



Recipe Roundup

HEALTHY MEAL IDEAS FOR NOVEMBER

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Breakfast

I D E A S

CARROT CAKE

Pancakes



INGREDIENTS:

3/4 cup oat flour
1-1/4 cup all-purpose flour
1 Tbsp baking powder
1/4 tsp baking soda
1 tsp cinnamon
3-4 Tbsp coconut sugar
1/4 tsp nutmeg
1/4 tsp sea salt

1-1/2 cup almond milk, room temp
1 tsp lemon juice
2 Tbsp coconut oil, melted
2 tsp vanilla extract

1 cup shredded carrots
1/4 cup pecans, chopped
2 Tbsp raisins or shredded coconut

DIRECTIONS:

1. In a bowl, whisk together the milk, lemon juice, oil and vanilla extract. Set aside.
2. In another large bowl, whisk together the oat flour, all-purpose flour, cinnamon, nutmeg, salt, sugar, baking powder and baking soda.
3. Pour the wet ingredients into the dry ingredients and stir until it forms a thick pancake batter with no lumps.
4. Stir in the shredded carrots, chopped nuts and raisins or coconut.
5. Heat a pancake griddle over medium-high heat. When hot, reduce to low heat and scoop 3 Tbsp of batter for the pancake.
6. Cook for 2 minutes on one side and then flip and cook 2 minutes on the other.
7. Repeat until all the batter is used.
8. Serve with pure maple syrup and/or fruits of your choice. Enjoy!

MAKES: 14 pancakes

APPLE SPICE

Seasonal Pancakes



INGREDIENTS:

APPLE SPICE COMPOTE

2 green apples, peeled, finely diced
1 tsp organic coconut oil
1 tsp ground cinnamon
1/4 tsp ground cloves
1/4 tsp ground allspice
1/4 tsp ground ginger
2 Tbsp organic brown sugar
3 Tbsp orange juice
1/8 tsp sea salt

PANCAKES

2 cups all-purpose flour
1 tsp sugar
2 tsp baking powder
3/4 tsp baking soda
1/2 tsp sea salt
1/2 cup applesauce
1/2 tsp pure vanilla extract
2 Tbsp organic coconut oil
1 Tbsp lemon juice
1-1/2 cup unsweet almond milk

DIRECTIONS:

1. In a medium bowl, whisk the lemon juice and milk together and set aside.
2. For the compote, heat the oil in a medium saucepan on medium heat. Add the apples and toss to coat. Stir in the spices and stir to combine. Cook for about 5 minutes.
3. Deglaze the pan with the orange juice and reduce heat to a gentle simmer. Simmer until the apples are soft and the sauce is thick. About 20 minutes.
4. For the pancakes, lightly oil a pancake griddle on medium heat.
5. In a large mixing bowl, whisk the dry ingredients together until combined.
6. In a separate bowl, whisk the wet ingredients together until combined.
7. Add the wet and dry ingredients together until just combined. Don't overmix. Spoon the batter onto the hot griddle. Cook for about 2 minutes each side or until tops have bubbles and sides are firm.
8. Top with cinnamon, maple syrup and the apple compote and enjoy!

SERVES: 4

APPLE WALNUT

Breakfast Cookies



INGREDIENTS:

1-1/4 cups almond flour
3/4 cup rolled oats, coarsely chopped
1/4 cup brown rice flour
2-1/2 tsp baking powder
2 tsp cinnamon
3 Tbsp coconut sugar
1 Tbsp flaxmeal
1/4 tsp sea salt
1/2 cup unsweet almond milk
1 Tbsp apple cider vinegar
1/3 cup almond butter, room temp
1/3 cup applesauce
1 gala apple, diced small
1/2 cup chopped walnuts

DIRECTIONS:

1. Pre-heat the oven to 375F and line a rimmed baking sheet with parchment paper.
2. Place the apple cider vinegar into a small dish with the milk and set aside.
3. In a large bowl whisk together all the dry ingredients. Then add in the wet ingredients and stir until just combined. Mix in the apple and walnuts.
4. Using a 1/3 cup measuring cup, scoop up the wet batter and plop it down into 8 large rounds onto the baking sheet. Try to keep them about 3 inches in diameter.
5. Sprinkle each cookie with a little more coconut sugar then bake them for 25 minutes. Watch them carefully and remove them if a toothpick comes out clean. They should be golden brown.
6. Allow them to sit for about 4 minutes to firm up then cool for 10 minutes on a cooling rack. Enjoy!

MAKES: *about 8 cookies*

HEALTHY & FILLING

Zucchini Muffins



INGREDIENTS:

1-1/2 cups zucchini, grated
1 Tbsp cinnamon
1 tsp sea salt
1 tsp baking powder
1 cup almond flour
1/2 cup brown rice flour
1 cup rolled oats
1/2 cup almond butter
1/2 cup unsweet applesauce
1/2 cup pure maple syrup
1 Tbsp pure vanilla extract
2/3 cup raisins
1 cup walnuts, chopped

DIRECTIONS:

1. Preheat oven to 350F and line two muffin baking sheets with 15 liners.
2. Place all ingredients except the raisins and walnuts into a large mixing bowl. Stir until well combined then fold in the raisins and walnuts. Stir again.
3. Fill the muffin liners almost to the top, the batter will raise slightly.
4. Bake both on the same rack for 25-30 minutes or until a toothpick comes out clean or with only a few crumbs.
5. Remove from oven and allow to cool for 5 minutes then transfer to a cooling rack for 10 minutes so they can firm up.
6. Serve and enjoy!

MAKES: 15 muffins

HIGH PROTEIN

Tempeh Scramble



INGREDIENTS:

2 Tbsp extra virgin olive oil
1 small sweet potato, finely diced
1 small onion, chopped
3 garlic cloves, minced
8 oz pkg organic tempeh, crumbled
1 small red bell pepper, diced
1/4 cup organic corn
1 Tbsp soy sauce
1 Tbsp ground cumin
1 Tbsp smoked paprika
1 Tbsp pure maple syrup
juice of 1/2 a lemon

*for serving - avocado slices, green onions,
tortillas, tomatoes, hot sauce

DIRECTIONS:

1. Heat the olive oil over medium heat in a large skillet. Add the sweet potato and saute until lightly browned, about five minutes.
2. Add the onions and continue to saute until soft; about five minutes. Add the garlic and tempeh and saute for another five minutes. Breaking up the tempeh with your spatula as you stir and cook it.
3. Add in the pepper, corn, soy sauce, spices, syrup and lemon juice. Saute for another 3-5 minutes.
4. Serve in cooked tortillas and add any other additional ingredients as desired.

SERVES: 4

PUMPKIN QUINOA

Breakfast Cake



INGREDIENTS:

1/2 cup quinoa flakes
1/3 cup pumpkin puree
1/3 cup apple juice (not concentrate)
1 Tbsp chia seeds
1 Tbsp coconut nectar or syrup
2 tsp pumpkin pie spice

*for serving - coconut butter or pure maple syrup

DIRECTIONS:

1. Prepare a 16oz microwave safe dish by oiling it with a little coconut oil. Set aside.
2. Whisk all ingredients in a small bowl until well combined. Then press the mixture into the prepared dish and even out with a fork.
3. Place it in the microwave for 3 minutes. It will rise slightly, be firmer and pull away from the sides. Don't overcook!
4. Allow to rest for 1 minute before tipping over onto a plate and drizzling with coconut butter or maple syrup.

SERVES: 1

GREEK CHICKPEA

Toast



INGREDIENTS:

2 Tbsp extra virgin olive oil
3 small shallots, finely diced
2 large garlic cloves, finely diced
1/4 tsp smoked paprika
1/2 tsp sweet paprika
1/2 tsp cumin
1/2 tsp sea salt
1/2 tsp sugar
black pepper, to taste
2 large tomatoes, skinned
2 cups cooked chickpeas
4-6 slices bread, toasted
fresh herbs, your choice
a few kalamata olives, sliced

DIRECTIONS:

1. Saute the shallots with the olive oil in a medium pan; stirring frequently until translucent.
2. Add the garlic and saute until softened.
3. Add in all the spices and mix gently for 1-2 minutes; stirring constantly.
4. Roughly chop the tomatoes and add them into the pan with a couple Tbsp of water. Simmer on low-medium heat until the sauce has thickened.
5. Mix in the chickpeas and season with the salt, sugar and pepper.
6. Once warm, serve on toasted bread with a sprinkle of fresh herbs and olives.

SERVES: 2

PUMPKIN SPICE LATTE

Protein Bars



INGREDIENTS:

WET

1 cup pumpkin puree
1/2 cup tahini or peanut butter
2 Tbsp filtered water
2 Tbsp pure maple syrup
1 Tbsp pure vanilla extract

DRY

2 cups protein powder
1-1/2 cup oat flour
1 Tbsp instant coffee
2 tsp pumpkin pie spice

*optional - 1/4 cup chocolate chips

DIRECTIONS:

1. Mix wet ingredients together in a large bowl, then microwave for 1 minute; stirring well.
2. Mix the remaining dry ingredients together in another large bowl.
3. Fold the wet ingredients into the dry ingredients, stirring well to combine. You can use your hands near the end to make sure it is completely combined.
4. Squish down the mixture into a greased 8x8 baking dish. Press down firmly and even out the top.
5. If using, sprinkle the chocolate chips on top and press down into the dough. Freeze for 20-30 minutes.
6. Remove from the freezer and cut using a sharp knife, dividing into 10 bars and enjoy!

MAKES: 10 bars



Lunch

I D E A S

COCONUT TOMATO

Lentil Soup



INGREDIENTS:

1/2 Tbsp extra virgin olive oil
1 white onion, diced
1/2 cup green bell pepper, finely diced
1/3 cup cilantro, diced
5 garlic cloves, minced
1 tsp cumin
1 tsp coriander
1 tsp turmeric
1 tsp garlic powder
1 tsp oregano
1/4 tsp cayenne
1 (28oz) can fire roasted crushed tomatoes
1 cup brown lentils, rinsed
1 (15oz) can light coconut milk
1 tsp sea salt
1/2 tsp black pepper

*optional garnish - cilantro & coconut milk drizzle

DIRECTIONS:

1. In a large pot on medium high heat add the oil. Once oil is hot, add the onion, pepper, cilantro and garlic. Saute until the veggies are softened. About 5 minutes.
2. Bring the heat to medium low and add the spices and tomatoes. Simmer for a few minutes.
3. Stir in the lentils and coconut milk (reserve a couple Tbsp if you also want some for garnish). Season with salt and pepper.
4. Bring to boil, then reduce heat and simmer over medium low for 30 minutes or until lentils are tender. If too thick add a 1/2-1 cup water or broth.
5. Taste and adjust seasonings.
6. Serve soup immediately and garnish as desired.

SERVES: 4

WARM SQUASH

Kale Salad



INGREDIENTS:

SALAD

1 bunch of kale, chopped
1 medium butternut squash, cubed
1 can chickpeas, drained & rinsed
1/4 cup pumpkin seeds
1 Tbsp + 2 tsp olive oil, divided
1/2 tsp sea salt, divided
1/4 tsp black pepper
1 apple or 1 orange, sliced

DRESSING

1/2 cup tahini
1/2 cup apple cider vinegar
2 Tbsp soy sauce
2 tsp dried parsley
2 Tbsp extra olive oil
2 Tbsp lemon juice
4 garlic cloves, minced
water, to thin as needed

DIRECTIONS:

1. Preheat oven to 400F degrees and line a pan with parchment paper.
2. In a large bowl, toss the squash with 1 Tbsp of oil, 1/4 tsp of salt and pepper. Place on pan and bake for 20 minutes.
3. In the same bowl, toss the pepitas and chickpeas with 1 tsp of oil and 1/4 tsp of salt. After the 20 minutes is up on the squash add the chickpea mixture to the pan.
4. Return to oven and bake for another 10 minutes. Stir the mixture halfway through.
5. Meanwhile, make your dressing by adding all ingredients to a blender and blend until smooth.
6. Then in a large skillet over medium heat, add 1 tsp of oil. Add the kale and saute until deep green but not wilted.
7. Remove kale and toss with the squash mixture and apple or orange slices. Drizzle the dressing on top and serve.

SERVES: 4

ORANGE & BEET

Fall Salad



INGREDIENTS:

4-6 medium beets, washed & peeled
2 oranges, zested, peeled & segmented
2 cups white beans or chickpeas
1/4 cup brown rice vinegar
3 Tbsp minced dill
sea salt, to taste
1/2 tsp ground black pepper
4 cups mixed salad greens
4 Tbsp chopped toasted walnuts

*optional - plant-based feta or
parmesan

DIRECTIONS:

1. Place the beets in a saucepan and cover with water. bring to a boil, cover, reduce the heat, and simmer for 20 minutes or until the beets are tender. Drain the beets and set aside to cool.
2. Once the beets have cooled, cut them into cubes and place them in a large bowl.
3. Add the orange zest, orange segments, beans/chickpeas, vinegar, dill, salt and pepper. Toss lightly to combine and coat.
4. Divide the salad among 4 individual plates and garnish with toasted walnuts.

SERVES: 4

CRANBERRY CARROT

Wheatberry Bowl



INGREDIENTS:

2-1/2 cups wheat berries, soaked overnight
1/3 cup apple cider vinegar
1/4 cup pure maple syrup
1/2 cup green onion, chopped
1/4 cup carrot, shredded
1 bosc pear, cored and diced
1/2 cup dried cranberries
sea salt & black pepper, to taste

**optional - can sub quinoa if gluten-free
and cook according to pkg directions*

DIRECTIONS:

1. Bring 5 cups of water to a boil and add the wheat berries. Once boiling again, reduce heat to medium, cover and cook until tender. About 1 hour and 45 minutes.
2. Drain the excess water and rinse the berries until cooled.
3. Combine all the other ingredients in a large mixing bowl. Add the wheat berries and mix well. Taste and adjust seasonings.
4. Chill for 1 hour before serving.

SERVES: 4

APPLE PECAN

Arugula Salad



INGREDIENTS:

SALAD

1/2 cup raw pecans
4 cups arugula
2 small apples, thinly sliced
1/4 red onion, thinly sliced
2 Tbsp dried cranberries, optional

DRESSING

3 Tbsp extra virgin olive oil
3 Tbsp lemon juice
1 Tbsp pure maple syrup
sea salt & pepper to taste

*optional add-ins: avocado, croutons,
almond feta, sesame seeds, pistachios

DIRECTIONS:

1. Preheat oven to 350F degrees and arrange the pecans on a baking sheet.
2. Bake pecans for 8-10 minutes or until fragrant. Remove and set aside.
3. Prepare the dressing by whisking the ingredients together in a small bowl. Taste and adjust flavoring.
4. In a large bowl, combine all the salad ingredients.
5. Drizzle with dressing and toss. Serve with pecans on top and enjoy!

SERVES: 4

VEGGIE CHILI

Taco Salad



INGREDIENTS:

THE CHILI

1 Tbsp extra virgin olive oil
2 yellow onions, diced
3 stalks celery, finely chopped
3 garlic cloves, minced
1 Tbsp chili powder
1 tsp cumin
1 tsp coriander
1 tsp sea salt
1/2 tsp black pepper
1 can brown lentils, drained
1 can pinto beans, drained & rinsed
1 can kidney beans, drained & rinsed
1 (15 oz) can crushed tomatoes
1 cup veggie broth

SALAD

bunch of romaine lettuce, chopped
tomato, chopped
tortilla chips, crushed
fresh salsa
sliced black olives
avocado

DIRECTIONS:

1. Heat the olive oil in a large pot over medium high heat. Add the onions and celery and saute for 3 minutes.
2. Add in the garlic and spices; cook for another 2 more minutes.
3. Then mix in the beans, tomatoes and broth; bring to a boil. Lower heat and cover. Let simmer for 20 minutes.
4. While chili is cooking, assemble your salad with your preferred ingredients.
5. Once chili is finished, top salad, serve and enjoy!

SERVES: 4

PEANUT

Noodle Bowl



INGREDIENTS:

SAUCE

2 garlic cloves, minced
2 Tbsp toasted sesame oil
3 Tbsp peanut butter
2 tsp fresh ginger, grated
4 Tbsp fresh lime juice
2-1/2 Tbsp tamari
1-2 tsp organic sugar
3 Tbsp filtered water

BOWL

4 oz soba noodles
extra virgin olive oil
1 (16 oz) bag shelled edamame
1 red bell pepper, diced
1/2 english cucumber, diced
1 carrot, julienned
4 green onions, sliced
1/4 cup cilantro, chopped

*garnish - hot sauce & sesame seeds

DIRECTIONS:

1. In a food processor combine all the sauce ingredients and process until combined.
2. Cook the soba noodles according to the package directions. Do not overcook.
3. Drain the noodles and rinsed with cold water to stop the cooking process. Transfer them to a large bowl and toss them with a little oil.
4. Add the rest of the ingredients to the noodle bowl and toss until well combined.
5. Pour the sauce over the salad and toss to coat.
6. Portion out into 4 bowls and garnish with sesame seeds.

SERVES: 4

LENTIL QUINOA

Kale Salad



INGREDIENTS:

SALAD

1/2 cup quinoa, rinsed
1/2 cup brown lentils, rinsed
2 cups veggie broth
4 cups kale, washed, massaged, torn

VEGGIES

1 medium sweet potato, chopped
extra virgin olive oil
salt & pepper, to taste

DRESSING

2 Tbsp lemon juice
1/4 cup orange juice
2 Tbsp extra virgin olive oil
1-1/2 tsp pure maple syrup
1 garlic clove
1/4 tsp sea salt

DIRECTIONS:

1. Preheat oven to 425F and arrange the chopped sweet potato on a baking pan lined with parchment paper. Season with oil, salt & pepper then bake for 20-30 minutes or until it is tender.
2. While the potato is cooking, rinse the quinoa and lentils well in a mesh strainer. Then place it in a medium saucepan with 2 cups veggie broth. Bring to a boil then decrease to a gentle simmer.
3. Cook until the water has been absorbed, about 20 minutes. Remove from heat and allow them to sit for 10 minutes. Then fluff with a fork.
4. Next prepare the dressing by adding all ingredients into a blender and mix.
5. In a large bowl, assemble the salad. Combine the cooked & cooled lentil/quinoa mixture, sweet potato and kale.
6. Drizzle in the dressing and toss until coated. Season with salt & pepper if desired.

SERVES: 2-3



Dinner

I D E A S

MOROCCAN TAHINI

Cauliflower



INGREDIENTS:

4 Tbsp extra virgin olive oil
3/4 tsp sea salt, divided
4 Tbsp mild harissa paste, divided
1 head cauliflower, cut into florets
2 Tbsp tahini
1 Tbsp pure maple syrup
1 Tbsp fresh lemon juice
1/4 tsp sea salt
1/4 tsp black pepper
fresh parsley for garnish

DIRECTIONS:

1. Preheat oven to 425F.
2. In a large bowl combine 2 Tbsp of the oil, 1/2 tsp of the salt and 2 Tbsp of the harissa; mix well.
3. Add the cauliflower and toss to coat.
4. Spread the florets out on a baking sheet lined with parchment paper. Bake for 35 minutes and toss halfway through.
5. Remove from oven once tender and toss with the remaining 2 Tbsp harissa. Bake for 5-10 minutes more until caramelized and charred in some spots.
6. Prepare the tahini by combining 2 Tbsp oil, salt, tahini, syrup, lemon and black pepper in a small bowl. Whisk and add in a Tbsp of water to thin if needed.
7. Transfer the baked cauliflower to a bowl and drizzle with the tahini sauce. Garnish with fresh parsley and serve.
8. Serve with your choice of lean protein, crispy cubes of tofu, baked tempeh or a lentil dish.

SERVES: 4

HEALTHY

Chickpea Stew



INGREDIENTS:

1 onion, finely diced
1 green bell pepper, finely diced
4 garlic cloves, minced
1 tsp cumin seeds
2 tsp paprika
dash of cayenne
1 bay leaf
1 large tomato, diced
3 yukon gold potatoes, 1/2" dice
5 cups veggie broth
1 can chickpeas, drained & rinsed
1 bunch kale, de-stemmed, chopped
sea salt & black pepper, to taste

DIRECTIONS:

1. In a large pot over medium heat saute the onion and bell pepper for 10 minutes. Add a splash of water to prevent sticking.
2. Add the garlic, cumin, paprika, cayenne and bay leaf; cook for 1 minute.
3. Stir in the tomato and cook for 3 minutes. Then add the potatoes, broth and chickpeas.
4. Bring the pot to a boil over high heat then reduce to a simmer and cook covered for 20 minutes.
5. Add the kale, season with salt & pepper and cook until wilted. Taste and adjust seasonings as desired.

SERVES: 4

SPAGHETTI WITH

Lentil Sauce



INGREDIENTS:

1 yellow onion, finely diced
1 carrot, finely diced
1 celery stalk, finely diced
8 garlic cloves, minced
1 Tbsp rosemary
1 Tbsp thyme
1 cup green lentils, rinsed
3 cups veggie broth
1 bay leaf
3 large tomatoes, diced
sea salt & black pepper, to taste
1 lb whole-grain spaghetti

*garnish - chopped parsley

DIRECTIONS:

1. Cook the spaghetti according to the package directions and set aside.
2. Place the onion, carrot and celery in a large saucepan and saute over medium heat for 10 minutes. Add water to prevent sticking.
3. Next stir in the garlic, rosemary and thyme. Cook for 1 minute.
4. Add the lentils, broth and bay leaf. Bring to a boil then reduce heat to medium, cover and cook for 40 minutes.
5. Add the tomatoes and season with salt & pepper. Cook for 10 more minutes or until lentils are tender.
6. Serve the lentil sauce over the cooked spaghetti noodles and garnish with chopped parsley if desired.

SERVES: 4

COMFORTING

Peanut Stew



INGREDIENTS:

1 tsp extra virgin olive oil
1 onion, diced
5 garlic cloves, minced
1 red bell pepper, diced
1 jalapeno, diced
1 sweet potato, peeled & cubed
1 (28 oz) can diced tomatoes, with juice
sea salt & black pepper
1/3 cup creamy peanut butter
4 cups veggie broth
2 tsp chili powder
1/4 tsp cayenne pepper
1 (15 oz) can chickpeas, drained & rinsed
2 handfuls baby kale, torn

*garnish - crushed roasted peanuts,
cilantro or parsley

DIRECTIONS:

1. In a large saucepan over medium heat saute the onion and garlic with the oil for 5 minutes.
2. Add the pepper, jalapeno, sweet potato and tomatoes. Raise the heat to medium-high and simmer for 5 minutes. Season the vegetables with salt & pepper.
3. In a medium bowl, whisk together the peanut butter and 1 cup of the veggie broth. Make sure no clumps remain.
4. Stir into the veggies along with the rest of the broth, chili powder and cayenne.
5. Cover the pan with a lid and reduce to a simmer. Cook for 15-20 minutes or until the potatoes are tender.
6. Stir in the chickpeas and kale. Cook until kale is wilted. Season and adjust taste as desired.
7. Divide into bowls and garnish with crushed peanuts and cilantro or parsley.

SERVES: 6

CREAMY

Pumpkin Bucatini



INGREDIENTS:

8oz bucatini, or pasta of choice
4oz sun-dried tomatoes, in oil
1 Tbsp oil from sun-dried tomatoes
10oz cherry tomatoes, halved
red pepper flakes, to taste
1 tsp dried oregano
8oz frozen spinach
3 cloves garlic, minced
1 tsp fresh thyme
3 sage leaves, chopped
4oz regular hummus
4oz pumpkin puree

*for serving - fresh basil

DIRECTIONS:

1. Bring a large pot of water to boil and cook pasta according to package directions. Before draining, reserve 1 cup of pasta water.
2. Place a large skillet pan over medium heat and add in the sun-dried tomatoes, oil, cherry tomatoes, salt, pepper, red pepper flakes and oregano. Stir to combine. Cook and cover until tomatoes have softened; about 5 minutes.
3. Add in the frozen spinach and cover again for another 2-3 minutes.
4. Add the garlic, thyme, sage, hummus and pumpkin; stir to combine. Continue to heat until warm and bubbly then remove.
5. Add the hot pasta to the pan and toss. If the sauce is too thick then you can add in some of the reserved pasta water. Taste and adjust flavoring.
6. Serve with fresh basil and enjoy!

SERVES: 4

TEMPEH

Orzo Skillet



INGREDIENTS:

TEMPEH

16oz tempeh, broken up
1/4 cup extra virgin olive oil
1 Tbsp oregano
1 tsp smoked paprika
1 tsp onion powder
sea salt & black pepper
5 garlic cloves, minced
2 Tbsp balsamic vinegar

ORZO

1 red bell pepper, diced
2 Tbsp sun-dried tomatoes
2 cups orzo, dry
2-1/2 cups veggie broth
black pepper, to taste
balsamic glaze, for serving

TOMATOES

2 cups cherry tomatoes, halved
1/3 cup extra virgin olive oil
2 garlic cloves, diced
1 handful of basil, chopped
sea salt & black pepper, to taste

DIRECTIONS:

1. Combine the tempeh, oil, oregano, paprika, onion powder and a pinch of salt and pepper to a bowl. Toss to coat evenly.
2. Heat a skillet over medium heat and add in the tempeh. Cook until browned; about 5 minutes. Add the garlic and balsamic and cook for 1 more minute. Transfer to a plate.
3. Add in the bell pepper and sun-dried tomatoes to the pan. Add the orzo, broth and a pinch of pepper. Bring to a boil, lower to a simmer and cook until the liquid is absorbed; about 10 minutes. Stir frequently so that it doesn't stick.
4. Meanwhile, combine tomato ingredients into a bowl and toss.
5. Add the tempeh back into the skillet with the orzo and toss until heated through. Taste and adjust flavoring.
6. Top with the tomatoes and balsamic glaze and serve.

SERVES: 6

CRISPY CAULIFLOWER

Pasta Salad



INGREDIENTS:

CAULIFLOWER

1 head of cauliflower, cut into florets
3 Tbsp extra virgin olive oil
1 Tbsp garlic powder
1/2 Tbsp smoked paprika
sea salt & black pepper, to taste

VINAIGRETTE

1/4 cup extra virgin olive oil
1 large lemon, juiced
1 tsp ginger, grated
3 garlic cloves, minced
1 shallot, diced
1 Tbsp pure maple syrup
1 Tbsp yellow mustard
sea salt & black pepper, to taste

WALNUTS

1 Tbsp of extra virgin olive oil
1/3 cup raw walnuts, chopped

SALAD

8oz bow tie pasta, dry
2 cups arugula
2 Tbsp sun-dried tomatoes, chopped
2 Tbsp basil, chopped
1 avocado, diced

DIRECTIONS:

1. Preheat oven to 450F degrees and line a baking sheet with parchment paper.
2. Add the cauliflower ingredients to the pan and toss evenly to coat. Bake for 10 minutes then flip and cook another 15 minutes or until crispy.
3. Meanwhile, add the dressing ingredients to a small bowl and whisk to combine.
4. Bring a large pot of water to boil. Add the pasta and cook until tender. Drain and rinse with cold water.
5. Place the empty pot back and heat the oil over medium heat. Add the walnuts and a pinch of salt. Cook until toasted; about 5 minutes. Remove and set aside.
6. To assemble, add the pasta, arugula, sun-dried tomatoes and basil to a large bowl. Add the dressing and toss to coat. Top with the crispy cauliflower, walnuts and avocado slices. Enjoy!

SERVES: 4

20 MINUTE

Pumpkin Soup



INGREDIENTS:

2 tsp extra virgin olive oil
1 shallot, diced
3 tsp minced garlic
1-1/2 cups pumpkin puree
1 cup veggie broth
2/3 cup unsweet almond milk
1 Tbsp ground cumin
1 tsp chili powder
sea salt & black pepper, to taste

DIRECTIONS:

1. Add the oil, shallots and garlic to a medium sized saucepan over medium heat.
2. Sauté the veggies for 3 minutes or until softened. Stir in remaining ingredients and allow to simmer.
3. Blend soup with an immersion blender or regular blender to get rid of any chunks of garlic and shallots then pour mixture back into pot.
4. Thin out the soup with more broth or milk if desired.
5. Allow to simmer for another 5 minutes, taste and adjust seasonings as necessary.
6. Serve with pumpkin seeds, a drizzle of coconut cream or vegan yogurt and/or grilled cheese sandwiches!

SERVES: 2



Snack

I D E A S

PUMPKIN CHEESECAKE

Smoothie



INGREDIENTS:

2 cups filtered water
1 cup pumpkin puree
2 medium carrots, chopped
1/2 cup raw cashews
1/4 cup cooked quinoa
4 pitted medjool dates
large handful of ice
2 tsp pumpkin pie spice
1 scoop vanilla protein powder

*optional garnish - coconut cream or
whip cream and chopped nuts

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Enjoy your glass of healthy goodness!

**If you don't have a high powered blender, you may want to soak the cashews and steam the carrots before hand and allow them to cool. This way the smoothie is creamier and not chunky.*

SERVES: 1

CHAI SPICED

Banana Smoothie



INGREDIENTS:

CHAI SPICE MIXTURE:

1 Tbsp cinnamon
1 Tbsp cardamom
1/2 Tbsp ginger
1/2 Tbsp cloves
1/2 Tbsp nutmeg
1/2 tsp black pepper

SMOOTHIE

1 tsp chai spice mixture (above)
2 frozen bananas
2 cups unsweet almond milk
2 Tbsp almond butter
2 Tbsp ground flaxseeds
1 scoop vanilla protein (optional)

DIRECTIONS:

1. Make your spice mixture in a small bowl. Store for up to 1 year.
2. Then add all smoothie ingredients into a high-speed blender and blend until smooth.
3. Enjoy your glass of healthy goodness!

SERVES: 1

SPICED

Fig Smoothie



INGREDIENTS:

3/4 cup unsweet almond milk
1/4 tsp pure vanilla extract
1/8 tsp almond extract
pinch of sea salt
1/2 tsp ground cinnamon
pinch of cardamom
1 Tbsp pure maple syrup
4 ripe medium figs, stems removed
handful of ice cubes

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Enjoy your glass of healthy goodness!

SERVES: 1

IMMUNE BOOSTING

Citrus Smoothie



INGREDIENTS:

2 seedless navel oranges, peeled
2 Tbsp fresh lemon juice
1 tsp fresh ginger
2 tsp pure maple syrup
handful of ice cubes

*optional - 1 scoop of vanilla protein powder

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Enjoy your glass of healthy goodness!

SERVES: 1

VEGGIE TOPPED

Hummus Crackers



INGREDIENTS:

whole-grain crackers
1 cucumber, thinly sliced
1 bunch radishes, thinly sliced
garlic & onion powder
your favorite creamy hummus

**optional - could use thinly sliced mini-bagels, crispbread, crostini, or pita chips instead of crackers too.*

DIRECTIONS:

1. Place the crackers on a serving tray.
2. Spread each cracker with a dollop of hummus.
3. Sprinkle on some garlic & onion powder.
4. Top each with a slice of cucumber & radish.
5. Serve and enjoy!

SERVES: 14-16

CRANBERRY Bliss Balls



INGREDIENTS:

BALLS

1/2 cup pitted medjool dates
1/3 cup dried cranberries
1/2 cup rolled oats
1/2 cup raw walnuts & pecans
1/2 cup shredded coconut
2 Tbsp coconut butter
1 Tbsp chia seeds
1/2 Tbsp cocoa powder
1/2 tsp pure vanilla extract

TOPPING

2 Tbsp desiccated coconut

**optional topping - cocoa, holiday sprinkles or dash of coconut sugar*

DIRECTIONS:

1. Soak the dates and cranberries in a small glass dish of hot water for 15 minutes.
2. Drain the water from the dried fruits and add them into a food processor.
3. Combine the rest of the ball ingredients into the processor and process until combined. It will become quite sticky.
4. Take the mixture and roll it into tsp sized balls - placing them on a plate or platter.
5. On a separate plate, pour the desiccated coconut and any other desired toppings.
6. Then roll each ball into the toppings and put them onto a large tray or storage container to go in the fridge for a few hours until firm.

MAKES: 25 balls

GLUTEN-FREE

Gingerbread Granola



INGREDIENTS:

DRY

3-1/2 cups gluten-free rolled oats
1-3/4 cup raw nuts and seeds
3 Tbsp organic cane sugar
1/4 tsp sea salt
1/2 Tbsp ground cinnamon
3/4 tsp ground ginger
1 pinch ground cloves

WET

1/4 cup organic coconut oil
1/3 cup pure maple syrup
2 Tbsp molasses
1 tsp pure vanilla extract

DIRECTIONS:

1. Preheat oven to 325F and line a baking sheet with parchment paper.
2. Mix the dry ingredients in a large bowl.
3. In a small saucepan, warm up the wet ingredients over medium low heat.
4. Pour the wet mixture over the dry and toss to coat.
5. Spread the mixture evenly onto the baking sheet and bake for 20-25 minutes. Stir at the halfway point.
6. Once it is browned, remove from the oven and allow to cool completely before storing.

SERVES: 10

ONE POT

Apple Butter



INGREDIENTS:

6 medium honeycrisp apples
3-4 pitted medjool dates
1 tsp ground cinnamon
1/2 tsp ground ginger
1/2 cup filtered water
1 Tbsp lemon juice

DIRECTIONS:

1. Prepare your apples by peeling, coring and chopping into bite-sized pieces.
2. To a large pot, add all the ingredients and stir.
3. Cover and cook over medium for 20-30 minutes or until everything is tender enough to mash. Turn off the heat.
4. Use your spoon or a potato masher to mash it into a loose sauce.
5. Once you have applesauce, turn the heat on medium-low for 1 hour and 30 minutes up to 2 hours. Stirring every 8-10 minutes, until it thickens and caramelizes.
6. The butter will be done when it is rich and golden brown in color and sweet to the taste and is reduced by 1/3-1/2 of its original volume. It will start sticking to the bottom of the pan near the end.
7. Enjoy fresh or store cooled leftovers in the refrigerator up to 1-2 months or in the freezer up to 6 months.

SERVES: 8

PROTEIN CHOCOLATE CHIP

Lisa Wright Burbach: Bringingbackdinner.com

Cookies



INGREDIENTS:

1 cup natural peanut butter, softened
1/2 cup pure maple syrup
1/4 tsp sea salt
4 Tbsp unsweet almond milk
1/2 tsp vanilla extract
2/3 cup protein powder
4 Tbsp coconut flour
1/4 tsp baking soda
1/4 cup dark chocolate chips

DIRECTIONS:

1. Preheat oven to 350F and line a cookie sheet with parchment paper. Set aside.
2. In a mixing bowl, combine the soft peanut butter with maple syrup, almond milk and vanilla extract.
3. Stir in the coconut flour, protein powder, baking soda, salt and chocolate chips. If the dough is too runny, add more flour using 1 tsp at a time.
4. Shape the dough into 12 cookie balls and place them on the sheet. Press down each cookie with the palm of your hand and sprinkle extra chocolate chips on top if desired.
5. Bake for 15-20 minutes or until they crackle on top and are golden brown.
6. Gently slide a spatula under each cookie to transfer to a cooling rack. Cool down on a cooling rack for 1 hour before eating - they will firm up.

MAKES: 12 cookies
