

**zemas**
madhouse foods

cinnamon
apple

gluten-free
with unrefined
palm sugar



cinnamon oatmeal
apple-muffin mix
and more...

ancient wholegrain gluten-free baking mixes

superseed trio of hemp, chia & flaxmeal



NET WT 12.73oz. (361g)

What's In Your Tank?™

Welcome to the Madhouse! I have 5 kids, 2 pups and a pro-athlete-wannabe husband. No food allergies here, just a bunch of active kids who also have ADHD. We choose to eat a clean, whole food, gluten free based diet. Ingredients we can pronounce and no refined sugars are key to us. And, yes, my kids still love me. My mixes are made to fuel with great taste, texture and superfood nutrients in every bite! What's in your tank?



Julie Motew

President
Zema's Madhouse Foods

Zema's gf apple muffins

makes: 24 mini-muffins

you will need

- 1 c. unsweetened applesauce
- ½ c. olive oil (grapeseed or coconut)
- 2 t. pure vanilla extract
- 2 eggs (or egg replacer)
- 3 T. apple juice
- ¾-1 c. apple, peeled, cored and chopped
- ½-1 c. chopped raw walnuts (optional)

directions

Pre-heat oven to 350F and grease muffin pan. Whisk all wet ingredients together. Add mix and combine. Fold in apples and walnuts(optional). Fill muffin cups ¾ of the way full. Bake 15-18 minutes, or until toothpick comes out clean. All ovens vary, so test them after 12 minutes your first time. Great to freeze!

Nutrition Facts

Serving Size 3 tbsp dry mix (25g)
Servings Per Container about 14

Amount Per Serving

Calories 90 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 480mg **20%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: SORGHUM FLOUR, ORGANIC PALM SUGAR, CERTIFIED GLUTEN FREE OAT FLOUR, POTATO STARCH, ORGANIC FLAX SEED MEAL, TAPIOCA STARCH, ALUMINUM FREE BAKING POWDER (MONOCALCIUM PHOSPHATE, BAKING SODA, CORN STARCH (MADE FROM NON-GENETICALLY MODIFIED CORN)), ORGANIC CINNAMON, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: HEMP SEEDS, CHIA SEEDS, XANTHAN GUM, SEA SALT (SEA SALT, MAGNESIUM CARBONATE).



MANUFACTURED IN A DEDICATED GLUTEN FREE FACILITY, FREE OF THE TOP 8 ALLERGENS (MILK, EGGS, PEANUTS, TREE NUTS, SOY, WHEAT, FISH & SHELLFISH).

we have more recipes!

This mix makes our Banana Bread, Vegan Blueberry Breakfast Bars and much more!
visit zemasfoods.com/recipes

contact us

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**zemas**
madhouse foods

cocoa
teff

gluten-free
sugar free



cocoa teff
pancake & waffle mix
and more...

ancient wholegrain gluten-free baking mixes

superseed trio of hemp, chia & flaxmeal



NET WT 9.63oz. (273g)

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Zema's gf cocoa teff pancakes

makes: (12-14) 4" pancakes

you will need

- 1 egg (or egg replacer)
- 1 ½ c. almond milk (or milk of choice)
- 3 T. olive oil (grapeseed or coconut)
- ¼ c. pure maple syrup (or agave nectar)
- 1 t. pure vanilla extract
- ¼-½ c. gluten & dairy free chocolate chips (optional)

directions

Heat griddle over medium heat. Spray with non-stick spray. Whisk together all wet ingredients. Add mix. Ladle 1/4 cup batter onto hot griddle. Cook 2-3 minutes on first side, or until you see bubbles on top. Flip and cook another 2-3 minutes.

Zema's gf cocoa teff waffles

makes: (7-8) 6" squares waffles

what you'll need and directions

Same as above, but reduce milk of choice to 1 ½ c. Use waffle maker as directed.

Nutrition Facts

Serving Size 1/3 cup dry mix (42g)
Servings Per Container about 7

Amount Per Serving

Calories 140 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 390mg **16%**

Total Carbohydrate 27g **9%**

Dietary Fiber 6g **24%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 15% • Iron 15%

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	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: TEFF FLOUR, POTATO STARCH, SORGHUM FLOUR, ORGANIC FLAX SEED MEAL, COCOA POWDER, TAPIOCA STARCH, ALUMINUM FREE BAKING POWDER (MONOCALCIUM PHOSPHATE, BAKING SODA, CORN STARCH (MADE FROM NON-GENETICALLY MODIFIED CORN)), ORGANIC CINNAMON, HEMP SEEDS, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: CHIA SEEDS, XANTHAN GUM, SEA SALT (SEA SALT, MAGNESIUM CARBONATE).



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**zemas**
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rosemary
millet

gluten-free
sugar free



rosemary-millet
focaccia & pizza crust mix
and more...

ancient wholegrain gluten-free baking mixes

superseed trio of hemp, chia & flaxmeal



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Zema's gf tomato herb focaccia

makes: 1 standard cookie sheet with 1" edge

you will need

- ¼ c. egg whites (or egg replacer)
- 1 c. water
- 2 T. pure maple syrup (or agave nectar)
- 1 t. apple cider vinegar
- 4 plum tomatoes
- 1 T. fresh basil, chopped (or 1 t. dried)
- 1 T. fresh oregano, chopped (or 1 t. dried)
- minced garlic (optional)
- pinch of sea salt (or Himalayan salt)

directions

Pre-heat oven to 350F. Line cookie sheet with parchment paper. Whisk wet ingredients together; add mix. Pour onto cookie sheet; spread evenly. Slice tomatoes and layer on top. Add herbs, sea salt. Drizzle with olive oil. Bake 40-50 minutes, or until done to your liking. Add grilled veggies, chicken or cheese for variations.

Nutrition Facts

Serving Size 1-2/3 tbsp dry mix (13g)
Servings Per Container about 21

Amount Per Serving

Calories 45 Calories from Fat 10

% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	5%
Sugars 0g	

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

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Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: SORGHUM FLOUR, MILLET FLOUR, ORGANIC FLAX SEED MEAL, POTATO STARCH, TAPIOCA STARCH, HEMP SEEDS, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: ALUMINUM FREE BAKING POWDER (MONO-CALCIUM PHOSPHATE, BAKING SODA, CORN STARCH (MADE FROM NON-GENETICALLY MODIFIED CORN)), ORGANIC QUINOA, CHIA SEEDS, ORGANIC ROSEMARY, XANTHAN GUM, SEA SALT (SEA SALT, MAGNESIUM CARBONATE).



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multigrain

gluten-free
sugar free



multigrain
pancake & waffle mix
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Zema's gf multigrain pancakes

makes: (12-14) 4" pancakes

you will need

- 1 egg (or egg replacer)
- 1 ½ c. almond milk (or milk of choice)
- 3 T. olive oil (grapeseed or coconut)
- ¼ c. pure maple syrup (or agave nectar)

directions

Heat griddle over medium heat. Spray with non-stick spray. Whisk together all wet ingredients. Add mix. Ladle ¼ cup batter onto hot griddle. Cook 2-3 minutes on first side, or until you see bubbles on top. Flip and cook another 2-3 minutes.

Zema's gf multigrain waffles

makes: (7-8) 6" squares waffles

what you'll need and directions

Same as above, but reduce milk of choice to 1½ c. Use waffle maker as directed.

Nutrition Facts

Serving Size 1/3 cup dry mix (44g)
Servings Per Container about 6

Amount Per Serving

Calories 150 Calories from Fat 30

% Daily Value*

Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	17%
Sugars less than 1g	

Protein 5g

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 10%

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