

ALL CRICKET, NO BULL...



Cricket Flour Recipes



By Charles B. Wilson

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NO BULL...



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Foreword

To make a long story short (and explain how I got here), I love my daughter. People have their better halves. She has my essence, but with an extra strong dose of fearlessness. I would like to say I would do anything for her. But if it's ridiculous, she knows my "Forget it" look. But I will never forget, we were bundled up and on our way home from dinner at our favorite restaurant in her neck of the woods in New York City, when she said "Mom! You need to talk to KT's brother – he's got this great food startup." Needless to say, as you now know, I gave her a "well okay then" look. I'm glad I did.

So, I connected with Cricket Flour, LLC founders, Charlie [and Omar], through my daughter, Merrin. As a chef of more than 30 years with an emphasis on cooking without fear or intimidation, these guys knew I wouldn't turn up my nose at the concept of cooking with milled insects. But, crickets? Crickets.

All chefs love to experiment, take risks - it's what makes us who we are. I'm all about bold when it comes to food research, but I was quick to discover this trend is more reasonable than it is bold. It's innovative, but completely rational. Like they say, "No Bull". The culinary community and everyday cooking enthusiasts (or survivalists) will appreciate how Cricket Flour, LLC has conceptualized a line of quality products; with a collection of recipes I wholeheartedly endorse. And, yes, the products are packed with protein and have an impressive nutritional resume. I will be encouraging my own students at my cooking studio to trust me on this one. I've made a career of cooking without a parachute with stupid easy and delicious recipes. This cook book juxtaposes my no stress style with a sophisticated and powerful play on some damn fine dishes and a new appreciation for crickets!

Candace Conley
www.TheGirlCanCookSchool.com



Introduction



Welcome to our new recipe book titled, “*All Cricket, No BULL...*” from CricketFlours.com. This book was inspired by our desire to bring some of our favorite family recipes to your kitchen using a sustainable and environmentally-friendly source of protein and nutrition: [Cricket Flour](#).

Since launching our business and website at www.CricketFlours.com, we have received thousands of questions, emails, likes, shares, etc. regarding our 100% Pure Cricket Flour and flavored [cricket flours](#) such as Peruvian Chocolate and Chocolate Peanut Butter. We have had people from over 86+ countries come visit our website to check out some of our new recipes and content. While 80% of the world currently incorporates insects into their diets, this is still a new and emerging trend in the United States. People in the U.S. are searching for alternative sources of protein and nutrition, but there is still a hurdle facing companies that use insects: “*The Ick Factor*.”

If you look at the small handful of insect-based protein bars or desserts, you are unlikely to find one that is “insect flavored.” Although [cricket flour](#) has a neutral or slightly nutty taste, these products use tantalizing flavors such as Blueberry, Strawberry, Vanilla, Chocolate, or Cinnamon... i.e. flavors that your taste buds can identify with.

That is the goal of our [cricket flour](#) recipe book. We aim to deliver delicious recipes that inspire your taste buds and motivate you to try incorporating [cricket flour](#) into some of your favorite meals. This first release contains just a few of the recipes and creations we have worked on. While we are creating more recipes each week, we want to share some of our newest recipes with our customers and readers. With recipes such as our Bacon Infused Cheese Muffins, Topical Tropical Protein Shake, Balsamic Fig Dressing, Spicy Baked Peppers, and Hazelnut Liquor Cake, we

know you are going to love trying some of these amazing creations.

WHAT THIS BOOK IS NOT

This cookbook is not written for people who are culinary experts or renowned chefs. You will not find complicated cooking directions or see obscure ingredients being used for novelty's sake in these dishes. Instead, each recipe is straightforward and written so that you can easily create these delicious dishes to try and share with your family and friends.

WHAT IS UNIQUE ABOUT THIS BOOK?

Most cookbooks are designed using sumptuous pictures and descriptions that help inspire readers to explore new ways of cooking. We are doing exactly the same, but we're using **cricket flour** to add new tastes, textures, protein and nutrition to each of our recipes. To create this cookbook, I have spent hundreds of hours in the kitchen experimenting and refining each and every recipe you see. The goal is to demystify this protein superfood so that you can begin using it in new ways that your family will love.

I am excited for you to try out each of these recipes and look forward to hearing what you think. Enjoy!

-Best,



Charles B. Wilson
Founder & CEO


P.S. Feel free to reach out to me to ask questions about the cookbook's content or what we are do at Charles@CricketFlours.com and I will get back to you personally.

PART

Welcome



“For some businesses, the sound of crickets means it’s the end...for us, it means we are just getting started!”

- Charles B. Wilson

Cooking with Cricket Flour

Welcome! We are excited to share some of our favorite **cricket flour** recipes with you from our new cookbook titled, “**All Cricket, No BULL...**” This cookbook is separated into six different parts to provide a general framework for the recipes.

WHAT IS CRICKET FLOUR?

Before anyone starts cooking and baking with **cricket flour**, it is important to know what it is. **Cricket flour** is made from finely milled crickets raised for human consumption. The name can be misleading—it is important to remember that **cricket flour** cannot be used as a one-for-one substitute for normal wheat or baking flours. When shopping for **cricket flour** to use in your own baking recipes and creations, you may find that it is also called cricket protein, cricket powder, or cricket protein powder.

HOW DOES CRICKET FLOUR AFFECT RECIPES?

Cooking and baking with **cricket flour** is a great way to incorporate more protein and nutrition into your favorite meals and recipes. However, like any ingredient, adding cricket flour to your recipes will give it different attributes. In a broad sense, when **cricket flour** is used in baking, it functions similarly to coconut flour or baking powder.

Similarly to using coconut flour, you will want to make sure that you do not substitute 100% of **cricket flour** for your normal baking flour. In general, you will want to make sure that your normal baking flour mix, wheat or gluten-free, accounts for at least 70% of the mix when using cricket flour. Too much **cricket flour** will affect the density and the liquid requirements for your recipes. While this may be the goal of a new recipe you are working on, it is something to take into account when working **cricket flour** into existing recipes.

Additionally, **cricket flour** displays characteristics similar to baking powder. For most of our recipes, we have found that reducing the baking powder by half works well to get those same properties that you expect from a great muffin or bread recipe.

"As avid foodies, we are completely open to new cooking experiences & recipes. When we heard about Cricket Flours, we were excited to try out an alternative to all-purpose white flour. We knew that Cricket Flour was used for baking purposes, but our inclination was to try it with savory recipes. The day we received our Cricket Flour we prepared a Parmesan chicken recipe for dinner substituting Cricket Flour for regular flour. It was delectable! To top it off, since Cricket Flour provides more protein than regular flour, we felt more full and satisfied with smaller portions. We could not be more pleased and we look forward to making Cricket Flour a staple ingredient in our home kitchen!"

- Alyssa Windell & Andrew Powell

PART

One

Muffins, Loaves, and Morning Cakes



Muffins, Loaves, and Morning Cakes

Rise and shine! With so many cereals and baked goods on the market, it's easy to forget about including protein in your breakfast. The following [cricket flour](#) recipes give you the best of both worlds. Our muffins, loaves, and morning cakes are perfect for breakfast, brunch, or an afternoon snack. These recipes feature our customers' favorites, such as the Bacon Infused Cheese Muffins, Spiced French Toast, and instructions for blending and making your own fortified All-Purpose Baking Cricket Flour that you can use in any of your favorite baking recipes. Enjoy!

[All-Purpose Baking Cricket Flour](#)

[Cinnamon Cricket Flour Muffins](#)

[Spiced French Toast](#)

[Cricket Flour Pancakes](#)

[Spiced Granola with Cricket Flour](#)

[Bacon Infused Cheese Muffins](#)

"I tried the cricket protein powder the other day at a start up event. I was quite impressed by the taste. However, I am even more excited about the Eco-friendly alternative to existing protein powders. Keep up the good work!"

- Eric Harvey

All-Purpose Baking Cricket Flour



Prep time: 5 minutes

All-Purpose Baking Cricket Flour

Amp up the nutrients in your favorite baked goods recipes with **cricket flour**. On our website and blog, we have received many questions about making a **cricket flour** that you can bake with. Because **cricket flour** is made from 100% crickets, you will need to mix it with other baking flours to get those same attributes you love in your cooking.

Use your favorite baking flour to mix with our 100% Pure Cricket Flour in order to make your own All-Purpose Baking **Cricket Flour**.

Ingredients:

- $\frac{2}{3}$ cup all-purpose flour
- $\frac{1}{3}$ cup 100% Pure Cricket Flour

Directions:

1. Mix $\frac{2}{3}$ cup all-purpose baking flour and $\frac{1}{3}$ cup 100% Pure Cricket Flour in a standard mixing bowl. It's that easy!
2. Use this ratio to make your own batches of all-purpose baking cricket flour to use in future recipes.

Cinnamon Cricket Flour Muffins



Prep time: 15 minutes

Cooking time: 21 minutes

Yield: 12 muffins

Cinnamon Cricket Flour Muffins

Which spice shouts “Breakfast!” more than cinnamon? Our Cinnamon **Cricket Flour** Muffins are packed with protein and nutrients. Apart from **cricket flour**, the cinnamon, milk, and eggs in these muffins contribute their fair share to the health factor. If you want yours to be extra indulgent, after they cool a bit, simply brush the top of each muffin with melted butter and dip into a cinnamon-sugar mixture. Enjoy!

Ingredients:

- 2 cups all-purpose baking cricket flour
- $\frac{1}{2}$ cup water
- $\frac{2}{3}$ cup milk
- 1 tbsp vanilla
- 2 eggs
- 1 tsp cinnamon
- 1 tsp salt
- 2 tsp baking soda
- 2 tsp baking powder
- $\frac{1}{2}$ cup sugar

Directions:

1. Preheat oven to 350°F.
2. Line a standard muffin tin with paper muffin cups and grease paper cups with baking spray or butter.
3. In a standard mixing bowl, combine and fully mix all dry ingredients and make an indentation in the center.
4. Add water, milk, canola oil, vanilla and eggs to dry ingredients and gently mix until smooth.
5. Add $\frac{1}{3}$ cup of batter to each muffin cup.
6. Place the muffin tin on the center rack of the oven for 20-22 minutes.
7. After 20-22 minutes, use a toothpick to make sure the muffins are finished cooking. The toothpick or fork should come out clean without any batter.
8. Remove muffins from the oven and let stand for 10-15 minutes before adding any toppings.

Spiced French Toast



Prep time: 5 minutes

Cooking time: 2-4 minutes

Yield: 8

Spiced French Toast

Having company over for the weekend? Make this, and they'll be coming back for more—maybe more often than you like! Spiced French Toast is quick and tasty, showcasing a terrific blend of flavors. In each savory bite, you will taste the perfect combination of cinnamon, nutmeg, and vanilla on top of the eggy fried bread. This recipe is perfected when paired with maple syrup, fresh berries, and a side of sausage.

Ingredients:

- 8 slices of bread
- 2 eggs
- $\frac{1}{3}$ cup milk
- 1 tsp 100% Pure Cricket Flour
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp vanilla
- 1 dash nutmeg

Directions:

1. In medium mixing bowl, combine eggs, milk, cricket flour, cinnamon, vanilla, and nutmeg. Whisk all ingredients together until fully mixed.
2. Heat a lightly oiled pan over medium-high heat.
3. Taking a slice of bread, quickly dip each side in egg mixture and place in hot pan.
4. Cook each side for approximately 30-45 seconds, or until golden brown. Serve warm.

Cricket Flour Pancakes



Prep time: 5 minutes

Cooking time: 15 minutes

Yield: 6-8 pancakes

Cricket Flour Pancakes

Try out these Cricket Flour Pancakes and your go-to mix or recipe just won't cut it anymore. These pancakes take only 5 minutes to prepare and taste delicious with a hint of vanilla. Want pancakes on a weekday? Mix the batter the night before and refrigerate overnight. Fry them up in the morning, and you've got a well-fueled day ahead of you.

Ingredients:

- 1 ½ cups all-purpose baking cricket flour
- 3 ½ tsp baking powder
- ¾ tsp salt
- 1 tbsp sugar
- 1 egg
- 3 tbsp butter, melted
- 1 ¼ cups milk
- 1 tsp vanilla

Directions:

1. Mix all dry ingredients in a large bowl.
2. Mix melted butter, milk, egg, and vanilla in a separate bowl.
3. Make an indentation in the middle of the dry ingredients, and pour in milk mixture. Mix until the batter is smooth.
4. Heat a lightly oiled pan over medium-high.
5. When pan is ready, pour approximately ¼ cup of batter per pancake, and cook until golden brown on each side.

Spiced Granola with Cricket Flour



Prep time: 15 minutes

Cooking time: 35 minutes

Servings: 9-10

Spiced Granola with Cricket Flour

This spiced granola recipe is great for breakfast or with yogurt, and keeps well for snacks, hikes, etc. As you see from the ingredients below, we used currants, dates, apricots and peaches for the fruit. However, play around with your favorite dried fruits to create the perfect spiced granola that your family will love.

Ingredients:

- 4 cups oats
- 1 cup chopped pecans
- 1 cup shaved coconut
- 1 cup chopped almonds
- 2 ½ tsp cinnamon
- 1 tsp nutmeg
- 1/3 cup 100% Pure Cricket Flour
- ½ cup butter
- ½ cup honey
- ¾ cup brown sugar
- ½ cup dried currants
- ½ cup dried dates
- ½ cup dried apricots
- ½ cup dried peaches

Directions:

1. Preheat oven to 335°F.
2. In a large bowl, mix oats, pecans, coconut, almonds, cinnamon, nutmeg, cricket flour, and brown sugar.
3. Melt the butter in the microwave, and mix together with honey until fully blended. Pour mixture into the mixed oats and dry ingredients (no fruit).
4. Once mixed, spread out onto 2 non-stick baking sheets and place in the oven for 35 minutes. Every 7 minutes, mix and spread out the granola so that it fully crisps and does not burn.
5. Once golden brown, remove from the oven and let cool for 5 minutes before adding in the dried fruit.

Bacon Infused Cheese Muffins



Prep time: 15 minutes

Cooking time: 18 minutes

Servings: 12

Bacon Infused Cheese Muffins

Take a break from the sweet stuff with this savory muffin recipe that's great for breakfast, brunch, or even dinner. Each muffin bakes with pieces of bacon and cheese that infuse each bite with their delicious flavors. Bacon, cheese, and nutritious [cricket flour](#) combine to keep you full through the morning. Eat one on your way to work or serve for brunch on the weekend.

Ingredients:

- 1 ½ cup flour
- ¼ cup 100% Pure Cricket Flour
- ¼ cup sugar
- 1 ½ tsp baking powder
- 1 egg, beaten
- ¾ cup milk
- ⅓ cup oil (bacon drippings work best)
- ½ cup shredded sharp cheese
- 4 cooked bacon slices

Directions:

1. Preheat oven to 400°F.
2. Grease muffin tin lined with paper muffin cups.
3. In a medium mixing bowl combine flour, cricket flour, sugar, baking powder.
4. In a separate bowl combine egg, milk, and oil.
5. Add egg mixture to dry ingredients, mixing only until just incorporated.
6. Slice bacon into small pieces, then add bacon and cheese to the muffin batter.
7. Spoon out the batter into muffin baking pan, and bake for 17-19 minutes. Toothpick or fork should come out clean.
8. 1 minute before removing from the oven, add a few small pieces of bacon and cheese for a flavorful and colorful topping.

PART

Two

Protein Shakes & Smoothies



Protein Shakes & Smoothies

These protein shakes and smoothies are some of our favorite creations that inspired us to launch our [cricket flour](#) products. They are great for breakfast, as a workout recovery drink, or a filling afternoon snack. Each of these recipes tastes delicious and can be individually customized to deliver the exact amount of protein and nutrition that YOU need and want. Happy blending!

Topical Tropical Protein Shake

Chocolate Covered Tart-Cherry Smoothie

Summer Lovin' Smoothie

Strawberry Banana Smoothie

"It's so nice to be able to include my son in a healthy lifestyle with a tasty new protein shake that is natural, and safe for us both to enjoy! We love Cricket Flours!"

- MaryPat & Benjamin

Topical Tropical Protein Shake



Prep time: 10 minutes

Topical Tropical Protein Shake

Maybe it's the dead of winter and you need a tropical escape. Or perhaps a poolside drink that does the body good. We've made it easy for you with frozen fruits and our natural source of protein. Whatever the occasion, this refreshing topical tropical protein shake is a great combination of some of our favorite fruits, mango and pineapple, but with a new twist...**cricket flour!**

Ingredients:

- 1 cup frozen mango
- ½ cup frozen pineapple
- 2 tbsp 100% Pure Cricket Flour
- 1 cup almond milk
- 1 tsp vanilla

Directions:

1. Using a kitchen blender, blend together 100% Pure Cricket Flour and almond milk.
2. Add in the frozen fruit and vanilla.
3. On medium power, blend all ingredients until smooth.
4. Serve with a tiny umbrella and a hula-style shake of the hips.

Chocolate Covered Tart-Cherry Smoothie



Prep time: 10 minutes

Chocolate Covered Tart-Cherry Smoothie

We love puckering up to tart cherries and decided to experiment with one of our favorite smoothie flavors, adding 100% Pure Cricket Flour for protein and nutrients, of course. This smoothie combines a tart taste from the cherries with a hint of chocolate from the cocoa powder to make a smoothie on the savory side. Serve this one to your sweetheart and they'll love you forever.

Ingredients:

- 1 cup frozen dark tart cherries
- 2 tbsp 100% Pure Cricket Flour
- 1 ¼ cup almond milk
- 1 tsp vanilla
- 1 ½ tsp cocoa powder
- ½ cup ice

Directions:

1. In a blender, combine frozen cherries, cricket flour, and cocoa powder.
2. Next, add in ice, vanilla, and almond milk, and blend until smooth.

Summer Lovin' Smoothie



Prep time: 10 minutes

Summer Lovin' Smoothie

Summertime is the best time for peaches, blackberries, and strawberries. Freeze your own fruits from the farmer's market, or buy frozen when you need a wintertime pick-me-up. The fresh taste and fruit-filled flavor in this smoothie is perfect for a summer afternoon or a tasty drink at all times of the year. If you have the fortune to enjoy this on the beach, just remember to send me a postcard.

Ingredients:

- 1 cup frozen peaches
- ½ cup frozen blackberries
- ½ cup frozen strawberries
- 2 tbsp 100% Pure Cricket Flour
- 1 cup almond milk

Directions:

3. In a blender, add frozen peaches, blackberries, strawberries, and Pure Cricket Flour together.
4. Pour in 1 cup almond milk and blend until smooth.

Strawberry Banana Smoothie



Prep time: 10 minutes

Strawberry Banana Smoothie

If it ain't broke, don't fix it. The Strawberry Banana Smoothie brings your taste buds back to the basics using summer strawberries, fresh bananas, and 100% Pure Cricket Flour. This is the ultimate quick meal, using only four ingredients. Besides being speedy-quick to make, this smoothie is also a great source of potassium, vitamin C, B12, B5, protein, and more.

Ingredients:

- 1 cup frozen strawberries
- 1 small banana
- 2 tbsp 100% Pure Cricket Flour
- 1 cup almond milk

Directions:

1. In a blender, add frozen strawberries, banana, and pure cricket flour together.
2. Next, pour in 1 cup almond milk and blend until smooth.

PART

Three

Salads & Sauces



Salads & Sauces

Now you can harness the power of **cricket flour** in your lunchtime salads and old family recipe of Fettuccine Alfredo. Making your own salad dressing is quick and easy, and you probably have all of the ingredients on hand already. It's also a good way to avoid the additives and artificial ingredients sometimes found in bottled dressings. Since launching our business, we have experimented with thousands of different combinations to create delicious recipes and products. As we imagined the possibilities of how our **cricket flour** could be used, we knew we wanted to find a way to incorporate it in sauces and vegetable dishes. These salad dressings and sauces are a delicious surprise for not only yours truly, but now your taste buds, too. If you want extra salad dressing on hand, double the recipe of your choice and keep covered in the refrigerator for up to a week. The olive oil will solidify when cold, so take the dressing out of the fridge thirty minutes before your stomach starts grumbling.

Pomegranate Toasted Cashew Mixed Green Salad

Lemon Dressing

Mustard Dressing

Sweet Lemon Balsamic Vinaigrette

Alfredo Sauce

Balsamic Fig Dressing/Sauce

"It's been on my "To Do" list for quite some time to be able to use cricket flour as part of my daily protein intake, and now I'm lucky enough to do so! There's no denying the sustainability of cricket flour and that means so much to me as a consumer. Better for the environment and delicious? Sign me up!"

- Anne Haugaard

Pomegranate Toasted Cashew Mixed Green Salad



Prep time: 7 minutes

Pomegranate Toasted Cashew Mixed Green Salad

Caesar and the Chef can't hold a candle to this powerhouse of a salad. Crunchy pomegranate seeds and toasted cashews contribute great textures and flavors to classic mixed greens. We especially like this salad with our Sweet Lemon Balsamic Vinaigrette. This salad can stand alone or play a supporting role to Bacon Creamed Chicken for dinner. Toast cashews in the oven at 400°F for 5-10 minutes, or in the microwave for 3-5 minutes.

Ingredients:

- 1 ½ cup mixed greens
- 1 ½ tbsp pomegranate seeds
- 1 tbsp toasted cashews
- 1 tbsp salad dressing
- (Optional) Cheese crumbles of your choice, such as feta, blue, or goat cheese.

Directions:

1. On a plate or in a bowl, add mixed greens, toasted cashews, and pomegranate seeds. Add cheese, if using.
2. Toss with your favorite salad dressing, or use one of our recipes such as Sweet Lemon Balsamic Vinaigrette or Mustard Dressing.

Lemon Dressing



Prep time: 5 minutes

Lemon Dressing

Citrus and salad greens were meant for each other. The bright acidity of the lemon makes a humble green leaf simply sing. With garlic and cilantro, too, you've got one heck of a dressing. A salad with this dressing would pair wonderfully with an entrée of fish or chicken. Lemon is the star here, so if you want less of a zing, sweeten to taste with honey.

Ingredients:

- 3 tbsp extra virgin olive oil
- 3 tbsp fresh lemon juice
- 1 tsp 100% Pure Cricket Flour
- ½ tsp fresh cilantro
- ½ tsp minced garlic

Directions:

1. In a small mixing bowl, add in all ingredients and whisk together until fully mixed. Enjoy!

Mustard Dressing



Prep time: 5 minutes

Mustard Dressing

Any sandwich made with a quality mustard is a winner in my book. What better way to make your mustard multitask than including it in a salad dressing? The classic honey mustard dressing gets an updated health profile with [cricket flour](#). If you really want to impress your taste buds or dinner guests, serve this on a salad topped with pork tenderloin. Make plenty for second helpings.

Ingredients:

- 3 tbsp extra virgin olive oil
- 2 tbsp cider vinegar
- 1 tsp prepared mustard
- 1 tsp 100% Pure Cricket Flour
- 2 tsp honey

Directions:

1. In a small mixing bowl, add in all ingredients and whisk together until fully mixed. Enjoy!

*Sweet Lemon Balsamic Vinaigrette
Dressing*



Prep time: 5 minutes

Sweet Lemon Balsamic Vinaigrette Dressing

This [cricket flour](#) recipe is guaranteed to be a new family favorite in your kitchen. Sweet Lemon Balsamic Vinaigrette is a great combination of balsamic vinegar and fresh lemon juice. We temper the acidity of the lemon and vinegar with honey and olive oil to create a balanced dressing that goes perfectly with...well, everything!

Ingredients:

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp balsamic vinegar
- 3 tsp honey
- 1 tsp 100% Pure Cricket Flour
- ½ tsp minced garlic
- 1 pinch Italian seasoning

Directions:

1. In a small mixing bowl, add in all ingredients and whisk together until fully mixed.

Alfredo Sauce



Prep time: 5 minutes

Cooking time: 8 minutes

Servings: 6-8

Alfredo Sauce

Oh, the blessed Alfredo Sauce! No longer need you rely upon your neighborhood Italian spot to deliver this rich and creamy delight. And with **cricket flour** added, you just might be able to convince yourself that this is the new health food. We also like the addition of cream cheese to our Alfredo for a little tang. Think outside the pasta box and serve this sauce alongside your next steak dinner, or ladle it on top of asparagus or broccoli as we did in the appetizer section.

Ingredients:

- 1 tsp butter
- 2 cloves garlic
- 1 tbsp all-purpose flour
- 1 $\frac{1}{3}$ cup skim milk
- 2 tbsp cream cheese
- 1 $\frac{1}{4}$ cup grated parmesan cheese
- 2 tsp 100% Pure Cricket Flour

Directions:

1. In a food processor, blend milk and cricket flour until fully mixed.
2. Use a medium sauce pan to make the roux: combine butter, garlic, all-purpose flour, and cricket flour milk mixture. Stir constantly on medium heat for 3-4 minutes until thickened.
3. Add both the cream cheese parmesan, and continuing stirring until cheese is fully melted.

Balsamic Fig Dressing/Sauce



Prep time: 10 minutes

Servings: 12-15

Balsamic Fig Dressing/Sauce

Balsamic Fig Dressing/Sauce is an old family recipe that tastes wonderfully on fish, chicken, beef, and salads. The combination of oranges, balsamic vinegar, and figs will transport you straight to the Mediterranean coast. Your family and friends will be begging you for the recipe. Enjoy their looks of surprise when you tell them the secret ingredient is **cricket flour!**

Ingredients:

- 3 tbsp fresh orange juice
- 1 tbsp orange zest
- $\frac{1}{2}$ cup balsamic vinegar
- $\frac{1}{3}$ cup diced dried figs
- 1 cup extra virgin olive oil
- 1 tbsp 100% Pure Cricket Flour
- 1 tbsp diced shallots
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{4}$ tsp salt
- 1 tbsp water

Directions:

1. In a food processor, combine all ingredients except for the olive oil. Start processor on low, slowly increasing to medium for 1 minute.
2. Next, set the processor back to low and gradually pour in 1 cup of olive oil. Continue processing until dried figs are fully mixed in and sauce is smooth.
3. Once smooth, pour into a serving dish or dipping tray.

PART

Four

Appetizers



Appetizers

When you need to create a three-course meal or a dish to contribute to the next potluck or Super Bowl Party, look no further. Combine these recipes with your other favorite small plates for a fun tapas-style dinner, too. Both of these recipes deliver a complex profile of flavors that are not only nutritious, but are sure to be the conversation piece of any event.

Alfredo Baked Broccoli

Spicy Baked Peppers

"Sooooo much yum yum in my tum tum."

- Matthew Gurnick

Alfredo Baked Broccoli



Prep time: 15 minutes

Cooking time: 15 minutes

Yield: 6 servings

Alfredo Baked Broccoli

Alfredo Baked Broccoli combines our delicious Alfredo Sauce recipe found on page 60 with baked broccoli. A vitamin-packed dark green vegetable and indulgent Alfredo Sauce—this is the power couple of appetizers. This dish is best served hot and would also be a great side dish for your next meal.

Ingredients:

- 4 cups broccoli florets
- ½ tsp minced garlic
- 1/3 cup olive oil
- Alfredo Sauce

Directions:

1. Preheat oven to 400°F.
2. Rinse broccoli and spread out florets on a baking sheet.
3. In a small bowl, combine olive oil and minced garlic and drizzle lightly over the broccoli.
4. Bake for 15 minutes until lightly browned.
5. Ladle hot Alfredo Sauce over baked broccoli and serve immediately.

Spicy Baked Peppers



Prep time: 7 minutes

Cooking time: 20 minutes

Yield: 10 servings

Spicy Baked Peppers

The ultimate party food appetizer. These spicy baked peppers feature a spicy combination of four cheeses, chili powder, white pepper, red pepper flakes and **cricket flour**. These can easily be sliced into smaller, bite-size pieces that would be great for a party platter.

Ingredients:

- 5 Anaheim peppers
- 2 cups four-cheese blend
- 2 tsp 100% Pure Cricket Flour
- 1 egg
- 1/4 tsp chili powder
- 1/8 tsp white pepper
- 1 pinch of salt
- 2 tsp red pepper flakes

Directions:

1. Preheat oven to 375°F. Grease a large baking pan or cookie sheet.
2. Rinse peppers and slice down the length of each pepper. Remove all seeds.
3. In a mixing bowl, mix cheese, egg, cricket flour, salt, chili powder, and white pepper.
4. Using a spoon, spread cheese mixture into the cavity of each pepper. Sprinkle red pepper flakes on top.
5. Place peppers on baking pan and bake in the oven for 20 minutes. Serve warm.

PART

Five

Entrées



Entrées

Dinner is served! In “All Cricket, No BULL...” cricket flour is not just a source of protein for smoothies and sauces. We like to add nutrition wherever we can, and entrées are no exception. While the main ingredients of both of these entrées are already a great source of protein, these recipes use cricket flour to add additional nutrition and flavors to each and every plate.

Bacon Creamed Chicken

Sautéed Salmon with Balsamic Fig Dipping Sauce

“I've been waiting for something like Cricket Flour for a long time. I love backpacking and this stuff is not only delicious, it is a great source of protein and carbs at a light weight. Perfect for powering though a long day on the trail!”

- Alexis John

Bacon Creamed Chicken



Prep time: 20 minutes

Cooking time: 3 hours

Servings: 8

Bacon Creamed Chicken

Everything's better with bacon... and **cricket flour**, might we add. Perfect for a hands-off, weeknight meal, Bacon Creamed Chicken is your next most popular request. Have no fear of serving a dry bird with this dish. Wrapped in bacon, cooked on top of corn beef, and covered in a coconut crème sauce, Bacon Creamed Chicken is moist and flavorful. Serve over jasmine rice or vegetables for a complete meal.

Ingredients:

- 8 chicken breasts
- 8 pieces of bacon
- ¼ lb corned beef
- 8oz sour cream
- 14oz can coconut cream
- ¼ cup 100% Pure Cricket Flour
- 6 tbsp cooking sherry
- 2 cups sliced whole mushrooms

Directions:

1. Preheat oven to 275°F.
2. In a glass pan, slice pieces of corned beef and cover the bottom with a layer of beef.
3. Wrap each chicken breast with a piece of bacon and place in the glass pan.
4. In medium mixing bowl, mix together sour cream, coconut cream, cricket flour, and cooking sherry.
5. Spoon and spread cream mixture over bacon wrapped chicken and cover pan with aluminum foil.
6. Set the pan in the oven and cook for 3 hours.
7. After 2 hours of cooking, remove aluminum foil and sprinkle mushrooms on top of the cooking chicken for the last hour.

*Sautéed Salmon with Balsamic Fig
Dipping Sauce*



Prep time: 12 minutes

Cooking time: 13-15 minutes

Servings: 2

Sautéed Salmon with Balsamic Fig Dipping Sauce

Living near the Oregon coast, we have great access to fresh fish from local fisherman, such as the salmon pictured for this recipe. If you don't live near a coastline, use this recipe as an excuse to visit your local fishmonger. This recipe is chock-full of healthy fats from the fish and coconut oil, and tarragon is our personal favorite addition to salmon. To top it off, we combined this recipe with our Balsamic Fig Sauce that makes a delicious pairing.

Ingredients:

- 2 salmon fillets
- 2 tbsp coconut oil
- 1 pinch of salt
- 1 pinch of tarragon

Directions:

1. In a frying pan or cast-iron skillet set on medium-low heat, add coconut oil to melt and coat the bottom of the pan.
2. When oil is heated, add both salmon fillets with the scales on the bottom and sprinkle with salt and tarragon.
3. Cover the pan and cook for 13-15 minutes, being careful not to overcook.
4. The center should be moist and light pink. Once done, plate each fillet and add your Balsamic Fig Dipping sauce.

PART

Six

Desserts



Desserts

Most people don't think of desserts as being nutritious, but we know better. Each of our desserts includes healthful ingredients such as dark chocolate, ginger, strawberries, and, of course, **cricket flour**. When we first started testing our new recipes, we knew that these desserts were sure to win over people's tastebuds. Although many people may not have tried **cricket flour** before, we knew that they would love the taste of our Cinnamon Baked Apple, Hazelnut Liquor Cake, and Dark Molasses Ginger Snap Cookies. When your day needs a sweet ending, look right here.

Cricket Flour Brownies

Hazelnut Liquor Cake

Strawberry Chocolate Ice Cream Shake

Cinnamon Baked Apple

“Lemony Cricket” Pudding Cake

Dark Molasses Ginger Snap Cookies

“Not only do I think Cricket Flours is a great idea, but I have been fortunate enough to try the product already in brownie form. Delicious! Not only are Cricket Flours products tasty and healthy, but good for our environment. It is a win all around! I look forward to supporting their products in the future.”

- Jordan Bailey

Cricket Flour Brownies



Prep time: 30 minutes

Cooking time: 24 minutes

Yield: 8inch-by-8inch pan

Cricket Flour Brownies

The Cricket Flour Brownie is one of the first recipes we made using our All-Purpose Baking Cricket Flour. This is a family recipe I have used since I was a kid, and it is simple and delicious. Just remember to not overheat your chocolate and butter as they are melting, and only add in the egg once the mixture has slightly cooled. Serve a la mode with your favorite vanilla or mint ice cream.

Ingredients:

- ½ cup butter
- 6 tbsp cocoa
- pinch of salt
- 1 tsp vanilla
- 2 eggs
- 1 cup sugar
- ¾ cup All-Purpose Baking Cricket Flour

Directions:

1. Preheat oven to 350°F. Grease an 8x8 inch baking pan.
2. On low heat, melt butter in a medium saucepan, then mix in cocoa and salt. Take off heat.
3. Add in the sugar, all-purpose baking cricket flour, eggs, vanilla, and mix until smooth.
4. Pour the mixed batter into prepared pan.
5. Bake for 24 minutes.
6. Check doneness with a toothpick. It should come out clean. The cricket flour brownies may not look fully done, but they will continue to cook once removed. You do not want to overcook your delicious cricket flour brownies.

Hazelnut Liquor Cake



Prep time: 20 minutes

Cooking time: 60 minutes

Yield: 12-14 servings

Hazelnut Liquor Cake

The Hazelnut Liquor Cake is a fluffy and delicious cake with hints of sweet hazelnut. The recipe uses our 100% Pure Cricket Flour to add additional protein and nutty flavor that pairs perfectly with the hazelnut. We recommend that you begin to make your glaze in the last 10 minutes of baking so that it can be added while the cake is still warm. This cake is worthy of a birthday or anniversary celebration, and needs nothing more than a glass of milk alongside it.

Ingredients:

- 2 2/3 cup all-purpose flour
- 1/3 cup 100% Pure Cricket Flour
- 1 tsp baking powder
- 2 cups sugar
- 1/2 cup vegetable oil
- 4 eggs
- 1/2 cup water
- 1/2 cup hazelnut liquor
- 1/2 cup milk
- 1/2 cup chopped hazelnuts
- 1 pkg. instant vanilla pudding

Hazelnut Liquor Cake Directions:

1. Preheat oven to 350°F. Grease and lightly flour a bundt pan, shaking out excess flour.
2. With an electric mixer, carefully combine flour, cricket flour, sugar, baking powder, and instant vanilla pudding mix.
3. Add in vegetable oil, eggs, hazelnut liquor, and milk. On medium power, mix all ingredients for 4-5 minutes.
4. In prepared bundt pan, first add the chopped hazelnuts before pouring in the mixed batter.
5. Place pan in the oven for 60 minutes, until golden brown. Inserted toothpick should come out clean.
6. Let stand for 5 minutes to cool.
7. Using a long metal or wooden tip, pierce the bottom 10-15 times before turning cake out onto a serving platter. Once

removed from the baking pan, pierce the top of the cake as well to allow for the glaze topping to fully saturate the cake.

Hazelnut Liquor Glaze

Ingredients:

- 1 stick butter
- $\frac{1}{4}$ cup water
- 1 cup granulated sugar
- $\frac{1}{2}$ cup hazelnut liquor

Hazelnut Liquor Glaze Directions:

1. In a medium saucepan, combine butter, water, and sugar on medium heat for 5 minutes, stirring constantly.
2. Remove from heat and stir in hazelnut liquor.
3. Lightly drizzle the glaze over the warm Hazelnut Liquor Cake. The pierced cake will continue to absorb the glaze so continue drizzling more across the top, middle, and sides.

Strawberry Chocolate Ice Cream Shake



Prep time: 10 minutes

Strawberry Chocolate Ice Cream Shake

The humble milkshake is, unfortunately, often overlooked. Yet this easy-to-make dessert packs all the deliciousness your sweet-tooth's dream about. This ice cream shake uses strawberry, chocolate, vanilla ice cream, and [cricket flour](#) to craft a dessert that not only tastes delightful, but also provides a great source of nutrition as well. Dive into this guilty pleasure and know that it is a great source of calcium, minerals, nutrients, and protein, as well.

Ingredients:

- 1/3 cup almond milk
- 1/2 cup frozen strawberries
- 2 tbsp 100% Pure Cricket Flour
- 2 tbsp chocolate syrup
- 2 large scoops of vanilla bean ice cream

Directions:

1. In a blender, add frozen strawberries, pure cricket flour, chocolate syrup, and almond milk together.
2. Next, add in 1 scoop of vanilla bean ice cream at a time while blending until smooth.

Cinnamon Baked Apple



Prep time: 7 minutes

Cooking time: 3-4 minutes

Yield: 1

Cinnamon Baked Apple

When apple season rolls around, you have got to try this. You may never eat another raw apple. Don't say I didn't warn you. Our Cinnamon Baked Apple recipe is one that is fast and easy to make. While this recipe uses a microwave, you can also cook these in the oven for a larger number of servings or for a party. These apples taste even better with a dollop of freshly whipped cream on top.

Ingredients:

- 1 apple
- 1 ½ tsp butter
- 2 tsp 100% Pure Cricket Flour
- 2 tbsp brown sugar
- ½ tsp cinnamon

Directions:

1. Using a knife, core the apple so that the center and seeds are removed. Cut off the bottom of the core, about 1/4 inch, and use the end to plug up the bottom of the apple.
2. Add the butter to the bottom of the cavity created in the cored apple.
3. In a small bowl, mix together the 100% Pure Cricket Flour, brown sugar, and cinnamon until evenly mixed. Add the cinnamon-sugar mixture to fill the remaining space in the center of the apple.
4. Place the apple in a glass bowl, and cook in the microwave for 3:30-4:00 minutes on high. (Time dependent on apple size and microwave strength)
5. Let cool for 1-2 minutes until safe to serve.

“Lemony Cricket” Pudding Cake



Prep time: 10 minutes

Cooking time: 40 minutes

Servings: 6-9

“Lemony Cricket” Pudding Cake

This vibrant cake will have you exclaiming “Lemony Cricket!” before you can stop yourself. The “Lemony Cricket” Pudding Cake has a fresh lemon taste that bursts through the soft pudding and crisp top. This simple recipe is a light dessert that is perfect to enjoy in the spring or summer. Unlike other cake recipes, the crust will actually rise to the top.

Ingredients:

- 3 tbsp flour
- 2 tbsp 100% Pure Cricket Flour
- 1 cup sugar
- 1/4 cup lemon juice
- 1 cup milk
- 1/4 tsp salt
- 1 tsp grated lemon rind
- 2 eggs

Directions:

1. Preheat oven to 350°F. Grease an 8x10 baking pan.
2. Sift flour, cricket flour, sugar, and salt into medium mixing bowl.
3. Mix lemon rind, lemon juice, egg yolks, and milk together in a separate bowl and add to the dry ingredients.
4. In small saucepan, bring 2-3 cups of water to a boil as you begin beating the egg whites.
5. Using an electric mixer and a very clean metal bowl, beat egg whites until stiff peaks form.
6. Fold egg whites into batter and pour into prepared baking pan.
7. Take a second larger casserole pan and add boiled water to fill the bottom 1-2 inches high. Carefully set the 8x10 inch pan in the water, and bake in the oven for 40-45 minutes.
8. Once the top is golden brown, remove and let cool for 5 minutes. Add extra lemon rind to the top for taste.

Dark Molasses Ginger Snap Cookies



Prep time: 10 minutes

Cooking time: 12 minutes

Yield: 35 cookies

Dark Molasses Ginger Snap Cookies

A good ginger snap cookie like this will have you swearing off store-bought cookies forever. Soft, moist, and packed with flavor, these ginger snaps show just how easy it is to incorporate **cricket flour** into your favorite recipes. While your kids and family may love the flavor, the added **cricket flour** provides a great source of protein and nutrition in addition to the delicious taste of dark molasses. Enjoy!

Ingredients:

- 1 2/3 cup flour
- 1/3 cup 100% Pure Cricket Flour
- 1 cup sugar
- 1 egg
- 3/4 cup shortening
- 1 tsp ginger
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 cup dark molasses

Directions:

1. Preheat oven to 350°F. Have one large cookie sheet ready.
2. Using an electric mixer, add in all ingredients at once and stir on medium-low until the shortening is fully mixed in.
3. Use a spoon to portion out each cookie and roll each into a ball before placing it on the cookie sheet, spacing dough 1-2 inches apart.
4. Take a fork and press prongs in the middle of each cookie, first going in one direction, and then next going across those same marks in the other direction, making hash marks.
5. Dust lightly with sugar, and place in oven for 10-12 minutes. Enjoy!

Acknowledgments

Thank you to my parents, Sue and Tom,

for continuing believing in me and always helping to bring my ideas to life. Growing up in such an amazing family is truly a blessing, and working together to share some of our family's favorite recipes brings back cherished memories of late-night baking sessions preparing cinnamon pull-a-parts for the holidays, or making dishes for our weekly family dinners.

to my brother Richard,

for being our FIRST customer and always taking the time to talk over new business ideas and creations. I still remember sitting at your kitchen table that night when I decided it was finally time to launch CricketFlours.com.

to my sister Christine,

for donating your kitchen and your continuous patience for our cricket flour baking experiments!

to my business partner Omar,

for helping to launch this crazy idea that started from talks about creating a new logo for new business idea that soon grew to us creating our first protein supplement drink mix.

to my niece Hannah,

for being my taste-tester for each and every recipe featured in this cookbook and those that never made it out of the kitchen.

to my best friends, Bryan, Thomas, Thanh, Dominic, and David,

I think I would need to write a book to thank each of you for everything...and maybe someday I will! Thank you for always being there to brainstorm new product names, flavors, and being

willing taste-testers for my newest recipes.

to all of my family members, neighbors and friends,

thank you for the amazing feedback and support for every recipe and dish in this book. Thank you for allowing Cricket Flours to constantly be the topic of our conversations and for always popping up on your news feeds with news and updates. You are truly the best!

Success Stories

Since launching www.CricketFlours.com, we have been working hard to bring new recipes and mixes that you can use in your own kitchens. Our blog and social media follows have created a great community where we love to share what we are working on, and different recipe success stories. Because **cricket flour** is packed with iron, calcium, B12, protein, and more, it is exciting to see how people are using our 100% Pure Cricket Flour and All-Purpose Baking Cricket Flour. The emails I receive on a daily basis continue to inspire me to continue to do more and bring this amazing sustainable and environmentally-friendly protein to our audience.

I have collected some of my favorite quotes and messages from our Cricket Flours fans and have included them in this book to highlight our journey and to share their stories. Enjoy!

"It's been on my "To Do" list for quite some time to be able to use cricket flour as part of my daily protein intake, and now I'm lucky enough to do so! There's no denying the sustainability of cricket flour and that means so much to me as a consumer. Better for the environment and delicious? Sign me up!"

- **Anne Haugaard**

"I've been waiting for something like Cricket Flour for a long time. I love backpacking and this stuff is not only delicious, it is a great source of protein and carbs at light weight. Perfect for powering though a long day on the trail!"

- **Alexis John**

"Sooooo much yum yum in my tum tum."

- **Matthew Gurnick**

"As avid foodies, we are completely open to new cooking experiences & recipes. When we heard about Cricket Flours, we were excited to try out an alternative to all-purpose white flour. We knew that Cricket Flour was used for baking purposes, but our inclination was to try it with savory recipes. The day we received our Cricket Flour we prepared a Parmesan chicken recipe for dinner substituting Cricket Flour for regular flour. It was delectable! To top it off, since Cricket Flour provides more protein than regular flour, we felt more full and satisfied with smaller proportions. We could not be more pleased and we look forward to making Cricket Flour a staple ingredient in our home kitchen!"

- Alyssa Windell & Andrew Powell

"Not only do I think Cricket Flours is a great idea, but I have been fortunate enough to try the product already in brownie form. Delicious! Not only are Cricket Flours products tasty and healthy, but good for our environment. It is a win all around! I look forward to supporting their products in the future."

- Jordan Bailey

"It's so nice to be able to include my son in a healthy lifestyle that with a tasty new protein shake that is natural, and safe for us both to enjoy! We love Cricket Flours!"

- MaryPat & Benjamin

*"I tried the cricket protein powder the other day at a start up event. I was quite impressed by the taste. However, I am even more excited about the Eco-friendly alternative to existing protein powders.
Keep up the good work!"*

- Eric Harvey

"I was skeptical about trying cricket flours at first but understand it is a good source of protein so was willing to give it a try. I've had it in smoothies, milkshakes and baked goods and have found you really can't taste that it's there . . . a good way to get extra protein!"

- Christine & Mike

“Cant wait for my order to arrive! For someone like myself who is extremely particular about his foods ingredients, this Cricket Protein Powder looks like it’s going to be a game changer!”

- Bryan Edwards

“I was a little skeptical at first, however, I am glad I tried Cricket Flour. I am an endurance athlete and need high quality protein for before and after my workouts. I was challenged to do the Whole 30 program during January 2015...so I had to find a good alternative to my usual protein shakes. Thank you for a quality product and prompt customer service.”

- Jacolyn Wheatley

“The Cinnamon Cricket Flour muffins are some of the best I've ever tasted in my life. I ate my first one 5 minutes into a meeting, at the end of an hour, I had eaten 6.”

- Nate Gurol

“I was a little hesitant to try the all cricket protein powder, but I'm glad I did! I mix in a scoop of the powder with my protein shakes and I can't taste a difference. Once I got over the stigma of what I was eating, the nutritional benefits became obvious. I'm glad I decided to give it a try.”

- Chris Beattie

About Cricket Flours LLC

Cricket Flours LLC was founded to bring an environmentally friendly and sustainable source of nutrients to the American diet. Inspired by global trends our products and flavors are targeted towards the dietary needs and tastes of Americans. In order to further reduce our own carbon footprint, our crickets are raised and processed in the USA in FDA approved facilities for human consumption. Many of our customers know us for our 100% Pure Cricket Flour and online from our website at <http://CricketFlours.com>.



We are excited for this first release of recipes and look forward to seeing your creations! We love to hear and interact from our customers so feel free to reach out to us directly at Team@CricketFlours.com.

Cricket Flours Products

100% Pure Cricket Flour



Our 100% Pure Cricket Flour is our flagship product that is great to use in any recipe.

Almost all of our recipes featured in the book and on our website use this product because of its versatility. The premium fine grain milled **cricket flour** has a light hazelnut-like color and nutty taste. We are currently selling the 100% Pure Cricket Flour in the USA in 1lb, 1/2lb, and 1/4lb bags.

Peruvian Chocolate



Our new Peruvian Chocolate flavored **cricket flour** features a blend of Peruvian Cacao powder and our 100% Pure Cricket Flour. This new flavor is great to use in protein shakes, smoothies, muffins, cookies, and more because of the enhanced nutritional profile from crickets, and the delicious hint of Peruvian chocolate. We are currently selling the 100% Pure Cricket Flour in the USA in 1lb, 1/2lb, and 1/4lb bags.

Chocolate Peanut Butter



Our Chocolate Peanut Butter flavored **cricket flour** features a blend of Peruvian cacao, dehydrated peanut butter, and our 100% Pure Cricket Flour. This flavor has worked great in shakes, smoothies, and desserts. We are currently selling the 100% Pure Cricket Flour in the USA in 1lb, 1/2lb, and 1/4lb bags.

About the Author



Charles B. Wilson is the author behind Cricket Flours' newest publication, “[All Cricket, No BULL...](#)” Charles is the Founder & CEO of Cricket Flours LLC, and is currently based out of Portland, Oregon. Charles’ inspiration comes from a family tradition of baking and experimenting in the kitchen, but driven by a personal need to find a new alternative protein with better nutrition. From what started as a remote idea brainstormed at his brother’s kitchen table, Charles is dedicated to bring new recipes and [cricket flour](#) nutrition to the American market.

Charles is often found developing new recipes and products in our facilities, working on new additions to our website, or reaching out to our customers directly to hear what they think. If you would like to connect with Charles about new recipes or working together, please send an email to Charles@CricketFlours.com.