skewer the garlic cloves on their own skewers.
4. Thread chicken and vegetables onto skewers.
5. Place skewers on hot grill and cook for 15-20 minutes, rotating every 5 minutes until chicken is fully cooked.

**02**

## G4U MARINATED VEGGIE SNACK KEMBOBS

DAIRY-FREE; GLUTEN-FREE; GRAIN-FREE; VEGETARIAN

- ½ cup organic olive oil
- 3 tablespoons fresh organic lemon juice
- 2 teaspoons sea salt
- 1 teaspoon black pepper
- 2 cloves organic garlic, mashed
- 2 medium organic red onions, quartered
- 2 medium organic zucchini, cut into 1-inch pieces
- 2 organic yellow squash, cut into 1-inch pieces
- 8 ounces organic button mushrooms, stems removed
- 2 large organic red bell peppers, seeded and cut into 1-inch pieces

1. In a small bowl, mix the olive oil, lemon juice, sea salt, pepper and garlic together for the marinade.
2. Place prepared vegetables in a large bowl and pour in the marinade; stir well to coat the veggies. Marinate in the refrigerator for at least 2 hours, up to 4 hours.
3. Soak 10 wooden skewers in water for 10-15 minutes while the vegetables marinate.
4. When ready to cook, remove vegetables from marinade and thread onto skewers. Leave a little space between the vegetables for air to circulate.
5. Place skewers on grill and grill until all vegetables are golden and tender, about 20 minutes.



03

## G4U PIZZA SNACK KEMBOBS

GLUTEN-FREE; GRAIN-FREE

- 4 ounces sliced pepperoni
- 6 ounces summer sausage, cut into 1-inch cubes
- 8 ounces organic mozzarella, cut into 1-inch cubes
- 1 organic red onion, cut into 2-inch squares
- 1 pint organic grape or cherry tomatoes
- 8 ounces organic button mushrooms
- 1 each organic red, green, and yellow bell peppers, cut into 2 inch squares
- 1 can artichoke hearts, drained
- 1 can black olives, drained

1. Thread your favorite pizza toppings onto a skewer for an easy to carry snack. Try alternating two veggies with one cheese or meat.

*Tip:  
Delicious when dipped in  
Italian salad dressing!*



04

## G4U FRUIT AND CHEESE SNACK KEMBOBS

GLUTEN-FREE; GRAIN-FREE; VEGETARIAN

- 1 organic cantaloupe, cut into 1- inch cubes
- ½ organic pineapple, cut into 1- inch cubes
- 1 pound organic seedless grapes
- 8 ounces organic baby Swiss cheese cut into 1-inch cubes
- 8 ounces organic Gouda cheese, cut into 1-inch cubes
- 8 ounces organic cheddar cheese, cut into 1-inch cubes
- 8 ounces organic Colby cheese, cut into 1-inch cubes

1. Alternate fruit and cheese on a skewer and enjoy!

*Tip:  
Try combining grapes and pineapple  
with cheddar and Colby cheeses,  
or melon and grapes with baby  
Swiss and Gouda cheeses.*



05

## PARMESAN CHEESE CRISPS

GLUTEN-FREE; GRAIN-FREE; VEGETARIAN

- 8 ounces Natural Grocers bulk Organic shredded parmesan cheese
- 2 teaspoons dried Italian spice blend

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a small bowl, combine the cheese and herbs.
3. Create 1½ inch round stacks of cheese and herb mixture on the parchment paper, leaving a couple inches space between mounds.
4. Bake until they begin to turn golden at the edges. Let cool before serving.



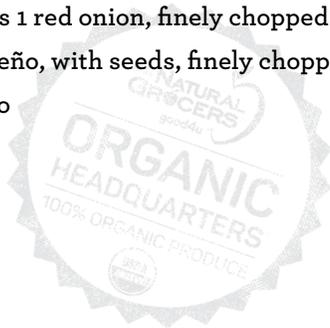
06

## GUACAMOLE

DAIRY-FREE; GLUTEN-FREE; GRAIN-FREE; VEGETARIAN

- 3 ripe avocados
- 1 teaspoon lemon juice
- 2 teaspoons lime juice
- 1½ teaspoons salt
- 3 tablespoons 1 red onion, finely chopped
- 1 small jalapeño, with seeds, finely chopped
- ¼ cup cilantro

1. Mash avocado with fork.
2. Add lemon and lime juice and salt, mix together.
3. Add onion and jalapeño to avocados and mix.
4. Add cilantro and taste. Increase salt to taste.



07

## MEXICAN LAYER DIP

GLUTEN-FREE; GRAIN-FREE; VEGETARIAN

- 14.5 ounces canned organic refried black beans
- 2 cups organic guacamole
- 1½ cups organic sour cream
- 1 cup prepared organic salsa
- 1½ cups shredded organic cheddar or Mexican blend cheese

1. In an 8 x 8 inch baking dish, spread an even layer of refried beans on the bottom. Then layer guacamole, sour cream, and salsa. Top with a layer of shredded cheese.
2. Refrigerate until ready to serve.
3. Serve with non-GMO corn chips, or vegetable crudité.

08

## BACON WRAPPED YAM BITES

DAIRY-FREE; GLUTEN-FREE; GRAIN-FREE

- 2 medium garnet yams
  - 1 pound uncured bacon
  - 2 tablespoons Primal Kitchen Mayo
  - 4 tablespoons Gilberto's Dirty South Peach and Habanero Sauce
  - 3 tablespoons maple syrup
1. Preheat oven to 350°F.
  2. Peel the yams and cut them into bite size pieces.
  3. In a medium size bowl combine the mayo, 3 tablespoons Gilberto's sauce, and 2 tablespoons maple syrup. Stir to mix well. Add the yam bites to the mayo mixture and toss to coat all pieces.

4. Cut the bacon slices in half. Wrap each yam bite with a half slice of bacon and use a toothpick to hold the bacon in place.
5. Place in an 8 x 8 inch baking dish.
6. Use a teaspoon and drizzle the remaining maple syrup over the bacon. Then drizzle the remaining tablespoon of the Gilberto's sauce over each piece. If you have left over yam pieces, place them in between the bacon wrapped yams to bake.
7. Place in the oven and bake for 50 minutes to one hour or until the bacon is crispy and the yams are fork-tender.
8. Remove from the heat and let cool. Top with a little more Gilberto's Peach and Habanero sauce just before serving.

**09**

## BACON SUMMER SALAD

GLUTEN-FREE; GRAIN-FREE

- 1 large head organic broccoli
- 6 slices of bacon, cooked and crumbled
- ½ small organic red onion, chopped
- ½ organic red pepper, chopped
- ½ cup organic walnuts, chopped
- ½ cup organic raisins, soaked in 2 tablespoons warm water
- 1 cup organic whole milk plain yogurt
- 4 teaspoons organic apple cider vinegar

1. Cut the head of broccoli into small bite-sized florets and place in a large serving bowl.
2. Add the bacon, onion, red pepper, walnuts, and raisins to the broccoli and stir to combine.
3. In a separate bowl, whisk together yogurt and vinegar until combined.
4. Pour yogurt mixture over broccoli mixture and toss to combine.
5. Let chill in refrigerator for 30 minutes.

**10**

## SOUTHWEST SLAW

DAIRY-FREE; GLUTEN-FREE; GRAIN-FREE; VEGETARIAN

- 1 small head organic red cabbage, shredded
- 3 medium organic carrots, shredded
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons organic lime juice
- 1 teaspoon NGVC organic cumin
- ½ teaspoon NGVC organic chili powder
- ¼ teaspoon NGVC organic garlic powder
- Salt and pepper, to taste

1. Combine cabbage and carrots in a large bowl.
2. Blend the rest of the ingredients in a separate small bowl.
3. Add to cabbage and carrots; mix well.
4. Allow flavors to blend for 20 minutes before serving.



11

## BRILLIANT BEET BROWNIES

GLUTEN-FREE; GRAIN-FREE; VEGETARIAN

- 1 medium organic beet, scrubbed and trimmed of the ends, about 1 cup pureed
- ½ cup Natural Grocers raw honey
- 2 tablespoons grass-fed butter, melted
- 2 teaspoons vanilla extract
- 2 eggs
- 1 cup almond flour
- ½ cup raw cacao powder
- Pinch sea salt

1. Preheat oven to 350 °F.
2. Boil or steam the beet until easily pierced with a fork.
3. Allow it to cool then chop and transfer to a blender along with the honey, butter and vanilla extract. Blend well.
4. Add the eggs and blend again until smooth.
5. In a large bowl, sift together the remaining ingredients.
6. Pour the beet mixture into the dry ingredients and mix well.
7. Pour into a well-greased 8 x 8 inch baking pan and bake for 35-45 minutes, or until a toothpick inserted into the middle comes out free of crumbs.
8. Let cool completely before cutting.

12

## PUMPKIN PIE-CAKES

DAIRY-FREE; GLUTEN-FREE; GRAIN-FREE; VEGETARIAN

- ⅔ cup almond flour
- ¼ teaspoon baking soda
- ¼ teaspoon sea salt
- 1½ teaspoons pumpkin pie spice
- 1 cup pumpkin puree
- ¼ cup coconut sugar
- 1 large egg
- ½ teaspoon vanilla extract
- ⅓ cup coconut milk

1. Preheat oven to 350°F, and line a 12 cup muffin tin with silicone or paper liners.
2. Combine the almond flour, baking soda, salt and pumpkin pie spice in a medium bowl.
3. In a separate bowl, mix together all remaining ingredients until well combined.
4. Fold the wet mixture with the dry, stirring to combine so no streaks remain.
5. Fill the wells of the muffin tin about half way.
6. Bake at 350°F until top of cakes do not stick to finger, though it will still be somewhat “wet.”
7. Allow to cool completely then place in the refrigerator until ready to serve.

# G4U GAME DAY MOCKTAILS

## YOU GO ALL OUT ON GAME DAY, SO WHY NOT TRY THESE SPECIAL DRINKS FOR TAILGATING?

These mocktail recipes are fun and delicious, they can be made ahead in mason jars: Just twist on the lids and pack with ice in a cooler, and you've got impressive mocktails that won't interfere with your pregame rituals (grilling, bean-bag toss, body painting, and more).



### G4U KOMBUCHA FROZEN MOCK-MARGARITA

- 1 teaspoon freshly grated ginger
- 1/8 cup fresh lime juice
- 1/2 teaspoon lime zest
- 1 1/2-2 cups ice
- 1 cup coconut water
- 1 cup citrus or ginger kombucha
- 1 tablespoon maple syrup
- Lime slices to garnish

1. Add all ingredients to a blender and blend until you get an icy consistency.
2. Pour into two mason jars, garnish with a lime and put the lid on to enjoy during the tailgate events.

### G4U FROZEN KOM-BERRY VIRGIN-DAICCURI

- 1/4 cup coconut water
- 10 ounces frozen strawberries
- 15 ounces ginger kombucha
- 2 ounces lime juice
- 2 tablespoons maple syrup
- 1 cup ice

1. Blend all ingredients to a smooth slushy consistency. Add extra ice if necessary.
2. Pour into two mason jars, garnish with fresh fruit and put the lid on to go.

## G4U SPARKLING BLUEBERRY LEMONADE

- ½ cup coconut sugar
- 1 cup water
- 1 cup frozen blueberries, thawed
- ½ cup frozen blueberries for garnish
- ¾ cup freshly squeezed lemon juice
- 15 ounces citrus or berry kombucha
- 33.8 ounces sparkling water

1. Start by making blueberry simple syrup. Combine the coconut sugar and the water in a medium saucepan over medium heat, stirring until the sugar has dissolved.
2. Stir in blueberries and bring to a boil.
3. Reduce heat and simmer until blueberries have broken down, about 3-4 minutes.
4. Strain the blueberry mixture through a cheesecloth or fine sieve and let cool.
5. In a large pitcher, whisk together blueberry simple syrup, lemon juice, kombucha, and sparkling water. Place in the refrigerator until chilled.
6. Fill pint-size mason jars with ice and frozen blueberries, followed by the lemonade. Twist the lids on and place in the cooler to go.



## G4U VIRGIN MARY

The Virgin Mary is nothing more than a non-alcoholic version of the Bloody Mary. It really is that simple! If you have a favorite Bloody Mary recipe, simply skip the vodka and you have the Virgin Mary.

- 6 cups tomato juice
- 6 tablespoons freshly squeezed lemon juice
- 6 tablespoons freshly squeezed lime juice
- 2 tablespoons Bubbies prepared horseradish
- 3 tablespoons Gluten Free Worcestershire sauce
- ½ teaspoon garlic powder
- 1½ teaspoons celery powder
- 1 teaspoon freshly ground black pepper
- ½ cup dill pickle juice
- 1½ teaspoons Gilberto's Zesty Cayenne Hot Sauce

1. Add all ingredients to a large serving pitcher.
2. Stir well, and taste. Add additional seasonings to your liking. Go hot or regular strength with your horseradish and Hot Sauce. It all depends on your spice preference.
3. Pack up your garnishes including celery stalks and pickle spears to go.
4. Pour the Bloody Mary mix into a serving pitcher with a lid.
5. Garnish as you serve

### *Garnish Options*

- Celery stalks
- Pickle spear
- Fresh or pickled asparagus
- Cucumber slices
- Lemon wedges
- Pimento or cheese stuffed green olives
- Pepperoncini's





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