



EAT REAL FOOD
FEEL REAL GOOD



DO YOU BAKE CORE PRODUCTS 2022

Fun. Freaking Delicious. From Home

ASK ABOUT FREE SHIPPING ADD ONS

Add **any** of these items to your order and your **WHOLE** order ships for free!

- Madagascar Vanilla Protein Powder
- Anti-Inflammation Turmeric AM Tonic
- Blue Latte
- Hydrate and Immunity Sour Grape Splash
- Protein PuP Drink mix - Peach Passion
- Pink Liver Lovin' Detox Latte
- Tea Time Brunch Set
- Mystery Product Pack
- Pantry Staples set
- Cozy Meal Bundle



Mystery Product Pack box

\$28.95

FREE SHIPPING on any order when you add THIS product to your cart! Purchase the mystery product pack and receive 3 products chosen at random in our Mystery product bag. It's A Mystery! Surprises are fun!



Pantry Staples set - **Vegetarian**

\$21.95

Vanilla Suga' A delicious sugar-free sprinkle infused with real vanilla.

Oh! Onion Sometimes you just want onion and nothing else! Minced onion and more minced onion! A zero salt blend

Cozy Meal Bundle

\$28.95

Fireside Tortilla Soup for a hearty meal ready in less than 30 minutes. Makes 4 servings. This bundle also includes Sweet Southern Cornbread. You don't have to be from the South to love it. It's a great side for chili, soup or beans. Makes one 8x8 or 9x9 panful. Can bake as a loaf pan or as a round in a cast iron skillet too!



Ask your Ambassador about the monthly Ezine Exclusive products



TASTY BAKING BITES

Quick and Easy Desserts and Snacks from Do You Bake



Banana Chocolate Chip Mojo Protein Muffins **-High Protein, Vegetarian** **12.95**

Get your Mojo on in the mornings with our high fibre, protein packed banana chocolate chip muffins. Touting over 8 g or protein per serving & 2 g fiber. Perfect addition to your pre and post workout snacks.

Salted Caramel Drizzle Top Banana Bread

Vegetarian

\$8.95

You'll go bananas over this delectably sweet banana bread drizzled with salted caramel adding the perfect combination of salty & sweet. Package includes both the loaf mix & the ridiculously delish salted caramel drizzle mix. Makes 1 standard loaf.



Gourmet Brownies

\$8.50

Vegetarian

The best brownies ever with tons of chocolaty goodness! Perfectly chewy fudge squares featuring light caramelized edges & a fudgy soft middle. Makes 8 x 8 panful.



Blonde Bombshell Brownies -

Vegetarian

\$8.50

A rich sweet desert bar described as a cross between a brownie and a caramel chocolate cookie bar. When baked the cookie caramelizes to a light outside crust. These bars are filled with semi & sweet chocolate and easy to make. Just add eggs and butter to make an 8 x 8 panful.

Churro Cheesecake Squares with Caramel Chocolate Drizzle

\$9.95

Low Sodium, Vegetarian

Flaky layers of buttery shortbread in between layers of vanilla cheesecake topped with a sugary cinnamon churro topping. Six layers of churro, cheesecake style! Includes a package of caramel chocolate melting bits for dunking or drizzle it up fun!



My Guilt Free Snickerdoodles **Low Sugar, Vegetarian**

\$13.95

There is nothing old fashioned about these magnificent sugary gems. Crisp in texture, soft & chewy, with cinnamon melt in your mouth deliciousness. We've combined stevia, monk fruit, and erythritol along with cane sugar resulting in a lower sugar, lightened up treat!



Cinnamon Roll Mug Hug

High Protein, Vegetarian

\$9.95

Perfect sized sweet treat with a few extra healthy nutrients. Satisfying your sweet craving with added nutritional support. Each package includes 3 individual microwavable mug hug cake mixes each with a delicious swirl frosting mix. 6 g protein per serving.



"Blonde Bombshell Brownies are highly addictive. Even my daughters roommates agree. Great for university students to make as all they need are butter and eggs, which my daughter always has on hand.." ~ Lynn Brown, Ambassador

THIS IS MUCH TO CELEBRATE!

HOST A PARTY!

Rewards

| Party points | Rewards |
|--------------|---------|
| 200 - 300 | 20 |
| 301 - 400 | 30 |
| 401 - 500 | 40 |
| 501 - 600 | 50 |
| 601 - 700 | 60 |
| 701 - 800 | 70 |
| 801 - 900 | 80 |
| 901 - 1000 | 90 |
| 1001 + | 100 |



JOIN US!

all kits include the annual membership fee for the first year \$39 value. NO monthly recurring website or back office fees.

Social Seller kit only \$39

Kit valued at \$69

Get three \$10 product certificates to use for your own stock, incentives or custom promotions.

Standard kit \$129

Kit valued at \$239

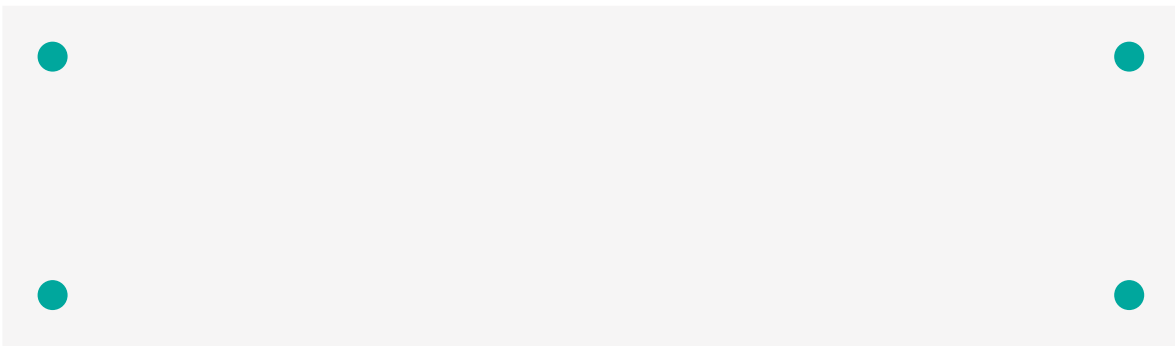
This kit includes our top selling core products and samples, marketing materials, plus four \$10 product certificates to use towards your own stock, incentives or custom promotions.

The Works kit \$219

Kit valued at \$465

Go big with more of our top selling core products and samples, marketing materials, plus five \$10 product certificates to use towards your own stock, incentives or custom promotions.

Talk to your Ambassador today about a party OR the business opportunity that awaits you!



WELCOME TO THE WORLD OF DO YOU BAKE!

"The power of sharing a laugh, story or time together around a meal can leave a lasting and precious memory. With Do You Bake, you'll find real food solutions to inspire your next memory making meal. I invite you to come with us on the journey of finding fun, freaking delicious food, from home.

Let your taste buds and your confidence soar with us! If you love what you see and taste, in our world of Do You Bake, consider joining us as an Ambassador of good food. You can get paid to feed your family. Our FamJam is a community full of fun, food, & friendship. Welcome Home and to our table. You are among friends. Come and Enjoy as a customer or team member. Let me be the first to welcome you!"

~ Kathie Carr, Platinum Team Lead

Sweet and scrumptious! Bake the perfect snack or dessert with Do You Bake

Canoe Paddles

\$8.95

Canadian treat shaped like the tail of a beaver, or a Canoe, originating in the province of Ontario, is a light dough fried and topped with traditional cinnamon sugar, or melted chocolate. Our kit includes our Canoe Paddle mix and all THREE toppings.



Dunk The Chunks Cookies

\$8.95

Low Sodium, Vegetarian

Chunky madness with this chocolate chip cookie batter loaded with chunks upon chunks of chocolate morsels. Makes approximately 18 - 20 cookies



My Guilt Free Chocolate Chia PB Pudding

\$13.95

Gluten Free, Sugar Free, KETO, Low Sodium, Vegetarian

Crazy good dessert made with chia seeds, real peanut butter powder, and three blends of cocoa and cacao. Only 3 g net carbs per serving. Sweetened with a blend of erythritol and monk fruit.



10 Minute Pretzel Bites

Vegetarian

\$9.95

No yeast, no waiting! Just mix the dough, cut your nuggets, dip in our water bath mixture, and bake! All you need is a low-fat sour cream and 1 egg. Seriously, easy! Makes 18 to 24 average sized pretzel bites. Package includes pretzel mix, water bath mix, and pretzel salt.

Banner Banana Bread

Gluten Free, Vegetarian

\$13.95

Top selling gluten free mix year over year. Our banner banana bread is ridiculously delicious and no one can tell it's gluten free. Super simple to make and a perfect snack or breakfast baked treat. Makes one standard sized loaf pan.



Peanut Butter Cup Bomb

\$7.95

Vegetarian, Slow Cooker

Chocolate peanut butter cake with ooey-gooey sauce. If you love chocolate and peanut butter, then this slow cooker cake is calling your name. Serves 6 to 8.



Keto Cobbler

\$8.95

Gluten Free, Sugar Free, KETO, Low Sodium, Vegetarian

Perfect dessert for a cool evening! This versatile cobbler mix can be used with your favorite fruit. We suggest berries, apples, peaches, and more. Makes 4 servings. 2 g net carbs per serving.



Tea Time Brunch Set

FREE SHIPPING, Vegetarian

\$18.95

Enjoy our two Britain's Best baking mixes: Cranberry & Blueberry. A cross between a scone, a muffin, and a biscuit. Not too sweet and perfectly appointed with fruit. Each mix makes 12 - 16 scones. Free shipping on your order when this product is added.

Trail Mix Cookies

Half the Sugar, Vegetarian

\$12.95

Crammed with walnuts, pecans, cashews, cranberries and kissed with chocolate chips and pepitas. With a base of ancient grains including quinoa, oats, and millet. Boasting half the sugar, combining erythritol with cane sugar bringing you a cookie to fuel your energy for hours. Makes 12



GOOD FRIENDS/FAMILY + DELICIOUS FOOD = PRECIOUS MEMORIES

"In August of 2018, I stumbled across this company by accident. I knew nothing about the products, or the company, but I jumped right in. I now know it wasn't an accident that I found Do You Bake, it was meant to be. I have met friends that have become a family to me, and the products have become a daily part of my life. Food has always been about making memories for me. I am so blessed to have found such an amazing company." ~ Kim Robertson, Master Ambassador

Life is What you Bake it, so Bake it good with Do You Bake!



Black Bean Brownies - Gluten Free, Low Carb, Low Sugar, Vegetarian **\$13.95**
Chocolate protein brownies that are rich, chocolatey, fudgy, gooey, and sinfully delicious. Gluten Free and over the top delicious. Ashwagandha is one of our key ingredients in this mix. Not only is this a protein brownie, but we've added in Ashwagandha, an adaptogen that helps release and reduce cortisol levels (a weight loss killer and response to stress)

Gluten Free Lemon Drop Cupcakes **Gluten Free, Low sodium, Vegetarian** **\$11.95**
You are going to love these simple Gluten-Free Lemon Cupcakes. This bakery-style cupcake is tender and has the perfect amount of lemon. These gluten-free lemon cupcakes are wonderful and will melt in your mouth. They are topped with a tangy lemon cream cheese frosting, adding just the right amount of tang for anyone who loves lemon desserts. Magical morsels of lemon in each bite



For the Pups!

Apple & Oats Woof-It-Ups **No Sodium** **\$8.25**
These healthy and easy treats for your dog are oven-ready in less than 10 minutes. Make your dog Pup-happy with these all-natural, made from home, doggy waggin' biscuits. Full of fall flavor, fresh harvest apples and super healthy for our four-legged friend. Makes 2 to 3 dozen medium-sized treats



Hot Dips



Hot Baked Spinach & Artichoke Dip & Seasoning **\$15.95/jar**
Sugar Free, Vegetarian
This rich and creamy dip is easy, delicious, and totally cheesy. Perfect for holiday fare. Just add cream cheese, mayonnaise, sour cream, and a jar of artichokes if desired! A dip mix or a seasoning blend. Delicious both ways. Make dinner flavorful and appetizers simple and crowd pleasing. Makes 4 - 6 big batches of our hot baked dip. Can be served cold.

Hot Baked Enchilada Dip & Seasoning **\$15.95/jar**
Gluten Free, Sugar Free, KETO, Vegetarian
If you love Mexican fare then you will love this baked dip. Just add cream cheese, sour cream and cheddar. Bake and enjoy. A dip mix or a seasoning blend. Packaged in a large 8oz by volume jar for easy scoop, prepare and serve. Makes enough for 4 - 6 large party size dips feeding 10 - 12 each batch.



Hello and Welcome Everyone! I've been in LOVE with cooking since I was a little child I've always been beside my mother whipping up some kind of meal or dessert for our families and friends. I also ran a restaurant with my mother for about 4 years in B.C. so simple easy cooking appeals to me now as I get older. Since COVID hit I was looking for an opportunity to start with a company that has gluten free food choices and I stumbled across Do You Bake. It was an easy choice too! Great company, great products, great community. I just love everything about DYB!

-Mercedes D, Ruby Team Lead

NEW delicious products Coming Soon!

Contact your ambassador to find out more and to get on the pre-order list!

Watch for :

- Apple N Spice Tea-Tox
- Black Pepper Steak with rice
- Sloppy Samurai with creamy slaw
- Wichita Chicken Fried Steak
- Pablo's Panned Fajitas
- Birthday Cake Cookies
- Sierra Myst Pound Cake



When Life gets tough, Do You Bake will help you Shake it off!

Drinks and Beverages

Protein Powder with Collagen

1 pound bag \$54.95

Sugar Free, Low Carb, Keto, Gluten Free, High Protein, Vegetarian

Protein plays a key role in any balanced meal plan by contributing to the maintenance of the immune system functions and lean muscle mass. Our Protein blends are made exclusively from carefully selected quality ingredients. Just add water, or any type of milk. 25 g whey protein per serving.



Choose from:

- Madagascar Vanilla (*Free Shipping with this item*)
- Cheeky Chocolate Monkey
- Orange Dreamsicle
- S'mores
- Strawberry Shortcake
- French Toast (*coming March*)
- Cookies N Cream (*coming April*)
- Peekaboo Peanut Butter (*coming April*)



Chocolate Lovin' (6 grab and go packages)

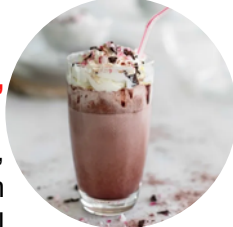
\$21.00

Sugar Free, High Protein, Gluten Free, KETO, Vegetarian

Busy lifestyles demand quick, easy and nutritious solutions. High protein, low fat and total deliciousness! Mix with water or milk or blend up a delicious frozen Smoothz with Ice. Perfect before a workout, after a workout or during your day. There are six perfectly portioned, individually packaged mixes in each box. 31 g protein in each serving, as prepared.

Sugar Free Chocolate Frostie \$8.95
Sugar Free, Gluten Free, KETO, Vegetarian, vegan

Milkshake without the sugary guilt? Yes, and ready in 30 minutes! Made with cocoa powder, erythritol and natural vanilla flavor. Just add whipping cream or alternative. Serves 4



Bangin' Bone Broth \$29.95/jar
Gluten Free, Sugar Free, KETO, Low Sodium

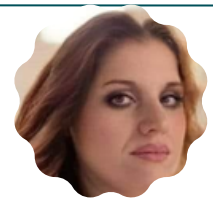
Our signature blend of bone broth is enhanced with nutritional yeast and flavored with the finest blend of herbs and spices including garlic, onion, parsley and oregano. Nourishing broth in seconds! Simply add 1 tablespoon per cup of boiling water. Use as a base for soups, stews, sauces and gravies. Every spoonful will give you a deep sense of well being. 15-20 servings.



*"Great company! Awesome people!
Amazing food! What could be better?"*
~ Penny Niemi, Master Ambassador



"Your what's for dinner problem solved!"
~ Jazmin Lamour, Ambassador



*"The business that literally pays you
to feed your family!"* ~ Lisa Morin-Goss, Silver Ambassador

Hydrate and Immunity Drink Mixes



Try our line of better for you way to enhance your water with a pop of flavor and great immunity support. Add vitamins and minerals to support your immune system with over 500mg vitamin C per tablespoon. Scoopable jar with 15 to 20 servings. 0 calories, 0 grams carbs.

Gluten Free, Sugar Free, KETO, Low Sodium, Vegetarian, Vegan
Choose from: Sour Grape Splash (FREE Shipping Flavour), Cotton Candy.
Coming March 2022 - Ice Tea Lemonade Flavour

\$29.95/jar

Protein PuP Drink Mixes

Get a healthy addition of protein with our water-enhancing Protein PuP drink mix - Peach Passion! If you feel like boosting your protein and are tired of your milkshake, smoothie style drink, pick up this jar of peach passion Protein PuP and enjoy a 6-gram protein spike in every tablespoon added to 16oz of water. Includes marine collagen. Scoopable jar with 15 to 20 servings.

Gluten Free, Sugar Free, KETO, Low Sodium, Vegetarian
Choose from: Blue Razz Matazz or Peach Passion (FREE Shipping Flavour)
Coming March 2022 - Orange Passionfruit

\$29.95/jar



Detox Drink Mixes

Scoopable Jars 15 - 20 servings



Pink Liver Lovin' Detox Latte

FREE SHIPPING, Gluten Free, Sugar Free, KETO, Low Sodium, Vegetarian

Beets are rich in nitrates, supporting heart health and post-workout recovery. Add to your favorite milk, smoothies, or oatmeal for a superfood boost. Sugarless and without additives, this beverage is the perfect addition to your day. **Free shipping on your order with this item!**

\$29.95/jar

Green Detox Drink (coming March 2022)

No added sugar. Sweetened with erythritol. Packed with green detox power. Infused with celery, wheatgrass. Kissed with green apple flavor. Our green juice has great taste without all the added sugars. Boost your vitamins and pack an antioxidant punch in your detox routine with this drink.

\$29.95/jar



Anti-Inflammation Turmeric AM Tonic

Gluten Free, Sugar Free, KETO, Low Sodium, Vegetarian

Boost immunity and stave off illness with this warm morning tonic. We promise, this isn't like a medicinal drink but a warming tonic .. almost latte made with turmeric and other superfoods for a morning boost.

\$21.95/jar

Blue Latte

Gluten Free, Sugar Free, KETO, Low Sodium, Vegetarian

Blue Latte is made up of micro-milled Butterfly Pea Flower and blue spirulina. Butterfly pea powder is known to have Ayurvedic properties that support the mind and body. It also contains tons of antioxidants and keeps both skin and hair glowing! Its vibrant blue color is all-natural and makes the coolest latte art. **Free shipping on your order with this item!**

\$22.95/jar



Slush Drink

Raspberry Lemonade Vodka Slusher **Gluten Free** \$10.95

Raspberry infused with a touch of lemon and a light sprinkle of sweet for the perfectly balanced slushy and boozy drink. **Variations or options:** As a wine slush - just add Sweet white wine, As a traditional slush - add White vodka and Water, As a virgin slush - add Juice (fruit punch, pink lemonade or cranberry). Makes one batch, serving 6 to 9 glasses



MY SHOPPING LIST

Do You Bake Best Sellers

- Cheddar Garlic Herb Quick Bread
- For the Love of Garlic seasoning
- Egg Roll in a Bowl
- Philly Cheese steak Casserole
- Chicken Ranch Baked Penne
- Black Bean Protein Brownies
- Blonde Bombshell Brownies
- Perfect Pot Roast and Veg
- Sweet & Spicy Asian Broccoli
- Chinese Fried Rice



REMEMBER to Order/ Wish List

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Cold Dips & Cheeseballs



Very Onion - Gluten Free, Sugar Free, KETO, Vegetarian **\$6.50**

One minute Onion Dip! Three onions and a bunch of herbs. Just like a perfect French onion dip, but better. Just add sour cream.



Dilly Dill Pickle Dip - Low Carb, Vegetarian **\$6.50**

Definitely better than any store bought dip! The perfect mouth puckering dip for the dill lover. Combined with herbs and roasted onions. You will not be disappointed. Works great as a softened cream cheese ball too! Makes 1 cheese ball / package



Garlicky Cheddar - Gluten Free, Sugar Free, KETO, Vegetarian **\$6.50**

No one can resist the aromatic flavor of this garlic and cheddar combination. Three types of garlic combined with real cheddar and a hint of herbs. Makes a great bagel spread too! Makes 1 cheese ball / box

"As a mother of a toddler and working full time Do You Bake takes the guessing out of what's for dinner. It's also so easy my daughter loves helping." ~ Jennifer Amenu, Ambassador





NO-KNEAD BREADS

GET YOUR BAKING DONE QUICKLY WITH OUR NO-KNEAD MIXES!



"On delivery day I hide the Cheddar, Garlic, and Herb Quick Bread or the teen will bake it and eat the whole loaf!" ~ Tara Leske, Ruby Team Lead



Cheddar Garlic & Herb Quick Bread mix **Vegetarian** **\$7.95**
A no yeast bread mix that is super quick to prepare! Light, fluffy, super moist, and packed with flavour. Just add butter, egg, & water for an easy bread to make and have in the oven in 10 minutes or less.

Buttermilk Biscuit mix **\$6.95**
Vegetarian

Soft, buttery, and a sure way to start your day off right. Fantastic as a make-ahead dough to keep in the freezer for an easy biscuit bake. Perfect for your soup-er meal side, or as a part of a weekend brunch. Makes 12 biscuits. Just add butter and water.



Classic Beer Bread mix
Vegetarian, Vegan **\$7.95**

A simple quick bread flavored with beer OR with ANY carbonated beverage. It is in the oven in less than 10 minutes and to the table in less than 45! The perfect accompaniment to any meal. Amazing to use with any hot baked dip too! Try it toasted or in a sandwich. Makes 1 standard loaf.



White Chocolate Cherry Bread Pudding
Vegetarian **\$9.95**

Warm pudding, gooey white chocolate, topped with dried cherries. Easy to make; guaranteed to impress. Includes vanilla custard sauce mix, dried cherries and white chocolate drizzle. Makes enough for an 8x8 or 9x9 pan. Just add bread, eggs and milk or cream



Cinnamon Sugar Poppables
\$9.95 Vegetarian

Baked not fried! Soft, buttery, chewy; a sweet single bite delight. Cut into bite sized squares, bake and while warm dip in butter and coat in the cinnamon sugar mix provided. Cool slightly and enjoy.



JENN & JAXSON

FROM THE DESK OF THE CEO AND FOUNDER OF DO YOU BAKE - JENN SAYS....

Cooking at home is more fun and delicious than ever before. Our products make it easy for you to try new foods and cuisines with ease. We want you to have FUN in the kitchen and enjoy your meals and even sinfully delicious desserts. As a new first time mom, I appreciate how easy and delicious our products are because I use them too .. and they're healthier than take out, frozen food or hacking my meals along the way. I get to spend more time on my baby, myself and my family and less time on figuring out what's for dinner each night.



"Nothing brings people together like good food... I love helping people one meal at a time."
 ~ Colleen Fysh-Beckham,
 Team Lead



SEASONINGS AND SPICES

SPICE UP YOUR LIFE WITH DO YOU BAKE



A Kick In Your Thai

\$8.25

Gluten Free, Sugar Free, Low Sodium, KETO, Vegetarian, Vegan

This simple Thai spice blend gives meat and vegetables a spicy Thai bite! Nutty flavor, packed with spicy sweet and sour infusion. Seasoning bottle with shaker and scoop cap enclosure.

Cinnamon Kisses

\$11.95

Gluten Free, Sugar Free, Low Sodium, KETO, Vegetarian, Vegan

Anti-inflammatory with prebiotic support. A careful blend of cinnamon, prebiotics, nutmeg. Blended with monk fruit and erythritol. Great in oatmeal, smoothies, and baking. Wonderful on cooked fruit, sweet potatoes, and squash. Seasoning bottle with shaker and scoop cap enclosure.



For the Love of Garlic

\$8.95

Gluten Free, Sugar Free, Low Sodium, KETO, Vegetarian, Vegan

Kick up your dishes with this natural blend of garlic. Chunky pieces of garlic, tiny garlic pieces, onion, herbs. A low sodium blend, under 20mg / serving. Seasoning bottle with shaker and scoop cap.



Mediterranean Blend

\$8.25

Gluten Free, Sugar Free, Low Sodium, KETO, Vegetarian, Vegan

Light and tasty, sprinkled with hints of the Mediterranean Sea: parsley, oregano, chives, garlic, red pepper flakes and more go into this incredible pantry blend. A low sodium blend with less than 5mg sodium/serving. Seasoning bottle with shaker and scoop cap enclosure. 5oz by volume



Cheesy Chive and Bacon

\$8.95

Gluten Free, Sugar Free, Low Sodium, KETO, Vegetarian

Everything's better with bacon (soy bacon)! A perfect combination of onions, chives, dill and garlic blended with parmesan, romano and cheddar cheeses. Seasoning bottle with shaker and scoop cap enclosure. 5oz by volume



Chive 'N' Onion **Gluten Free, Sugar Free, Low Sodium, KETO, Vegetarian, Vegan** \$8.50

A unique and subtle blend of chives and onions. Hand crafted blend using three types and sizes of onions, a dash of garlic and a light herb blend. Tangy and flavorful. A low sodium blend with less than 5mg sodium/serving Seasoning bottle with shaker and scoop cap enclosure. 5oz by volume



Everything Bagel

Gluten Free, Sugar Free, KETO, Vegetarian, Vegan

\$8.95

A combination of savory and salty flavors. It mimics the toppings found on those classic everything bagels, you get crunch, salt, pungent flavors, and nutty bites. But don't limit your uses to just brushing on plain bagels – add to cream cheese, on your next avocado toast, or amp up the flavor of your favorite dip.

Season All **Gluten Free, Sugar Free, KETO, Vegetarian, Vegan**

\$8.25

Kick up your dishes with this natural blend of garlic. Chunky pieces of garlic, tiny garlic pieces, onion, herbs. A low sodium blend, under 20mg / serving. Seasoning bottle with shaker and scoop cap.



Parmesan Garlic & Herb French Fry Blend

Gluten Free, Vegetarian

\$8.95

You can have all the flavor-packed goodness of restaurant-style garlic parmesan fries at home with this blend in your pantry. We've combined Parmesan, Romano and a medley of herbs. Tossed with Himalayan pink sea salt for a light salted kiss!



Backyard Bacon Seasoning Blend Vegetarian \$8.95

Turn any meal into a bacon treat with our no-bacon backyard bacon seasoning blend - it's soy bacon! Do you love the salty, smoky, sweet, spicy taste of Bacon? But would rather skip eating actual bacon? Then this is the seasoning blend for you. Delicious topped on potatoes, yummy as a pork, chicken, or beef rub.

Garlic Ranch Seasoning Blend \$8.95

Gluten Free, Sugar Free, Low Sodium, KETO, Vegetarian

Garlic Ranch Seasoning goes well with foods you already love to enjoy. Sprinkle it generously (no measuring needed!) on cauliflower, roasted chicken, pizza and rice for an instant flavor boost. Garlic Ranch seasoning blend makes a great dressing. 2 capfuls blended into 1/4 cup water + 1/3 cup mayonnaise + 1/3 cup sour cream. Let it sit for an hour. Refrigerate leftover salad dressing in a container with a lid for up to a week



GARLIC RANCH MASHED POTATOES

A hearty mashed potato side dish with the kicked up flavor of Do You Bake Garlic Ranch Seasoning. Perfect to serve with your favorite entrée.

PREP TIME
• Prep | 15 m
• Cook | 15 m

PROCEDURE

- INGREDIENTS**
- 2 pounds russet potatoes, peeled & quartered
 - 2 teaspoons sea salt, divided
 - 3/4 cup milk, warmed
 - 1/4 cup (1/2 stick) butter, softened
 - 1 tbsp Do You Bake Garlic Ranch seasoning
 - 1 tbsp Do You Bake Backyard Bacon blend (for garnish)

- 01** Place potatoes in medium saucepan. Cover with water and add 1 teaspoon of the sea salt. Bring to boil. Reduce heat to low; cover and simmer 10 to 15 minutes or until potatoes are fork tender. Drain and return potatoes to saucepan.
- 02** Mash potatoes with potato masher, gradually add milk, then butter. Stir in DYB Garlic Ranch Seasoning and remaining 1 teaspoon sea salt.
- 03** Garnish with DYB Backyard Bacon Blend & Enjoy!



CONTACT:

Note additional garnish with thinly cut spring/green onion or chives, or a dollop of sour cream

Lemon Peppa & Garlic Stress Buster

Gluten Free, Sugar Free, KETO, Vegetarian, Vegan

Golden Turmeric is combined with Black Pepper and mixed along with stress busting maca root, alma and holy basil. Combined with detoxifying Lemon Peel. Kissed with garlic and a touch of salt. So good for you! A delicious seasoning that elevates any dish

\$11.95



Buttermilk Flip Flop Flap Jacks Vegetarian \$8.75

Traditional buttermilk pancakes made with real buttermilk. Very light and fluffy pancakes made in a snap. Buttery, fluffy and lightly golden edges beg for your syrup and fruit toppings. A delicious addition to your breakfast or brunch-time table. Makes 18 - 24 pancakes / package

Breakfast Belgian Waffles Vegetarian \$8.75

Light and fluffy Belgian Waffles are so simple and delicious to make at home with our signature waffle blend. Soft and fluffy waffles are perfect for any Saturday morning with the family! Makes 20 - 24 waffles / package

KETO Pancakes & Waffle Mix Gluten Free, Sugar Free, KETO, Vegetarian \$21.95

Perfect waffles and pancakes KETO style await you. 3 batches in one package. Just scoop and add your wet ingredients. Each serving is only 5g net carbs, fully prepared. Loaded with two sources of fiber for gut and heart health. Sweetened with erythritol and monk fruit. Each batch makes 3 servings. Gluten-Free, KETO



Tortilla Crispnz Gluten Free, Sugar Free, KETO, Vegetarian \$15.95

Snackin' Crakers that are Grain Free and Paleo Friendly, Less than 1g net carbs as prepared, per serving. Makes 30 - 40 crackers with 14 gm of protein per serving.



Ancient Grains energy & Protein Bar High Protein, Vegetarian \$14.95

Made with delicious wholesome ingredients, packed with several ancient grains including quinoa, millet, and kamut. Added whey isolate protein for muscles support. Delivers the energy you need to sustain your daily goings and comings. 14g of protein per serving, as prepared Makes 8x8 pan

"Do You Bake has been such a great opportunity for me in so many ways! I'm so glad I said YES to signing up. I've learned about food and nutrition, found some of my family's favorite meals, and made friends with team members and customers. Plus I get paid to do it all! So many yummy mixes to choose from there is something to tickle every taste bud!" ~ Krista Ford, Platinum Team Lead



"Making memories one healthy meal at a time." ~ Tracy Taylor, Ambassador



Munchkin Cakes: Hemp 'Yeah **Vegetarian**

\$11.95

Our line of munchkin cake mixes are a great option when starting on finger foods and they are meant to 'grow with them' with 3 ways to make them as their food options grow. Our Hemp 'Yeah Munchkin Cake mix is made from a blend of organic rolled and steel cut oats and hemp hearts. Nutritionally hemp seeds are a complete protein, with all the essential amino acids that your baby's body needs to thrive. Oats are gentle on their tummies and packed with fiber, magnesium, iron, and zinc.

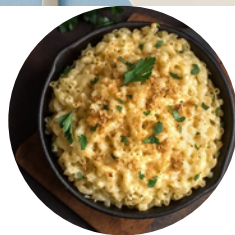
Classic Baked Macaroni & Cheese **Vegetarian** **\$7.95**

Take in the sweet smell of comfort in this Classic Baked Mac 'n' Cheese. Delicious 'til the last bite. Includes pasta and all natural white cheddar creamy cheese mix. Makes approximately 4 servings.

MAKE MEMORIES AROUND THE TABLE WITH DO YOU BAKE

Skillets Up! Sloppy Joes **\$7.95**

Sloppy Joes made easy. Rich and tasty with a pleasant spice. Dinner ready in less than 30 minutes. Serve sandwiched in between your favorite bread and have yourself a happy family time meal! Serves 4 - 6



Baked Chicken Parmesan Casserole

\$8.95

Oven ready in less than 20 minutes. Classic Italian fare made easy. Package includes crumb mix, flour dredge, and pasta. Grab your eggs, chicken, pasta sauce and extra mozzarella cheese for cheesy goodness. We've got the rest covered. Serves 4 - 6

Chicken 'N' Biscuits

Ultimate comfort food that is easy to make with fresh chicken, butter and cream. Includes creamy sauce package, garlic infused biscuit mix and a freeze dried vegetable starter pack. Oven Ready in less than 20 minutes. Dinner on the table from start to finish in less than an hour. Serves 4-6

\$8.95



Sweet & Spicy Asian Chicken & Broccoli **\$6.95**

A quick Asian Style broccoli bowl that will remind you of General Tso's chicken. Spicy, sweet and packed with flavor.



Canadian Poutine Gravy Mix **Vegetarian**

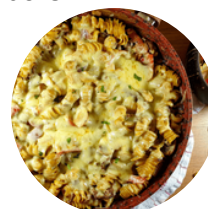
\$6.25

Just add water! Poutine gravy done delish! Canadian style could not be easier. Features a chicken poutine gravy mix. Add your favorite french fries, cheese or cheese curd and our crazy good gravy mix stinking delish!

Philly Cheese Steak Casserole

This Philly Cheese steak Casserole is one of those comfort foods that everyone just loves. It's a delicious, cheesy, noodle casserole topped with lots of meat and cheese that the whole family will enjoy.

\$8.50



Chicken Ranch Baked Penne

This delicious casserole is filled with all things comforting: Penne pasta, creamy ranch style Alfredo sauce and lots of crazy good herbs. A family favorite for many years and this product is returning for our fall and winter season. Seriously bursting with flavor! Our package includes pasta and sauce mix. Feeds 5 to 6. Best part? Its table ready in less than 45 mins!

\$8.95



"It's your time to shine! Dream big, and let your imagination soar, you got this!"

~ Lindsay Brunton, Ambassador



"My hubby finds that making Do You Bake products is so easy and delicious that he wanted his own chef hat too! (It's also fun to create together!)"

~Erica Sisco-Dube, Master Ambassador



Chinese Fried Rice \$8.95
This Chinese restaurant-style fried rice is the absolute best. It's quick and easy to make, customizable with any of your favorite mix-ins for a meal done delicious. Add tofu, chicken, beef or shrimp for a different variation every time! Serves 4 - 6

Four Onion Soup \$9.95
Gluten Free
This tasty onion soup uses four different onions. An easy way to get a simple dinner on the table in less than 30 minutes. The perfect meal with a green salad and crusty loaf of bread. Serves 4 - 6



Egg Roll In A Bowl - Low Carb \$6.95
A super easy dinner made in the skillet. All you need is our Egg Roll in a bowl mix combined with a bag of coleslaw, an onion and optionally a sliced bell pepper and matchstick carrots. Plant-based and low carb dish. Under 4g net carbs per serving. Serves 4



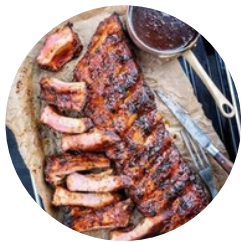
Perfect Pot Roast & Veg \$6.75
Classic Sunday Pot Roast is an easy to make comfort food that is hearty, filling, and can easily feed the whole family. Versatile mix - can be made in the oven or the slow cooker



Salisbury Steak \$7.95
A simple one pot meal. A light peppery coating atop a delicious mushroom sauce kissed with onion, pepper and garlic. Low carb meal boasting less than 5 grams net carbs per serving. Serves 4



Keto Chicken Parmesan \$19.95
Gluten Free, Sugar Free, KETO
This no-carb mix is less than 1.3g carbs per serving. We've combined coconut and almond with a careful blend of Italian herbs & spices along with flax, psyllium husk and Parmesan & Romano cheeses. Eat with a plate of veggies or smother in your favorite 0 sugar, low carb sauce and shredded Italian Cheese. Makes enough for 6 - 8 chicken breasts



Slow Cooker Rib EZ Mixes
Easy Slow Cooker Barbecue Ribs are melt-in your-mouth incredible! Your slow cooker does the work; you come home to fall apart goodness. Great with pork back or side ribs. We recommend rubbing your ribs a day ahead of slow cooking. Makes enough for 2 - 3 full racks of ribs.

Rib EZ: CLASSIC - Low Sodium \$7.50
Rib EZ: Honey Garlic \$7.75

Beer Batter Fish Fry \$6.95
Crispy, golden fish at its best! Just like your favorite fish and chips joint but at home! Takes less than 20 minutes. Super flavor + super easy, right from the comfort of your home. Don't forget the fries! Makes enough for 2 to 3 lb fish.



Loaded Baked Potato and Bacon Soup \$9.95
A soup loaded with flavor and texture. Our creamy soup has a delicious blend of potatoes, carrots, celery, onions and soy bacon. We finish it off with real cream and some seasoning to bring it all together. This is the perfect everyday meal solution for busy families or as a great way to warm yourself on those cold fall and winter nights. Just add water. Optionally add additional potato for thicker chunkier soup.



"When my customers ask me why I love "Do You Bake?" so much, I tell them it's healthy, it's fun, I'm helping someone realize their dream and I'm supporting locally."
~ Natalie Gagnon,
Master Ambassador



"When I get asked why I got into Do you bake I tell people its an amazing family and vey supportive. The products are truly amazing and has helped me pay bills. It also makes meal planning super easy. So thank you to my new family with Do You Bake!"
~ Paul Meads, Ambassador



"Food for anyone and everyone!" ~ Amy Wilson, Ambassador

Luigi's Poppin' Pizza Bake

\$8.95

Luigi's Poppin' Pizza Bake is a quick and easy dinner for the family. It's a layer of garlic and onion-infused drops of dough, a layer of cheese, a layer of sauce and a layer of your favorite pizza toppings then into the oven it goes until it's all golden brown and bubbly. Serve with a side salad and dinner is done. Great for those days you want pizza but don't have all that pizza making time!



Hearty Beef Stew \$7.50/ea

For the nights you curl up in your PJs to watch your favorite show - the stew for you. Just mix all the ingredients in a slow cooker and cook until tender. Simmer for a few hours & fill your home with amazing comforting aromas. Rich beef broth and brown sauce for the perfect hearty meal! Serves 4 to 6



Mexican Street Corn Chowder \$10.95

Inspiration for this soup comes from Mexican Street corn. A soup mix loaded with corn, cumin and street-corn inspired seasonings. Simmered in a chicken and cream broth. Sweet, creamy and savory elements in every spoonful. A delicious departure from the ordinary soup fare! Just add water or milk and optionally additional frozen or can of corn. Makes 4 to 6 bowls of chowder



CHEESY CHIVE AND BACON DIP

Delicious with raw vegetables, potato chips, baked pita chips or crackers.

PREP TIME

- Prep | 15 m

PROCEDURE

- 01 In a small bowl combine all ingredients.
- 02 Let stand for a minimum of 15 min before serving. This allows time for flavours to blend.
- 03 Garnish as desired using additional bacon bits, fresh chives or others.


INGREDIENTS

- 3 tbsp Do You Bake Cheesy Chive & Bacon mix
- 1 cup of sour cream*
- 1 cup mayonnaise**
- bacon bits or chopped chives (options for garnish)

*substitute Yogurt if desired
**substitute mashed avocado is desired

OTHER USES

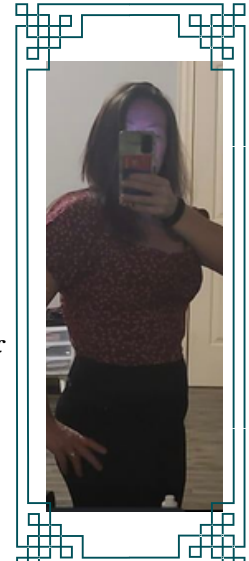
- Mix 1 tbsp of dip mix with 1 cup cream cheese for a delicious bagel spread
- Add to scrambled eggs for cheese & bacon flavour
- Add to DYB Classic Beer Bread Mix or Buttermilk Biscuit Mix to add that cheesy bacon flavour.
- Mix 2 tbsp into 1 cup sour cream. Serve with baked potatoes, nachos, tacos, cabbage rolls, or pierogis



CONTACT:



Do You Bake is more than just a place to get some healthy yummys. It's a place where you meet new people, who turn into great friends; where everyone helps one another. We focus on Wellness in every aspect, with an amazing food program that changed my life. My wellness journey started after a work-related injury that left me feeling weak, lacking purpose and physically unable to do things I enjoyed. I joined never looked back. I lost 50+ lbs, gained new friends in our community and have a new outlook on life. I changed mentally and physically because of this company and I took advantage of the healthy options. I use them in my everyday life. If you want to be part of something that will change your life then I suggest starting here. We aren't partners in business, we are family. ~ Sheena Bolt Dominix, Ambassador





EAT REAL FOOD
FEEL REAL GOOD

Fun. Freaking Delicious. From Home

**ABSOLUTELY NO PRESERVATIVES, FILLERS,
CHEMICALS, ADDITIVES, ARTIFICIAL FLAVORS
OR COLOURS IN ANY DO YOU BAKE
PRODUCTS - EVER!**

Be sure to ask about our monthly features, specials, foodie holidays & more!

Contact your Ambassador today!

