

EPIC BOX



Alfresco Fun

Bask in the sunshine with the August Epic Box.

This box is your ticket to effortless, outdoor meals for the patio, picnic blanket, beachside, happy hour, or wherever your summer adventures take you. Think sizzlin' skewers, juicy burgs, beat-the-heat desserts, and more. NEW and EXCLUSIVE Fizzy Pink Sangria is a must for any alfresco dining.

EPICURE™

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Boost your kitchen confidence with help from the August Epic Box!



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Sangria Slushie



Total Time
5 min



Makes
6 servings



Cost per serving
\$3.03 (CA) | \$2.78 (US)

Picture this: you, your pals, and a pitcher of this frosty delight. There's no better way to lounge by the pool or kick back on the patio. It's like summer in a glass, bursting with fruit flavours and chill vibes. One sip and you'll practically hear the beach waves. So, let's blend up some fun!

INGREDIENTS

- 1 pkg **Fizzy Pink Sangria Drink Mix**, divided
- 1 bottle (750 ml) dry white or red wine
- 3 cups ice cubes
- 2 cups frozen, sliced strawberries

INSTRUCTIONS

1. In a blender, add drink mix, wine, ice cubes, and strawberries. Blend until smooth. Evenly divide between 6 glasses. Serve immediately.

TIP For a mocktail version, use de-alcoholized wine.

Per serving: Calories 150, Fat 0.1 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 0 mg, Carbohydrate 15 g (Fibre 1 g, Sugars 10 g), Protein 0.4 g.



Fizzy Pink Sangria Drink Mix



- Refreshing, fruity, perfectly sweet, and tart sangria that you can make pop with wine, prosecco, or soda. We've taken the hard part out of the prep, too, by infusing the blend with freeze-dried bits of apples, strawberries, and cranberries. Just add liquid and watch the deliciousness come to life!
- Fruity and refreshing with a perfect balance of sweetness and tartness when you add wine.
- Make it ahead for a party! It keeps well in the fridge for up to 3 days.
- Sugar conscious: only 7 grams sugar per serving.
- Make it zero-proof: substitute wine with dealcoholized wine or fruit juice of your choice.
- Add $\frac{1}{2}$ cup rum/brandy/orange liqueur to prepared sangria for an extra kick.
- Add chopped seasonal fruits like orange, lemon, strawberry, raspberry, mango, peaches, etc to the sangria or garnish with fresh fruits to enhance the fruity taste.



BBQ Bomb Chicken Skewers



Total Time
20 min



Makes
4 servings



Cost per serving
\$3.43 (CA) | \$2.92 (US)

Be the grill boss of your crew and whip up these bad boys. Drop a flavour bomb on your next BBQ night with chili and paprika in the seasoning and some smokiness in the sauce. And the best part? You'll be chowing down on a delicious combo of protein and veggies. So fire up that grill and let's get cookin'!

INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts
- 2 bell peppers
- 1 small red onion
- 1 zucchini
- 2 tbsp **BBQ Chicken & Rib Rub**
- 2 tbsp oil + more for brushing
- ½ cup BBQ sauce

INSTRUCTIONS

- 1.** Preheat grill to medium-high heat. Lightly brush with oil.
- 2.** Chop chicken, peppers, onion, and zucchini into bite-size pieces. In a large bowl, toss chicken and vegetables with rub and oil. Thread onto **Grill Boss Skewers**.
- 3.** Grill skewers with lid closed 4–6 min, until lightly charred. Flip skewers and cook 2–3 min. Baste with half the sauce and cook additional 2–3 min, until chicken is cooked through.
- 4.** Remove from grill; baste skewers with remaining sauce before serving.

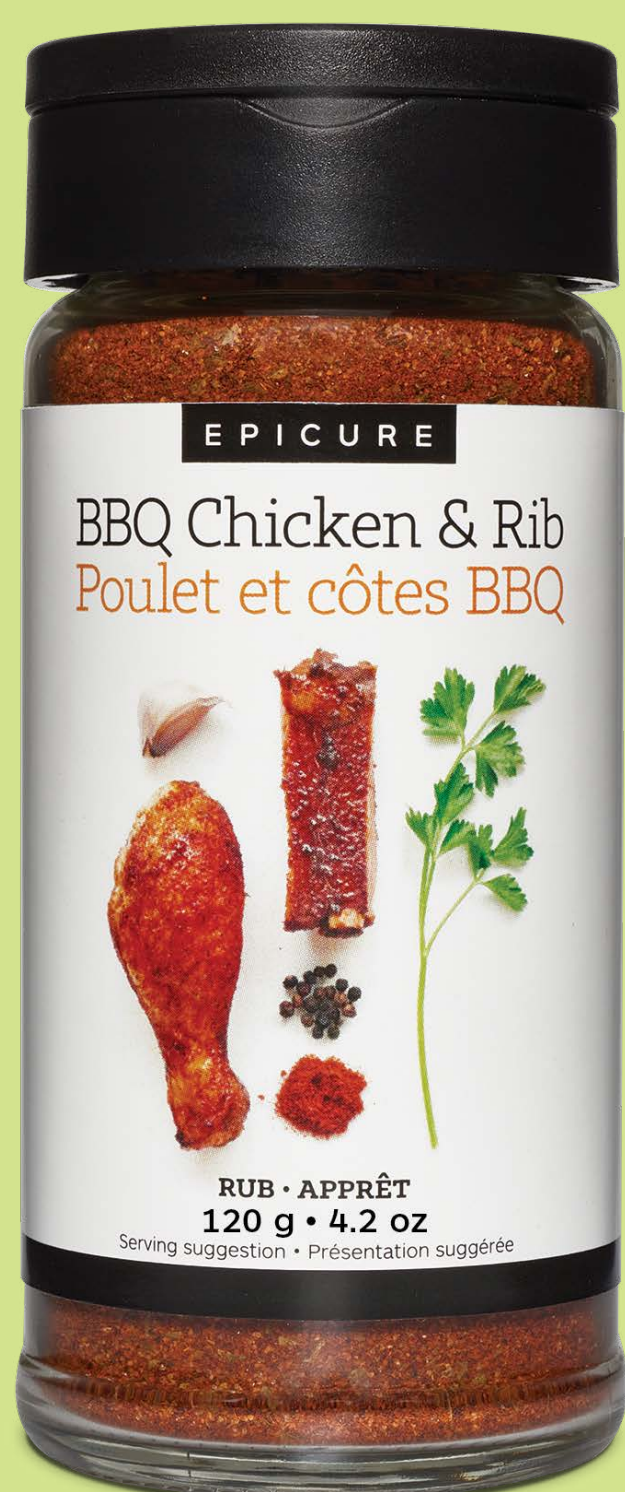
Perfectly Balance Your Plate: Serve with 1 cup cooked rice or quinoa.

Per serving: Calories 270, Fat 11 g (Saturated 1.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 570 mg, Carbohydrate 16 g (Fibre 3 g, Sugars 9 g), Protein 28 g.



[Click for the Southern Grilled Chicken Sandwich recipe](#)

BBQ Chicken & Rib Rub



- Fire up the grill and rub the classic flavour of southern BBQ – with just a touch of sweet and mild heat – onto ribs, chicken, pork, and veggies. With flavours of chili, garlic, and paprika, this sodium-conscious blend amplifies the taste of anything you throw on the barbie!
- No artificial colours or flavours. No oil required.
- Blend with butter and spread over grilled or steamed corn, shrimp or potatoes.
- Rub in pork chops, pork loin and pork shoulder.
- Add the blend to your favourite BBQ sauce for an extra kick.
- Season any BBQ dish, including potatoes, shrimp, and corn.



Great Canadian Donair Burger



Total Time
20 min



Makes
8 servings



Cost per serving
\$2.03 (CA) | \$1.60 (US)

Another way to enjoy Donair! Bring the classic right to your own backyard, with an homage to the flavours we all know and love from our favourite late-night takeout joint, now with a grilled-to-perfection twist.

INGREDIENTS

- 1 pkg **Donair Seasoning**
- 2 lbs (900 g) ground beef or chicken
- ¼ cup water
- 2 eggs, lightly beaten
- 16 lettuce leaves
- 2 tomatoes
- ½ small red onion
- 8 buns

INSTRUCTIONS

- 1.** Preheat grill to medium-high.
- 2.** In large bowl, combine seasoning with beef, water, and eggs until well blended. Form into eight patties.
- 3.** Grill, with lid closed, 5–6 min per side or until an instant read thermometer inserted into centre reads 160° F.
- 4.** Meanwhile, shred lettuce; thinly slice tomatoes and onion.
- 5.** Place a patty on each bun; top with tomatoes, onion, and lettuce.

Perfectly Balance Your Plate: Serve with 1 tbsp **Big Burger Sauce** or BBQ sauce and 1 cup side salad.

Per serving: Calories 380, Fat 14 g (Saturated 5 g, Trans 0.5 g), Cholesterol 110 mg, Sodium 670 mg, Carbohydrate 32 g (Fibre 3 g, Sugars 6 g), Protein 25 g



[Click for the Great Canadian Donair Dip recipe](#)

Donair Seasoning



- You won't believe how easy it is to make the street food staple at home in minutes with this blend and a few simple ingredients.
- Just add the seasoning to ground beef, press it into a **Rectangular Steamer** and cook it in the microwave for 10 minutes or the oven for 60. Thinly slice and serve on a pita with fresh veggies and tzatziki – dinner is done!
- Notes of oregano, garlic & onion.
- Add Donair meat to power bowls or salads.
- Use the seasoning for delicious meatballs.



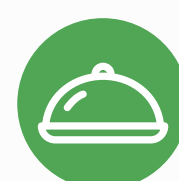
Cheesy Grilled Quesadillas



Total Time
20 min



Makes
6 servings



Cost per serving
\$2.46 (CA) | \$2.09 (US)

These cheesy quesadillas are fun to make and even more fun to eat – make sure to have some napkins on standby! Easily make these in the oven instead of using the grill: bake at 400° F for about 10 min, or until tortillas start to turn golden-brown.

INGREDIENTS

- 1 lb (450 g) lean ground beef
- 2 cups corn kernels
- 1 bell pepper
- 1 pkg **Ooey Goopy Queso Dip Mix**
- 1 ½ cups milk, your choice
- 1 cup grated cheddar cheese
- 6 medium flour tortillas

INSTRUCTIONS

1. Preheat grill to medium heat.
2. Meanwhile, in **Round Steamer**, crumble in beef. Cover; microwave on high 4 min. Once cooked, discard liquid. Use **Ground Meat Separator** to break up chunks of meat. Remove from steamer and place in a large bowl with corn.
3. While the beef is cooking, thinly slice bell pepper.
4. In same steamer (don't wash) whisk together mix and milk. Microwave, uncovered, on high for 4–5 min, whisking halfway through or until thickened. Stir in cheddar.
5. Add half the sauce, about ¾ cup, to beef and corn. Stir to combine.
6. Divide meat mixture and peppers on one side of each tortilla. Fold tortilla over filling. Place on grill.
7. Grill for 5 min, flipping halfway through, or until lightly charred.
8. Serve with remaining sauce (reheat in microwave, if necessary).

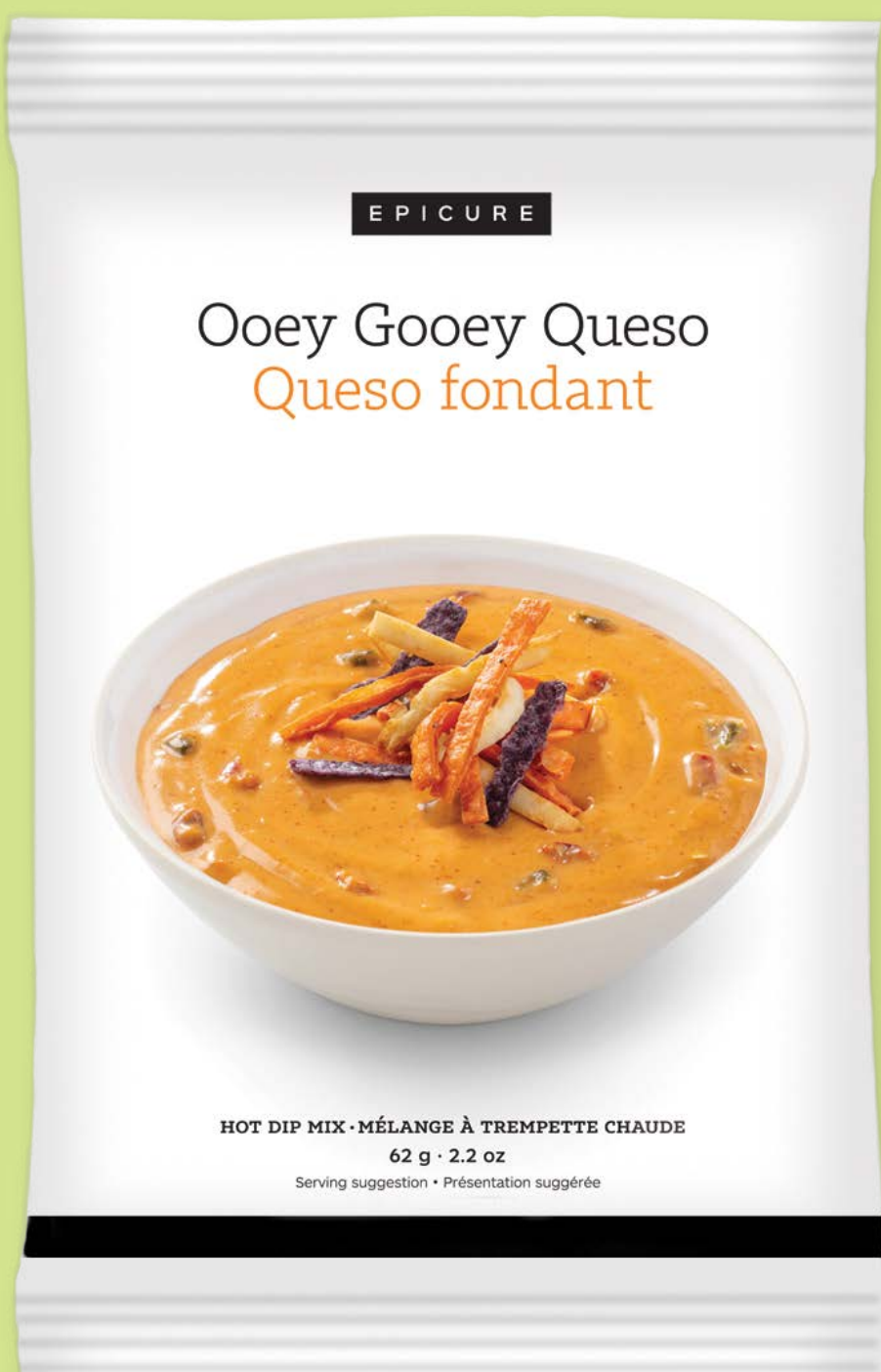
Perfectly Balance Your Plate: Serve with 1 cup sliced veggies of your choice.

Per serving: Calories 380, Fat 18 g (Saturated 9 g, Trans 0.4 g), Cholesterol 70 mg, Sodium 430 mg, Carbohydrate 29 g (Fibre 4 g, Sugars 5 g), Protein 26 g.



[Click for the No Bake Queso Nachos recipe](#)

Ooey Gooney Queso Hot Dip Mix



- Just say no to fake cheese and whip up this amazing hot dip for your next get-together or taco night. With a blend of Tex-Mex spices, this real food blend creates a silky-smooth hot dip that's packed with flavour.
- Blend with milk (dairy or plant) & grated cheese.
- Microwave for 5 min or simmer on the stovetop for 12 min.
- Makes 1¾ cups of deliciously cheesy dip.



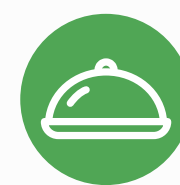
Grilled Chicken & Zucchini Skewers



Total Time
20 min



Makes
4 servings



Cost per serving
\$3.49 (CA) | \$2.97 (US)

Get your grill on with these delicious and healthy chicken kebabs. You'll get the big herbaceous flavours of a rotisserie chicken, summer-style, perfect for al fresco dining.

INGREDIENTS

- 1 pkg **Rotisserie Chicken Seasoning**
- ¼ cup oil
- 1 lb (450 g) boneless, skinless chicken breasts (about 2 breasts)
- 2 zucchinis, preferably 1 yellow and 1 green
- Sea salt & black pepper, to taste

INSTRUCTIONS

1. Preheat grill to medium-high.
2. In a large bowl, whisk together seasoning and oil. Cut chicken into 1" cubes. Add chicken to bowl; stir to evenly coat.
3. Using **4-in-1 Mandoline**, fitted with 3.5 mm slicer plate, slice zucchini into ribbons. Season with salt and pepper. Thread meat and zucchini onto skewers.
4. Place skewers on grill; rotate often until lightly charred and chicken is cooked through, 10–12 min.

Perfectly Balance Your Plate: Serve with 1 pita and 1 cup fresh veggies.

TIP Instead of zucchini ribbons, slice into rounds.

Per serving: Calories 300, Fat 17 g (Saturated 1.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 400 mg, Carbohydrate 6 g (Fibre 2 g, Sugars 0 g), Protein 29 g.



[Click for the Margarita Chicken Quesadilla recipe](#)

Rotisserie Chicken Seasoning



- The days of dry oven-roasted chicken that takes forever to make are over! There's a better way, and it's quick, juicy, and oh-so-tasty with Rotisserie Chicken Seasoning.
- In 20 minutes, you can cook a whole chicken in the microwave using the **Round Steamer**.
- With a flavour that outshines the store-bought kin—free of unnecessary additives and too much sodium—Rotisserie Chicken is so fast and easy it's perfect for any night of the week!
- Classic herby flavour of a slow-roasted rotisserie chicken.
- Seasons a 3 lb (1.36 kg) whole chicken.
- Use Rotisserie Chicken Seasoning for your next beer can BBQ chicken.



Berry Swirl Cheesecake Tarts



Total Time
25 min



Makes
24 servings



Cost per serving
\$0.86 (CA) | \$0.73 (US)

INGREDIENTS

- 24 frozen tart shells
- 1 pkg **Berry Swirl No-Bake Cheesecake Mix**, divided
- $\frac{1}{3}$ cup frozen raspberries
- 1 brick (8 oz/250 g) cream cheese, room temperature
- $1\frac{1}{2}$ cups whipping cream

INSTRUCTIONS

1. Preheat oven to 375° F.
2. Place tart shells on **Sheet Pan**. Bake for 10–12 min, or until golden.
3. Let cool. Remove tarts from foil cups.
4. Meanwhile, in a small bowl, combine 1 tbsp mix with raspberries. Microwave, uncovered, 1 min or until hot. Mash and stir together; set aside in the fridge.
5. Using a stand mixer or hand mixer, beat cream cheese with remaining mix on medium-high until smooth. Scrape the sides of the bowl.
6. Gradually add cream, whipping until soft peaks form. Fold in berries.
7. Using a pastry bag, fill prebaked, cooled tart shells with cheesecake filling. Chill until ready to serve.

TIPS You can use mini tart shells to make mini tarts for a bite-sized dessert. This recipe makes enough filling for 48 mini tarts.

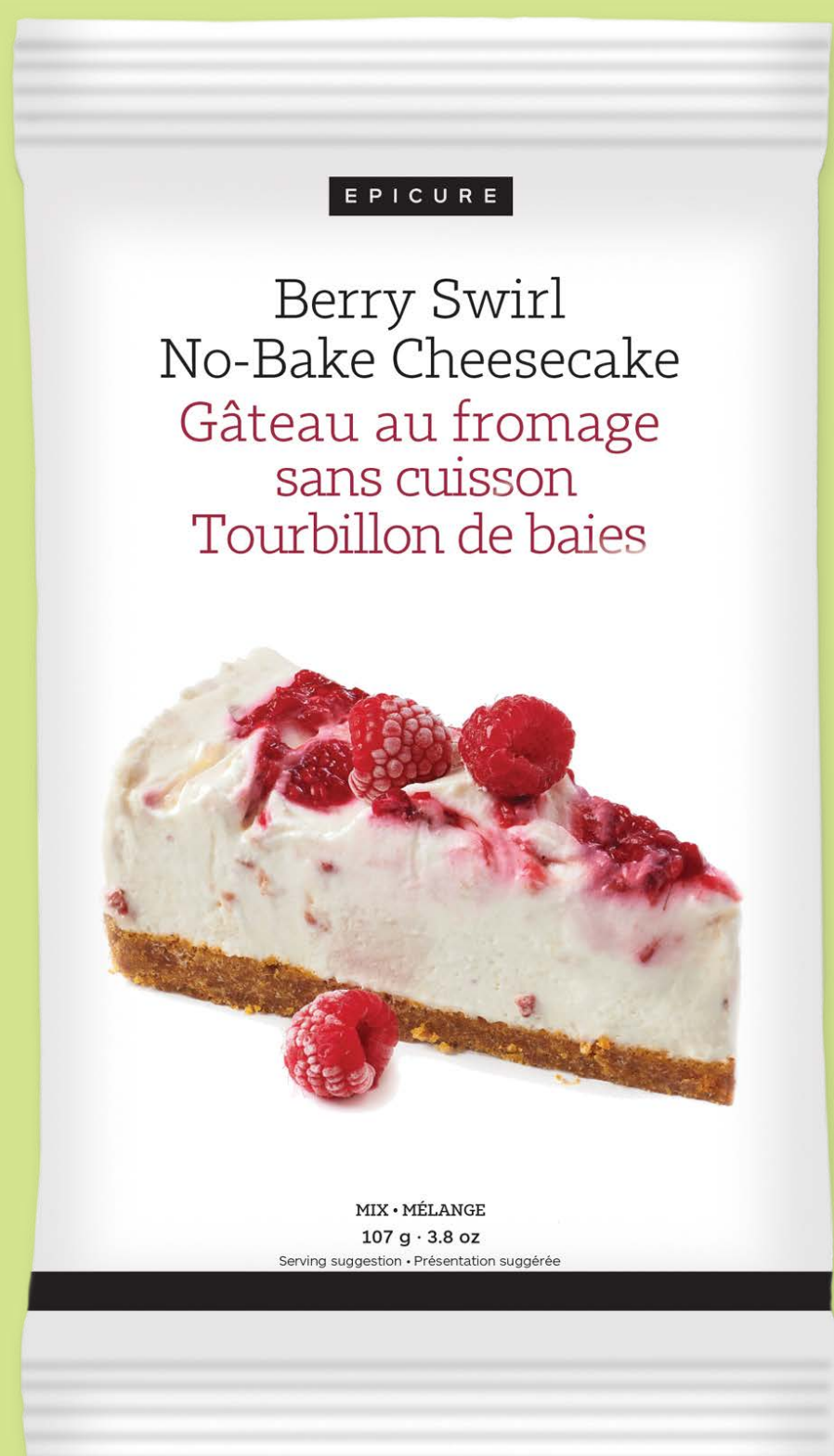
For a more extravagant presentation, using a toothpick, swirl the raspberry mixture into the tart after cream cheese mixture has been added.

Per serving (1 tart): Calories 190, Fat 14 g (Saturated 7 g, Trans 0 g), Cholesterol 30 mg, Sodium 130 mg, Carbohydrate 15 g (Fibre 1 g, Sugars 4 g), Protein 2 g.



[Click for the Raspberry Lime Cheesecake Pops recipe](#)

Berry Swirl No-Bake Cheesecake Mix



- When the summer temperatures start to rise, keep your kitchen cool and enjoy the best no-bake cheesecake around! Easily whip up cheesecake, icebox cakes, ice pops, tarts and more, packed with the taste of vine-ripened, juicy berries.
- When we say no-bake, we mean it—just set it and forget it in the freezer!
- Swap out regular cream cheese and whipped cream for a vegan cream cheese and coconut whip if preferred.
- Each bag yields 10 servings (one cheesecake) or 24 tarts.



Dirt & Worms

**Total Time**

60 min (includes 40 min cooling time)

**Makes**

12 servings

**Cost per serving**

\$1.13 (CA) | \$0.96 (US)

Here's our version of this fun 'n silly dessert! We've swapped pudding for protein-packed Greek yogurt—feel free to jazz it up with **Summer Berry Sweet Dip** or cocoa powder (see Tips). Make the top layer extra “dirty” by adding crushed cookies. It's the ultimate kid's party treat! Let them assemble their own cups. Using leftover cake or doing a bit of prep ahead of time, you can whip this up in under 10 min.

INGREDIENTS

- 1 pkg **Chocolate Cake Mix**
- 1 egg
- ½ cup milk, your choice
- ¼ cup oil
- 1 tsp vanilla extract
- ½ cup boiling water
- 3 cups plain or vanilla 2% Greek yogurt
- 12 gummy worms

INSTRUCTIONS

1. In a large bowl, with an electric mixer, beat cake mix with egg, milk, oil, and vanilla for 2 min on medium. Gently stir in boiling water until smooth (batter will be thin).

2. Pour into lightly oiled 8" round silicone cake pan.

3. Microwave, uncovered, on high 5–7 min, or until centre is almost set. Rest in pan for 6 min; invert onto **Cooling Rack** to cool completely. Or, bake in preheated 350° F oven for 30–35 min, or until a toothpick inserted in centre of cake comes out clean. Cool 10 min before unmolding, then let cool completely.

4. When cooled, crumble cake.

5. Fill twelve 7-oz transparent cups with 2 heaping tbsp of crumbled cake, then top with 2 tbsp yogurt. Repeat with another layer of cake, then yogurt, and finally the remaining cake. Add a gummy worm to each cup.

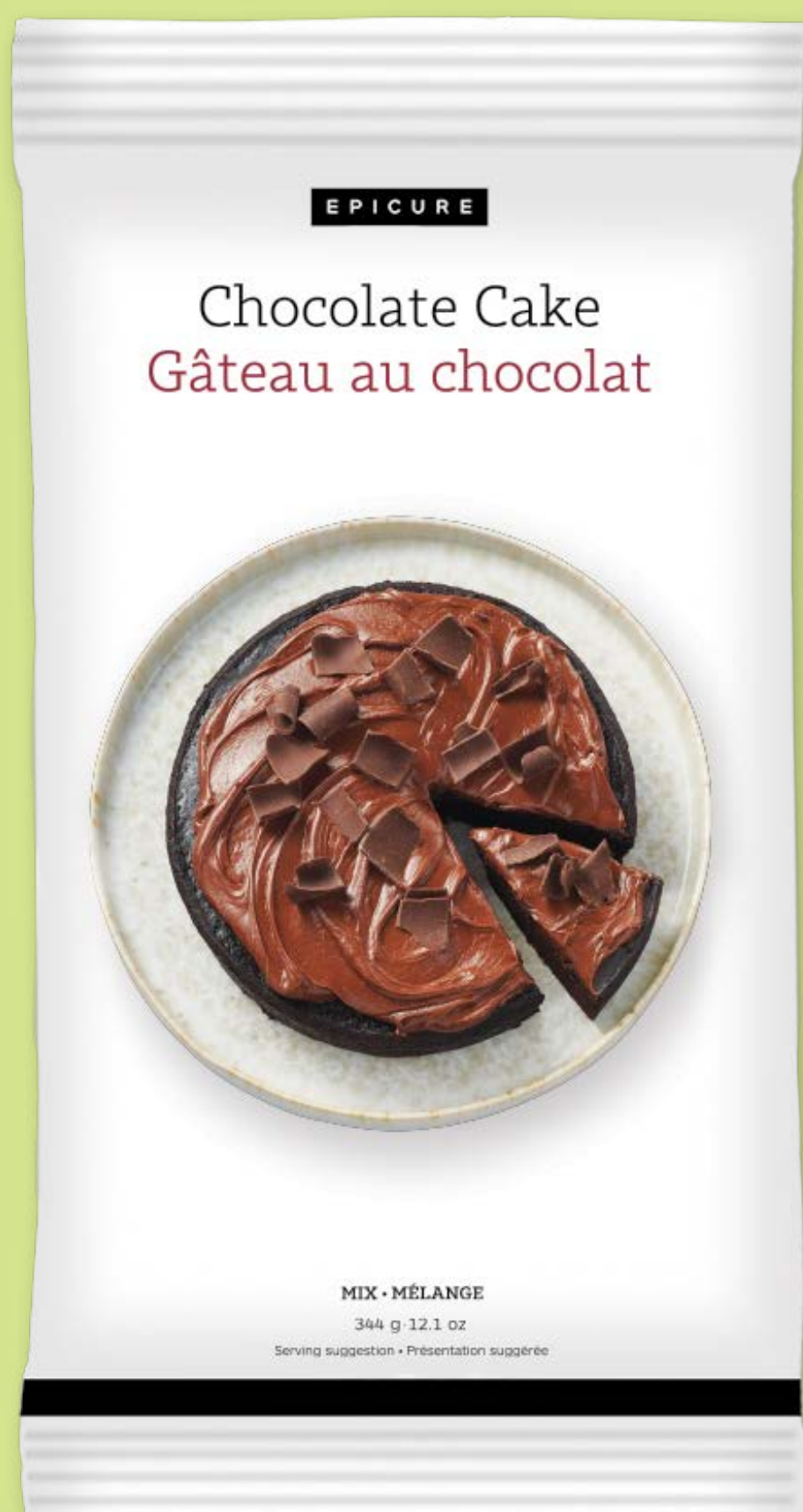
TIP Turn plain yogurt into “mud”! Stir in 2 tbsp cocoa powder and ½ tbsp sugar into the yogurt before layering.

Per serving: Calories 230, Fat 7 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 20 mg, Sodium 260 mg, Carbohydrate 33 g (Fibre 2 g, Sugars 20 g), Protein 8 g.



[Click for the Chocolate Dump Cake recipe](#)

Chocolate Cake Mix



- Moist, fluffy, gluten free chocolate cake that's unbelievably decadent.
- Elevate birthday parties, Friday date nights, weekend dinners with a cake that everyone will ask you to bake over and over again – for real, it's that good! Best of all? It's ready in less than 10 mins in the microwave.
- Chocolate Cake has a cocoa-forward flavour with a deep satisfying chocolate taste. YUM.
- Grab an electric beater for this one – you need to beat in some air!
- Beat mix with an egg, milk (dairy or plant-based), oil and vanilla. Then gently stir in boiling water.
- Batter is thin – don't stress; it's supposed to be!

**EPIC
BOX**

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