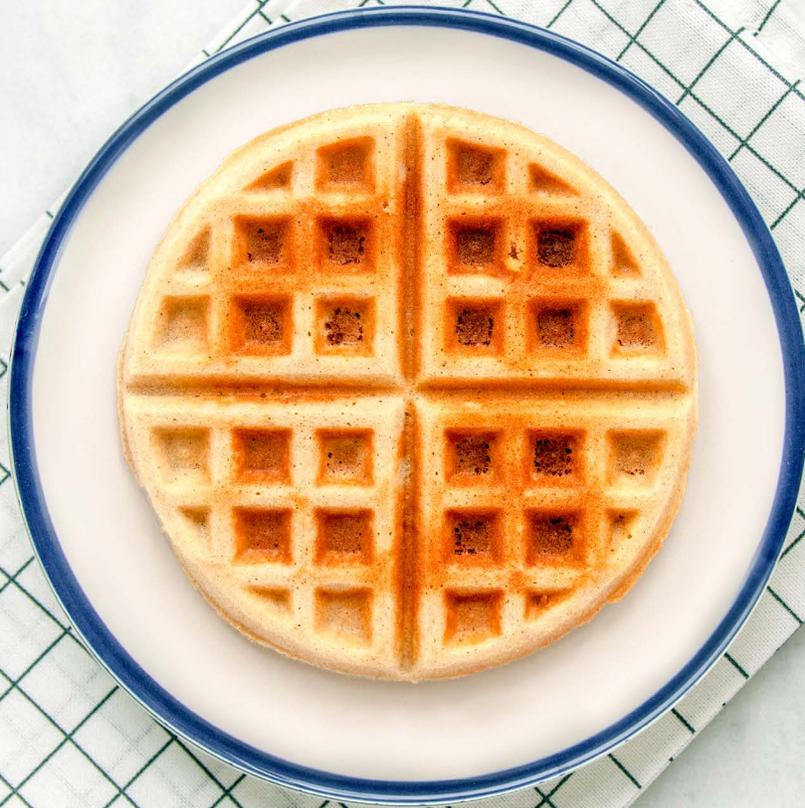


CHIRPS[®]

kitchen



**Simple and delicious
recipes with a secret. And
that secret is that there
are crickets in them.**

Humans have been cooking and eating bugs long before this cookbook was a thing. Actually, long before cookbooks, in general, were a thing.

Insects were the original trail snack for early humans. It wouldn't have been unusual to catch ancient Greeks dining on locusts and larvae. In fact, 2.5 billion people around the world eat insects TODAY. Maybe even right now.

In Thailand, Mexico, and many other countries, you can crunch into a heavy handful of chapulines, crickets, or bamboo worms, and none of your friends will scream...not even one.

Where the social stigma around eating bugs came from is up for debate, but it's headed out the window, because entomophagy is making a comeback. People are beginning to care more about the quality of their food and the journey it takes before it lands on their plate. So with a tiny ecological footprint, impressive nutritionals, and an air of adventure, eating bugs is the new drinking La Croix: **everybody's doing it.**

There are already some great entomophagy cookbooks out there, so you might be wondering what the point of this one is. Well, this cookbook is for those who are new to the insectosphere (yes, that's a made up word) and may not be ready to cook with whole bugs.

All of the recipes in this cookbook incorporate our nutty and mild-tasting cricket powder or our delicious cricket protein powder. Our banana bread recipe also optionally includes ants, but no pressure if you're not ready to go full frog on your diet (FYI frogs eat a lot of bugs in case that joke didn't land with you). These recipes are meant to be inclusive for chefs of all skills, so if you're wondering why there are no blow-torch recipes or a cricket paella, **well...maybe next time.**

BIG shout out to Chef Kristopher Edelen for contributing his delicious recipe for Cricket Speculoos. Kristopher is the founder of HOTPANnyc and a chef at the forefront of the edible insect movement. Yay Kristopher!

If you see this symbol  for cricket powder at the top of a recipe, that means it requires our straight up, 100% pure, nothing but sweet sweet crickets, cricket powder.

But hold up, if you see this symbol  that means the recipe requires our chocolate or vanilla cricket protein powder. Some of the recipes are flexible (like the waffles) and you can use either or. But also do whatever you want and don't ever let anyone tell you what to do.

- Team Chirps

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Ok, that's it!

SUPER EASY

Is it fair to call a recipe easy even if to make it you must have access to heavy cooking tools, such as a waffle iron or a food processor? We think so. I mean anyone who reads cookbooks most likely has a waffle iron, right? And if you don't have a food processor there's always "nature's food processor": your fists.

Starting off: If you're a little nervous because you heard crickets taste like crickets, and you don't know what crickets taste like, we recommend easing in with the waffle or hummus recipe. There's nothing like a sugary mess of syrup or the pungent embrace of garlic to blind the rest of your senses to what may or may not be the taste of crickets.

Either way, we're pretty confident that once you figure out for yourself that the main contribution cricket powder makes to your recipes is nutrients, you'll be sprinkling it on your breakfasts and experimenting with it in your baking.

After you've tested the waters, be sure to dive head first into the Cricket Almond Butter. Seriously, you'll never buy premade almond butter again. All you have to do is leave almonds and cricket powder spinning in a food processor for what feels like forever until science happens and you have a sticky superfood that you will be putting on or in everything. You can add the cricket almond butter to your Super Healthy Breakfast Cookie and the Almond Chirp Date Bites, which are, let's be honest, not the prettiest, but quite the crowd pleasers.



GARLIC CRICKET HUMMUS



15 min



stovetop



oven



food processor



Chirps cricket powder

INGREDIENTS

1 can	chickpeas
1/3 cup	tahini
1/4 cup	Chirps cricket powder
3 tsp	lemon juice (1/2-1 lemon)
2-3	cloves of garlic
2 tbsp	olive oil, plus more for serving
1 tsp	salt (add more to taste)
2 tsp	paprika
1 tsp	chili flakes

- Step 1** Preheat oven to 400° F.
- Step 2** Pour tahini, lemon juice, and 1 tablespoon of olive oil into food processor. Blitz for 1 minute.
- Step 3** Add chickpeas, olive oil, Chirps cricket powder, peeled garlic, and the remaining ingredients until the hummus is creamy.
- Step 4** Top with more olive oil and serve warm or cold.



ALMOND CHIRP DATE BITES



15 min



fridge required



Chirps cricket powder

INGREDIENTS

1 cup	raw, whole almonds
1 ½ cups	fresh dates
¼ cup	Chirps cricket powder
2 tbsp	almond butter
1 tbsp	coconut oil
2 tsp	cinnamon
1 tbsp	honey
2 tbsp	sesame seeds (optional)

- Step 1** In a food processor, process the almonds until they are powdery or crumbly, whichever you prefer.
- Step 2** Add the rest of the ingredients and process until well combined and sticky.
- Step 3** Using wet hands, roll the mixture into balls (about 1-inch in diameter and place on a plate.
- Step 4** Sprinkle with extra ground almond (or optional sesame seeds).
- Step 5** Keep in the fridge for an hour to set.



APPLE CRICKET CINNAMON OATMEAL



20 min



stovetop

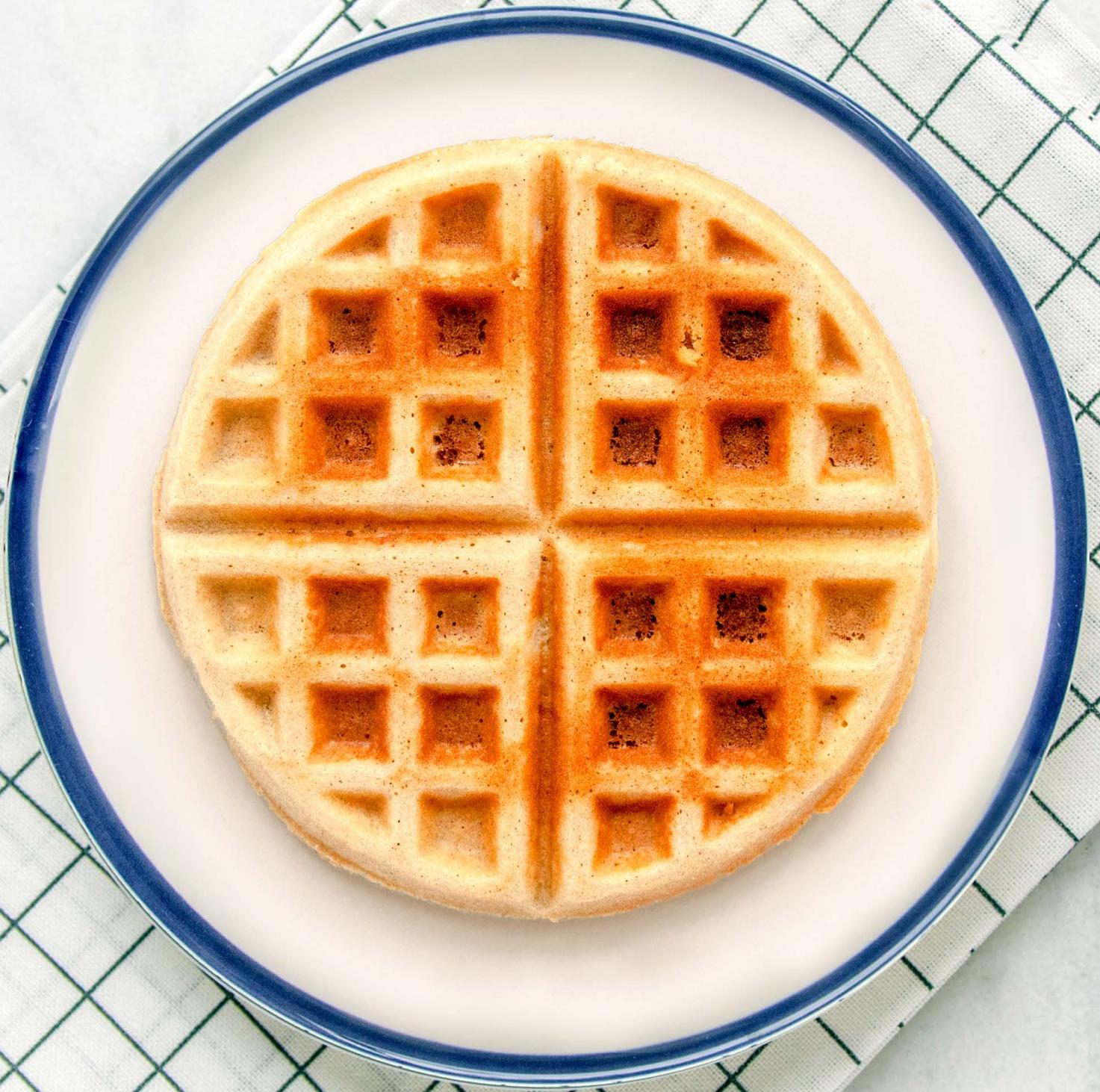


Chirps cricket powder

INGREDIENTS

1	chopped apple (or peach)
½ cup	steel cut oats
1 tsp	ground cinnamon
⅛ tsp	nutmeg
1 cup	water
1 tbsp	honey
½ tbsp	Chirps cricket powder
1 tbsp	chia seeds
1 tbsp	butter
	nuts and seeds for topping

- Step 1** In a small pot, combine oats and water. Keep covered on medium heat for about 30 minutes or until desired texture.
- Step 2** While the oats cook, on a small pan, melt the butter over medium heat and add chopped apples. Cook until slightly caramelized.
- Step 3** Once the oats have finished cooking, turn off the heat and stir in Chirps cricket powder and remaining dry ingredients.
- Step 4** Scoop into a bowl and add the apples and a drizzle of honey. Top with favorite nuts and seeds.



COCONUT CRICKET WAFFLES



30 min



waffle iron



Chirps protein powder

INGREDIENTS

1 ½ cups	all purpose flour
½ cup	Chirps vanilla protein powder
1 tsp	salt
4 tsp	baking powder
3 tbsp	white sugar
1 ½ tsp	cinnamon
2	eggs
1 ½ cups	warm milk (of choice)
⅓ cup	butter melted
1 tsp	vanilla extract
¼ cup	coconut shavings

- Step 1** Preheat waffle iron.
- Step 2** In a large bowl, combine the dry ingredients.
- Step 3** Crack the eggs, separating the egg yolks from the whites.
- Step 4** Using a mixer, or by hand, whisk egg whites until fluffy.
- Step 5** Combine all wet ingredients and mix into dry ingredients. Fold in the egg whites, but do not over work. Some small pockets of flour or egg whites are good!
- Step 6** Grease waffle iron if necessary and ladle in the batter.
- Step 7** Cook the waffles until crisp and golden.



SUPER HEALTHY BREAKFAST COOKIE



15 min



stovetop



oven



food processor



Chirps cricket powder

INGREDIENTS

½ cup	rolled oats
¼ cup	Chirps cricket powder
½ cup	mashed banana
¼ cup	almond butter
1 tsp	pure vanilla extract
1 pinch	salt
½ cup	freeze-dried raspberries
2 tbsp	hemp hearts or chia seeds
2-4 tbsp	honey
2 tsp	cinnamon
2 tbsp	cocoa nibs or mini dark chocolate chips (optional)

- Step 1** Preheat the oven to 350° F.
- Step 2** Mash the banana with the nut butter until smooth, then stir in all other ingredients until well-combined.
- Step 3** Shape into cookies.
- Step 4** Bake on a greased or lined cookie sheet for around 12-15 minutes depending on how hot your oven is and how soft you like your cookies.
- Step 5** Let cool 10 minutes before removing from sheet.



CRICKET ALMOND BUTTER



20 min



food processor



Chirps cricket powder

INGREDIENTS

2 cups	sprouted almonds or raw almonds soaked overnight
2 tsp	cinnamon
1/3 cup	Chirps cricket powder
	salt to taste

- Step 1** Preheat oven to 250° F.
- Step 2** Heat almonds on cookie tray for 15 minutes.
- Step 3** Pour the hot almonds into your food processor, add cinnamon and salt to taste, and blend until creamy, wiping the sides of the processor every few minutes.
- Step 4** After 15 minutes the oils should start releasing and after about 20 - 25 minutes total, voila! You've got almond butter.

SLIGHTLY LESS EASY IF YOU LIKE... NEVER COOK

You might be thinking: “Wow, what a random bunch of recipes with no clear theme that you just decided to add crickets to.”

Maybe you weren't thinking that, but you are now and the truth is yes, there is no theme, you can't put us in a box! Whatever these five recipes may lack in theme, they make-up for in deliciousness and spontaneity with an extra helping of B12, protein, and prebiotics.

After testing out A LOT of different recipes, these are the five we loved the most and think you will too.

FYI, the Cricket Carrot, Mango, Peanut Salad requires a lot of chopping but it's totally worth it. If you hate chopping, we recommend making someone else do it or maybe just have Cricket Banana Bread for dinner instead. No judgment.



DUTCH BABY CRICKET



45 min



oven



Chirps cricket powder

INGREDIENTS

3	eggs
1/8 cup	Chirps cricket powder
3/8 cup	white flour
1/2 cup	milk
4 tbsp	butter
1	heirloom tomato
1/2 cup	parmesan cheese (from block preferred)
	black pepper to taste

- Step 1** Preheat oven to 425° F.
- Step 2** Whisk eggs, cricket powder, flour, and milk until smooth.
- Step 3** Thinly slice tomatoes and parmesan.
- Step 4** Place butter in a heavy 10-inch oven-safe skillet or baking dish and place in the oven. As soon as the butter has melted, (watch it so it does not burn), add the batter to the pan.
- Step 5** Add the sliced tomato and parmesan to the center of the batter, top with black pepper, and return pan to oven. Bake for 10-20 minutes, until the pancake is puffed and golden.
- Step 6** If necessary, lower oven temperature to 300° F and bake five minutes longer.
- Step 7** Remove pancake from oven, cut into wedges, and serve.



CRICKET BANANA BREAD



90 min



oven



Chirps protein powder

INGREDIENTS

3	very ripe bananas
1/3 cup	melted butter
1 tsp	baking soda
	pinch of salt
3/4 cup	brown sugar
1	large egg, beaten
1 tsp	vanilla extract
1 1/4 cups	all-purpose flour
1/3 cup	Chirps cricket protein powder
1 tbsp	cinnamon
1/2 tsp	nutmeg
1 tsp	powdered ginger
1/4 cup	black ants (optional)

- Step 1** Preheat oven to 350°F, and coat loaf pan with butter and sugar.
- Step 2** In a mixing bowl, mash the ripe bananas with a fork until mostly smooth.
- Step 3** In a large bowl, combine flour, Chirps vanilla cricket protein powder, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture.
- Step 4** Pour batter into prepared loaf pan. Bake for 60 minutes or until a fork inserted into the center comes out clean.
- Step 5** Remove from oven and let cool in the pan for ten minutes. Move to a wire rack, then slice and serve.
- Step 6** Top with extra banana, a sprinkling of cinnamon sugar, and black ants if desired.



CRICKET CARROT MANGO PEANUT SALAD



60 min



stovetop



oven



Chirps cricket powder

INGREDIENTS

1 ½ cups	spinach leaves	3 tbsp	sesame seeds
¾ cup	mint leaves	2 tsp	lime juice
1	mango cut into thin strips	1 tbsp	peanut oil
½	cucumber cut into thin strips	4	carrots cut into ½ x 2½ in. batons
1 cup	sea spaghetti or seaweed salad	3 tbsp	honey
1 cup	peanuts	2 tbsp	olive oil
¼ cup	Chirps cricket powder	2 tbsp	white sesame seeds
1 ½ oz	thinly sliced ginger	2 tbsp	black sesame seeds
2 tbsp	rice vinegar		salt and pepper to taste

- Step 1** Preheat oven to 425° F.
- Step 2** Combine chopped carrots with honey, olive oil, sesame seeds, salt and pepper and roast in the oven for 30–45 minutes or until the edges of the carrots are browned.
- Step 3** Slice and chop all of the salad ingredients as directed and combine in a large salad bowl.
- Step 4** Add peanuts and peanut oil to frying pan. Toast peanuts at medium heat by lightly stirring until the peanuts start to brown. Be careful because they burn quickly. Add cricket powder, and stir to coat them. Add to salad bowl.
- Step 5** Add the sesame seeds, rice vinegar, and lime juice to salad and mix. Top with the roasted carrots.

VEGETABLE POT PIE WITH CRICKET CRUST



60 min



stovetop



oven



Chirps cricket powder

INGREDIENTS

Pastry

- 2 cups flour
- ½ cup Chirps cricket powder
- 1 cup butter
- 4 tbsp cold water
- ½ tsp salt

Filling

- 1 tbsp unsalted butter
- 3 cups small heads fennel, finely chopped
- ½ medium yellow onion, finely chopped
- ⅔ cup carrots, peeled and finely chopped
- 5 cups white button mushrooms, sliced
- 2 ½ cups russet potato, peeled and diced small
- ¼ cup all-purpose flour
- 1 cup vegetable broth
- 1 cup whole milk
- 1 cup frozen baby green peas
- 1 cup frozen cut corn
- ¼ cup thinly sliced fresh chives
- 8 cloves garlic minced
- ¼ cup parsley
- 1 tbsp white vinegar
- 1 large egg yolk
- salt and black pepper to taste

- Step 1** Heat the oven to 400° F with rack in the middle.
- Step 2** In a large bowl, combine flour, cricket powder, and salt. Cut in butter until mixture resembles coarse crumbs. Stir in water, a tablespoon at a time, until combined. Cut in half and wrap each in plastic and refrigerate for 4 hours or overnight.
- Step 3** Roll dough out to fit a 9 inch pie plate. Place crust in pie plate. Press the dough evenly into the bottom and sides of the pie plate.
- Step 4** Melt butter over medium heat in a 3- to 4-quart Dutch oven or heavy bottomed saucepan. When it foams, add fennel, onions, and carrots, and cook until just soft and onions are translucent, about 2 minutes. Add mushrooms and potato, season well with salt and freshly ground black pepper, and stir to coat.
- Step 5** Cook, stirring rarely, until mushrooms have let off water and are shrunken (about 6 minutes).
- Step 6** Sprinkle flour over vegetables, stir to coat, and cook until raw flavor is gone (about 1 to 2 minutes). Carefully add broth and milk, stirring constantly until mixture is smooth. Bring to a simmer over medium heat and cook until slightly thickened (about 5 minutes).
- Step 7** Remove from heat, add peas, carrots, garlic, herbs, and vinegar, and stir to coat. Season well with salt and freshly ground black pepper. Add filling into an 8 by 8 inch baking dish.
- Step 8** Whisk egg together with 2 teaspoons water and a pinch of salt until evenly mixed. Set aside.
- Step 9** With kitchen shears, cut dough to fit over the baking dish. Place dough over filling and tuck into the edges of the dish. Brush dough with egg wash and cut slits in the top to vent. Place on a baking sheet and bake until crust is golden brown and mixture is bubbling (about 25 to 30 minutes). Let sit at least 5 minutes before serving.

CRICKET SPECULOOS



60 min



oven



fridge required



Chirps cricket powder

INGREDIENTS

½ cup	Chirps cricket powder
¾ cup	all-purpose flour
½ cup	unsalted butter
¼ cup	cane sugar
¾ cup	dark brown sugar
¼ tsp	baking soda
½ tsp	sea salt
2 ½ tsp	ground cinnamon
¾ tsp	ground nutmeg
¾ tsp	ground cloves
½ tsp	ground ginger
¼ tsp	ground Chinese five spice (or plain ground white pepper)
¼ tsp	ground cardamom
2 tsp	pure vanilla extract
1	large egg
	powdered sugar (for dusting)

- Step 1** Line a sheet pan with parchment paper.
- Step 2** Cut the butter into ½ inch cubes. Place in the bowl of a standing mixer fitted with a paddle attachment. Add both sugars, baking soda, salt, and spices. Cream butter and dry ingredients together on medium speed for 30 seconds or until fluffy and uniform in color.
- Step 3** Scrape down the sides with a rubber spatula and add the vanilla extract and egg and beat on medium speed until incorporated (about 30 more seconds).
- Step 4** Scrape down the sides again, add the Chirps cricket powder and all purpose flour. Beat on medium speed until incorporated (about 30 more seconds).
- Step 5** Cut the cookie dough in half. Roll the dough out until ½-inch-thick with a plain rolling pin. Dust rolling pin with powdered sugar, and roll the dough out until ¼ inch thick with a plain rolling pin, and cut out cookies.
- Step 6** Carefully move cookies onto the baking sheet, and place the sheet pan in the refrigerator for 20 minutes.
- Step 7** Ten minutes before the time is up, preheat the oven to 355° F.
- Step 8** Bake the cookies in the oven 9-11 minutes or until the cookies look golden brown around the edges. Let cool on the baking sheet for 10 minutes before moving the cookies to a wire rack to cool.

Put stuff in a blender and mix it with **CHIRPS CRICKET PROTEIN POWDER**

If you've gotten this far in the cookbook, then you're probably looking for a healthy protein packed meal replacement, or you've got a mental image of you with a six-pack.

The remaining recipes are all smoothies and shakes, so throw out your oven because the only tool you will need is a blender. These protein-packed drinks are mixed with our vanilla or chocolate protein powder, which unlike our plain cricket powder have added natural flavors, nutritional benefits, and did I say chocolate?

Why Chirps Cricket Protein Powder and not another variety of protein powder? Chirps Cricket Protein Powder is a protein blend crafted from simple and delicious ingredients such as pea, brown rice, chia seeds, and the star of the show, nutrient-dense crickets.

These little bugs pack a lot of power, with only 4g net carbs, all 9 essential amino acids, 59% of your daily value of B12 in every serving, and a hearty helping of naturally occurring prebiotics. Available in deliciously rich chocolate or creamy vanilla, add a scoop of our protein powder for the perfect high-protein shake or smoothie.

Or, maybe you hate beverages. That's fine. Odd. But fine. You could also put it in oatmeal, yogurt, cookies, muffins, or you could just funnel it straight down your gullet.

One sec, there's more... Not to name names but let's name names. The production of whey and soy are also responsible for massive amounts of pollution that go straight into our air and water, causing biodiversity loss and degrading soil quality.

Bottom line: If you switch your protein powder to a more sustainable one (ours), you're not the only one who is benefiting. We all benefit. Except for the whey industry, I guess, but they had their chance.



CHIRPS[®]
EAT
BUGS[™]

VANILLA
CRICKET PROTEIN

20 G.

OF PROTEIN
PER SERVING

Net Wt. 1 lb (454g)



TROPICAL CHIRP VACATION



INGREDIENTS

¼ cup	ice (more if using fresh fruit)
1 scoop	Chirps vanilla cricket protein powder
½ cup	fresh or frozen pineapple
½ cup	mango
¼ cup	strawberries
¾ cup	coconut water
¼ cup	almond milk
	juice from half an orange
	(optional) squeeze of lemon

HAPPY BELLY GREENS



INGREDIENTS

¼ cup	ice (more if using fresh fruit)
1 scoop	Chirps vanilla cricket protein powder
1 cup	spinach
½	banana
1-2 tbsp	almond butter
1 cup	1 cup almond milk
1 tsp	vanilla bean (or vanilla extract)

LEG DAY VANILLA

INGREDIENTS

¼ cup	ice (more if using fresh fruit)
1 scoop	Chirps vanilla cricket protein powder
1-1 ½	dates
2 tbsp	cashews
½ tsp	salt
1 tsp	cinnamon
½	banana
¼ cup	coconut meat
1 cup	almond milk

MOCHA CHIRP

INGREDIENTS

¼ cup	ice (more if using fresh fruit)
1 scoop	Chirps vanilla cricket protein powder
½ cup	cold coffee
1 tbsp	cocoa powder
2 tbsps	cocoa nibs
½-1	banana
1 tsp	cinnamon

CHOCOLATE CHIRP PROTEIN

INGREDIENTS

¼ cup	ice (more if using fresh fruit)
1 scoop	Chirps vanilla cricket protein powder
1 tbsp	cocoa powder
½	banana
2 tbsps	cashews
1 tbsp	cacao nibs
1 tbsp	hemp seeds
1 cup	almond milk



DON'T BE A STRANGER!

If you made anything from this cookbook, please share it with us! A lot of flour, sweat, and tears went into making this cookbook (that's why the recipes taste so good... just kidding). Please send any photos of your creations and any comments to Meghan at meghan@chirpschips.com. Seriously, you'll make her day. Unless you have not nice things to say, then you can send those comments to hello@chirpschips.com.

Holding large glass of Chirps chocolate protein smoothie Cheers!

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