



Pumpkin Spice Latte

1 serving

10 minutes

Ingredients

- 1/2 cup Coffee
- 2 tbsps Pureed Pumpkin
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Pumpkin Pie Spice
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract

Directions

- 1 Brew your coffee and set aside.
- 2 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 3 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 4 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 5 Top with a dollop of homemade whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk: Use coconut milk instead.

No Blender: Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

Pumpkin Lover: Add an extra 1 tbsp of pureed pumpkin per serving.

Homemade Pumpkin Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Caffeine Free: Replace coffee with additional almond milk.



Pumpkin Spice Granola

12 servings

40 minutes

Ingredients

- 3 cups Oats (rolled)
- 1 cup Walnuts (chopped)
- 1/2 cup Pumpkin Seeds
- 1/4 cup Ground Flax Seed
- 1/4 tsp Sea Salt
- 3/4 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon
- 1/4 cup Coconut Oil
- 1/3 cup Maple Syrup
- 1/3 cup Pureed Pumpkin

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
- 3 In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
- 4 Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
- 5 Divide into bowls or store sealed in a jar until ready to use. Enjoy!

Notes

Leftovers: Stores well in an airtight container up to a week. Freezes well for longer.

No Walnuts: Use pecans or slivered almonds instead.

Nut-Free: Skip the nuts and add extra pumpkin seeds.

Serve it With: Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

Optional Add-Ins: Raisins, dried cranberries, berries or coconut flakes.



Pumpkin Spice Smoothie

2 servings

10 minutes

Ingredients

- 1 1/2 cups Soy Milk
- 1 cup Pureed Pumpkin
- 1/4 cup Hemp Seeds
- 1/4 cup Almond Butter
- 2 tbsps Maple Syrup
- 1 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon (plus more for garnish)
- 1/8 tsp Sea Salt

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cup.

Nut Free: Use pumpkin seed butter.

More Protein: Add collagen or protein powder.

More Fiber: Add frozen cauliflower, ground flax, and/or chia seeds.

Soy-Free: Use any other milk alternative.



Chai Latte

1 serving

5 minutes

Ingredients

- 1 tsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 1 cup Chai Tea (steeped)
- 1/4 cup Cow's Milk, Whole
- 1/8 tsp Cinnamon

Directions

- 1 Add the maple syrup, vanilla, and steeped tea to a mug and stir.
- 2 Warm the milk in a small pot over low heat. Once warm, use a frother to create some foam. Alternatively, blend the warmed milk in a blender until frothy. Pour into the same mug as the tea and top with cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/4 cups.

No Maple Syrup: Use raw honey or other sweetener of choice.

Stronger Tea: Leave the tea bag in for a stronger tea.

Dairy-Free: Use a dairy-free milk alternative.



Masala Chai Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Oats
- 1 cup Plain Coconut Milk (unsweetened from the carton)
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 tsp Masala Chai Spice
- 1/2 Banana (sliced, for garnish)
- 2 tbsps Unsweetened Coconut Yogurt (for garnish)
- 1/8 tsp Cinnamon (for garnish)

Directions

- 1 In a bowl, add all of the ingredients, except those used as a garnish, and mix well to combine. Taste and add more masala chai spice if desired.
- 2 Divide evenly between jars and refrigerate overnight. When ready to eat, top with banana slices, coconut yogurt, and cinnamon, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup.

No Coconut Milk: Use cow's milk or any other milk alternative.

More Protein: Add protein powder or collagen powder.



Oatmeal with Stewed Apples

2 servings

35 minutes

Ingredients

- 1 Apple (large, chopped)
- 1/4 cup Water
- 1 tsp Cinnamon
- 2 cups Unsweetened Almond Milk
- 2 tsp Maple Syrup
- 1 cup Quick Oats

Directions

- 1 Add the chopped apples, water, and cinnamon to a small pot. Mix to combine.
- 2 Bring to a boil then reduce the heat to a simmer. Cook for 15 to 20 minutes or until the apples are soft and fork tender. Remove from the heat and set aside.
- 3 In a small saucepan over low heat, combine the milk and maple syrup. When tiny bubbles begin to form, add the oats and cook for one to two minutes, stirring often.
- 4 Cover and remove from the heat. Let it sit for two to three minutes.
- 5 Divide the cooked oats and stewed apples into bowls. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Reheat on the stovetop.

Serving Size: One serving is approximately one cup of oatmeal with 1/2 cup of stewed apples.

No Almond Milk: Use other milk of choice.

Additional Toppings: Top with cinnamon, maple syrup, and/or crushed nuts.



Pumpkin Pancakes

3 servings

30 minutes

Ingredients

- 1 cup Whole Wheat Flour
- 1 1/2 tsps Baking Powder
- 1 tsp Pumpkin Pie Spice
- 1 cup Cow's Milk, Whole
- 1/2 cup Pureed Pumpkin
- 1 Egg
- 2 tsps Maple Syrup
- 3 tsps Butter (melted, divided, plus extra for optional serving)

Directions

- 1 In a medium mixing bowl, combine the flour, baking powder and pumpkin pie spice. Stir well.
- 2 In a separate bowl, combine the milk, pumpkin purée, egg, maple syrup, and 2/3 of the melted butter. Whisk thoroughly until blended.
- 3 Add the wet ingredients into the dry and stir until no big lumps remain.
- 4 Heat a pan over medium-low heat. Brush the pan lightly with melted butter. Scoop the batter onto the pan using roughly 1/4 cup for each pancake. Cook for two to three minutes, until small bubbles form on the surface of the pancakes.
- 5 Flip each pancake and cook on the opposite sides for one to two minutes, or until lightly golden brown.
- 6 Repeat the process with the remaining batter, brushing the pan with butter as needed. Serve the pancakes immediately with butter, if using, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to two pancakes.

Additional Toppings: Serve with fresh berries, maple syrup, or your choice of jam.

No Butter: Use coconut oil instead.

No Maple Syrup: Use brown sugar instead.

Freezer Meal: After the pancakes have completely cooled, line a baking sheet with parchment paper and spread the pancakes out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the toaster or oven.



Pumpkin Loaf

12 servings

1 hour

Ingredients

3 Egg
3/4 cup Sunflower Seed Butter
1/3 cup Maple Syrup
1/2 cup Pureed Pumpkin
3 tbsps Coconut Oil
1/2 Lemon (juiced)
1/4 cup Coconut Flour
2 tps Cinnamon
1 tsp Nutmeg
1/3 tsp Baking Powder
1 1/2 tps Ginger (grated)
1/4 tsp Sea Salt

Directions

- 1 Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
- 2 In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
- 3 Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
- 4 Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
- 5 Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. If not eating right away, wrap and store in the freezer for up to two months.

Muffins: Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

Make it Sweet: Stir in a handful of dark chocolate chips to the batter before baking.

Serve it With: A cup of herbal tea or coffee.



Pumpkin Muffins

12 servings

40 minutes

Ingredients

2 tbsps Ground Flax Seed
1/3 cup Water
1/3 cup Unsweetened Almond Milk
1 tsp Apple Cider Vinegar
1 1/2 cups Oat Flour
1 cup Almond Flour
1 tsp Baking Soda
1/2 tsp Baking Powder
1 tsp Pumpkin Pie Spice
1/4 tsp Sea Salt
1 cup Pureed Pumpkin
1/2 cup Maple Syrup
2 tbsps Coconut Oil (melted)
1/2 cup Walnuts (roughly chopped)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
- 3 In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
- 4 Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
- 5 Remove from oven and let cool before serving or storing. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size: One serving is equal to one muffin.

No Walnuts: Use chocolate chips instead of walnuts.



Pumpkin Oatmeal

1 serving
10 minutes

Ingredients

- 1 cup Water
- 1/2 cup Quick Oats
- 1/2 cup Pureed Pumpkin
- 2 tsps Maple Syrup
- 1/4 tsp Pumpkin Pie Spice
- 1 tbsp Pumpkin Seeds

Directions

- 1 In a small pot, bring the water and oats to a boil.
- 2 Reduce the heat to a simmer, stir in the pumpkin and maple syrup, and cover. Cook for three to five minutes or until the oats have absorbed the water and the oatmeal thickens.
- 3 Top the oatmeal with pumpkin spice and pumpkin seeds. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate leftovers in an airtight container for up to two days.

Serving Size: One serving is approximately 1 1/2 cups of oatmeal.

Additional Toppings: Yogurt, hemp seeds, pear, and/or dried cranberries.



Masala Chai Smoothie

1 serving

5 minutes

Ingredients

- 1 1/4 cups Plain Coconut Milk (unsweetened from the carton)
- 1 Banana (frozen)
- 1/4 cup Unsweetened Coconut Yogurt
- 2 tbsps Cashew Butter
- 2/3 oz Collagen Powder
- 1/2 tsp Masala Chai Spice

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit collagen powder. Use plant-based protein powder.

Additional Toppings: Top with chia seeds or hemp seeds, or add before blending.

No Coconut Milk: Use cow's milk or any other milk alternative.

No Cashew Butter: Use any other nut or seed butter.



Spiced Chai Energy Balls

7 servings

15 minutes

Ingredients

- 1 1/2 cups Pitted Dates
- 1 cup Cashews (raw)
- 3/4 tsp Cinnamon
- 1/2 tsp Ground Ginger
- 1/4 tsp Cardamom (ground)
- 1/4 tsp Sea Salt
- 1/8 tsp Ground Cloves

Directions

- 1 Add all ingredients into a food processor and blend on high for two to three minutes, stopping to scrape down the sides as needed. Blend until the mixture is sticky and holds together.
- 2 Use a teaspoon or one-inch cookie scoop to scoop out the mixture and roll it into balls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size: One serving is two energy balls.



Cinnamon Rolls

6 servings

2 hours 25 minutes

Ingredients

- 1/4 cup Cow's Milk, Whole (warm)
- 1 tsp Instant Yeast
- 1 1/2 tbsps Honey
- 6 1/3 ozs Unbleached All Purpose Flour
- 1 Egg
- 1/4 cup Butter (divided, room temperature)
- 1/2 tsp Sea Salt (divided)
- 1/16 oz Avocado Oil Spray (divided)
- 3 tbsps Brown Sugar
- 1 tbsp Cinnamon

Directions

- 1 In a bowl of a stand mixer, add the milk, yeast, and honey. Whisk until combined and let sit for about five minutes.
- 2 Add the flour, egg, and half of the butter to the bowl. Use a hook attachment and knead for about seven to ten minutes on medium-low speed or until a dough forms. Add half of the salt and knead for another minute.
- 3 Spray a bowl with half of the oil spray. Use your hand and shape the dough into a ball. Transfer the dough to the bowl. Cover with a damp towel and let sit in a slightly warm place for 60 minutes or until doubled in size.
- 4 Meanwhile, in a small bowl, mix together the remaining butter, brown sugar, cinnamon, and the remaining salt. Gently roll the dough out into a rough rectangle, about 8 inches (20 cm) long and 1/4 inch (1/2 cm) thick. Spread the cinnamon mixture evenly on top of the dough.
- 5 Starting on one long side, gently roll the dough into a log. Use a sharp knife and cut the log into six equal pieces. Spray a baking dish with the remaining oil spray. Add the cinnamon rolls to the dish. Cover with a towel and let sit at room temperature for 30 minutes.
- 6 Meanwhile, preheat the oven to 350°F (175°C). Bake in the oven for 20 to 25 minutes or until golden brown on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one cinnamon roll.

Additional Toppings: Top with cream cheese frosting.

Make Ahead: You can make the cinnamon rolls the night before you want to serve them. After you arrange the cinnamon rolls into the baking dish, cover the dish and refrigerate.

In the morning, let the dough come to room temperature for about an hour and then bake as instructed.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



Vegan Cinnamon Rolls

8 servings

35 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
2 tbsps Apple Cider Vinegar
1/4 cup Maple Syrup (divided)
3 cups Almond Flour
2 cups Tapioca Flour (plus more for work surface)
1 tsp Baking Powder
1/2 tsp Baking Soda
2 tbsps Coconut Sugar
1 tsp Cinnamon
6 ozs Vegan Cream Cheese (room temperature)

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 In a bowl, whisk together the almond milk, apple cider vinegar, and half the maple syrup. In a separate mixing bowl, combine the almond flour, tapioca flour, baking powder, and baking soda. Add the wet ingredients to the dry ingredients and combine until the dough becomes soft and sticky. Set aside.
- 3 Lay a large sheet of parchment paper on the counter and sprinkle with tapioca flour. Roll out the dough into a flat rectangle about 1/4 to 1/2-inch thick. Sprinkle the cinnamon and coconut sugar generously overtop, then tightly roll the dough into a log, using the parchment to keep from getting sticky.
- 4 Using floss or string, slice the dough into 1 1/2-inch rolls. Transfer to the baking sheet and bake for 12 to 15 minutes, or until cooked through. Let cool for five minutes before icing.
- 5 Whisk together the cream cheese and remaining maple syrup. Spread over the cinnamon rolls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. The icing can be left on or refrigerated separately. Microwave for 15 seconds before serving.

Serving Size: One serving equals one cinnamon roll.

More Flavor: Add vanilla extract to the dough and icing. Mix the coconut sugar and cinnamon with melted coconut oil before spreading onto the dough.

Additional Toppings: Top with chopped pecans.

No Almond Milk: Use cashew milk or canned coconut milk.

No Tapioca Flour: Use arrowroot powder or cornstarch.



Leek & Potato Soup

6 servings

30 minutes

Ingredients

- 4 cups Vegetable Broth (divided)
- 1/2 Yellow Onion (medium, chopped)
- 2 Leeks (medium, chopped)
- 1 stalk Celery (chopped)
- 2 Garlic (clove, chopped)
- Sea Salt & Black Pepper (to taste)
- 3 Yellow Potato (peeled and cubed)
- 1/4 oz Thyme Sprigs (whole)
- 1/8 tsp Cayenne Pepper
- 2 tbsps Chives (chopped, optional)

Directions

- 1 Heat a splash of broth in a large pot over medium-high heat. Add the onion, leeks, celery, and garlic and sauté for three to five minutes, or until tender, stirring frequently. Season with salt and pepper.
- 2 Add half of the remaining broth and use a wooden spoon to lift off any browned bits stuck to the bottom of the pot. Add the potatoes, thyme, and cayenne pepper. Stir to combine, then add the remaining broth.
- 3 Bring the soup to a boil, then reduce the heat to medium-low. Cover and simmer for 10 to 15 minutes or until the potatoes are tender.
- 4 Remove and discard the thyme stems. Using an immersion blender, blend the soup until smooth. Alternatively, add to a blender and blend to the desired consistency being careful to vent as needed.
- 5 Divide evenly between bowls and garnish with chives. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is approximately one cup.



Lentil & Squash Stew

4 servings

45 minutes

Ingredients

- 6 cups Vegetable Broth (divided)
- 1 Yellow Onion (chopped)
- 4 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 Carrot (medium, peeled & chopped)
- 1 Yellow Potato (large, peeled and cut into small cubes)
- 3 cups Butternut Squash (peeled and cut into small cubes)
- 1 cup Dry Green Lentils

Directions

- 1 Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
- 2 Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
- 3 Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
- 4 Turn off the heat. Divide the stew between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to 3 months. Reheat with additional broth if necessary.

Serving Size: One serving is equal to approximately 2 cups of stew.

No Squash: Use sweet potato instead.

More Vegetables: Add celery, mushrooms, kale or peas.



Butternut Squash Chili

3 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 4 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1/2 cup Red Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 tsp Cumin
- 1 1/2 tsp Chili Powder
- 3/4 tsp Sea Salt
- 2 cups Black Beans (drained, rinsed)
- 3/4 cup Vegetable Broth
- 1 1/2 cups Diced Tomatoes

Directions

- 1 Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
- 2 Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
- 3 Season with salt to taste and divide into bowls, serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days, or freeze for up to two months.

Serving Size: One serving is equal to about 1 1/2 cups of chili.

More Flavor: Add more spice such as cayenne.



Roasted Squash Over Labneh

2 servings

35 minutes

Ingredients

- 1/2 Acorn Squash (medium, seeds removed, sliced)
- 2 tps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Labneh
- 2 tps Hazelnuts (toasted, chopped)
- 1/2 tsp Chili Flakes
- 1 tbsp Mint Leaves

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Brush the acorn squash slices on both sides with half of the oil and season with salt and pepper. Place on the baking sheet and bake in the oven for 13 to 15 minutes.
- 3 Remove from the oven. Flip and cook for another 13 to 15 minutes, until cooked through and slightly golden. Set aside to cool down.
- 4 Spread the labneh onto a serving plate. Place the squash slices on top.
- 5 Top with hazelnuts, chili flakes, and mint leaves. Drizzle with the remaining oil, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Drizzle with hot honey.

Nut-Free: Omit the hazelnut or use pumpkin seeds instead.

No Hazelnuts: Use walnuts or pecans instead.



Maple Roasted Squash Salad

4 servings

35 minutes

Ingredients

1 Acorn Squash (medium, peeled, seeds removed, sliced)
3 tbsps Maple Syrup
Sea Salt & Black Pepper (to taste)
1/3 cup Pumpkin Seeds
1 1/2 tsps Lime Juice
1/8 tsp Cayenne Pepper
1 1/2 tbsps Apple Cider Vinegar
1/4 cup Extra Virgin Olive Oil
1 tsp Dijon Mustard
8 cups Arugula
1/3 cup Pomegranate Seeds

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Brush the acorn squash slices on both sides with the maple syrup and season with salt and pepper. Place on the baking sheet and bake in the oven for 13 to 15 minutes, flip and cook for another 13 to 15 minutes, until cooked through and slightly golden. Set aside.
- 3 Reduce the oven temperature to 300°F (150°C). Toss the pumpkin seeds with lime juice, cayenne, and a pinch of salt and pepper. Place on the same baking sheet used for the squash. Bake for eight to nine minutes, until toasted. Set aside.
- 4 In a small jar, pour in the apple cider vinegar, oil, dijon mustard, salt, and pepper and shake to combine.
- 5 Place the arugula in a large salad bowl and add the dressing and toss to combine. Top with the squash, pumpkin seeds, and pomegranate seeds. Divide onto plates. Enjoy!

Notes

Leftovers: Store the dressing and salad separately in sealed containers in the fridge for up to three days.

Serving Size: One serving is about 2 1/2 cups of salad.



Butternut Squash Risotto

8 servings

40 minutes

Ingredients

8 cups Vegetable Broth, Low Sodium
2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (diced)
4 cups Butternut Squash (peeled, seeds removed, cubed)
3 Garlic (cloves, minced)
1 tsp Sea Salt (divided)
2 cups Arborio Rice
1 cup Parmigiano Reggiano (finely grated)

Directions

- 1 In a saucepan, bring the broth to a gentle simmer, then leave on low heat to keep warm.
- 2 Meanwhile, heat the oil in a large pot over medium heat. Saute the onions for five minutes. Stir in the squash, garlic, and half the salt. Cook for about six minutes, or until the edges begin to soften.
- 3 Stir in the rice and remaining salt. Cook for two minutes, or until the rice is fragrant.
- 4 Add the warm broth one cup at a time, stirring often and allowing time for the liquid to absorb before adding more. Cook until the risotto is al dente and the squash is tender, about 20 to 25 minutes.
- 5 Stir in the parmesan and season with more salt to taste. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1 1/2 cups.

Dairy-Free: Use vegan parmesan or nutritional yeast instead.

More Flavor: Add butter, sage, white wine, or lemon juice.



Squash & Pinto Bean Soup

2 servings

35 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, diced)
- 1 1/2 cups Butternut Squash (peeled, seeds removed, cubed)
- 1 Carrot (medium, peeled, chopped)
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 2 cups Vegetable Broth, Low Sodium
- 1 cup Water
- 1 cup Pinto Beans (cooked)
- 2 cups Baby Spinach

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onion and sauté for two to three minutes.
- 2 Add the squash and carrot. Cook for about five minutes and stir occasionally. Add the turmeric, salt, and pepper. Cook for another minute, then add the broth and water.
- 3 Stir and bring the mixture to a simmer. Cover the pot with a lid and simmer for about 20 minutes or until the vegetables are soft.
- 4 Add the beans to the pot. Simmer for another five minutes uncovered. Add the spinach, stir, and cook for two minutes or until wilted. Adjust the seasoning to your taste and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add garlic and/or paprika. Roughly blend 1/4 of the soup before adding the spinach for a thicker consistency.



Roasted Squash & Lima Bean Salad

2 servings

35 minutes

Ingredients

1/2 Acorn Squash (medium, seeds removed, sliced)
1 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 cups Arugula
1 cup Lima Beans (cooked)
1/4 cup Feta Cheese
2 tbsps Balsamic Glaze

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Brush the acorn squash slices on both sides with the oil and season with salt and pepper. Place on the baking sheet and bake in the oven for 13 to 15 minutes.
- 3 Remove from the oven. Flip and cook for another 13 to 15 minutes, until cooked through and slightly golden. Set aside to cool down.
- 4 Arrange the arugula, beans, squash, and feta cheese on a serving plate. Drizzle with balsamic glaze and enjoy!

Notes

Leftovers: Refrigerate the salad in an airtight container for up to three days. Drizzle with balsamic glaze before serving.

Serving Size: One serving is equal to approximately two cups.

Make it Vegan: Omit the feta cheese or use tofu instead.

More Flavor: Add chili flakes and parmesan cheese.



Roasted Squash & Fennel Soup

2 servings

40 minutes

Ingredients

2 1/2 cups Butternut Squash (peeled, seeded, and cubed)
1 bulb Fennel (medium, trimmed and sliced)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 cup Plain Coconut Milk
2 cups Vegetable Broth
2 tsps Cumin
1/2 tsp Turmeric

Directions

- 1 Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
- 2 Spread the squash and fennel on the baking sheet in a single layer. Drizzle with oil, season with salt and pepper, and toss until the vegetables are evenly coated. Roast for 25 to 30 minutes, or until the vegetables are tender and slightly caramelized.
- 3 Transfer to a blender or food processor. Add the coconut milk, broth, cumin, turmeric, and season with salt and pepper. Blend the mixture until smooth and creamy, venting as needed for heat to escape.
- 4 Transfer the blended soup to a large pot and heat over medium heat until warmed through, for about four to five minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups.

Additional Toppings: Seeds like hemp, sunflower, or pumpkin. Green onions and/or fresh herbs like dill, chives, basil, and cilantro.



Winter Kale Salad

4 servings

20 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 tsp Dijon Mustard
1 tsp Maple Syrup
1/8 tsp Sea Salt
6 cups Kale Leaves (thinly sliced)
1/2 cup Pomegranate Seeds
1 Pear (cored and thinly sliced)
1/4 cup Pumpkin Seeds
1/4 cup Unsweetened Coconut Flakes (toasted)

Directions

- 1 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 2 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 3 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Serving Size : One serving equals approximately two cups.

No Pear: Use sliced apple instead.

No Kale: Use Swiss chard or collard greens instead.



Kale & Potato Soup

2 servings

30 minutes

Ingredients

- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, chopped)
- 1 1/2 tsps Turmeric (ground)
- 2 cups Mini Potatoes (halved)
- 2 cups Vegetable Broth (divided)
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves (chopped)
- 1/3 cup Canned Coconut Milk (full fat)

Directions

- 1 Heat a large pot over medium heat. Once hot, add the onion with a splash of water. Cook and stir occasionally for about two minutes. Add the garlic, turmeric, and potatoes. Stir and cook for another two to three minutes.
- 2 Add the broth, salt, and pepper. Cover the pot with a lid and simmer over low heat for about 20 minutes or until the potatoes are cooked.
- 3 Uncover the pot. Add the kale leaves and coconut milk and simmer for another five minutes. Adjust the seasoning to your taste and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size: One serving is approximately two cups.

More Flavor: Add lemon juice.

No Kale: Use spinach instead.



Chicken, Kale & Rutabaga

2 servings

40 minutes

Ingredients

- 6 cups Rutabaga (peeled, cubed)
- 1/8 tsp Sea Salt (to taste)
- 8 ozs Chicken Breast (boneless, skinless)
- 2 cups Kale Leaves (tough stems removed, roughly torn into pieces)
- 1 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Oregano

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
- 3 While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
- 4 Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
- 5 Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

Additional Toppings: Kimchi, sauerkraut, pickled veggies, or olives.

No Rutabaga: Use sweet potato or cauliflower instead.



Quinoa, Lentil & Kale Salad

2 servings

25 minutes

Ingredients

1/2 cup Quinoa (dry, rinsed)
1 cup Broccoli (chopped into small florets)
2 cups Kale Leaves (finely chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1/2 Lemon (medium, juiced)
1/2 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
2 cups Lentils (cooked)
2 tbsps Fresh Dill (chopped)
2 tbsps Pumpkin Seeds (toasted)

Directions

- 1 Cook the quinoa according to package directions. Set aside.
- 2 Meanwhile, set the broccoli and the kale in a steamer basket over boiling water and cover. Steam for about five minutes or until tender. Set aside.
- 3 Whisk together the oil, lemon juice, and mustard. Season with salt and pepper. Set aside.
- 4 Place the quinoa, lentils, broccoli, kale, dill, and pumpkin seeds in a large bowl. Add the dressing and mix to coat.
- 5 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Best enjoyed at room temperature or cold.

Serving Size: One serving is approximately two cups.

Additional Toppings: Feta cheese and/or green onions.



Slow Cooker Swiss Chard & Pork Hock Soup

6 servings

8 hours

Ingredients

- 2 lbs Pork Hock
- 1 Sweet Potato (large, peeled and cubed)
- 10 cups Swiss Chard (stems removed, washed and chopped)
- 6 cups Water
- 2 tbsps Apple Cider Vinegar
- 1 1/2 tsps Sea Salt

Directions

- 1 Combine all ingredients in the slow cooker. Cook on low for at least 8 hours, or on high for 4 to 6 hours.
- 2 Gently pull apart the meat into chunks before serving. Enjoy!

Notes

Serve it With: Crusty bread, rice, quinoa, barley or pasta.

No Sweet Potato: Use regular potato, butternut squash, rutabaga or eddo instead.

No Swiss Chard: Use kale, collard greens or cabbage instead.

Leftovers: Refrigerate in an airtight container up to 3 days, or freeze if longer.



Stacked Potato & Chard Frittata

4 servings

35 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil (divided)
- 5 Cremini Mushrooms (sliced)
- 2 cups Swiss Chard (chopped)
- 3 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Russet Potato (large, and sliced very thinly)

Directions

- 1 Preheat the oven to 400°F (205°C). Heat 2/3 of of the oil in a skillet over medium-high heat. Add the mushrooms and sauté for about five minutes, until starting to soften. Add the Swiss chard and sauté for another two to three minutes.
- 2 In a bowl, whisk together the eggs, salt, and pepper. Add the potatoes, cooked mushrooms, and Swiss chard to the bowl and stir to combine. Brush a cake pan or skillet with the remaining oil.
- 3 Add an even layer of egg-soaked potatoes to the bottom of the pan using your hands. Add the rest of the ingredients to the pan, using your hands to evenly distribute the ingredients as needed.
- 4 Bake in the oven for 20 to 25 minutes or until cooked through. Transfer the frittata to a serving dish, slice, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A seven-inch cake pan was used to make three servings. One serving is roughly 1/3 of the pan.

More Flavor: Add bell peppers, onion, and/or your cooked protein of choice.



Lamb, Carrot & Celery Root Stew

3 servings

1 hour 10 minutes

Ingredients

- 2 tps Extra Virgin Olive Oil
- 1 lb Lamb Shoulder Chop (bones discarded, cubed, patted dry)
- 1/2 tsp Sea Salt
- 1/2 Yellow Onion (large, chopped)
- 2 Garlic (clove, large, chopped)
- 3 Carrot (cut on a bias)
- 1 1/2 cups Celery Root (peeled, cubed)
- 5 cups Chicken Broth, Low Sodium
- 2 tps Balsamic Vinegar
- 2 tps Italian Seasoning
- 1 tbsp Arrowroot Powder
- 1/4 cup Water
- 1 tbsp Parsley (chopped)

Directions

- 1 Heat the oil in a large pot over medium heat.
- 2 Season the lamb with salt. Sear the lamb in the pot on all sides, working in batches if needed. You want the lamb to have browned, crispy edges. Set aside.
- 3 Add the onion and garlic to the pot and sauté until softened, about four to five minutes. Add the carrots, celery root, broth, vinegar, and Italian seasoning to the pot, stirring well to scrape up the fond (caramelized bits).
- 4 Add the lamb back to the pot, cover, and simmer for 45 minutes.
- 5 Make a slurry with the arrowroot powder and water and add to the stew to thicken, stirring well to combine. If you would like an even thicker stew, double the slurry ingredients.
- 6 Garnish with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is approximately two cups.

More Flavor: Add red wine instead of balsamic vinegar.

Thinner Consistency: Omit the slurry for a thinner soup-like consistency.



Chicken Noodle Soup

6 servings

1 hour

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 stalks Celery (chopped)
- 1 Carrot (large, peeled, chopped)
- 1 Yellow Onion (medium, chopped)
- 2 Garlic (large clove, minced)
- 1/2 tsp Sea Salt
- 1 tsp Dried Thyme
- 6 cups Chicken Broth
- 12 1/3 ozs Chicken Thighs (bone-in, skin removed, trimmed)
- 1 cup Brown Rice Macaroni (dry)

Directions

- 1 Heat the oil in a large pot over medium heat. Add the celery, carrot, and onion to the pot and cook for eight to 10 minutes until softened. Add the garlic, salt, and thyme to the pot. Stir to combine and cook for another minute.
- 2 Add the broth and then place the chicken in the pot. Bring the soup to a gentle boil and simmer for about 20 minutes or until the chicken is cooked through and pulls easily.
- 3 Meanwhile, cook the pasta according to package directions.
- 4 Remove the chicken from the pot and shred the cooked chicken thighs with two forks until no large pieces remain. Return the chicken to the pot. Season the soup with additional salt if needed.
- 5 To serve, divide the soup between bowls and stir in the cooked macaroni. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of soup and 1/4 cup of macaroni.

More Flavor: Add other dried herbs and spices, like parsley, sage, or oregano.

Chicken Broth: A low sodium chicken broth was used to create this recipe. Adjust salt to taste if needed. Add more broth if thick soup is desired.

No Brown Rice Macaroni: Use another pasta noodle instead.

More Veggies: Add spinach or kale, bell pepper, mushrooms, potatoes, or peas.



Salty Roasted Fennel

4 servings

25 minutes

Ingredients

2 bulbs Fennel (medium, sliced into wedges)

1 1/2 tbsps Tamari

Directions

1

Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.

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2

Place the fennel on the baking sheet and brush it all over with tamari. Bake in the oven for about 20 to 25 minutes or until golden and tender. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to half of a fennel bulb.

More Flavor: Add garlic, ginger, green onion, and chili flakes to the tamari.



Pot Pie Chickpea Pasta

3 servings

35 minutes

Ingredients

8 ozs Chickpea Pasta (dry)
2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
1 Carrot (large, chopped)
3/4 cup Frozen Corn
3/4 cup Frozen Peas
6 1/4 ozs Cashew Cream Cheese
Sea Salt & Black Pepper (to taste)
1/4 cup Nutritional Yeast (divided)
3 tsps Almond Flour

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the chickpea pasta according to package directions.
- 3 Heat the oil in an oven-safe pan over medium heat. Add the onion, cook for two minutes, then add the garlic and cook for another two minutes, stirring frequently.
- 4 Add the carrots and cook for five minutes, continuing to stir. Add the corn and peas and cook for another five minutes. Add the cashew cheese and half of the nutritional yeast. Stir to allow the cashew cheese to melt. Add the salt and pepper to taste.
- 5 Once the pasta is finished cooking, add it to the pan and stir to combine. Remove from heat and sprinkle the almond flour and remaining nutritional yeast on top. Bake in the oven for 15 minutes, or until just starting to brown. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1 1/2 cups.



Green Bean Casserole

4 servings

1 hour 20 minutes

Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 1/2 cups French Shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green Beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Nutritional Yeast
- 1/4 cup Slivered Almonds (toasted)

Directions

- 1 Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
- 2 While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
- 3 Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
- 4 Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
- 5 Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
- 6 Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
- 7 Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.



Cinnamon Mint Tea

1 serving
10 minutes

Ingredients

- 1 1/4 cups Water
- 2 tbsps Mint Leaves
- 1 serving Cinnamon Stick

Directions

- 1 Bring water to a boil and pour into a glass. Add the mint leaves and cinnamon. Steep for four to five minutes before drinking. Remove the mint and cinnamon stick if preferred. Enjoy!

Notes

Leftovers: Best enjoyed right away.

Serving Size: One serving is 1 1/4 cups.

No Mint Leaves: Use a peppermint or spearmint tea bag.



Chicken & Broccoli Casserole

4 servings

50 minutes

Ingredients

1 lb Chicken Thighs (boneless, skinless)
1/4 tsp Sea Salt (divided)
1 tsp Avocado Oil
5 cups Broccoli (cut into florets)
1/2 Yellow Onion (thinly sliced)
1 1/4 cups Canned Coconut Milk (full fat)
1 tbsp Nutritional Yeast
1 tbsp Tapioca Flour
1/2 tsp Garlic Powder
3/4 cup Chicken Broth

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Season the chicken thighs with half of the sea salt. Heat a skillet over medium heat and add the avocado oil. Working in batches, add the chicken and cook for 6 to 7 minutes per side or until cooked through. Remove the chicken and set aside to cool. Once cool, shred the chicken with two forks.
- 3 In the same skillet, using the fat from the chicken, add the broccoli and yellow onion and cook for 3 to 4 minutes until the broccoli is bright green. Remove from the pan.
- 4 Meanwhile, in a saucepan over medium-low heat, add the coconut milk, nutritional yeast, tapioca flour, garlic powder and remaining sea salt. Whisk to combine. Bring to a simmer, then turn off the heat and add the chicken broth.
- 5 Add the chicken thighs to an oven-safe dish and top with the broccoli and onions. Add the coconut milk sauce on top and give it a stir. Place it in the oven and bake for 20 to 25 minutes. Remove, let it cool slightly and then serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add chopped bacon or mushrooms to the dish. Season with your favorite dried herbs.

Additional Toppings: Serve with rice or cauliflower rice.

No Tapioca Flour: Use arrowroot flour or corn starch.



Daal & Sweet Potato Casserole

6 servings

40 minutes

Ingredients

5 Sweet Potato (medium, peeled, cubed)
1 tbsp Extra Virgin Olive Oil
1 White Onion (medium, chopped)
2 Carrot (medium, diced)
1 tbsp Ginger (grated or minced)
2 Garlic (cloves, minced)
1 tbsp Curry Powder
1 tbsp Tomato Paste
3 cups Vegetable Broth (or water)
1 cup Dry Red Lentils (rinsed)
1 cup Cilantro (chopped, plus more for garnish)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Bring a pot of water to a boil and cook the sweet potatoes for 15 minutes, or until tender. Drain and set aside.
- 2 Meanwhile, heat the oil in a large pan over medium-high heat. Cook the onion, carrots, ginger, and garlic for about five minutes. Stir in the curry powder and tomato paste, and cook for another minute.
- 3 Add the vegetable broth and red lentils. Bring to a simmer, cover and cook for 20 minutes, or until the carrots and lentils are tender. Stir in the cilantro and transfer to a large oven-safe dish.
- 4 Mash the sweet potatoes with salt and pepper and spread evenly over the lentils. Broil for five to 10 minutes, or until just browned (optional). Scoop into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups. A 9- by 13-inch baking dish was used to make six servings.

Additional Toppings: Add chili peppers, peas, beans, or cauliflower to the lentils. Add any milk, yogurt, or cream to the mashed sweet potatoes.



Cheesy Baked Gnocchi & Sausage

4 servings

50 minutes

Ingredients

8 ozs Pork Sausage (Italian, casing removed)
1/2 oz Unbleached All Purpose Flour
1 1/2 cups Cow's Milk, Reduced Fat
4 ozs Cheddar Cheese (shredded)
16 ozs Potato Gnocchi
1/3 cup Panko Bread Crumbs
2 tbsps Parsley (for garnish)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Heat a pan over medium-high heat. Add in the sausage and cook for eight to nine minutes or until browned, breaking it up as it cooks.
- 3 Add the flour and cook for about one minute. Gradually add the milk, whisking constantly, until thickened. Add the cheese and stir until fully melted.
- 4 Add the gnocchi to a deep baking dish and pour in the sausage mixture. Stir slightly to combine.
- 5 Top with the panko breadcrumbs and bake for 30 to 35 minutes or until the gnocchi is cooked. Before serving, top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/4 cups.

More Flavor: Add chili flakes and spinach.



Miso Glazed Roasted Carrots

4 servings

25 minutes

Ingredients

- 10 Heirloom Carrots (cut in half lengthwise)
- 2 tbsps Orange Juice (freshly squeezed)
- 1 tbsp Orange Zest
- 1 tsp Ginger (minced)
- 1 tsp Coconut Oil (melted)
- 2 tbsps Miso Paste
- 1 tsp Sesame Oil
- 2 tbsps Water
- 1 tbsp Rice Vinegar
- 1 tsp Maple Syrup

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the carrots on the baking sheet.
- 2 In a small bowl, mix together the orange juice, orange zest, ginger and coconut oil. Brush this mixture on the carrots and place in the oven to cook for 16 to 20 minutes.
- 3 While the carrots are cooking, whisk together the miso paste, sesame oil, water, rice vinegar and maple syrup in a small bowl.
- 4 Remove the carrots from the oven and drizzle the miso sauce over top. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Rice Vinegar: Use apple cider vinegar instead.

Miso Paste: This recipe was developed and tested using white miso.

Cook Time: Depending on the thickness of your carrots, you can either slice in half or quarter them if they are large. The cook time will vary depending on how thick your carrots are.

Additional Toppings: Top with sesame seeds.



Skillet Lasagna

6 servings

50 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, diced)
- 1 lb Lean Ground Beef
- 1 1/2 tbsps Italian Seasoning
- 3 cups Marinara Sauce
- 8 Lasagna Sheets (no boil)
- 1/3 cup Ricotta Cheese

Directions

- 1 Preheat the oven to 400°F (205°C). In an oven-safe pan, heat the oil over medium-high heat. Add the onion and sauté for five to six minutes or until translucent.
- 2 Add the beef, breaking it up as it cooks. Add the Italian seasoning and cook for about 10 minutes. Add the marinara sauce and bring to simmer.
- 3 Break the lasagna sheets in half and add them to the pan. Stir to ensure the sauce is covering the lasagna sheets. Add a splash of water if necessary.
- 4 Cover the pan with an oven-safe lid or aluminum foil. Bake the lasagna in the oven for 20 minutes or until the lasagna sheets are soft and cooked through.
- 5 Spoon the ricotta cheese on top and bake it for another five minutes uncovered. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

Gluten-Free: Use gluten-free lasagna sheets instead.

Dairy-Free: Use a dairy-free ricotta cheese instead.

More Flavor: Add mushrooms, celery, and/or carrot.

Additional Toppings: Fresh herbs like basil or parsley.



Classic Meatloaf

6 servings

1 hour 30 minutes

Ingredients

- 2 Egg
- 1/3 cup Sugar Free Ketchup (divided)
- 1/2 Yellow Onion (peeled, finely chopped)
- 10 Cremini Mushrooms (finely chopped)
- 1 tbsp Worcestershire Sauce
- 1 tsp Sea Salt
- 1/2 cup Oats
- 1 1/2 lbs Lean Ground Beef

Directions

- 1 Preheat the oven to 325°F (165°C) and line a loaf pan with parchment paper.
- 2 In a large bowl, mix together the eggs, half the ketchup, onion, mushrooms, Worcestershire sauce, salt, oats, and ground beef, until just combined.
- 3 Add the mixture to the loaf pan and evenly press down. Spread the remaining ketchup on top. Bake for 80 minutes or until the internal temperature reaches 160°F (71°C). Allow to rest for 10 minutes, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to one slice. A standard loaf pan was used to make six servings.

More Flavor: Sauté the onions and mushrooms before adding them to the meatloaf mixture.



Maple Roasted Rutabaga

4 servings

1 hour

Ingredients

4 cups Rutabaga (peeled and diced)
2 tbsps Extra Virgin Olive Oil
2 tbsps Maple Syrup

Directions

- 1 Preheat oven to 415F° (213°C).
- 2 Combine rutabaga, olive oil and maple syrup in a glass baking dish. Toss until evenly coated.
- 3 Roast for 45 minutes or until soft and slightly browned. Flip the rutabaga about halfway through roasting.
- 4 Remove from the oven and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 to 5 days, or freeze if longer.

Sugar-Free: Use your choice of fresh or dried herbs instead of maple syrup.

Rutabaga Tip: We recommend purchasing multiple small or medium rutabagas instead of a single large rutabaga as they can be very difficult to cut.