



Half of the money raised will go to help support GEMS clubs globally.  
 The other half of the money will go to camp fees.  
 Thank you for supporting our fundraising efforts!

## *Baking Mix Fundraiser*

*The GEMS girls themselves will be preparing the baking mixes below for you.*

	Quantity	Cost	Total
<b><u>Best Brownies Ever</u></b> <i>Makes a 9x9 pan.</i> <i>Ingredients: flour, cocoa powder, brown sugar, white sugar, chocolate chips, salt.</i> <i>YOU ADD: vanilla, oil and eggs.</i>		<b>\$8.00</b>	
<b><u>Sand Art Cookies</u></b> <i>Makes about 2 dozen.</i> <i>Ingredients: sugar, oats, M &amp; M's, brown sugar, flour, baking powder, Rice Krispies, chocolate chips</i> <i>YOU ADD: egg and butter</i>		<b>\$8.00</b>	
<b><u>Chocolate Crinkle Cookies</u></b> <i>Makes about 2 dozen.</i> <i>Ingredients: brown sugar, cocoa powder, baking soda, cinnamon, flour, white sugar.</i> <i>YOU ADD: butter, egg whites and yogurt.</i> <b>**MAKE THEM <u>CAPPUCCINO CRINKLES</u> BY ADDING 1 TBSP INSTANT COFFEE**</b>		<b>\$7.00</b>	
<b><u>Banana Oat Nut Bread</u></b> <i>Makes 1 loaf.</i> <i>Ingredients: flour, milk powder, baking soda, salt, cinnamon, sugar, oat bran, oats and walnuts.</i> <i>YOU ADD: eggs, oil, applesauce (or substitute with oil), vanilla, bananas, and water.</i>		<b>\$8.00</b>	
<b><u>Trail Mix Muffins</u></b> <i>Makes 12 muffins.</i> <i>Ingredients: sugar, oats, raisins, coconut, wheat germ, walnuts, brown sugar, flour, baking powder, cinnamon and salt</i> <i>YOU ADD: oil, applesauce (or substitute oil), water and eggs</i>		<b>\$8.00</b>	
<b><i>Total for Baking Mixes</i></b>			

## *Soup, Salad and Dessert Fundraiser*

The items below are handmade by *Simply Delish Soup and Salad*,  
a local company here in Langley.

	Quantity	Cost	Total
<b>Gluten Free Soups (makes 8-10 1-cup servings)</b>			
Rice & Lentil		\$9.00	
Nonna`s Minestrone Veggie		\$9.00	
Mulligatawny		\$9.00	
Calico Bean		\$9.00	
Coconut Curry Lentil		\$9.00	
Chicken Little`s Noodle Soup		\$9.00	
Mexican Taco		\$9.00	
Hawaiian Chicken Chilli		\$9.00	
African Sweet Potato		\$9.00	
By The Bayou Jambalaya		\$9.00	
Smoky Black Bean Quinoa Chilli		\$9.00	
Tomato Basil & Quinoa		\$9.00	
Chowder Lovers Chowder		\$9.00	
Wild Mushroom & Rice		\$9.00	
Thai Coconut Lemongrass		\$9.00	
Beef Barely		\$9.00	
Autumn Lentil Harvest Soup		\$9.00	
Jamaican Me Hungry Lentil Stew		\$9.00	
Unbeetable Borscht		\$9.00	
<b>Gluten Free Salads (makes 8-10 1-cup servings)</b>			
Black Lentil & Rice Salad		\$9.00	
Moroccan Quinoa Salad		\$9.00	
Cranberry Almond Quinoa Salad		\$9.00	
Quinoa Greek Salad		\$9.00	
Quinoa Fruit & Nut		\$9.00	
<i>*new* Fun GUY Risotto</i>		\$9.00	
<i>*new* Peri Peri Risotto</i>		\$9.00	
<b>Desserts</b>			
Coconut Rice Pudding Dessert		\$9.00	
Maple Berry Crisp		\$9.00	
<b>Total for Simply Delish</b>			
<b>Total for Baking Mixes</b>			
<b>Total for Simply Delish</b>			
<b>Grand Total</b>			

Name: \_\_\_\_\_

## ***SOUPS:***

**Rice and Lentil Soup:** Plant-based stock, pepper, poultry seasoning, parsley, veggie flakes (sulphites), onion flakes, lentils, rice. **MSG Free/Vegan/Gluten Free**

**Cooking instructions...**Add contents of package to 8 cups of boiling water. Turn down heat and simmer for 35-40 minutes. Optional: can add celery and carrots and protein of choice.

**Nonna's Minestrone Vegetarian Soup:** Plant based stock, onion flakes, rosemary, basil, oregano, bay leaves, dried red chilli peppers (1/4 tsp), garlic powder, white beans, red kidney beans, veggie flakes (sulphites), parsley, **CORN PASTA. MSG free/Gluten free/ Vegan**

**Cooking instructions...**Remove pasta from top of the package. Add remaining ingredients to **slow cooker** with 8 cups of water and 1-28 oz tin of tomatoes. Cook for 8 hours on high. 20 minutes before serving, add pasta to the pot...Optional add spinach, kale or protein of choice. **8-10, 1 cup servings when prepared according to the directions on the label.**

**Mulligatawny Soup:** Red lentils, rice (white & Thai), yellow split peas, black lentils, veggie(sulphites) and onion flakes, plant based stock(marine salt, corn maltodextrin, sugar, yeast extract, natural vegetable flavors, dehydrated vegetables(onion) extra virgin olive oil, turmeric ground, chilli), curry spices (mustard) spice mix (nutmeg, garlic, ginger, cinnamon, cloves, cumin, turmeric, cardamom), bay leaf. **GLUTEN FREE/MSG free/VEGAN**

**Cooking instructions...**Place 10 cups of water and contents of the package, plus one peeled and diced potato, and one diced apple (granny smith is best as the tartness is complementary to this Southeast Asian dish). Bring to a boil, turn down heat and simmer for 40 minutes. Add 1 can of coconut milk, optional additions: 1 tbsp of tamarind, and 1 tbsp of lemon juice and simmer 10 minutes and serve.

**Calico Bean Soup:** plant based stock, cumin, pepper, garlic powder, onion flakes, yellow and green split peas, pinto beans, lima beans, kidney beans, great northern beans, black eyed beans.**MSG free/Gluten free/Vegan.**

**Cooking instructions...**Place contents of package in the **slow cooker** with 8 cups of water and cook on high for 8 hours. Optional...add protein of choice...salt to taste. **8-10, 1 cup servings when prepared according to directions on the label.**

**Coconut Curry Lentil Soup:** red Lentils, virgin unsweetened coconut, onion flakes, curry (mustard), garlic powder, black pepper, ginger powder \*\*\*Contains: mustard and coconut.**MSG free, very reduced sodium/sugar free/gluten free/vegan.**

**Cooking instructions...**Add contents of package to 6 cups of boiling water, simmer for 40 minutes. Add 1 can coconut milk simmer for 5 minutes and serve...salt to taste. **7-8, 1 cup servings when prepared according to the directions on the label.**

**Chicken Little's Noodle Soup:** ORGANIC CORN PASTA, veggie flakes (sulphites), onion flakes, *Plant based stock* (marine salt, corn maltodextrin, sugar, yeast extract, natural vegetable flavors, extra virgin olive oil, turmeric, chilli), poultry seasoning, parsley, Vegit seasoning (defatted soy, onion, orange crystals, nutritional yeast, garlic, celery, dill, horseradish, lemon peel, mustard, orange peel, parsley, white pepper, turmeric, green and red bell peppers, rosehips, summer savory, mushroom, safflower, coriander, fenugreek, basil, marjoram, oregano, thyme, tarragon, cumin, ginger, cayenne pepper, cloves, spinach, rosemary, cinnamon, paprika and tomato) rosemary, bay leaf. **Gluten Free/MSG Free/Vegan**

**Cooking instructions...**Remove pasta from the package...Bring to boil 8-10 cups of water adding the remainder of the package. Simmer for 30 minutes...add pasta and simmer 15-20 minutes. Optional... add protein of choice.

**Mexican Taco Soup:** Spices, Chilli pepper, cumin, paprika, oregano, onion, salt, sugar, garlic, potato starch, and citric acid, black beans, pinto beans, lentils and split peas. **Gluten Free/MSG Free/Vegan**

**Cooking instructions...**Place contents of package in a **slow cooker** with 1-28oz tin of diced tomatoes and 4 cups water for chilli/6 cups water for soup Cook on high for 8 hours. Optional additions...2 cups frozen kernel corn, 1 - 127ml can green chillies (El Paso) and protein of choice. Top with tortilla chips.

**Hawaiian Chipotle Chicken Chili:** Plant-based stock, spices including chipotle, great northern beans, bean/lentil/split pea mix, veggie (sulphites), onions. **Vegan/MSG Free/Gluten Free**

**Cooking instructions...**Put contents of package in a **slow cooker**...add 6 cups of water, 1 tin of tomatoes, and 1 tin of crushed pineapple. Cook on high for 8 hours. Add 1/2 cup of barbeque sauce to slow cooker just before serving. Can add protein of choice.

**African Sweet Potato:** brown rice, veggie (sulphites) and onion flakes, spices, plant based stock, sweet potato flour, red rice, wild rice. **Vegan/MSG Free/Gluten Free**

**Cooking instructions...**Add contents of package to 8 cups of water and 4 cups of yams or sweet potatoes. Bring to a boil, turn down heat and simmer 40 minutes. Optional...Add 1 tablespoon of peanut butter, cashew butter, or almond butter. If nuts are not an option, coconut milk is a nice alternative.

**By the Bayou Jambalaya:** Plant-based stock, white rice, veggie (sulphites) and onion flakes, spices. **Gluten Free/Vegan/MSG Free**

**Cooking instructions...**Add contents of package to 8 cups of boiling water, turn down heat and simmer for 30 minutes. Add 1 tin of tomatoes and protein of choice.

**Smoky Black Bean Quinoa Chili:** Plant-based stock, spices, quinoa, black beans, veggie flakes (sulphites), onion flakes. **MSG Free/Vegan/Gluten Free**

**Cooking instructions...**Put contents of package and 8 cups of water in the **slow cooker** along with 1 tin of tomatoes (fire roasted tomatoes are best). Cook on high for 8 hours...add juice of 1 lime and garnish with avocado.

**Tomato Basic & Quinoa:** Plant based soup base, veggies (dehydrated carrot, leeks, red/green pepper, cabbage and celery, sulphites), onion, quinoa, organic powdered tomato, parsley, paprika, spices. **MSG/Gluten Free, Vegan.**

**Cooking instructions...**Add contents of package to 8 cups of boiling water. Turn heat down and simmer for 30 minutes. (Can add a tin of tomatoes for more soup). Garnish with fresh chopped basil.

**Chowder Lovers Chowder:** Plant based stock, Potato flakes, onion flakes, Veggies (dehydrated carrots, leeks, red/green pepper, cabbage, celery, sulphites), spices. Beautiful chowder base for ANY type of chowder you enjoy. **MSG/Gluten Free, Vegan**

**Cooking instructions...**Add contents of package to 6 cups of water, bring to a boil, turn down heat and simmer for 20 minutes. Optional... add 1-2 cups of milk of choice and your choice of protein and simmer for 10 minutes. (Other Optional additions: corn, dill pickles and pickle juice, potatoes, leeks, broccoli and cauliflower)

**Wild Mushroom & Rice Soup** Brown rice mix (brown rice, black Thai rice, red rice, quinoa) dehydrated veggies (potatoes, leeks, cabbage, red/green peppers, onion, sulphites), plant based stock, parsley, thyme, garlic, wild mushroom mix (morel, lobster mushrooms, chanterelle, oyster, shiitake, porcini, cauliflower mushroom). **MSG/Gluten Free, Vegan**

**Cooking instructions...**Add contents of the package to 8 cups of boiling water. Turn down heat and simmer for 45 minutes. (Can add 3-4 cups of sliced mushrooms). Optional: add milk of choice for creamy soup

**Thai Coconut Lemongrass Soup** Black lentils, rice, coconut, veggie(sulphites)& onion flakes, plant based stock(marine salt, corn maltodextrin, sugar, yeast extract, natural vegetable flavors, dehydrated vegetables (onion) extra virgin olive oil, turmeric, chilli), curry spice (mustard), Thai spice mix, garlic. **MSG/Gluten Free, Vegan**

**Cooking instructions**...In 8 cups of water, add 2 stalks of lemongrass and contents of the package. Simmer for 30 minutes. Remove lemongrass. Add 1 can of coconut milk and juice of one lime, simmer 10 minutes...salt to taste. (Can add protein of choice)

**Beef Barely & Vegetable Soup** brown rice, quinoa, veggie flakes (sulphites), onion flakes, plant based stock, red rice, black rice, spices. **Gluten free/Vegan/MSG free**

**Cooking instructions:** Add contents of the package to 8 cups of water bring to a boil and simmer 30-40 minutes. If you wish, add protein of choice.

**Autumn Harvest Lentil Soup** Black lentils, red lentils, green lentils, dehydrated onion, plant based stock, sweet potato flour, spices. **MSG Free/Vegan/Gluten Free.**

**Cooking instructions:** In 8 cups of water add contents of the bag & Simmer for 30 to 40 minutes with lid on. Optional: add pumpkin, squash or carrots and simmer 5 minutes. Puree and enjoy... SALT TO TASTE 8-10 servings

**Jamaican Me Hungry Lentil Stew** Lentils (green, black and red), Veggie flakes (sulphites), onion flakes, Jamaican spice mix, plant based stock, brown sugar. **MSG Free/Vegan/Gluten Free.**

**Cooking instructions:** Add package to 3 cups boiling water. Lower heat to simmer. Cook 50-60 minutes or until lentils are soft. Optional: add 1 can of coconut milk. Serve over rice and top with chopped cilantro. 8 half cup servings. SALT TO TASTE

**Unbeetable Borscht** Potato flakes, onion and veggie flakes (sulphites), beet powder, vegetable powder (Dehydrated vegetables: carrot, potato, onion, green leeks, red and green bell peppers, celery, cabbage, sulphite), spices. **MSG Free/Vegan/Gluten Free.**

**Cooking instructions:** Add package to 8 cups of water along with 1-2 cups of chopped cabbage, 1 small tin of canned beets and 1 tbsp. of vinegar. Simmer for 30 mins. Optional additions: 1/4 cup fresh chopped dill, 1/2 cup tomato sauce or 1/2 cup milk/cream of choice. Serve garnished with yogurt or sour cream of choice. SALT TO TASTE. 8-10 servings

## ***SALADS/SIDES:***

**Black Lentil & Rice Salad:** Black lentils, brown rice, red rice, black Thai rice, cranberries, parsley, spices. **MSG/Gluten free, vegan. (Sorry – cooking instructions not available.)**

**Moroccan Quinoa Salad:** Ingredients: Quinoa, veggie flakes(sulphites), onion, raisins, currants, parsley, pepper, turmeric, curry (mustard), plant based stock(marine salt, corn maltodextrin, sugar, yeast extract, natural vegetable flavors, dehydrated vegetables (onion), extra virgin olive oil, turmeric ground, chilli). **MSG/Gluten free, vegan.**

**Cooking instructions**...Add contents of package to 2 cups of boiling water, turn heat down and simmer for 20 minutes. Chill in fridge. Before serving, add 1 chopped apple, 1/2 cup chopped mint and 1/2 cup chopped dried apricots. This salad is delicious HOT as well as cold). 6 cups of finished product.

**Cranberry Almond Quinoa Salad:** Quinoa, almonds, (coconut oil, canola oil), cranberries (cane sugar, sunflower oil), spices, dried parsley. **MSG/gluten free, vegan, no sodium.**

**Cooking instructions...**Remove cranberries and almonds from top of the bag and ADD quinoa to 2 cups of boiling water. Turn heat down and simmer for 20 minutes. Remove from heat, add cranberries and almonds and chill in the fridge. Before serving, add 3 thinly sliced green onion, 1/2 cup chopped apple, and 1 small tin of mandarin orange slices. Mix together 1/2 cup of mayo or yogurt with 1/4 cup orange juice. Fold into chilled salad. 6 cups finished product.

**Quinoa Greek Salad:** Quinoa, onion & veggie flakes (sulphites), vegetable stock powder (sulphites), dried parsley, spices.**MSG/Gluten free, vegan.**

**Cooking instructions...**Empty contents of package into 2 cups of boiling water, turn heat down and simmer for 15-20 minutes. Fluff with fork ...CHILL in the fridge. Add 1/2 cup each of cucumber, tomato, chopped red/yellow peppers, red onion, 1/3 cup each of black olives and Greek salad dressing.

**Quinoa Fruit and Nut Salad:** Quinoa, raisins (canola oil), almonds (coconut oil, canola oil), cranberries (cane sugar, sunflower oil), spices. **MSG/gluten free, vegan, no sodium.**

**Cooking instructions...**Remove fruit and nuts from package. ADD quinoa to 2 cups of boiling water, turn down heat and simmer for 20 minutes. Remove from heat, add fruit and nuts and chill in the fridge. Before serving add 1 can (drained) of chickpeas and 1/2 cup of fresh chopped mint. Makes 6 cups finished product.

**Peri Peri Risotto:** Arborio rice, sweet potato flour, dehydrated veggie (potato, leek, carrots, cabbage, red/green peppers, onion, sulphites), onion flakes, plant-based stock (sea salt, maltodextrin (Maize), sugar, yeast extract, natural vegetable favours, dehydrated onion, garlic, celery, extra virgin olive oil, chilli), parsley, garlic, peri peri seasoning (chilli peppers, garlic, onions, oregano, paprika). **MSG/gluten free, vegan.**

**Sorry – no Cooking instructions available at this time.**

**Fun Guy Risotto:** Brown rice mix (brown rice, black Thai rice, red rice, quinoa), dehydrated veggie (sulphites, potato, leek, cabbage, red/green peppers, onion), plant-based stock (sea salt, maltodextrin (Maize), sugar, yeast extract, natural vegetable flavours, dehydrated onion, garlic, celery, extra virgin olive oil, chilli), parsley, thyme, garlic, wild mushroom mix. **MSG/gluten free, vegan. Sorry – no Cooking instructions available at this time.**

## ***DESSERTS:***

**Coconut Rice Pudding** white rice, brown sugar, unsweetened coconut, and cornstarch. **Gluten free/Vegan/MSG free/no sodium**

**Cooking instructions...**Remove brown sugar and coconut from the bag. Add rice to 3 cups of boiling water, simmer on low for 20 min. Add brown sugar/coconut mixture to the rice plus 1 can of coconut milk and stir on low for 5 minutes. Remove from heat and add the juice and zest of one lime. Enjoy hot or cold. (Adding dried or fresh blueberries is delicious) Or juice and zest of lemon or orange...with cranberries)

**Maple Berry Crisp** Ingredients: gluten free flour blend (brown rice flour, white rice flour, tapioca starch, potato starch, xanthan gum) quinoa flakes, brown sugar, cranberries, walnuts, cinnamon. **Contains: walnuts.** **MSG Free/Vegan/Gluten Free.**

**Cooking Instructions:** In a large bowl toss together 6-8 cups of fruit of choice (apples, berries, pears, peaches) Put in 8-9" baking pan. Empty contents of bag into a bowl and mix well. Take 1/4 of the mixture and mix into fruit. To the remaining mixture add 2 tbsp of coconut oil or butter of choice (melted) and 1/3 of a cup maple syrup and stir to blend. Spread on top of fruit. Bake at 350 degrees for 1 hr or until golden brown on top and fruit is tender. Cool and top with ice cream/whipping cream. 7 servings.



## SIMPLY DELISH SOUP & SALAD

Located in Langley BC, *Simply Delish* is a family business which specializes in hand made **“Dried Soup, salad and dessert packages.”** They are Delicious, Nutritious, and Convenient. At Simply Delish we strive to provide the highest quality products possible at a price everyone can access (you will **NOT** find corn syrup solids, high fructose corn syrup, animal fats, etc. in our products).

We hand layer our products attractively in 3”x12” cello bags, ideal for your pantry, camping, RV...or “Gifting” ...Hostess, Bridal/Baby Showers, Thank You’s, Year-end teacher’s gifts, Student care packages, Christmas Stockings or Fundraisers.

Each product can be made by simply adding water and cooking, however we do provide suggestions of other optional additions that complement each specific recipe. Five of our products (Mexican taco, Smoky Black Bean Quinoa Chili, Hawaiian Chicken Chili, Calico Bean and Minestrone) are designed for the crock pot, the remaining items can be made stove top in 30-40 mins. Our soup packages (when prepared according to the instructions) make 8-10 1 cup servings and easily feed a family of 4-5 people. All of our products are GLUTEN FREE, VEGAN, & no added MSG. They are entirely handmade (no machines are used in our production facility).

Today, families are so busy with work, children in dance, soccer, baseball and so on, that planning healthy meals can be a daunting task. We developed our product line to help you eat healthy and not spend a lot of time in the kitchen prepping for a healthy delicious meal.

**Allergens:** We use almonds, walnuts, coconut, and mustard in our facility. The Chicken Little’s noodle soup is the only item containing a very small amount of soy.

Items containing:

**Almonds:** Cranberry Almond Quinoa Salad and Quinoa Fruit and Nut Salad

**Walnuts:** Maple Berry Crisp

**Coconut:** Thai Coconut Lemongrass, Coconut Rice Pudding, Coconut Curry Lentil

**Mustard:** Chicken Little’s, Mulligatawny, Thai Coconut Lemongrass, Coconut Curry

**Soy:** Chicken Little’s Noodle Soup