



Spoonabilities

Small Bites. Big Taste.

Easy 1-2-3 Recipes
for small bites with
Big Taste!

9 APPETIZERS
for Effortless Entertaining



Do you love to cook & entertain, but don't have much time?

That's how Spoonabilities came to be.



Both with full-time jobs, we have little time to cook elaborate creations, but still demand mouth-watering, diverse meals. Each week we share with you new "Easy 1-2-3" recipes, some "weekend chef" recipes with a few more steps, and lots of small bites with big taste. We love to hear from you and the rest of our community. So send us a message via www.Spoonabilities.com, or join us at Spoonabilities on Facebook, Pinterest, or Instagram.

See you soon!

Carlos & Geoffrey

What do I do with this left over jar?

Don't you hate when a recipe calls for a special ingredient you may never use again?

Then that jam or dip sits in your refrigerator all alone wondering if you will ever use the rest of it. This is one of the problems that sparked Spoonabilities. We give you multiple recipes for every sauce, dip, jam, oil and salsa we sell. You never again have to worry about unused and wasted products. And, if you ever need an idea, we're here to help!



contents

Honey Chipotle Almonds. 4 - 5

Cheese & Fruit Tartlets. 6 - 7

Moroccan Date Sauce Dip. 8 - 9

Sausage & Pretzel Bites with Fig Pomegranate Mustard 10 - 11

Chicken and Apple Caramelized Onion Pizza. 12 - 13

Fruit & Goat Cheese Rollups. 14 - 15

Baked Brie, Almond Butter & Jam Puff Pastry 16 - 17

Seafood Artichoke Pesto Gratin 18 - 19

Easy BBQ Chicken Pizza 20 - 21



Copyright © 2016 · **SPOONABILITIES**
Design by **True Ink Designs llc**



Easy to make, super delicious and addicting.
Be warned... The day after you make them, there may not be any left.



Honey Chipotle Almonds

Honey Chipotle Almonds



Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 1 (if you can't stop eating them)

Ingredients:

2 TableSpoons Butter
1/3 cup [Honey Chipotle Mustard](#)
1 lb. Almonds, unsalted
1 TableSpoon Cinnamon
1/2 TableSpoon Sugar
1/2 TeaSpoon Tumeric or cumin
1/2 TableSpoon Salt
1/2 TeaSpoon Black pepper

Instructions:

1. Preheat oven to 325 degrees F.
2. Melt butter in medium skillet and whisk Honey Chipotle Mustard into melted butter.
3. Add almonds and cook over medium heat for 2-3 minutes, stirring to evenly coat all the almonds.
4. Transfer almonds to a parchment paper lined baked sheet.
5. In a small bowl, mix together the remaining ingredients.
6. Sprinkle the mixture over almonds to taste.
7. Place in oven and bake for 10 minutes.
8. Remove from oven, cool and serve or store.



More Recipes at [Spoonabilities.com](https://www.spoonabilities.com)

- [Honey Chipotle Baby Back Ribs](#)
- [Honey Chipotle Chicken Strips](#)
- [Honey Chipotle Almonds](#)
- [Honey Chipotle Meatballs](#)

Honey Chipotle Mustard is a wonderful honey mustard with the zingy addition of chipotle peppers! It's the perfect balance of sweet and smoky notes. Use as a glaze, a marinade, in a vinaigrette, on a sandwich, or just for dipping chicken tenders, soft pretzels or pita chips!

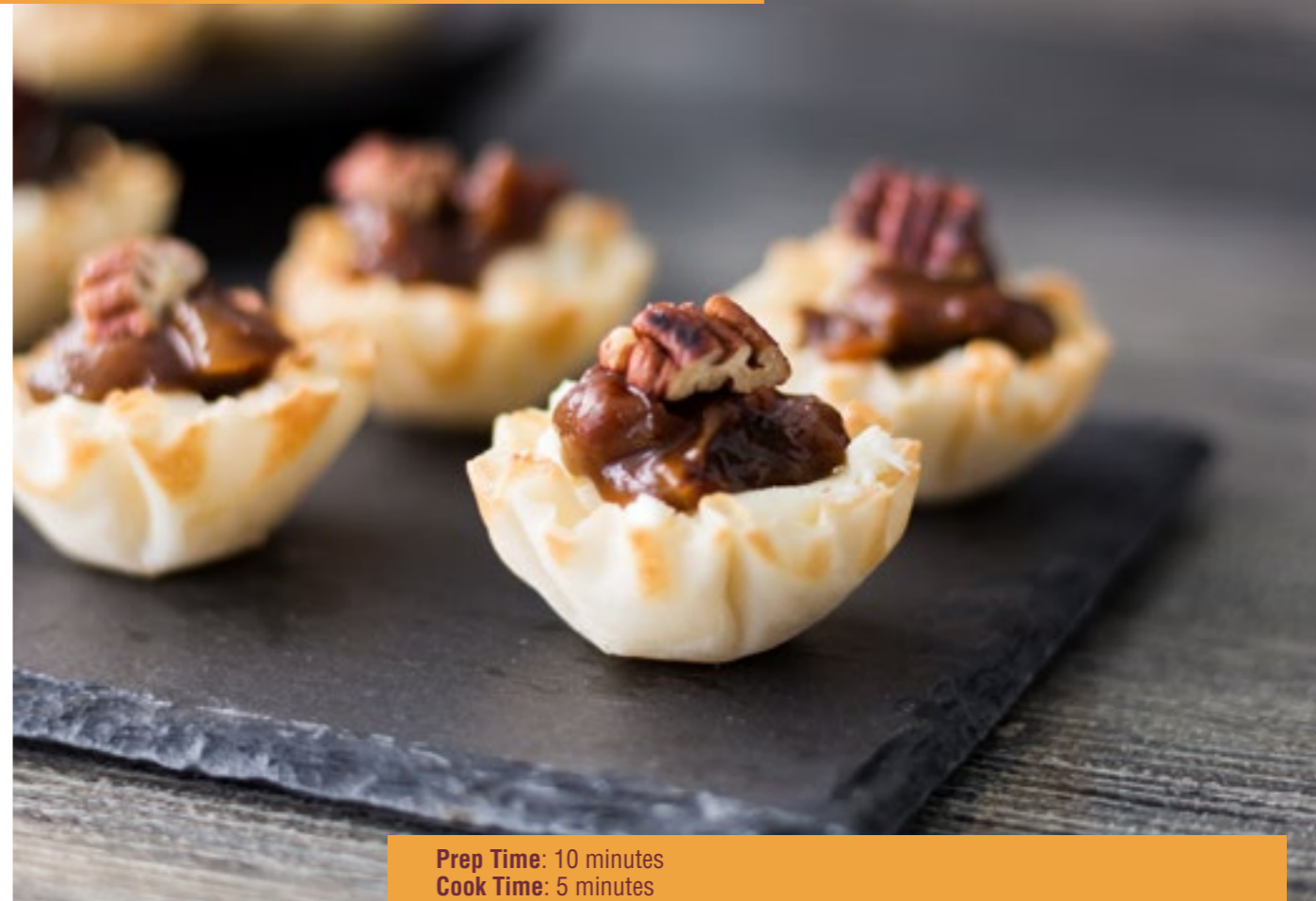


“One word...AMAZING! Thank you for this great recipe. This one is most definitely getting a bookmark.” - Jose G.



Bite Size Cheese & Fruit Tartlets

Bite Size Cheese & Fruit Tartlets



Prep Time: 10 minutes
Cook Time: 5 minutes
Servings: 12

Ingredients:

1 package (15 count)
of Mini Fillo Shells
6 TableSpoons softened
mascarpone or goat cheese
5 TableSpoons [Dried Fruit Chutney](#)
3 TableSpoons toasted chopped
pecans

Instructions:

1. Pre-heat oven at 350F and bake tartlet shells for 5 minutes. Remove and cool.
2. Add 1½ teaSpoons mascarpone or goat cheese to each tartlet shell.
3. Spoon 1 teaSpoon of [Dried Fruit Chutney](#) over the cheese in each shell.
4. Sprinkle each with ½ teaSpoon of toasted chopped pecans.
5. Serve immediately



More Recipes at [Spoonabilities.com](#)

- [Easy Chicken Salad](#)
- [Fruit & Goat Cheese Roll Ups](#)
- [Dried Fruit Chutney Ice Cream](#)
- [Granola Yogurt Parfait](#)

Dried Fruit Chutney is a blend of dried cherries, cranberries, dates and apricots combined with fresh apples. Indian-inspired spices enhance the fruits and produce a full-flavored complement for many foods. An ideal companion for beef, lamb, chicken, turkey, duck, and pork.



Let the flavors transport you to Morocco with this special appetizer to serve with pita chips, cucumber, and olives.



Moroccan Date Sauce Dip

Moroccan Date Sauce Dip



Prep Time: 8 minutes
Cook Time: none
Servings: 6

Ingredients:

4 oz feta cheese crumbled
2 oz cream cheese
2 TableSpoons [Moroccan Date Sauce](#)
½ cucumber diced
Pita chips

Instructions:

1. Add feta, cream cheese and Date Sauce to a food processor or mixer and blend well
2. Spread mixture on bottom of 9" pie pan, bowl or serving plate.
3. Top with diced cucumber, and serve with pita chips.



More Recipes at Spoonabilities.com

- [Easy Meatloaf with Moroccan Date Sauce](#)
- [Moroccan Stuffed Acorn Squash](#)
- [Moroccan Meatballs "Keftu"](#)
- [Grilled Moroccan Leg Of Lamb](#)
- [Grilled Eggplant with Moroccan Sauce](#)
- [Chicken Tagine with Moroccan Date Sauce](#)
- [Moroccan Beef, Date & Apricot Tagine](#)
- [Best Roasted Vegetables](#)
- [Moroccan Chicken in Skillet with Date Sauce](#)

Moroccan Date Sauce is a perfect union of Moroccan spices and sweet dates creating a rich gourmet sauce ideal to be used to glaze lamb, chicken, and pork before grilling or roasting. A great sauce for Moroccan Chicken Pitas or use as a dipping sauce. You can use this sauce as an alternative to BBQ Sauce.



Fig, Pomegranate, Mustard, Sausage and Pretzels.
Sweet, Tangy, and Delicious!



Sausage Bites

With Fig Pomegranate Mustard

Sausage Bites with Fig Pomegranate Mustard



Prep Time: 7 minutes
Cook Time: 12 minutes
Servings: 6-8

Ingredients:

3 Links of high quality sausage
1 Bag of pretzel sticks (thin, salted)
¼ cup [Fig Pomegranate Jam](#)
2 TableSpoons Dijon mustard

Instructions:

1. Whisk together jam and mustard. Set aside.
2. Cook the sausage links in a sauté pan for 12 minutes
3. Once cool, slice into ½ inch circles.
4. When you are ready to serve, insert a pretzel into the sausage round (think of it like a toothpick) so that the pretzel is standing straight up.
5. Plate and serve with mustard sauce.



More Recipes at Spoonabilities.com

- [Stuffed Pork Chops with Fig Glaze](#)
- [Greek Yogurt, Cottage Cheese & Jam](#)
- [Fig Pomegranate Pine Nut Bread](#)
- [Prosciutto Panini](#)
- [Sausage Tartlets](#)
- [Rugelach \(Rugalach\)](#)
- [Grilled Figs with Prosciutto and Goat Cheese](#)
- [Fig Pomegranate Vinaigrette](#)

Fig Pomegranate Jam: Sweet figs with the tang of pomegranate and an earthy hint of nutmeg make this jam a delicious addition to your refrigerator door... but it won't stay there for very long. A go-to for brie, as a glaze for pork, chicken, and even just spread on toast! Gluten Free.



Less than 5 minutes for an easy pizza your guests will enjoy
...even if your only guests are the sofa and TV.



Chicken Apple Caramelized Onion Pizza

Chicken Apple Caramelized Onion Pizza



Prep Time: 5 minutes
Cook Time: 15 minutes
Servings: 4

Ingredients:

- 1 prepared thin pizza crust or flatbread (approx. 10 oz.)
- ½ cup [Apple Caramelized Onion Spread](#)
- 1 cup grated gruyere cheese diced or shredded pieces of grilled chicken, or duck
- ½ TableSpoon extra virgin olive oil

Instructions:

1. Spread Apple Caramelized Onion Spread on the pizza crust or flatbread, leaving the edges open as a crust.
2. Brush the edges with olive oil (optional).
3. Top with shredded grilled chicken (or duck) and Gruyere cheese.
4. Bake at 400F for 13-15 minutes or until the cheese is slightly browned.



More Recipes at Spoonabilities.com

- [Smoked Pork Chops](#)
- [Apple Caramelized Onion Bacon Quiche](#)

Apple Caramelized Onion Spread: Hints of cardamom, cinnamon and a dash of pepper make this spread perfect for everything from meat to ice cream. Delicious with a variety of poultry, pork, game and pâtés. Terrific mixed into chicken or ham salads. Stir into plain yogurt or over vanilla ice cream. Naturally gluten-free & vegan.



When you bite into this roll, the **flavors and textures** will delight your mouth. We highly recommend this easy recipe for your next get-together with friends.



Fruit & Goat Cheese Roll Ups

Fruit & Goat Cheese Roll Ups



Prep Time: 10 minutes
Cook Time: none
Servings: 14-16

Ingredients:

- 2 flour tortillas
- 6 TableSpoons goat cheese, or other soft cheese
- 6 TableSpoons [Dried Fruit Chutney](#)
- 3 TableSpoons minced toasted pecans or walnuts

Instructions:

1. Spread each tortilla with 3 TableSpoons of goat cheese.
2. Add thin layer of 3 TableSpoons of Dried Fruit Chutney
3. Sprinkle 1 TableSpoon of pecans on top of that. *(or add more if you love nuts... we do!)*
4. Roll up tightly and wrap with plastic wrap. This will help to keep the round form
5. Using a serrated knife, slice into 3/4-inch rounds.



More Recipes at Spoonabilities.com

- [Easy Chicken Salad](#)
- [Fruit & Goat Cheese Roll Ups](#)
- [Dried Fruit Chutney Ice Cream](#)
- [Granola Yogurt Parfait](#)

Dried Fruit Chutney is a blend of dried cherries, cranberries, dates and apricots combined with fresh apples. Indian-inspired spices enhance the fruits and produce a full-flavored complement for many foods. Also try our **Mango Pineapple Chutney!**



Jalapeno Raspberry Jam gives just the right amount of kick without being too spicy. Don't stress over what appetizer to make for your next party.... It's right here!



Baked Brie, Almond Butter & Jam in Puff Pastry

Baked Brie, Almond Butter & Jam in Puff Pastry



Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 4-6

Ingredients:

1 Sheet Frozen Puff Pastry, Thawed
1 Brie Wheel
½ Cup NaturAlmond almond butter
1 Large Egg
¼ Cup [Jalapeno Raspberry Jam](#)
1 TableSpoon water

Instructions:

1. Thaw puff pastry and unfold onto a lightly floured surface.
2. Using a rolling pin, gently roll out and seal any cracks
3. Spoon the jam in the center of the puff pastry, making a circle the same size as the wheel of brie.
4. Coat the sides and top of the brie wheel with almond butter, as if you are frosting a cake. Put a good amount on the top.
5. Then flip the wheel and place it on top of jam on the puff pastry so that the almond butter and jam are touching. Then finish coating the top of the brie with almond butter.
6. Fold pastry over cheese to cover like a blanket. Trim excess pastry and press to seal seams. Keep pastry scraps
7. Whisk egg and water in a small bowl and lightly brush seams
8. Place seam-side down on a baking sheet and decorate with scraps by cutting out shapes with scissors or cookie cutters.
9. Lightly brush a final layer of egg wash over the top.
10. Bake at 400F for 30 min, until puff pastry is lightly brown and crispy.
11. Serve with crackers, toast points, apples, asian pear, etc.



More Recipes at [Spoonabilities.com](#)

- [Jalapeno Raspberry Vinaigrette Dressing](#)
- [Polenta Tartlets](#)
- [Brie Quesadilla with Jalapeno Raspberry Jam](#)
- [Cheddar Puffs with Jam](#)
- [Jalapeno Raspberry Spring Roll Dipping Sauce](#)
- [Roast Chicken with Jalapeno Raspberry Glaze](#)
- [Jalapeno Raspberry Glaze for Pork Chops](#)

Jalapeno Raspberry Jam: Jalapenos and scrumptious raspberries make this jam our most popular flavor. Glaze shrimp, steak, or scallops for a little pizzazz. Gluten free.



Looking for a really **EASY RECIPE** for your next party? Try this stress-free party delight. With just a few ingredients, in **10 minutes** you'll have it ready.



Seafood Artichoke Pesto Gratin

Seafood Artichoke Pesto Gratin



Prep Time: 5 minutes
Cook Time: 6 minutes
Servings: 4

Ingredients:

¼ pound fresh crab meat
¼ pound cooked bay shrimp
6 TableSpoons [Artichoke Parmesan Tapenade](#)
2 TableSpoons grated Parmesan cheese

Instructions:

1. Stir together crab, shrimp, and Artichoke Parmesan Tapenade.
2. Divide between two 1-cup shallow baking dishes. Sprinkle with Parmesan cheese.
3. Place dishes in shallow pan. Broil about 6 minutes, or until bubbling and hot.
4. Serve with lightly toasted baguette slices as an appetizer or a main dish.



More Recipes at Spoonabilities.com

- Serve on bruschetta rounds.
- Stir into a saffron risotto.
- Toss with pasta.
- Spread on a shellfish or chicken sandwich.
- Fold into a cheese omelet.
- Eat straight out of the jar!

Artichoke Parmesan Tapenade: If you love artichokes, you'll be hard pressed to enjoy something better than our rich pairing of artichokes and their hearts, creamy Parmesan cheese, and olive oil accented with onions, garlic, herbs and dots of roasted tomatoes.

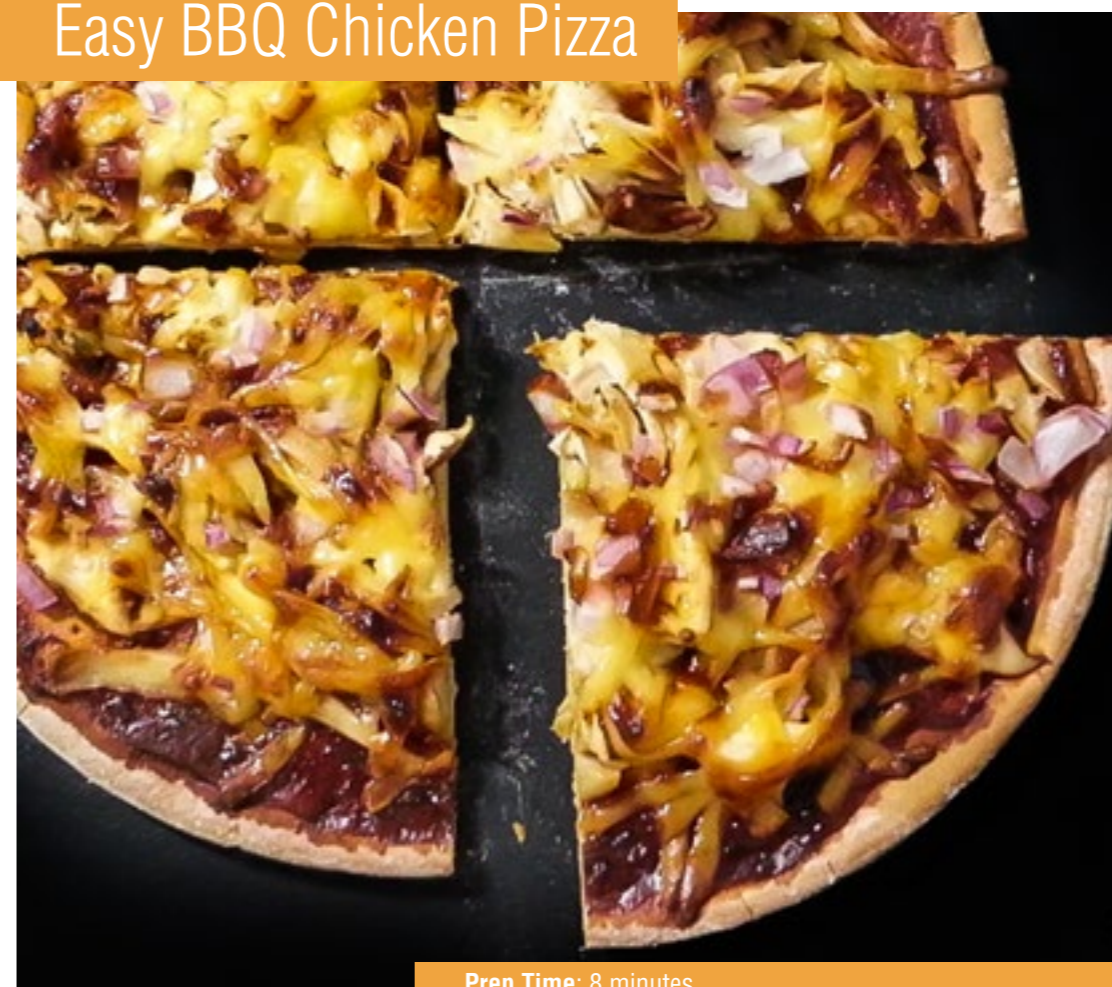


“With chicken this sauce is **AMAZING!**” - Christophe B.



Easy BBQ Chicken Pizza

Easy BBQ Chicken Pizza



Prep Time: 8 minutes
Cook Time: 20 minutes
Servings: 4

Ingredients:

- 3 chicken breasts, cooked & cubed, or pre-cooked chicken
- 1 jar [Southern Spicy Orange BBQ Sauce](#)
- 1 (12 inch) pre-baked pizza crust
- 1 cup smoked gouda cheese, shredded
- 1 cup red onion, thinly sliced

Instructions:

1. Cook chicken as desired (or buy an already cooked chicken)
2. Spread the BBQ Sauce evenly over pizza crust, and top with cheese and onions.
3. Bake in a preheated 425F oven (220 C) for 15 to 20 minutes, or until cheese is melted.

More Recipes at [Spoonabilities.com](#)

- [Meatballs with Southern Spicy Orange BBQ Sauce](#)
- [Short Rib Tacos with Southern Spicy Orange BBQ Sauce](#)



Southern Spicy Orange BBQ Sauce: A bright blend of a spicy, sweet barbeque sauce with the citrus addition of oranges, this Southern Spicy Orange BBQ Sauce is bound to please all BBQ Sauce lovers! Perfect for chicken, fish, pork or beef. Also makes a great sauce for a BBQ pizza, meatballs or wings. Be Creative!

We hope you enjoyed these Easy 1-2-3 Recipes!

Thank you for letting us share these recipe with you, and for being part of our “Tasty Happenings” email community. Each week you will receive new recipes, and be the first to know about new products, recipes and discounts. You can already use coupon code TASTY10 for a 10% discount off your first order.

Connect with us
for more outstanding recipes!

(Just click on the icon below)



www.Spoonabilities.com

Copyright © 2016 · **SPOONABILITIES**
Design by **True Ink Designs llc**