



Recipe Roundup

HEALTHY MEAL IDEAS FOR OCTOBER



recipes for the month



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Breakfast

I D E A S

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

FARMER'S MARKET

Tofu Scramble



INGREDIENTS:

1 tsp extra virgin olive oil
2 cups bite-sized veggies, your choice
8oz super firm organic tofu, drained
1/8 tsp ground turmeric
1/4 cup nutritional yeast
sea salt & black pepper, to taste
2 cups fresh baby spinach

*choices for veggies - tomatoes,
mushrooms, zucchini

*for serving - toast, chives, radish

DIRECTIONS:

1. Heat the oil in a skillet over medium high heat. Add the veggies and saute until just tender, about 3 minutes.
2. Meanwhile, pat the tofu with paper towels to absorb some more liquid. Crumble the tofu into the pan. Add the turmeric and nutritional yeast and season with salt & pepper. Saute for 3-4 minutes.
3. Add the spinach and cover just until it is wilted. Stir to combine and serve as is, or on toast garnished with chives and radish. Enjoy!

SERVES: 2

PUMPKIN SPICE LATTE

Chia Pudding



INGREDIENTS:

1/4 cup chia seeds
1/2 cup canned coconut milk
1/2 cup almond milk
2 Tbsp pure maple syrup
1/4 cup pure pumpkin puree
1 tsp pumpkin pie spice
1/2 tsp pure vanilla extract

*optional - coconut yogurt or coconut
whip cream and cinnamon for garnish

DIRECTIONS:

1. Mix all the chia pudding ingredients together in a bowl for 2 minutes or until everything is well incorporated.
2. Cover and place in the fridge to firm up for at least 2 hours or overnight.
3. If desired, top with coconut yogurt or coconut whip cream and cinnamon. Enjoy!

SERVES: 2-3

SQUASH & GINGER

Oat Porridge



INGREDIENTS:

1 cup whole oat groats, soaked overnight
4 cups add'l filtered water
pinch of sea salt

3-1/2 cups cubed butternut squash
1 Tbsp tamari, more for serving
4 tsp fresh ginger, grated
1 garlic clove, minced

*for serving - green onions, toasted
pepitas and parsley

DIRECTIONS:

1. Drain and rinse the groats. Transfer to a blender and add the 4 cups of water and salt. Pulse until coarsely ground.
2. Pour into a medium pot along with the squash, ginger and garlic.
3. Bring to a boil, whisking frequently. Cover and reduce to low, simmering for 30 minutes.
4. Stir occasionally to prevent sticking. Remove from heat when grains are soft and creamy.
5. Add the tamari and adjust seasoning to taste.
6. Garnish with scallions, pepitas and parsley.

SERVES: 4

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

ROSEMARY & KALE

Savory Granola



INGREDIENTS:

2 cups rolled oats
1 to 1-1/2 cups of raw nuts*
1/2 cup pumpkin or sunflower seeds
2-3 Tbsp sesame or flax seeds
1 heaping Tbsp fresh rosemary, chopped
1 tsp sea salt
1/2 tsp garlic powder
1/8 tsp cayenne pepper

3 Tbsp tahini
2 Tbsp pure maple syrup
1 Tbsp + 1 tsp apple cider vinegar

1 small bag store-bought kale chips

*raw nuts of your choice - such as cashews, hazelnuts, walnuts, pecans and/or almonds

DIRECTIONS:

1. Pre-heat oven to 300F degrees and line a large baking sheet with parchment paper.
2. In a large mixing bowl whisk together the tahini, maple syrup and vinegar.
3. Add the oats, nuts, seeds, rosemary, salt, garlic, cayenne and pepper to the bowl. Use your hands to work the tahini mixture into the dry ingredients.
4. Spread it evenly on the baking sheet and bake for 30 minutes. Stirring at the halfway mark.
5. Remove and let it cool completely. Crumble the kale chips onto the pan and mix to combine.
6. Store in an airtight container for up to two weeks.
7. Enjoy as is by the handful or add to breakfast steamed veggies, baked sweet potato or a breakfast protein/grain bowl.

SERVES: 8

HASHBROWN CRUSTED

Frittata



INGREDIENTS:

1 Tbsp sunflower oil, divided
8oz frozen shredded hash browns
1/8 tsp sea salt
1/4 tsp black pepper, divided
2 cups assorted bell peppers, sliced
1 cup yellow onion, sliced
1 cup chickpea flour
1/3 cup nutritional yeast
2 Tbsp corn starch
2 tsp kala namak (black salt)
1 tsp onion powder
1/2 tsp baking powder
1/4 tsp ground turmeric
14oz hot veggie broth
1 (15oz) can black beans, drained & rinsed
1/2 cup non-dairy shredded cheese

DIRECTIONS:

1. In a cast iron skillet, heat 2 tsp of oil over medium heat. Add the hashbrowns and press them into an even layer. Cook until there is browning, about 6 minutes. Sprinkle the salt and 1/8 tsp of black pepper on top. Then carefully flip the patty on a plate and set aside.
2. Preheat the oven to 375F degrees.
3. Add the remaining oil to the skillet with the peppers and onion. Cook for 5 minutes then remove and set aside.
4. Whisk the chickpea flour, nutritional yeast, cornstarch, black salt, onion powder, baking powder and turmeric in a large bowl. Pour in the hot veggie broth and whisk until combined.
5. Slide the hashbrowns with the uncooked side down back into the skillet. Top with black beans and the pepper/onions. Whisk the chickpea mixture and pour it over top. Sprinkle on the cheese.
6. Place the skillet in the oven and bake for 35 minutes or until top is slightly firm.
7. Remove and allow to cool for 20 mins.

SERVES: 4

INSTANT POT

Pear Oatmeal



INGREDIENTS:

coconut oil or cooking spray
1-1/2 cup steel cut oats
4 cups oat milk
8 medjool dates, pitted
3 large pears, peeled & diced
1-1/2 tsp pure vanilla extract
pinch of sea salt
1-1/2 tsp ground cinnamon
1/2 tsp ground ginger
1/2 tsp ground allspice
1/2 tsp ground cardamom

*optional toppings - coconut flakes, chopped nuts, granola, pear slices and date syrup.

DIRECTIONS:

1. Lightly coat the inner pot of the instant pot with coconut oil or cooking spray to avoid sticking.
2. Add all the ingredients to the inner pot.
3. Secure the lid and set it to sealing. Select the pressure cook setting at high and cook time to 12 minutes.
4. Once the time is up, allow a natural pressure release for 20 minutes then turn the knob to venting.
5. Open the pot and stir the oatmeal thoroughly.
6. Serve with your favorite toppings and enjoy!

SERVES: 6



Lunch

I D E A S

MIXED BEANS

Fall Lentil Soup



INGREDIENTS:

2 Tbsp extra virgin olive oil
1-1/2 cups yellow onion, chopped
4 garlic cloves, minced
2 Tbsp no salt tomato paste
4 cups reduced sodium broth
1 cup water
1 (15oz) can white beans, rinsed
1 (15oz) can kidney beans, rinsed
1 (15oz) can chickpeas, rinsed
1/2 cup mixed dry lentils
1/2 cup chopped sundried tomatoes
1 tsp sea salt
1/2 tsp black pepper
1 Tbsp fresh cilantro, for garnish
1-1/2 tsp red wine vinegar

DIRECTIONS:

1. Heat the oil in a large pot over medium heat. Add onions; cook, stirring occasionally, until softened, 2-3 minutes. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add tomato paste and cook, stirring constantly, until the mixture is evenly coated, about 1 minute.
2. Stir in broth, water, white beans, lentils, sun-dried tomatoes, salt and pepper. Bring to a boil over medium-high heat; reduce heat to medium-low to maintain a simmer. Cover and simmer until the lentils are tender, 30 to 40 minutes.
3. Remove from heat and stir in the cilantro and vinegar. Garnish with additional cilantro, if desired, and serve.

SERVES: 6

ROASTED SUPER Squash Salad



INGREDIENTS:

1 acorn squash, seeded
1 butternut squash, peeled & seeded
1/4 kabocha squash, seeded
2 tsp pure maple syrup
1/4 cup extra virgin olive oil, divided
sea salt & black pepper, to taste
1 cup brussel sprouts
1/4 cup pumpkin seeds
2 Tbsp avocado oil
3 Tbsp fresh lemon juice
4 cups spinach or arugula greens
2 Tbsp pomegranate arils
2 Tbsp raw or candied walnuts

DIRECTIONS:

1. Preheat oven to 350F degrees and line about 3 baking sheets with parchment paper.
2. Slice the acorn squash into thick rounds. Slice the butternut squash into 1" chunks. Slice the kabocha squash into half-moon slices. Spread the squash evenly on a baking sheet in a single layer.
3. Drizzle the squash with syrup, half of the olive oil and season with salt and pepper. Roast for about 15-20 minutes.
4. Core the sprouts and cut them into quarters. Spread them evenly on the other baking sheet. Drizzle with the remaining oil and season with salt and pepper. Roast for 10-15 minutes.
5. Spread the pumpkin seeds out on a baking sheet. Sprinkle with salt and lightly toast until they pop. 6-10 minutes.
6. In a small bowl, whisk together the 2 Tbsp avocado oil and lemon juice. Lightly dress the greens with the mixture.
7. To assemble, place the greens on a large platter, arrange the squash on top, then sprouts. Sprinkle with pumpkin seeds and pomegranate. Enjoy!

SERVES: 4-6

WHITE BEAN AND *Red Pepper Salad*



INGREDIENTS:

SALAD

2 (15oz cans) cannellini beans, rinsed
1 (8oz) jar roasted red peppers,
drained and cut into 1/2" cubes*
1/2 cup red onion, finely chopped
1/4 cup fresh basil, minced
2 Tbsp fresh mint, minced

DRESSING

1 Tbsp white miso
3 Tbsp rice vinegar
1 tsp pure maple syrup
1 tsp soy sauce
1/3 cup extra virgin olive oil
sea salt & black pepper, to taste

*can sub fresh red pepper over jarred
if preferred.

DIRECTIONS:

1. In a large bowl, combine the beans, red peppers, onion, basil and mint. Set aside.
2. In a small bowl, whisk together the dressing ingredients until smooth. Taste and adjust seasonings.
3. Drizzle the dressing over the salad and toss to coat. Season as desired and refrigerate for at least 1 hour before serving.

SERVES: 6

MAPLE MUSTARD

Sprouts Salad



INGREDIENTS:

SALAD

2 cups finely chopped kale
3 cups shaved brussel sprouts
6 green onions, thinly sliced
1 gala apple, cut into bite size pieces
1 Tbsp lemon juice
handful of sliced almonds

DRESSING

1/2 cup hummus, your choice
1/4 cup lemon juice
1/2 tsp garlic powder
1 Tbsp + 1 tsp dijon mustard
1 Tbsp + 1 tsp pure maple syrup
1/4 tsp sea salt, or to taste

DIRECTIONS:

1. Cut up the apple and place in a small bowl, add 1 Tbsp of lemon juice. Mix well and set aside for a few minutes.
2. Place all the remaining salad ingredients and the apple into a large bowl. Mix well and set aside.
3. Add the dressing ingredients to a small bowl and whisk until emulsified. Taste and adjust as needed.
4. Pour the dressing over the salad ingredients, mix well to completely coat. Taste and adjust as needed. Enjoy!

SERVES: 2

AUTUMN CRUNCH

Apple Salad



INGREDIENTS:

SALAD:

3 cups arugula or microgreens
2 medium apples, cored & sliced thin
1 cup raw nuts of your choice
1/2 a cup pomegranate, arils only
1/2 cucumber, sliced thin
1 celery stalk, sliced thin
1 avocado, chopped

DRESSING:

1/4 cup extra virgin olive oil
3 Tbsp apple cider vinegar
1 tsp pure maple syrup
1/2 tsp dijon mustard
1/4 tsp cinnamon
1/4 tsp sea salt, or to taste
1/4 tsp black pepper, or to taste

DIRECTIONS:

1. Add the greens to a large bowl. Top with the apples, nuts, pomegranate, cucumber, celery and avocado.
2. Add all dressing ingredients to a jar, screw the lid on tightly and shake until combined.
3. Top the salad with dressing and toss to coat.
4. Serve immediately and enjoy!

SERVES: 4

EDAMAME BROCCOLI

Wild Rice Salad



INGREDIENTS:

SALAD

2 cups cooked wild rice
1 red bell pepper, diced
1/2 cup dried cranberries
2 cups shelled edamame, cooked
4 cups broccoli florets, lightly steamed
1 cup chopped spinach
1/4 cup chopped walnuts
sea salt & black pepper, to taste
dash of hot sauce, if desired

DRESSING

1 tsp sea salt
1 tsp garlic powder
3 Tbsp lemon juice
4 Tbsp tahini
2 Tbsp pure maple syrup
filtered water, for consistency

DIRECTIONS:

1. Cook your rice, edamame and lightly steam your broccoli. Allow to cool.
2. Add all salad ingredients to a large mixing bowl and mix well.
3. Whisk the tahini dressing ingredients together in a small dish or shake in a jar. Add 1 Tbsp of water at a time until you reach your desired consistency.
4. Add the dressing to the salad and toss.
5. Serve right away or store in the fridge for up to 4 days.

SERVES: 4

THAI SNAP PEA

Quinoa Bowl



INGREDIENTS:

3/4 cup quinoa
1 handful peanuts
2 Tbsp sesame seeds
1 tsp extra virgin olive oil
2 cups sugar snap peas
1/2 red onion
1 bunch fresh basil
1 bunch fresh mint
2 tsp coconut flakes
1 tsp hot sauce
1/2 lemon, juiced
1 thumb ginger, freshly grated
small garlic clove, minced
sea salt

DIRECTIONS:

1. Cook the quinoa according to the package directions with a pinch of sea salt.
2. While the quinoa is cooking, chop the peanuts roughly and roast them together with the sesame seeds in a pan on medium heat for 2-3 minutes. Place them into a mixing bowl.
3. In the same pan with some oil, gently fry the snap peas for 1 minute and add to the mixing bowl.
4. Thinly slice the red onion, chop the basil and mint. Add it and the quinoa into the mixing bowl and finish it off with the lemon juice, coconut flakes, hot sauce, ginger and garlic.
5. Serve and enjoy!

SERVES: 2

SPAGHETTI SQUASH

”Cheesy” Mac



INGREDIENTS:

1 large spaghetti squash
2 cups broccoli florets

CHEESE SAUCE:

1-1/2 cups unsweet almond or oat milk
4 Tbsp dijon mustard
2 Tbsp hot sauce
2 Tbsp low sodium soy sauce
3/4 cup nutritional yeast
2 Tbsp of flour, your choice
1 tsp garlic powder
1 tsp onion powder
sea salt & black pepper, to taste

DIRECTIONS:

1. Preheat oven to 400F degrees and line a baking sheet with parchment paper.
2. Slice the squash in half and bake for one hour.
3. Steam the broccoli either in a saucepan steamer or in a microwave safe bowl with 2 Tbsp of water, cover and heat on high for 3-4 minutes.
4. Combine all the cheese sauce ingredients in a blender and blend until smooth.
5. When the squash is done, remove the seeds and use a fork to scrape out the strands into a large mixing bowl.
6. Add in the broccoli, pour sauce on top and mix well.

SERVES: 2



Dinner

I D E A S

MOROCCAN PUMPKIN

Chickpea Stew



INGREDIENTS:

1 Tbsp extra virgin olive oil
1 yellow onion, diced
5 garlic cloves, minced
1 inch knob of ginger, grated
2 tsp cumin
2 tsp coriander
1 tsp cinnamon
pinch of red pepper flakes
2 carrots, diced
2 small sweet potatoes, cubed
1 small sugar pumpkin, cubed
1 (29oz) can stewed tomatoes
2 (15oz) cans chickpeas, drained & rinsed
3 cups veggie broth
sea salt & black pepper, to taste
few handfuls of kale or spinach, chopped

*for serving - lemon or lime wedges and
cilantro

DIRECTIONS:

1. For your pumpkin slice it in half and remove the seeds. Slice the halves into quarters. Peel off the hard skin. Cube into 1" pieces.
2. In a large pot, heat the oil over medium-high heat, add onions and cook until translucent. Add garlic, ginger and spices, cook for another minute.
3. Add the carrots, sweet potatoes, pumpkin, tomatoes, chickpeas, broth and pinch of salt. Bring to boil, cover, reduce heat to low and simmer for 30-40 minutes or until the pumpkin is fork tender.
4. Add the greens and cook until wilted. Taste and adjust seasoning.
5. Serve in individual bowls and garnish as desired. Enjoy!

SERVES: 4

CREAMY ZUCCHINI

Tomato Soup



INGREDIENTS:

1 cup diced carrots
1 cup diced celery
4 cups diced zucchini
1 large onion, diced
6 garlic cloves, minced
1 tsp dried thyme
2 bay leaves
sea salt & red pepper flakes, to taste
2 (28oz) cans crushed tomatoes
4 cups veggie broth
3/4 cup cashews, soaked in hot water
1 cup filtered water

DIRECTIONS:

1. Soak your cashews for a few hours in a bowl of hot water.
2. In a large saucepan, sauté the carrots, celery, zucchini and onion. Once the onion is translucent and veggies are soft stir in the seasonings and cook for a few more minutes.
3. Add in the tomatoes and veggie broth. Stir well and bring it to a boil. Once boiling reduce to a simmer and cook for 30 minutes. Make sure the veggies are soft and tender.
4. Remove the bay leaves and then blend the soup either with an immersion blender or in batches with a regular blender until smooth. Pour back into the saucepan.
5. Then with your regular blender add the cashews and 1 cup of water. Blend until smooth and creamy. Pour the cashew cream into the soup and stir well.
6. Taste and adjust seasonings then enjoy!

SERVES: 6-8

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

WILD RICE & MUSHROOM

Stuffed Pumpkin



INGREDIENTS:

1 medium pumpkin
3 Tbsp extra virgin olive oil
1 onion, peeled & finely diced
3 garlic cloves, crushed
1/4 tsp ground nutmeg
1/2 tsp ground allspice
zest of one small orange
1/2 tsp sea salt
dash of black pepper
3/4 cup mushrooms, sliced
1 cup wild rice
1 litre veggie stock
1/4 cup dried cranberries
2 Tbsp pecans, chopped
handful of fresh dill, chopped
handful of fresh parsley, chopped
1/2 Tbsp extra virgin olive oil

*for garnish - pomegranate arils

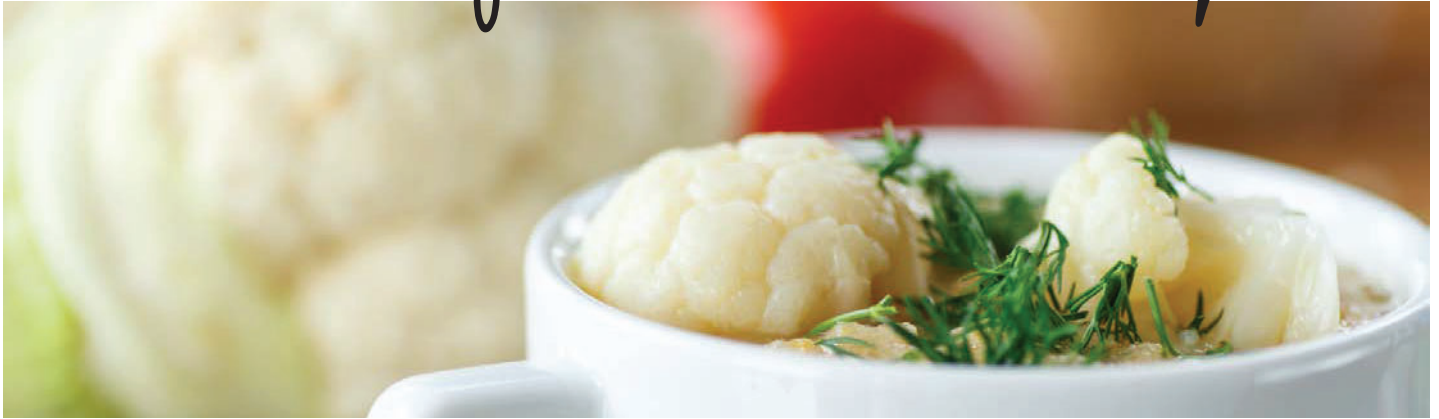
DIRECTIONS:

1. Preheat oven to 400F degrees. Cut off the top of the pumpkin. Remove the seeds and stringy flesh from the inside. Don't throw the top away.
2. Rub 2 Tbsp of oil all over the pumpkin, inside and out. Season the pumpkin well and roast for 30-45 minutes or until tender, including the top.
3. In a large pan, gently fry the diced onion until soft, about 5 minutes. Add the garlic, cinnamon, nutmeg, allspice, orange zest, mushrooms, salt and pepper. Cook for about 10-15 minutes or until the rice has absorbed all the liquid and is soft and fluffy.
4. Remove the rice from the heat and stir in the pecans, cranberries, dill and parsley. Taste and adjust any seasonings. Spoon the rice into the pumpkin, drizzle with a little more oil and bake for 15-20 more minutes.
5. Remove and garnish with pomegranate seeds if desired before serving.

SERVES: 6-8

CREAMY WILD RICE

Cauliflower Soup



INGREDIENTS:

1 cup uncooked wild rice blend
4 cups fresh or frozen cauliflower florets
2 Tbsp extra virgin olive oil
1 large white onion, diced
3 carrots, peeled & diced
3 celery stalks, diced
1/2 tsp dried thyme
1/2 tsp dried rosemary
4 garlic cloves, minced
4 cups low-sodium veggie broth
1-1/2 cups filtered water
2/3 cup raw cashews, soaked overnight
1/3 cup nutritional yeast
2 Tbsp fresh lemon juice
1 tsp sea salt, or to taste
black pepper, to taste

*for serving optional - extra steamed cauliflower on top, crackers, and fresh herbs

DIRECTIONS:

1. Cook the rice according to the package directions. Drain and set aside.
2. Bring a large pot of water to a boil and add the cauliflower florets. Boil for 7-10 minutes or until tender. Drain and set aside.
3. While the cauliflower boils, heat the oil in a large stockpot over medium-low heat. Add the onion, carrots, celery, thyme and rosemary. Saute for 5 minutes. Add the garlic and cook for another minute.
4. Stir in the broth and increase to medium-high heat, bring to a boil. Reduce to low, cover and simmer for 10 minutes.
5. Then add the boiled cauliflower to a high speed blender with the water, cashews, nutritional yeast, lemon juice and salt. Blend on high for two minutes.
6. Add the cauliflower cream and rice to the pot of soup. Stir to combine. Increase heat to medium-low and simmer for 5 minutes.
7. Taste and adjust seasonings as desired. Then serve warm and enjoy!

SERVES: 6-8

BUTTERNUT SQUASH

Power Bowl



INGREDIENTS:

2 Tbsp extra virgin olive oil
1 Tbsp adobo sauce (from chipotle peppers)
1 Tbsp pure maple syrup
1 tsp sea salt
1 cup green peas, fresh or frozen
1 cup carrots, sliced into coins
3 cups butternut squash, cubed
1 tsp smoked paprika
1 tsp garlic powder
1 cup dry quinoa
2 cups veggie broth
2-3 handfuls kale or spinach
sliced avocado

DRESSING

1/4 cup extra virgin olive oil
1 Tbsp apple cider vinegar
1 Tbsp pure maple syrup
2 tsp dijon mustard
1/4 tsp sea salt

DIRECTIONS:

1. Preheat oven to 425F degrees and line a baking sheet with parchment paper.
2. Arrange the squash and carrots on the sheet and toss with oil, adobo sauce, syrup, smoked paprika, garlic powder and salt. Roast for 25 minutes, stirring halfway through, until tender.
3. Meanwhile, combine the quinoa and broth in a small saucepan and bring to a boil. Reduce heat to low, cover and cook until quinoa is fluffy and liquid is absorbed, about 15 minutes. Uncover, stir in the kale, letting the leaves wilt.
4. In a microwave safe-bowl, add the green peas with 2 Tbsp of water. Steam for about 5 minutes on high in the microwave.
5. Prepare dressing by combining all ingredients in a small bowl; whisk well.
6. Assemble the bowls by dividing the quinoa and kale mixture evenly into 4 bowls. Divide the veggies on top, drizzle with dressing and garnish with sliced avocado. Enjoy!

SERVES: 4

PLANT-BASED

Beet Chili



INGREDIENTS:

3 medium beets, peeled and chopped
4 Tbsp filtered water
1 cup yellow onion, chopped
1/2 bell pepper, chopped
3 medium carrots, chopped
2 cloves garlic, minced
1-1/2 Tbsp chili powder
1/2 Tbsp paprika
1/2 tsp sea salt
1 can (28oz) diced tomatoes
1 can (15oz) red kidney beans, rinsed
2 cups filtered water
1 tsp garlic powder
sea salt & black pepper, to taste

*for serving - plant-based sour cream,
fresh herbs and tortilla chips

DIRECTIONS:

1. Add the beets and 4 Tbsp of water to a microwave safe bowl. Cover with a slightly damp paper towel. Steam in the microwave for about 10 minutes or until soft.
2. Heat a large pot on medium heat. Add the garlic, onion, pepper, carrots and 2 Tbsp of water. Saute for 5 minutes. Add more water if necessary to prevent sticking.
3. Add the cooked beets, water and spices. Stir well and cook covered for 10 minutes, stirring occasionally.
4. Add the diced tomatoes and kidney beans. Bring to a simmer. Cook covered for about 50 minutes. Taste and adjust seasoning.
5. Top with the optional garnishes before serving and enjoy!

SERVES: 6-8

CREAMY RIGATONI WITH

Roasted Cauliflower



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

BREAD CRUMBS

1/4 cup bread crumbs
1 Tbsp extra virgin olive oil
1/2 tsp garlic powder

PASTA & SAUCE

3/4lb rigatoni pasta
2 Tbsp plant-based butter
1 shallot, diced
3 garlic cloves, diced
1 sprig fresh rosemary, diced
12oz unsweet almond milk
1 cup veggie broth
2 Tbsp all-purpose flour
1/4 cup plant-based parmesan
2 Tbsp plant-based cream cheese
2 Tbsp fresh basil, diced
2 Tbsp fresh parsley, diced
1/2 lemon, juiced
red pepper flakes, to garnish

DIRECTIONS:

1. Preheat the oven to 450F degrees and line a baking sheet with parchment paper.
2. Add the cauliflower ingredients to the baking sheet and toss to coat. Bake for 25-30 minutes, flip halfway through.
3. Add the bread crumb ingredients to another baking sheet and toss to combine. Place in oven with cauliflower and cook until browned, 2-3 minutes. Remove and put into a bowl.
4. Bring a large pot of water to boil. Add the salt and then pasta. Cook according to the pkg instructions then drain.
5. Place the empty pot back over medium heat. Add the butter, garlic, shallot, salt, pepper and rosemary. Stir for 2-3 minutes. Add the milk, broth and flour. Whisk until smooth and bring to a boil.
6. Lower the heat and add the parmesan and cream cheese. Whisk until smooth and slightly thickened. Turn off heat.
7. Add the fresh herbs and lemon juice. Stir. Add the pasta and toss to coat.
8. Serve the pasta with the bread crumbs, cauliflower and additional herbs and red pepper flakes on top. Enjoy!

SERVES: 4



Snack

I D E A S

POWERFUL PUMPKIN SEED

Smoothie



INGREDIENTS:

1/4 cup coconut yogurt
1/4 cup pumpkin puree
1 Tbsp raw pumpkin seeds
1/2 tsp pumpkin pie spice
1 Tbsp pure maple syrup
1/4 cup almond milk
1 handful of ice

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Top with pumpkin seeds if desired.
3. Enjoy your glass of healthy goodness!

SERVES: 1

APPLE CRISP

Smoothie



INGREDIENTS:

1/4 cup unsweet oat milk
1/2 cup vanilla coconut yogurt
1/4 cup instant or quick oats
1 apple, cut into chunks
1/4 tsp cinnamon
2 medjool dates
handful of ice

DIRECTIONS:

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

SERVES: 1

PUMPKIN & APPLE

Spiced Smoothie



INGREDIENTS:

1 cup almond milk
1 tsp pure maple syrup
2 medjool dates
1 tsp ground flaxseed
1 cup pumpkin puree
2 tsp cinnamon
1 apple, cored & cut into chunks
handful of ice

*optional garnish - dried cranberries
and more cinnamon

DIRECTIONS:

1. Add all ingredients to a high-speed blender and blend on high until smooth.
2. Taste and adjust flavor as needed.
3. Pour into a glass. Garnish if desired and enjoy!

SERVES: 1

SMOKY CHIPOTLE

Pumpkin Hummus



INGREDIENTS:

2 Tbsp lemon juice
1/4 cup tahini
4 garlic cloves
1 tsp sea salt
1 (15oz) can chickpeas, rinsed
2 Tbsp extra virgin olive oil, +more
2 chipotle chiles in adobo, +sauce
1 (15oz) can pumpkin puree
1 tsp ground cumin
1/2 tsp smoked paprika, + garnish

*for garnish - roasted, salted pumpkin seeds

DIRECTIONS:

1. Pulse the lemon juice, tahini, garlic and salt together in a food processor or blender until it forms a paste.
2. Add in the chickpeas, olive oil and chipotle chiles and pulse until smooth.
3. Add in the pumpkin, cumin and paprika until well-combined. Taste and adjust seasoning if needed.
4. Transfer to a bowl and swirl the top with the back of a spoon. Drizzle some olive oil, sprinkle with paprika and top with pumpkin seeds.
5. Serve or refrigerate until ready to serve and enjoy!

SERVES: 10

CHILI LIME

Pumpkin Seeds



INGREDIENTS:

1 cup raw pumpkin seeds
2 Tbsp lime juice
1-1/2 tsp pure maple syrup
2 tsp chili powder
1/4 tsp sea salt
1/8 tsp cayenne pepper

DIRECTIONS:

1. Preheat oven to 300F degrees and line a baking sheet with parchment paper.
2. To the baking sheet, add all ingredients and mix well with clean hands or a wooden spoon. Just make sure everything is evenly coated.
3. Spread into an even layer and bake for 7-12 minutes or until lightly browned. Remove from the oven and allow to cool.
4. Let cool completely before storing in a sealed container at room temperature for up to 5 days or in the fridge for 1 month.

SERVES: 8

ROASTED

Pumpkin Toast



INGREDIENTS:

2 cups pumpkin, diced
1/3 cup onion, chopped
1 Tbsp extra virgin olive oil
1 tsp pure maple syrup
1/2 tsp cumin
1/2 tsp smoked paprika
1/2 tsp red chili flakes
1/4 tsp sea salt

1 Tbsp plant-based butter
4 slices rustic bread
3 Tbsp green onions, finely cut

*optional - non-dairy cream cheese
spread before pumpkin topping

DIRECTIONS:

1. Preheat oven to 400F degrees and line a baking sheet with parchment paper.
2. Add the pumpkin ingredients to a bowl and stir to coat. Transfer to the baking sheet and spread into an even layer. Bake for 20-25 minutes or until pumpkin and onions are tender.
3. Heat the butter in a large non-stick skillet over medium heat. Once hot, add the bread slices and cook for 3 minutes or until golden brown and crispy. Transfer to a serving plate.
4. To assemble, top each slice with the roasted pumpkin mixture and with green onions. Season with salt and black pepper to taste and serve immediately!

SERVES: 1

PUMPKIN OAT

Ice Cream



INGREDIENTS:

3 cups unsweet oat milk, divided
scant 1/3 cup rolled oats
1/2 cup raw cashews
1-1/4 cups cooked pumpkin
3/4 cup pure maple syrup
2 tsp pumpkin pie spice
1 tsp ground cinnamon
2 tsp pure vanilla extract
pinch of sea salt

DIRECTIONS:

1. If using an ice cream maker, be sure to put the canister in the freezer the day before. Also, the mixture will need time to chill (3-4 hours) before churning.
2. In a small saucepan, simmer the oats in 1 cup of milk until the oats are soft. About 8-10 minutes. Then put in a bowl to cool.
3. In a blender, combine the 2 cups of milk and cashews. Blend on high until smooth.
4. Add the pumpkin, syrup, spices, vanilla and oatmeal and blend until smooth. Refrigerate until cold or overnight.
5. Churn the mixture according to the instructions on your ice cream maker. It will be very thick. Scoop into a container, cover and freeze for 3-4 hours.
6. The ice cream will be very hard if left longer than 4 hours. Allow it to soften 10-15 minutes before scooping.

SERVES: 7

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



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 dietitian 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.

Each person is different, and the way you react to a certain food or product may be extremely different from the way other people react. The user of this guide assumes all responsibility and risk for any injury, loss or damage caused or alleged, directly or indirectly by using any information described in this guide.