



# **WILD FOODS KIDS RECIPE BOOK**

Kid-friendly recipes that are nutritious,  
delicious and with NO added sugar!



# CHIA SEED PUDDING

## INGREDIENTS:

- 12oz full fat unsweetened coconut milk
- 12oz filtered water
- 2/3 cup chia seeds
- 1 tbsp sweetener to taste (monk fruit, erythritol, xylitol)
- 1/4 tsp Wild Pink Himalayan Salt
- 1/4 cup Wild Raw Nibs

## OPTIONAL ITEMS:

- 1/2 tsp Wild Matcha Powder
- 2 tsp Wild Chocolate Powder
- 2 tsp Wild Vanilla Powder

## WHAT YOU DO:

1. **PREPARE YOUR JARS.** Add ½ a tsp of vanilla powder and 2 tsp of chocolate powder to one jar. ½ tsp of vanilla and ½ tsp of matcha powder to the other jar and 1 tsp vanilla powder to the third jar.
2. In the large bowl **WHISK TOGETHER** the chia seeds, salt and sweetener. Add in the coconut milk and water. Whisk until mix begins to thicken.
3. Distribute the mix evenly between the three jars.
4. **MIX** each one with a spoon until their flavoring is well incorporated. You can also do this by closing them with a lid and shaking vigorously.
5. Top with some Wild Raw Nibs, berries or coconut flakes.
6. **SET** in the fridge to thicken at least 30 minutes or until ready to enjoy!



# MEAL REPLACEMENT PUDDING

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## INGREDIENTS:

- 2 scoops Wild Bone Broth Protein
- 3 tablespoons Wild Chocolate Powder
- 1 tablespoon Wild Maca
- 1 ripe hass avocado
- 1 cup water
- sugar-free sweetener to taste (Monk fruit, erythritol, xylitol)
- Pinch of Wild Pink salt

## WHAT YOU DO:

1. Combine all of the ingredients in a blender.
2. Combine until smooth.
3. Use a spatula to scrape the pudding out into a cup or bowl.
4. Enjoy right away at room temperature, or chill for a firmer and cool meal!



# MATCHA ENERGY BALLS

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## INGREDIENTS:

- 1 cup unsweetened, shredded coconut
- ½ cup flax seeds
- ½ cup hemp hearts
- ¼ cup chia seeds
- ¼ cup raw sunflower seeds
- ¼ cup raw pumpkin seeds
- 3 tablespoons coconut oil
- 2 tablespoons xylitol or erythritol
- 2 tablespoons Wild Matcha #2
- 1 teaspoon ground Ceylon cinnamon
- 1 teaspoon Pink Himalayan Salt
- ½ cup Wild Chocolate Powder

## WHAT YOU DO:

1. Combine the shredded coconut, all of the seeds, coconut oil, matcha and sweetener in your food processor and process until a thick, gritty paste forms.
2. Put the cacao powder on a plate. Line a second plate with parchment paper.
3. Use a tablespoon to shape balls with the seed paste then gently roll it in the cacao powder and set it aside. Repeat with all of the paste.
4. Line them up on the plate with parchment paper, making sure they're not touching.
5. Let them set in the fridge for 30 minutes. Dust with remaining cacao powder and enjoy.
6. Store in an airtight container in the fridge until ready to eat.



# ANTIOXIDANT GUMMIES

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## INGREDIENTS:

- 1 cup filtered water
- 3 tbsp. Wild Tea #6: Curr Berr
- 2 tbsp. fresh lemon juice
- 1 tbsp sweetener to taste (Monk fruit, erythritol, xylitol)
- ¼ cup grass fed gelatin or 1/2 cup Wild Collagen

## WHAT YOU DO:

1. Bring 1 cup filtered water boil
2. Brew tea for 5 minutes.
3. Pour strained tea into sauce pot through a fine mesh sieve
4. Heat tea on medium-low heat.
5. Stir in the lemon juice and gelatin. Whisk until all the gelatin is completely dissolved.
6. Remove from heat and stir in sweetener.
7. Taste and adjust to desired sweetness.
8. Distribute the mix between food grade silicone molds.
9. Refrigerate to firm, 30-40 minutes.
10. Carefully pop out of molds and store in a jar in the fridge.

*\*If you don't have molds, you can line a loaf pan or glass baking dish with parchment paper. Pour the mix in and place in the fridge on a flat surface until it sets and becomes firm, about 40 minutes. Then cut it into cubes.*



# ANTI INFLAMMATORY TURMERIC MANGO GUMMIES

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## ***SAME RECIPE AS HIBISCUS TEA GUMMIES RECIPE***

- Sub tea amount for pureed fresh mango • Reduce mango in skillet • Bloom gelatin with lemon juice

### **WHAT YOU DO:**

1. Peel and dice 1 medium size mango.
2. Place mango in small sauce pan with 1 tbsp sweetener and 2 tsp lemon juice.
3. Simmer for 7-8 minutes until mixture is soft. Puree in blender. Set aside.
4. In another saucepan, combine water, turmeric, sweetener, and coconut oil. Heat on medium-high heat for about 5 minutes, stirring constantly.
5. Add mango puree. Check sweetness and adjust to taste.
6. Remove from the heat and sprinkle gelatin powder over warm liquid. Whisk vigorously for about 1 minute, ensuring gelatin powder is dissolved.
7. Pour into a dish and refrigerate for 2 hours, or until gelatin is firm and you can cut it into small portions with a knife.
8. Store in an airtight container. Will keep up to 7 days in the refrigerator.



# MEXICAN CHOCOLATE FAT BOMBS

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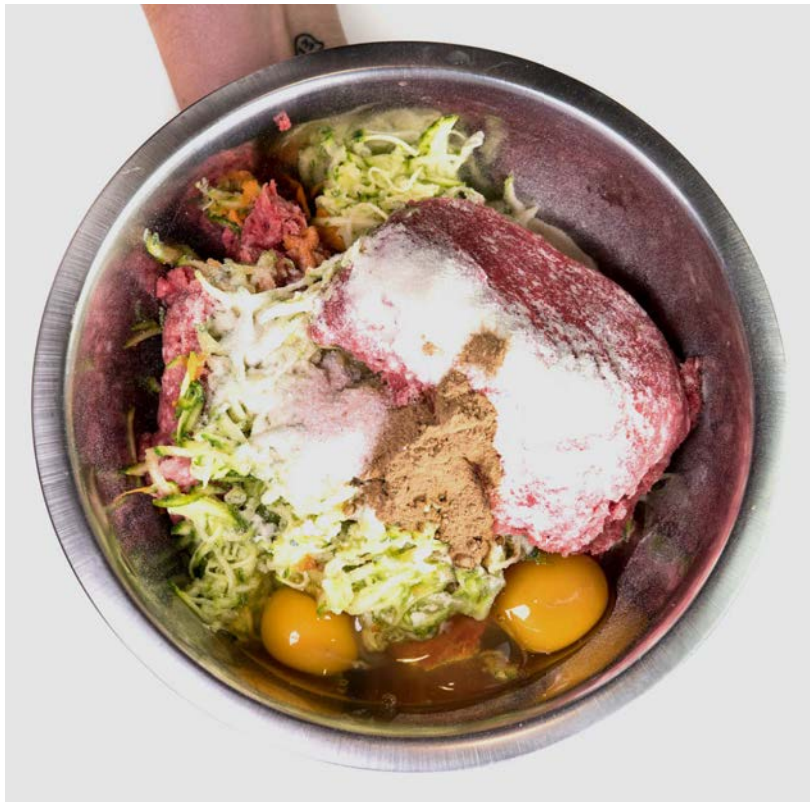
## INGREDIENTS:

- 1/4 cup coconut oil
- 3 tbsp Wild MCT Oil
- 1/2 cup Wild Chocolate Powder
- 1/2 tsp Wild Vanilla Powder
- 1/2 tsp cinnamon
- Pinch cayenne
- 1 tsp sugar-free sweetener to taste (Monk fruit, erythritol)

## WHAT YOU DO:

1. Start with softened but solid coconut oil, whisk in the MCT oil until smooth.
2. Add in the chocolate power, cinnamon, vanilla and cayenne. Mix until smooth. Add in the honey and mix well.
3. Distribute the chocolate into candy molds (or a parchment paper lined container).
4. Freeze to harden, about 30 minutes. Then unmold.
5. If you used a container, lift the chocolate out by the parchment paper, and cut it into squares.

\*Store the fat bombs in an airtight container in the freezer for quick pick me up!



# HIDDEN VEGGIE COLLAGEN GRASS-FED MEATBALLS

## INGREDIENTS:

- 2 lbs grass-fed beef
- 2 eggs
- 1 scoop Wild Bone Broth Protein
- 1 scoop Wild Collagen Peptides
- 1/2 cup shredded carrots
- 1/4 cup minced mushrooms
- 1/2 cup shredded onions
- 2 tsp oregano
- 2 tsp garlic powder
- 2 tsp Wild Pink salt
- 2 tsp Wild MCT Oil
- 1 tsp cracked black pepper
- 2 tsp Wild Blend #5

## WHAT YOU DO:

1. Preheat oven to 375 degrees F.
2. Shred all veggies on a hand grater.
3. Place ground beef in a bowl, add all other ingredients and mix thoroughly.
3. Fill a small bowl with ice water.
4. Line a sheet tray with parchment or foil.
5. Pinch equal amounts of meat from your mixture and place them on your tray. Clean your hands and dip them in ice water between rolling each piece of meat into a bowl.
4. Roast meatballs for 15-20 minutes or until they start to brown.





# Homemade Chocolate

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## INGREDIENTS:

- ¼ cup Wild Cocoa Butter
- ¼ cup Wild Coconut Oil
- 1 tbsp. Wild MCT Oil
- ½ cup Wild Chocolate Powder
- ¼ tsp Wild Vanilla Powder
- Pinch of Wild Pink Salt
- 10 drops of liquid stevia or 1 tbsp. honey

## WHAT YOU DO:

1. In a microwave safe dish microwave the cocoa butter for 20-30 seconds on medium power until most of the wafers are melted or melting.
2. Stir the cocoa butter until all of the wafers have turned liquid, then add in the coconut and MCT oil.
3. Continue whisking until well combined and shiny.
4. In a medium bowl mix together the chocolate, vanilla and salt.
5. Add the cocoa mixture to the chocolate and whisk until well combined and shiny. Then stir in the sweetener and continue mixing until the mix begins to thicken a little.
6. Distribute into candy molds. Place in the fridge to harden for 30 minutes.
7. Enjoy!

*\*Due to the coconut oil, this chocolate is not tempered, despite the glassy look. It will melt quickly. Store in the fridge until ready.*



# PALEO MATCHA MINT CHOCOLATE CHIP SMOOTHIE

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## INGREDIENTS:


- 1.5 cups full fat coconut milk
- 1 frozen banana
- 1 scoop Wild Collagen Peptides
- 1/2 tsp Wild Matcha
- 1 tsp Wild Vanilla Powder
- 4 mint leaves
- 1 cup baby spinach leaves
- 1 tsp spinach
- 1 cup ice
- \*Monk fruit or erythritol to taste

## WHAT YOU DO:

1. Pour coconut milk, mint leaves, spinach, and vanilla powder into your blender.
2. Puree until mint and spinach leaves are obliterated.
3. Add in 1-2 frozen bananas cut into pieces until your mixture is desired consistency.
4. Add 1 TSP Raw nibs (the less you blend, the more crunch) and 1/2 TSP Wild Matcha
5. Add in 1 scoop of Wild Collagen Peptides pulse blender 5-6 times until collagen is fully incorporated. Blending too long will damage the collagen. Enjoy!

\*If you would like a thicker smoothie but don't want as much natural sugar in your final product reduce your banana amount and add in ice to substitute.

\*Experiment with adding monk fruit if more sweetness is desired



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