



Recipe Roundups

HEALTHY MEAL IDEAS FOR OCTOBER



recipes for the month



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Breakfast

I D E A S

SOUTHWESTERN

Avocado Toast



INGREDIENTS:

3 tomatoes, diced
1/2 cup red onion, diced
1 Tbsp cilantro, chopped
1 garlic clove, minced
juice from 1 lime
sea salt, to taste
2 large ripe avocados, thinly sliced
4 slices whole grain bread, or your fav

DIRECTIONS:

1. Mix all ingredients except the avocado in a bowl.
2. Toast the bread and then layer some avocado slices on each.
3. Top with the salsa mixture. Serve and enjoy!

SERVES: 4

KALE & POTATO

Breakfast Hash



INGREDIENTS:

3 Tbsp extra virgin olive oil, divided
1 large sweet potato, peeled & cubed
1 large russet potato, cut into cubes
1 cup onion, diced
1/2 tsp sea salt, or to taste
2 cups kale, chopped
1/2 tsp cumin
1 jalapeno, sliced
3 stalks green onions, sliced
1/4 cup cilantro, chopped

*for serving - salsa and avocado

DIRECTIONS:

1. Heat 2 Tbsp of oil in a large skillet over medium low heat.
2. Spread out the potatoes as evenly as possible. Cover and let cook for 10 minutes. Toss potatoes every 3-4 minutes.
3. Add in the remaining oil, onions, and salt. Saute about 5 minutes or until onions are soft. Add the kale and cumin. Stir until the kale starts to wilt.
4. Then add the jalapeno and green onions. Stir well. Cook until veggies are soft and kale begins to slightly crisp on edges.
5. Taste and season as needed. Sprinkle the chopped cilantro on top and serve with salsa and avocado if you like!

SERVES: 4

GINGERBREAD

Overnight Oats



INGREDIENTS:

1/3 cup rolled oats
1/2 cup unsweet almond milk
1/2 cup coconut yogurt
1/2 tsp ground cinnamon
1/2 tsp ground ginger
pinch of ground cloves
1/2 Tbsp of molasses

DIRECTIONS:

1. In a bowl or jar, mix the oats, almond milk and yogurt together.
2. Add the spices and molasses and stir until everything is well combined.
3. Cover and refrigerate overnight.
4. Serve in the morning with fresh fruits, nuts, coconut or dried fruit if you like.

SERVES: 1

PUMPKIN SPICE

Breakfast Quinoa



INGREDIENTS:

1/3 cup quinoa flakes
1/3 cup pure pumpkin puree
2 Tbsp pure maple syrup
1-1/4 cup almond milk
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp ground ginger
dash of pure vanilla extract

*for topping - raw pecans or walnuts

DIRECTIONS:

1. Combine quinoa flakes, maple syrup and milk in a small saucepan.
2. Bring to a boil then reduce to simmer. Stir constantly until thickened, about 2 minutes. Then stir in the spices.
3. Transfer to a bowl and top with raw nuts. Enjoy!

SERVES: 1

CINNAMON APPLE

Breakfast Quinoa



INGREDIENTS:

1/2 cup quinoa
1-1/2 cups filtered water
2 large apples, peeled, cored,
chopped
2 tsp cinnamon
pure maple syrup

DIRECTIONS:

1. Add the quinoa, water and apples to a saucepan. Bring to a boil, cover and reduce to a simmer for 20-25 minutes. The apples will be soft and the quinoa will have absorbed the water.
2. Stir in the cinnamon and transfer it to two serving bowls.
3. Drizzle with maple syrup and sprinkle with more cinnamon. Enjoy!

SERVES: 2

CINNAMON TOAST

Quinoa Bowl



INGREDIENTS:

heaping 2 Tbsp raw pecans, chopped
1-1/2 tsp organic coconut oil
1/2 tsp ground cinnamon, or to taste
tiny pinch of sea salt
1 cup pre-cooked quinoa
1 Tbsp pure maple syrup, or to taste

*optional toppings - dried cranberries,
hemp seeds, chia seeds, dark chocolate,
hazelnuts, coconut milk or coconut
yogurt

DIRECTIONS:

1. First, toast the pecans by adding them to a small saucepan over medium heat. Stir often and cook for about 5-6 minutes.
2. Add the coconut oil, cinnamon and salt to the pan. While stirring constantly, cook until cinnamon is fragrant, about 20 seconds.
3. Then add the quinoa and stir to combine. Cook until the quinoa is warmed through, about a minute or so. Remove from heat and stir in the maple syrup.
4. Transfer the mixture to a bowl and add your additional toppings. Serve promptly and enjoy!

SERVES: 1

CREAMY COCONUT MILK

Oatmeal



INGREDIENTS:

1 cup rolled oats
2 Tbsp chia seeds
1/2 tsp cinnamon
1/4 tsp cardamom
pinch of sea salt
1-1/2 cup can coconut milk, light or full fat
1/2 cup water
1 tsp pure vanilla extract
1 tsp pure maple syrup

*toppings - your choice of fruit like banana, mango, pineapple, papaya, apricot, coconut, dried fruit, nuts and seeds!

DIRECTIONS:

1. Add oats, chia seeds, cinnamon, cardamom and pinch of salt to a large saucepan. Stir well.
2. Mix in the coconut milk, water, vanilla extract and maple syrup. Bring it to a boil, then reduce to a simmer. Allow to cook, stirring occasionally for 5 minutes or until liquid is absorbed.
3. Serve oatmeal with your toppings as desired while hot!

SERVES: 2

MAPLE PUMPKIN

Oatmeal Bars



INGREDIENTS:

2-1/2 cups old fashioned oats, divided
1 cup unsweet almond milk
1/2 cup pumpkin puree
1/2 cup pure maple syrup
1/4 cup coconut oil, melted
1 flax "egg"
1 tsp pure vanilla extract
2 Tbsp chia seeds
1 tsp pumpkin pie spice
1/2 tsp baking powder
1/4 tsp baking soda
1/4 tsp sea salt
1/3 cup pecan halves, chopped

DIRECTIONS:

1. Preheat oven to 350F and grease an 8x8" baking pan with nonstick spray.
2. Make your flax "egg" by adding 1 Tbsp flaxseed meal with 2 Tbsp water. Mix well and allow to sit for 5 minutes.
3. Add 1 cup of the oats to a food processor and blend until it is flour. Set aside.
4. Add the milk, pumpkin puree, syrup, oil, flax "egg" and vanilla to a large bowl then whisk to combine.
5. Add the remaining 1-1/2 cups oats, oat flour, chia seeds, pumpkin pie spice, baking powder, baking soda and salt then stir to combine. Fold in the chopped pecans then pour batter into the prepared pan.
6. Bake for 40-45 minutes or until edges are golden and the center is set. Check at the 30 minute mark and if browning too quickly put a piece of foil on top.
7. Cool before slicing into bars then store in the fridge.

MAKES: 12 bars



Lunch

I D E A S

AUTUMN

Veggie Wraps



INGREDIENTS:

2 large whole-grain wraps (gluten-free if needed)
1 cup roasted Brussels sprouts, halved
1/2 cup shredded carrots
1 avocado, sliced
1/4 cup hummus
2 Tbsp balsamic glaze

optional: a handful of baby spinach or arugula

DIRECTIONS:

1. Lay the whole-grain wrap on a flat surface. Spread half of the hummus evenly over each wrap.
2. Arrange the roasted Brussels sprouts, shredded carrots, and avocado slices in the center of each wrap. Add baby spinach or arugula if using.
3. Drizzle balsamic glaze over the veggies.
4. Fold the sides of the wrap in, then roll it up tightly. Cut in half and serve immediately.

SERVES: 2

BASIC FALL

Green Salad



INGREDIENTS:

SALAD

1 Tbsp extra virgin olive oil
2 sweet potatoes, peeled & diced
sea salt & black pepper, to taste
1 (5oz) pkg fresh arugula or kale
1 avocado, thinly sliced
1/2 cup pecans or walnuts
1/3 cup cranberries

*garnish - tofu "feta"

DRESSING

3 Tbsp extra virgin olive oil
1 Tbsp lemon juice
1 tsp dijon mustard
1 garlic clove, minced
1/2 tsp sea salt
1/4 tsp black pepper

DIRECTIONS:

1. Preheat oven to 400F and line a baking sheet with parchment paper. Spread out the potatoes and drizzle with oil. Toss until evenly coated. Season with salt and pepper. Bake for 30 minutes or until potatoes are tender. Remove and set aside.
2. To make the dressing, whisk all ingredients together in a bowl or jar until combined.
3. Once the sweet potatoes have cooled, add them to a large mixing bowl along with the greens, avocado, nuts and cranberries. Drizzle with dressing and toss until combined.
4. Garnish with tofu "feta" if using. Serve and enjoy!

SERVES: 4

CRUNCHY CUCUMBER

Carrot Salad



INGREDIENTS:

3 cups carrots, shredded
1-1/2 cups cucumber, diced
1-1/2 cups celery, diced
1/2 cup fresh dill, chopped
1/2 cup fresh parsley, chopped
1/4 cup fresh mint, chopped
1/4 cup chives, chopped
sea salt & black pepper, to taste

DRESSING:

1/4 cup extra virgin olive oil
1/2 a lemon, juiced
1 Tbsp white wine vinegar
1/2 tsp pure maple syrup
1/2 tsp dijon mustard
1/2 tsp garlic powder
sea salt & black pepper, to taste

DIRECTIONS:

1. In a large mixing bowl, combine the carrots, cucumbers, celery, dill, parsley, mint and chives.
2. Whisk all the dressing ingredients together in a small bowl.
3. Pour the dressing over the salad and toss to combine well. Season extra as desired.
4. Serve immediately or chill in fridge.

SERVES: 4

PARSLEY & PASTA

Chopped Salad



INGREDIENTS:

SALAD

2 cups green cabbage, finely chopped
1 cucumber, finely diced
1 carrot, grated
1 cup grape tomatoes, diced
6 green onions, thinly sliced
1 cup baby kale, finely chopped
2 cups cooked pasta, your choice

DRESSING

1/2 cup hummus, your choice
1 cup baby spinach
1 heaping cup fresh parsley
3 Tbsp filtered water
1 Tbsp white vinegar
4 Tbsp lemon juice
2 tsp nutritional yeast
1/2 tsp garlic powder
1 tsp sea salt

DIRECTIONS:

1. Cook your pasta according to the package directions, drain and rinse with cold water. Shake well to remove any excess liquid.
2. Prepare and place all salad ingredients into a large bowl and mix well.
3. Add the dressing ingredients to a high-speed blender and blend until creamy. Taste and adjust seasonings as desired.
4. Pour the sauce over the salad ingredients, add in your pasta and mix well to completely coat. Taste and adjust any seasonings then enjoy!

SERVES: 3-4

VEGAN

Tofu Salad



INGREDIENTS:

16oz organic extra-firm tofu, drained
1/2 cup celery, diced
1/2 cup bell pepper, diced
1/4 cup red onion, diced
1/4 cup green onion, sliced
2 Tbsp plant-based mayo
2 Tbsp plain almond yogurt
1-1/2 Tbsp dijon mustard
1-1/2 tsp dried dill
2 Tbsp fresh lemon juice
1/2 tsp sea salt, or to taste
1/4 tsp black pepper, or to taste

DIRECTIONS:

1. Press the tofu. Wrap the block in paper towels and place a plate or pan on top and put a few heavy books on top of that. Let the tofu press for 20 minutes.
2. After 20 minutes, refresh the paper towels and crumble the tofu on top. Wrap up and squeeze out any excess water. You want the tofu fairly dry so it soaks up the flavors of the other ingredients.
3. Transfer the tofu to a large mixing bowl and add in all the rest of the ingredients.
4. Toss to combine. Taste and adjust seasonings.
5. Serve right away as is or on top of a salad or in a sandwich! Refrigerate for up to 4 days.

SERVES: 3

CAULIFLOWER

Ceviche



INGREDIENTS:

1 head of cauliflower, cut into florets
2 limes, juiced
1 lemon, juiced
1 sheet of nori seaweed, crushed
1/4 tsp sea salt, or to taste
1/4 red onion, finely diced
3 roma tomatoes, diced
1/3 cup pineapple, chopped
1/2 jalapeno, finely diced
1/2 cup fresh cilantro, chopped
4 garlic cloves, minced
1 avocado, chopped

*for serving - corn tortilla taco shells

DIRECTIONS:

1. Cut your cauliflower into bite-sized pieces for tacos (or you could do small florets for chips).
2. Steam the cauliflower in a steamer basket on the stove for 5-6 minutes or until tender. Set aside to cool.
3. Add the lime juice, lemon juice, seaweed and salt to a large mixing bowl. Whisk to combine.
4. Once the cauliflower has cooled, add it along with the onion, tomato, pineapple, jalapeno, cilantro and garlic to the large bowl. Toss to combine then refrigerate for 30 minutes.
5. Top your corn tortillas with ceviche and avocado then enjoy!

SERVES: 4

AUTUMN HARVEST

Grain Bowl



INGREDIENTS:

1/2 cup quinoa or farro (cooked according to package instructions)
1 cup butternut squash, peeled & cubed
1 cup Brussels sprouts, halved
1 Tbsp olive oil (optional)
sea salt & black pepper, to taste
2 cups kale, chopped
2 Tbsp pumpkin seeds
2 Tbsp dried cranberries

2 Tbsp maple tahini dressing (mix 1 Tbsp tahini, 1 Tbsp maple syrup, 1 Tbsp lemon juice, and water to thin)

DIRECTIONS:

1. Preheat your oven to 400°F degrees. Toss the butternut squash and Brussels sprouts with olive oil (if using), salt, and pepper. Spread them on a baking sheet and roast for 20-25 minutes, until tender.
2. While the veggies are roasting, cook the quinoa or farro according to package instructions.
3. Lightly sauté the kale in a pan with a little water or oil until wilted, or massage it raw with a bit of olive oil and salt if you prefer.
4. Divide the cooked grain between two bowls. Top with roasted veggies, sautéed kale, pumpkin seeds, and dried cranberries.
5. Drizzle the maple tahini dressing over the bowls and serve.

SERVES: 2

EASY & DELICIOUS

Split Pea Soup



INGREDIENTS:

1/2 medium onion, finely diced
3 garlic cloves, minced
2 celery stalks, diced
1 large carrot, diced
10 cups veggie broth
2 cups split peas
1/2 tsp fresh thyme, chopped
2 bay leaves
pinch of cayenne pepper
sea salt & black pepper, to taste

*for serving – croutons, fresh bread and parsley

DIRECTIONS:

1. In a large pot over medium heat, add in the garlic and onion, sauté with oil or with a couple tablespoons of broth for a few minutes.
2. Add in the carrots and celery, cooking for 3 more minutes. Stir in the remainder of ingredients. Mix well and bring to a boil over medium heat. Allow the soup to simmer for 20 minutes. After, reduce the heat to low and simmer for 25 more minutes.
3. Season with salt and pepper to taste. Remove the bay leaves.
4. Then serve soup as is or puree it with an immersion blender, if desired. Sprinkle with parsley and croutons and enjoy!

SERVES: 6



Dinner

I D E A S

SMASHED SPROUTS WITH

Balsamic Tahini



INGREDIENTS:

SPROUTS:

1lb brussels sprouts, trimmed
2 Tbsp extra virgin olive oil
1/2 tsp garlic powder
sea salt & black pepper, to taste

DRESSING

1/4 cup tahini
1 Tbsp balsamic vinegar
1/2 tsp pure maple syrup
3 Tbsp lemon juice
1/2 tsp garlic powder
sea salt & black pepper, to taste

DIRECTIONS:

1. Preheat oven to 425F and line a baking sheet with parchment paper. Bring a large pot of water to a boil.
2. Trim the stems of the sprouts, rinse and add to the pot. Cook for 10-12 minutes.
3. Drain the sprouts in a colander, then pat dry with a paper towel or dish cloth. Remove as much water as possible!
4. Toss the dried sprouts with oil, garlic powder, salt and pepper in a large mixing bowl. Then spread them onto the baking sheet.
5. Using the flat bottom of a drinking glass or jar, gently smash each sprout down to smash them. They should flatten and spread out to about 1/2" wide.
6. Place in the oven and roast for 20 minutes, flipping halfway through. Sprouts should be browned and crispy.
7. Prepare the dressing by whisking all ingredients together in a small bowl until smooth.
8. Serve the sprouts with dressing drizzled on top or as a dip. Enjoy immediately with your favorite lean protein!

SERVES: 4

CREAMY

Pumpkin Pasta



INGREDIENTS:

8oz linguine pasta
4 cups veggie broth
1 cup pumpkin puree
1/2 cup white wine
2 Tbsp extra virgin olive oil
1/2 onion, chopped small
5 garlic cloves, minced
1/2 tsp ground nutmeg
1/8 tsp crushed red pepper flakes
1 tsp sea salt, plus more to taste
1/4 tsp black pepper
1/4 cup coconut cream
1 small bunch parsley, chopped

*optional - add cooked mushrooms for extra veggies!

DIRECTIONS:

1. Add all ingredients except the coconut cream and parsley into a large pot.
2. Place the pot over high heat and bring to a rolling boil. Once boiling, set the timer for 9 minutes. Stir and toss as it cooks. As it thickens it may stick to the bottom.
3. Once 9 minutes is up, the pasta should be tender (may depend on the type of pasta) and the sauce thickened. If the pasta is still not cooked, continue for another minute. Then remove from heat.
4. Add the coconut cream and stir gently until combined. Let sit for 5 minutes. It may seem soupy but it will thicken as it sits.
5. Stir. Taste and adjust seasonings. Add more salt & pepper if desired. Serve with parsley sprinkled on top.

SERVES: 4

CREAMY HERB

Mushroom Pasta



INGREDIENTS:

2 cups mushrooms, sliced
3 garlic cloves, skin on
2 tsp sage leaves, minced
1 tsp rosemary, minced
1 Tbsp balsamic vinegar
1 Tbsp extra virgin olive oil
1/2 tsp sea salt
1/2 tsp black pepper
1 pkg pasta, your choice
2 cups baby greens

SAUCE

2 cups pumpkin puree
3 garlic cloves, from above
3/4 cups veggie broth
1/2 cup pasta water
2 Tbsp extra virgin olive oil
juice of 1 lemon
sea salt & black pepper, to taste

*for serving - crushed walnuts and/or
plant-based parmesan cheese

DIRECTIONS:

1. Preheat oven to 400F degrees and place the mushrooms, garlic, herbs, balsamic vinegar, olive oil, salt and pepper onto a large pan. Mix until mushrooms are coated.
2. Roast for 18-20 minutes or until mushrooms are golden. While they are cooking, make your pasta according to the package directions. Make sure to reserve 1/2 cup of water when draining.
3. To make the sauce, add all ingredients to a blender. Make sure to grab the garlic that was roasted with the mushrooms. Blend on high until smooth.
4. To serve, add the sauce, mushrooms and baby greens into the pot with the hot pasta. Stir to coat and serve hot with crushed walnuts on top.

SERVES: 4

SWEET POTATO & BLACK BEAN

Enchiladas



INGREDIENTS:

2 medium sweet potatoes, peeled and cubed
1 Tbsp olive oil (optional)
1 can (15 oz) black beans, drained and rinsed
1 small onion, diced
1 red bell pepper, diced
1 tsp cumin
1 tsp chili powder
8 small corn tortillas
2 cups enchilada sauce (store-bought or homemade)
fresh cilantro for garnish

*optional: non-dairy shredded cheese, vegan sour cream, fresh salsa, sliced avocado for serving

DIRECTIONS:

1. Preheat your oven to 400°F degrees. Toss the sweet potato cubes with olive oil (if using) and roast for 25 minutes, until tender.
2. In a large pan, sauté the diced onion and bell pepper until soft. Add the black beans, cumin, chili powder, and roasted sweet potatoes. Stir to combine and heat through.
3. Spread a thin layer of enchilada sauce on the bottom of a baking dish. Warm the corn tortillas to make them pliable, then fill each one with the sweet potato and black bean mixture. Roll them up and place seam-side down in the baking dish.
4. Pour the remaining enchilada sauce over the rolled tortillas, covering them completely.
5. Cover with foil and bake for 20 minutes. Remove the foil and bake for an additional 5-10 minutes until bubbly.
6. Garnish with fresh cilantro and serve with sliced avocado, if desired.

SERVES: 4

MISO AND SPINACH

Mushroom Ramen



INGREDIENTS:

2 Tbsp organic unrefined coconut oil
12oz shiitake mushrooms, sliced thin
1 Tbsp fresh ginger, grated
1 Tbsp fresh garlic, grated
4 green onions, thinly sliced
4 cups veggie broth
3 cups filtered water
2 bundles soba noodles
5 cups baby spinach
2 Tbsp white miso
tamari and sriracha, to taste

*for serving - sesame seeds, sriracha,
tamari, green onions and cilantro

DIRECTIONS:

1. In a soup pot, heat oil until shimmering. Turn the heat down to medium low and add the mushrooms, ginger, garlic and white parts of the onions. Allow the bottom layer of mushrooms to cook for a few minutes before stirring. Then stir occasionally for about 6 minutes.
2. Add the broth, water and bring to a boil. Scoop out about a cup of broth and set aside to cool. Once boiling add the noodles to the pot, turn it down to a simmer for 5 minutes or until noodles are tender. Remove from heat.
3. Add the miso paste to the cup of broth and whisk to dissolve. Pour the miso slurry into the ramen pot and stir.
4. Taste and adjust seasoning as desired.
5. Ladle the soup into bowls and top with a handful of spinach and sprinkle of sesame seeds, sriracha, cilantro, tamari and green onions. Enjoy!

SERVES: 4

ROASTED VEGETABLE

Chickpea Stew



INGREDIENTS:

2 medium carrots, peeled & chopped
2 medium parsnips, peeled & chopped
1 medium sweet potato, peeled & cubed
1 Tbsp olive oil (optional)
sea salt & black pepper, to taste
1 can (15 oz) chickpeas, drained and rinsed
1 onion, diced
3 garlic cloves, minced
1 can (14 oz) diced tomatoes
4 cups vegetable broth
1 tsp smoked paprika
1 tsp cumin
1/2 tsp turmeric
2 cups baby spinach
fresh parsley for garnish

DIRECTIONS:

1. Preheat your oven to 400°F degrees. Toss the carrots, parsnips, and sweet potato with olive oil (if using), salt, and pepper. Spread them on a baking sheet and roast for 25-30 minutes, until tender.
2. In a large pot, sauté the diced onion in a bit of water or oil over medium heat until softened. Add the minced garlic and cook for another minute.
3. Stir in the smoked paprika, cumin, and turmeric. Add the chickpeas, diced tomatoes, and vegetable broth. Bring to a simmer.
4. Once the vegetables are roasted, add them to the pot and simmer for 10-15 minutes to allow the flavors to meld. Stir in the baby spinach until wilted.
5. Garnish with fresh parsley and serve with crusty whole-grain bread.

SERVES: 4

ROASTED GARLIC

Parsnip Soup



INGREDIENTS:

1/2 cup raw cashews
1 head of garlic
olive oil, for drizzling
1lb parsnips, ends trimmed & cut in half
1lb gold potatoes, quartered
1/2 yellow onion, cut in half
1 Tbsp fresh rosemary
sea salt & black pepper, to taste
2 cups veggie broth
2-3 cups filtered water
juice of 1 lemon

*for serving - parsley, olive oil and croutons

DIRECTIONS:

1. Preheat oven to 425F degrees and set a baking sheet lined with parchment paper aside.
2. Add the cashews to a medium bowl and cover with boiling water. Let soak while the vegetables roast.
3. Cut the top 1/4" off the head of garlic to expose most of the cloves. Place it on a sheet of aluminum foil, the drizzle with oil and wrap it up to seal tightly.
4. Add the parsnips, potatoes and onions to the baking sheet and drizzle with oil, salt, pepper and rosemary. Toss until evenly coated then spread out evenly.
5. Place the veggies and garlic in the oven and roast for 35-40 minutes.
6. Use tongs to transfer the veggies to a blender. Carefully unwrap the garlic and squeeze the cloves into the blender. Drain the cashews and add them with the broth and water. Blend until smooth and creamy. Taste and adjust as needed.
7. Transfer the soup to a large pot, then stir in the lemon juice. Divide into serving bowls and top as desired.

SERVES: 4

ROASTED CAULIFLOWER

Cream Chowder



INGREDIENTS:

1 large head of cauliflower
4 garlic cloves, minced
1 Tbsp extra virgin olive oil
3 Tbsp plant-based butter
1 onion, chopped
2 carrots, chopped
2 celery stalks, chopped
1/2 tsp thyme
1 bay leaf
1/4 cup flour
4 cups veggie broth
1-1/2 cup almond milk
1/2 cup nutritional yeast
sea salt & black pepper, to taste

*for garnish - croutons

DIRECTIONS:

1. Preheat oven to 400 F and line a baking sheet with parchment paper.
2. Roughly chop up the cauliflower and spread it on the baking sheet. Add the garlic and drizzle everything with olive oil. Toss to coat. Roast for 25 minutes or until slightly charred. Stir halfway.
3. While cauliflower is cooking, place a large pot over medium heat. Melt the butter and saute the onion until translucent. Add in the carrots and celery. Cook for another 5 minutes.
4. Once cauliflower is done, add it into the pot along with the bay leaf and thyme.
5. Sprinkle the flour over the veggies and cook until it disappears. Pour in the broth and stir. Bring to a simmer and cook for 10 minutes.
6. Lastly, stir in the milk and yeast. Season with salt and pepper. Then use an immersion blender to blend until smooth and creamy. Serve warm with croutons and enjoy!

SERVES: 6



Snack

I D E A S

AUTUMN SPICED

Smoothie



INGREDIENTS:

2 cups cold apple cider
2 tea bags of rooibos tea, cooled
1/2 cup pumpkin puree
1 frozen banana
1 apple
1/2 tsp cinnamon
1/2 tsp pure vanilla extract

DIRECTIONS:

1. Make your tea beforehand and allow to chill in the fridge.
2. Then add all ingredients into a high-speed blender and blend until smooth.
3. Enjoy your glass of healthy goodness!

SERVES: 1

CARROT CAKE

Smoothie



INGREDIENTS:

1 cup carrots
1 cup frozen cauliflower
1/2 cup frozen mango
2 Tbsp chia seeds
2 Tbsp coconut flakes
1 scoop vanilla protein powder
1 tsp cinnamon
1/4 tsp nutmeg
1 cup almond milk
1 banana

*optional garnish - shredded carrot, coconut flakes, chia seeds and cinnamon

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 steam the carrots before hand and allow them to cool. This way the smoothie is creamier and not chunky.*

SERVES: 1

OATMEAL BANANA

Pear Smoothie



INGREDIENTS:

1 large pear, seeded & chopped
1/2 cup almond milk
1/4 cup coconut yogurt
1/4 cup rolled oats
1 frozen banana
1/2 Tbsp pure maple syrup
1 Tbsp almond butter
1/2 tsp fresh ginger, grated
pinch of cinnamon & more for garnish

DIRECTIONS:

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

SERVES: 1

EASY FLUFFY

Pumpkin Butter



INGREDIENTS:

3/4 cup unsweet pumpkin puree
1 tsp pumpkin pie spice blend
1 Tbsp pure maple syrup
1/4 cup coconut butter, melted

DIRECTIONS:

1. Add the pumpkin puree, spice blend and syrup to a bowl. Whisk until combined.
2. Pour the melted coconut butter over the mixture and quickly whisk together.
3. Transfer the butter into a sealable glass container and let sit in the fridge for at least 1 hour to thicken.
4. Use as desired on toast, bagels, crackers, oatmeal and more! Can be refrigerated for up to two weeks.

MAKES 1 cup

SPICED APPLE & ALMOND

Butter Toast



INGREDIENTS:

2 slices of whole-grain bread (gluten-free if needed)
2 Tbsp almond butter (or your preferred nut butter)
1 small apple (such as Honeycrisp or Fuji), thinly sliced
1/4 tsp ground cinnamon
1 Tbsp maple syrup
2 Tbsp chopped pecans (lightly toasted)

optional: a pinch of sea salt

DIRECTIONS:

1. Toast the whole-grain bread slices until golden brown and crispy.
2. Spread 1 tablespoon of almond butter evenly on each slice of toast.
3. Arrange the thinly sliced apples on top of the almond butter.
4. Lightly sprinkle ground cinnamon over the apple slices.
5. Drizzle a small amount of maple syrup over the toast for sweetness.
6. Sprinkle the toasted pecans on top of the apple slices.
7. Optional: Add a pinch of sea salt for a balance of flavors.
8. Serve immediately and enjoy!

SERVES: 2

CHOCOLATE PUMPKIN

Granola



INGREDIENTS:

3 cups old fashioned rolled oats
1-1/2 cups raw pecans, chopped
1/4 cup pumpkin puree
1/2 tsp pure vanilla extract
1/2 tsp pumpkin pie spice
1/2 cup pure maple syrup
1/3 cup coconut oil, melted
1/2 tsp sea salt
1/3 cup mini chocolate chips

*optional - 1/4 cup dried cranberries

DIRECTIONS:

1. Pre-heat the oven to 325F and line a rimmed baking sheet with parchment paper.
2. Mix all ingredients except the chocolate chips in a large bowl. Then spread it out on the baking sheet.
3. Bake for 40-50 minutes or until the oats are golden brown, dry and crisp.
4. Allow it to cool for about 5 minutes then sprinkle the chocolate chips over while it cools.
5. Once granola is completely cool transfer it to an airtight container and store in a cool dry place or in the fridge.

SERVES: 18

AUTUMN SPICED

Roasted Chickpeas



INGREDIENTS:

1 can (15 oz) of chickpeas, drained, rinsed, and patted dry
1 Tbsp olive oil (optional for oil-free, skip and bake directly)
1/2 tsp smoked paprika
1/4 tsp ground cinnamon
1/8 tsp ground nutmeg
1/2 tsp garlic powder
1/4 tsp salt (adjust to taste)
1 Tbsp maple syrup (optional for a sweet-savory twist)

DIRECTIONS:

1. Preheat your oven to 400°F degrees.
2. Pat the rinsed chickpeas dry with a kitchen towel. The drier they are, the crispier they'll get.
3. In a bowl, toss the chickpeas with olive oil (if using), smoked paprika, cinnamon, nutmeg, garlic powder, and salt. For a sweet-savory variation, add the maple syrup and toss again.
4. Spread the chickpeas in a single layer on a baking sheet lined with parchment paper. Roast for 25-30 minutes, shaking the pan halfway through to ensure even roasting.
5. Once crispy and golden brown, remove the chickpeas from the oven. Let them cool for a few minutes before serving. Store leftovers in an airtight container at room temperature for up to 3 days.

SERVES: 4

NO BAKE

Pecan Pie Bars



INGREDIENTS:

BARS

1 cup rolled oats
1 cup raw or roasted pecans
1/2 cup blanched almond flour
1 Tbsp ground cinnamon
1/2 tsp sea salt
7 large medjool dates
1 Tbsp filtered water
1 Tbsp pure maple syrup

CARAMEL

20 large medjool dates
1/4 cup filtered water
1/2 tsp pure vanilla extract

TOPPINGS

1-1/2 cup crushed pecans

DIRECTIONS:

1. Line a square dish (8x8) with parchment paper and set aside.
2. Add the oats, pecans, flour, cinnamon and salt to a food processor. Pulse several times until a crumbled mixture is formed. Add the dates, water and syrup. Process until it is sticky.
3. Evenly press the mixture across the square dish.
4. Then create the caramel layer by adding the dates, water and vanilla to a food processor. process until a smooth, caramel-like consistency is formed. Scrape sides as needed.
5. Spread the caramel over the layer in the dish. Then toss the crushed pecans on top and gently press them into the caramel layer.
6. Store covered in the freezer for at least 30 minutes before slicing and serving.

MAKES: 16 bars



NUTRITIONAL

Disclaimer

These plant-based recipe ideas provided may not be appropriate for all individuals. It is strongly recommended to consult your doctor or registered dietician before beginning any exercise or diet program.

The recipes and/or information provided is for informational purposes only and is not intended to substitute or replace your physician's orders.

If you engage in these recipe ideas, you agree to do so at your own risk and assume all risk of injury to yourself and agree to release and discharge the assigned health coach from any and all claims of action known or unknown arising.

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