GET CRAFTY

Your recipe book to get crafting on your kitchen counter.



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WE'RE CRAFTY COUNTER

and we make plant-based eggs made from whole food ingredients. We are Austin, TX based, women and BIPOC owned, and eager to make a difference in the world of plant-based foods.

WHO WE ARE

WOMAN & BIPOC OWNED

WHOLE FOOD FANATICS

NO COMPROMISES IMAGINATIVE INNOVATORS



INDUSTRY AWARD WINNER

BEST NEW MEAT ALTERNATIVE 2022









MEET WUNDEREGGS

If you're favoring a plant-based lifestyle because it's good for you and for the Earth, but miss the taste and feel of eggs, you've come to the right place! We missed eggs so much that we rolled up our sleeves and created WunderEggs made entirely from plant-based ingredients. Now we can all have our eggs and eat them, too!

WHAT WUNDEREGGS ARE

Our Hard Boiled WunderEggs are a Wunderful plant-based alternative to hard boiled chicken eggs, made with simple, whole food ingredients.















DON'T JUST TAKE OUR WORD FOR IT "Unbelievable"

"CRAZY PSYCHOLOGICAL **EXPERIENCE**

"BLOWN AWAY"

"FIRST TRUE TO LIFE HARD BOILED EGG"

AVOCADO TOAST





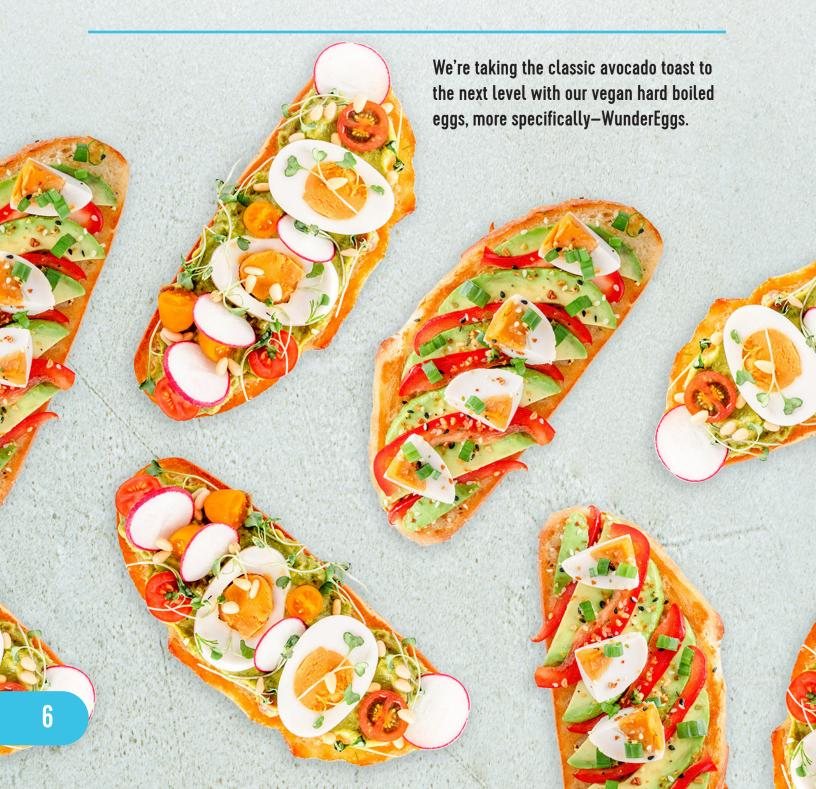




MIN I-2 SERVINGS

EASY

BREAKFAST



AVOCADO TOAST

INGREDIENTS:

- Bread of choice (Sourdough is highly recommended)
- 2. 1 avocado mashed
- 3. Handful of sweet cherry tomatoes
- 4. Thinly chopped radish
- 5. WunderEggs
- 6. Handful of sprouts
- 7. Everything but the bagel seasoning
- 8. Salt and pepper to taste
- 9. Red pepper

THE METHOD:

- Add some butter and toast your bread of choice
- 2. Mash avocado with salt and pepper
- 3. Cut tomatoes in half
- 4. Chop radish into thin slices
- 5. Once bread is crispy, spread your avocado mash on top
- 6. Add in tomatoes, radish and sprouts
- 7. Top with WunderEggs
- 8. Graciously sprinkle everything but the bagel seasoning and a little bit of red pepper
- 9. Enjoy and thank us later





ARUGULA PECAN SALAD









I-2 SERVINGS

EASY

We're giving you a sneak peak at how to eat WunderEggs with this arugula pecan salad created by founder, Hema Reddy.



INGREDIENTS:

- 1. 2 WunderEggs
- 2. handful of arugula
- 3. 7-10 cherry tomatoes
- 4. 2 tbsp vegan cesar salad
- 5. 1 tbps vegan feta cheese
- 6. small handful of toasted pecans

RECIPE:

- 1. Layer some arugula in a salad bowl
- 2. Slice some cherry tomatoes
- 3. Drizzle vegan caesar salad dressing
- 4. Sprinkle vegan feta cheese
- 5. Cut some WunderEggs into pieces
- 6. Top it off with some toasted pecans
- 7. Mix and eat!







20 MIN



2 SERVINGS



MEDIUM



LUNCH



SPINACH SALAD

INGREDIENTS:

- 1. Handful of spinach
- 2. Cashews
- 3. Roasted corn
- 4. Tomatoes
- 5. WunderEggs
- 6. Red Onion
- 7. Dressing of choice, we used balsamic

THE METHOD:

- 1. Take your WunderEggs out of their packaging and cut them in half
- 2. Toss spinach, tomatoes, cashews, onion and corn in a bowl
- 3. Add dressing and toss again
- 4. Top it off with WunderEggs and enjoy!





ARUGULA BELL PEPPER SALAD









I-2 SERVINGS

EASY

We're giving you a sneak peak at how to eat WunderEggs with this arugula pecan salad created by founder, Hema Reddy.





ARUGULA BELL PEPPER SALAD

INGREDIENTS:

- 1. 2 WunderEggs
- 2. 2 cups arugula
- 3. sweet bell peppers
- 4. salad dressing
- 5. 1 tbps vegan feta cheese

RECIPE:

- Slice up some sweet bell peppers
- 2. Add arugula in a bowl
- 3. Layer in sweet bell peppers and WunderEggs
- 4. Add your dressing of choice
- 5. Sprinkle some vegan cheese on top





QUINOA LUNCH BOWL







2 SERVINGS



MEDIUM



LUNCH



Get ready to spice up with your lunch bowl with our vegan hard boiled eggs- better known as WunderEggs.

WunderEggs are made from nuts and offer a similar nutrition as chicken eggs with zero animal cruelty.

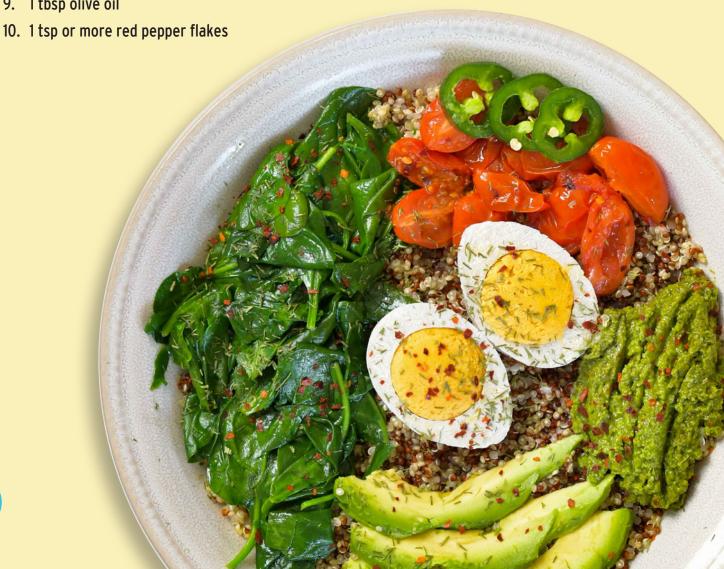
QUINOA LUNCH BOWL

INGREDIENTS:

- 1. 3/4 cup quinoa
- 2. 2 slices of WunderEggs
- 3. 1 cup spinach
- 4. Handful of Cherry tomatoes
- 5. 2 tbsp vegan pesto
- 6. 1/2 avocado slices
- 7. 1 jalapeno
- 8. Salt and pepper to taste
- 9. 1 tbsp olive oil

THE METHOD:

- 1. Cook 3/4 cup of quinoa with 1 cup of salted water. Allow it to cool
- 2. Saute spinach and tomato until tender. Set aside
- 3. Assemble the bowl by adding cooked quinoa first and top it off with spinach, tomatoes, sliced avocados, and WunderEggs
- 4. Add vegan pesto and sprinkle pepper and red pepper flakes to taste.





GRILLED CHEESE









I-2 SERVINGS

EASY

LUNCH



There's nothing quite like a grilled cheese sandwich when it comes to winter-y comfort food. In today's recipe, we'll walk you through how to make a simple, yet mouth-watering vegan grilled cheese, and spice it up with some WunderEggs!



GRILLED CHEESE

INGREDIENTS:

- 1. WunderEggs
- 2. 2 large slices of vegan bread of your choice
- 3. 1 Tbsp vegan butter
- 4. Sliced vegan cheddar cheese



RECIPE:

- Heat a medium cast iron or non-stick skillet over medium heat.
- In the meantime, butter both sides of your bread and chop WunderEggs into quarters or slices.
- Once skillet is hot, add your bread and lightly toast both sides (~1-2 minutes) – this develops flavor and crunch on both sides of the sandwich.
- 4. Remove bread from the pan and spread a semi-thick layer of vegan cheddar cheese on one side of both slices of bread. Add WunderEggs, then fold the slices together to make a sandwich (cheese and eggs in the center).
- 5. Return sandwich to the skillet and continue cooking over medium heat, flipping a couple times until both sides are nice and golden brown and crispy, and the cheese appears melty and gooey (~5-8 more minutes lowering heat as needed if browning too quickly).
- 6. Top with desired herbs and enjoy hot. Best when fresh. Pairs beautifully with soup!



EGG(LESS) SALAD SANDWHICH









EASY

LUNCH



Vegan friends, you're not gonna want to miss this one! If you thought you'd never have a bit of an egg salad again, we're happy to report that you can now have your egg and eat it too!



EGG(LESS) SALAD SANDWHICH

INGREDIENTS:

- 6 WunderEggs halves
- 2. Chopped red onions
- 3. Chopped bell peppers
- 4. 1.5 tablespoons chopped fresh dill or basil (or substitute + teaspoon dried dill)
- 5. \Leftrightarrow cup plant-based vogurt (we like Forager Cashewmilk yogurt)
- 6. 1 tablespoons veggennaise

- **RECIPE:**
- 1. Heat a medium cast iron or non-stick skillet over medium heat.
- 2. In the meantime, butter both sides of your bread.
- 3. Chop all of the ingredients into small cubes and toss into a bowl with yogurt, vegganaise, mustard, and spices. Mix it all together until creamy.
- 4. Once skillet is hot, add your bread and lightly toast both sides (~1-2 minutes) – this develops flavor and crunch on both sides of the sandwich.
- 5. Remove bread from the pan and spread a semi-thick layer of WunderEggs salad on one side of both slices of bread. Fold the slices together to make a sandwich (cheese and eggs in the center).
- 6. Return sandwich to the skillet and continue cooking over medium heat, flipping a couple times until both sides are nice and golden brown and crispy, (~1-2 more minutes lowering heat as needed if browning too quickly).
- Top with desired herbs and enjoy hot. Best when fresh.

- 7. 1 tablespoon yellow or 1/2 tbsp dijon mustard
- 8. ♦ teaspoon kosher salt
- 9. Fresh ground black pepper
- 10. Sourdough bread
- 11. vegan butter
- 12. 1/2 tsp dried minced garlic





• VEGAN CROSTINI



IO MIN



3-4 SERVINGS



EASY



SNACK

This 10 minute crostini recipe is the perfect vegan appetizer for any type of get together.





INGREDIENTS:

- 1. 2 WunderEggs
- 2. 1 loaf of baguette bread
- 3. 2 tbsp olive oil
- 4. small handful of arugula
- 5. 1 tbsp italian seasoning mix

RECIPE:

- Slice a loaf of baguette bread into small pieces
- 2. Sprinkle olive oil and toast In your oven at 350 for about 10 min or until both sides are crunchy
- 3. Layer the crostini on a platter
- 4. Add chopped arugula on top
- 5. Place WunderEggs on top



INGREDIENTS:

- 1. 2 WunderEggs
- 2. 1 packet cooked soba noodles
- 3. 1/2 red cabbage thinly sliced
- 4. 1 thinly sliced bell pepper red, yellow or green
- 5. 2 shredded carrots
- 6. 1/2 cup spinach
- 7. sesame seeds for topping
- 8. Salt to taste

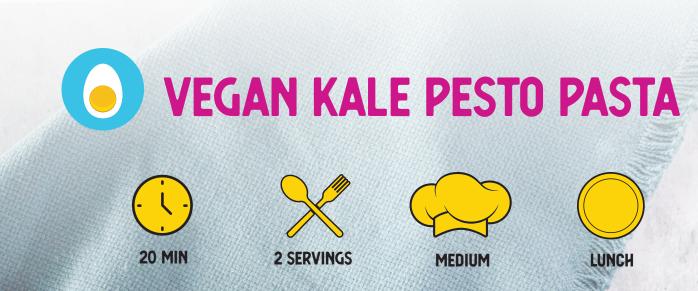
PEANUT DRESSING:

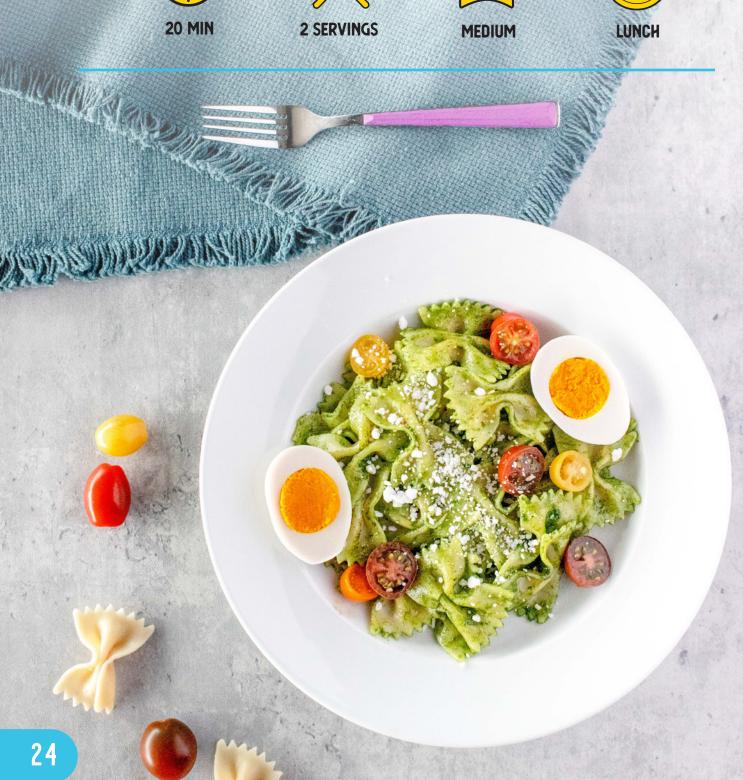
- 1. 1/4 cup peanut butter
- 2. 2-3 tbsp coconut aminos soy sauce substitute
- 3. Juice of 1 key lime
- 4. 1 tsp rice vinegar or apple cider
- 5. 1 tsp sesame oil
- 6. 1-2 tbsp maple syrup or brown sugar or honey
- 7. Red chilli flakes to taste
- 8. 1-2 tsp grated ginger
- 9. 2-3 tbsp warm water add more if needed

INSTRUCTIONS:

- 1. Cook noodles as per the pack, add salt while cooking.
- 2. Chop the veggies and place them in a large bowl.
- Prepare the dressing whisk all the ingredients together or you can use blender to combining the ingredients. I skipped salt in the dressing.
- 4. Combine noodles, dressing and vegetables. Add Eggs. Top it with sesame seeds.
- 5. Let the salad rest for at least 10 mins. You can serve it at room temperature or as a cold salad.







VEGAN KALE PESTO PASTA

DIRECTIONS:

- 1. Cook pasta per directions
- 2. Toss with vegan kale pesto sauce
- 3. Slice some cherry tomatoes
- 4. Layer WunderEggs
- 5. Sprinkle plant-based feta cheese

VEGAN PESTO SAUCE

INGREDIENTS:

- 1. 1 cup 'straight leaf or lacinato kale' leaves
- 2. (prep: take thick center stems off the kale).
 I have used curly leaves occasionally but I given they are more fiberous, reduce the amount down to 1/2 cup.
- 3. 1.5 cups of fresh baby spinach
- 4. I giant heap of fresh basil leaves (take the super thick stems off, but can leave the delicate stems in). I usually buy pesto at Trader Joe's or central market where it's a bigger size bunch. Usually it comes out to 1.5 2 cups
- 5. 4-5 garlic cloves if medium to big sized; 6-7 if smaller size cloves
- 6. 1/2 olive oil
- 7. 1/2 cup raw walnuts
- 8. Kosher salt to taste
- 9. 1/2 tbsp fresh ground black pepper
- 10. 1.5 tbsp nutritional yeast OR 1/2 cup fresh vegan/plant based parmesan cheese



DIRECTIONS:

- For making pesto in a blender, the sequence of adding ingredients make a difference in the end result
- 2. Add garlic, kale, and olive oil to the blender
- 3. Once roughly blended, add basil and spinach
- 4. Once the above are chopped (doesn't need to be smooth at this point) add walnuts
- 5. Make a smooth paste
- 6. Add nutritional yeast (or plant based parmesan cheese), salt, pepper
- 7. If the above mix is difficult to blend or is too thick, add a little water or more olive oil.
- 8. Blend until smooth
- Taste. Adjust with a little more nutritional yeast or salt as needed. Be careful with nutritional yeast, it can become pungent if it's excessive. Increase amounts as needed in tsp measures.

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IN ANY AND ALL CONTENT, OR WE'LL HAVE FOMO



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#wundereggs #veganhardboiled