



COOKING INSTRUCTIONS

PLANT BASED PROTEINS:

TENDER TIGERS

CONVENTIONAL OVEN:

Place thawed tender tigers on an oiled baking sheet. Bake @400F for 4-6 minutes. Toss or dunk in desired sauce.

FRYER:

Place thawed tender tigers in frying basket @350F for 2-2 1/2 minutes. Toss or dunk in desired sauce.

SEITAN

FRYING PAN:

Place thawed shredded seitan in a well oiled frying pan at medium heat. Stir and flip occasionally. Oil helps create crisp and browning of the seitan. Add desired seasoning blend for extra flavor.

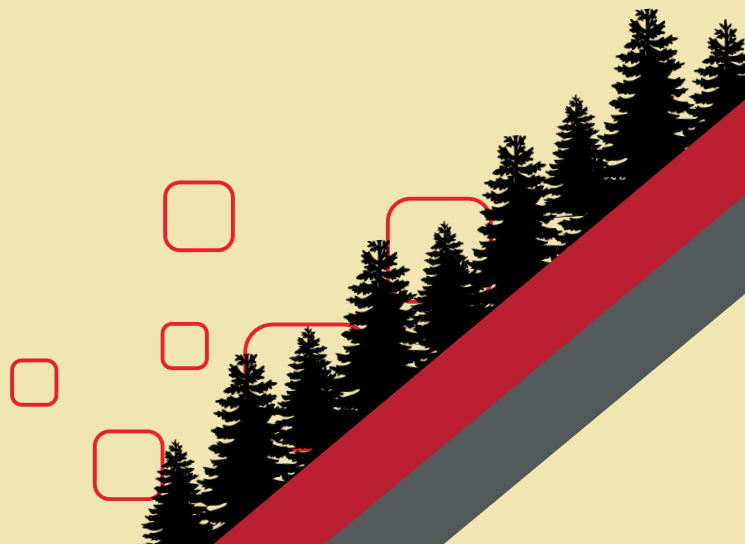
OTHER:

You can also throw thawed shredded seitan into soups and curries at any desired time.

SOYRIZO

FRYING PAN:

Place thawed soyrizo in a well oiled frying pan at medium heat. Stir and flip occasionally. Oil helps create crisp and browning of the soyrizo. Place in your desired dish or eat straight.



CALI PATTIES

FRYING PAN:

Place frozen or thawed cali patty in a well oiled frying pan at medium heat. Stir and flip occasionally. Oil helps create crisp and browning of the patty. Place in your desired dish or eat straight.

BARBEQUE:

You can also throw thawed or frozen cali patty on your outdoor barbecue at home or bring to your neighbors barbecue to give yourself a delicious plant-based option.

SAUZAGE PATTIES

FRYING PAN:

Thaw sauzage mixture and form into 4 inch diameter patties with 1/2" thickness. Place sauzage patty on a well oiled frying pan at medium heat. Flip occasionally. Oil helps create crisp and browning of the patty. Place in your desired dish or eat straight.

CONVENTIONAL OVEN:

Place thawed and formed sauzage patty on an oiled baking sheet. Bake @400F for 4-6 minutes. Then flip and cook for additional 4-6 minutes,

GRAB N GO DELIGHTS:

MAC AND CHEEZE/CHUNKY CHILI

MICROWAVE:

Remove lid and microwave for 2 1/2 minutes. Pull out and stir. Place back in microwave and cook for additional 1 1/2 minutes. Enjoy.

FRYING PAN:

Let item thaw. Empty contents into a frying pan and stir until heated throughout. Enjoy.

FROZEN BURRITOS

MICROWAVE:

Place in microwave and heat for 90 seconds. Flip and heat for additional 90 seconds. Let rest for 2 minutes. Enjoy.

SOUPS

MICROWAVE:

Place thawed soup in microwave safe container. Heat for 2 1/2 minutes. Let cool for 1 minute and Enjoy.

STOVETOP:

Place thawed soup in stovetop pan. Stir occasionally and heat evenly. Enjoy.





PANCAKE MIX

add 2 cup of milk choice (we suggest soy) to 2 cup of pancake mix. Stir until batter is created and place in an oiled frying pan.

GF PANCAKE MIX

add 1 1/2 cup of milk choice (we suggest soy) and 2 tsp of white vinegar to 2 cup of gf pancake mix. Stir until batter is created and place in an oiled frying pan.

GRAVY/CHEEZE SAUCE

MICROWAVE:

Remove lid and microwave for 1 1/2 minutes. Pull out and stir. Place back in microwave and cook for additional 1 minute. Enjoy.

STOVETOP:

Place thawed soup in stovetop pan. Stir occasionally and heat evenly. Enjoy.

