

Fall Recipes

Apple Cinnamon Oatmeal

Ingredients

- 1 Tbsp. salted butter
- 1 apple, cut into 1/2-in. cubes (about 2 cups)
- 3 Tbsp. brown sugar
- 1 tsp. ground cinnamon
- 1 cup old-fashioned oats
- Pinch kosher salt
- 1/4 cup warm heavy cream or milk, to serve



Directions

- In a medium saucepan, melt the butter. Add the apple, 2 tablespoons of brown sugar, and cinnamon. Cook until the apples are softened, 2-3 min. Remove a quarter of the apples to a small bowl.
- In the saucepan with the remaining apples, add the oats, salt, the remaining 1 tablespoon of brown sugar, and 2 cups of water. Bring the mixture to a simmer and cook, stirring occasionally, until the oats are softened, 3-5 more min.
- To serve: divide the oatmeal between two bowls and top each with the heavy cream. Top with the reserved apples and sprinkle with brown sugar, cinnamon, and walnuts, if you like.

Sweet Potato Pancakes

Ingredients

- 1 3/4 cup all-purpose flour
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 2 Tbsp. packed brown sugar
- 1 tsp. kosher salt
- 1 tsp. cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 1 3/4 cup buttermilk
- 2 small sweet potatoes, roasted and pureed until smooth (about 3/4 cup puree)
- 2 large eggs
- 1 tsp. pure vanilla extract



Directions

- In a large bowl, whisk together flour, baking powder, baking soda, brown sugar, salt, cinnamon, nutmeg, and ginger.
- In a separate bowl, whisk buttermilk and sweet potato puree, then add eggs and vanilla.
- Add wet to dry ingredients and stir until just combined.
- Melt butter in a skillet or griddle over medium heat. When butter is foamy, reduce heat to medium-low and ladle batter into skillet.
- Cook until bubbles start to form in batter and pancake is golden underneath, ~3 minutes.
- Flip and cook other side until golden, ~3 minutes.
- Serve with butter, toasted pecans, and maple syrup.

Turkey Salad

Ingredients

- 4 cups chopped turkey (about 1 1/4 lb.)
- 1 cup chopped celery (from about 2 stalks)
- 1/2 cup chopped shallots
- 2 Tbsp. chopped dill
- 1/2 cup mayonnaise
- 1 Tbsp. apple cider vinegar
- 1 tsp. celery salt
- Black pepper for taste



Directions

- In a medium bowl, combine turkey, celery, shallots, and dill. Add mayonnaise, vinegar, and celery salt; season with pepper. Stir until turkey is coated.
- Make Ahead: Salad can be made 4 days ahead. Store in an airtight container and refrigerate.

Butternut Squash Soup

Ingredients

- 2 Tbsp. extra-virgin olive oil
- 1 large yellow onion
- 1/2 tsp. sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1/2 Tbsp. minced fresh rosemary
- 1 tsp. grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper



Directions

- Chop veggies.
- Sauté onion until translucent
- Add the squash, and cook until soft.
- Stir in garlic, and ginger.
- Pour in the broth and simmer until the squash is tender, ~20 min.
- When the squash is soft, transfer the soup to a blender.
- Blend until smooth and creamy.
- Garnish with chopped parsley and pepitas, and enjoy!

Stuffed Spaghetti Squash

Directions

Ingredients

- 1 (2.5 - 3 pound) spaghetti squash, cut in half lengthwise and seeds removed
- 3 Tbsp. water, divided
- 1 (5 oz.) package baby spinach
- 1 (10 oz.) package frozen artichoke hearts, thawed and chopped
- 4 oz. reduced-fat cream cheese, softened
- ½ cup grated Parmesan cheese, divided
- ¼ tsp. salt
- ¼ tsp. ground pepper



- Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on high until tender, ~10-15 min.
- Cook spinach in a large skillet over medium heat. Cook, stirring occasionally, until wilted, 3-5 min. Drain and transfer to a large bowl.
- Position rack in upper third of oven; preheat broiler.
- Use a fork to scrape the squash from the shells into the bowl. Place the shells on a baking sheet. Stir artichoke hearts, cream cheese, 1/4 cup parmesan, salt and pepper into the squash mixture. Divide it between the squash shells and top with the remaining 1/4 cup parmesan. Broil until the cheese is golden brown. Sprinkle with crushed red pepper and basil, if desired.

Avocado Sweet Potato Tacos

Ingredients

- 1 medium sweet potato, cubed
- Extra-virgin olive oil
- 1/2 tsp. chili powder
- 4-6 tortillas
- 1 cup black beans, cooked, drained, and rinsed
- Lime slices, for serving
- Salt & pepper



AVOCADO YOGURT SAUCE

- 1/2 cup whole milk Greek yogurt
- 1 small avocado
- 1/2 garlic clove
- Juice of 1 lime
- Sea salt & fresh black pepper

Directions

- Preheat oven to 400° F and line a large baking sheet with parchment paper.
- Toss the sweet potatoes with olive oil, chili powder, salt & pepper, and spread onto the baking sheet. Roast for 20 min., or until golden brown.
- Sauce: In a small food processor, combine the yogurt, avocado, garlic, lime juice, salt and pepper. Pulse until smooth. Taste and adjust seasonings. Chill until ready to use.
- Assemble tacos and season with salt, pepper, and squeezes of lime.

Pumpkin Chocolate Smoothie Bowl

Ingredients

- 1 cup soy milk
- 1 Tbsp. cacao
- ½ cup pumpkin puree, canned
- 2 bananas, large, ripe and frozen
- 1 tsp. pumpkin spice



Directions

- In a blender, add milk, cacao, pumpkin purée, frozen ripe bananas, and pumpkin spice.
- Blend for 1-2 minutes or until smooth and creamy.
- Transfer to a bowl and finish by adding your favorite toppings (optional). Cacao nibs, crushed plain almonds, pomegranates seeds and raspberries.

Rose and Cardamom Chia Pudding

Ingredients

- 2 1/2 cups non-dairy milk, such as almond or coconut milk
- 1/2 cup chia seeds
- 1/3 cup honey
- 2 Tbsp. rosewater
- 1 teaspoon ground cardamom



Directions

- Put the non-dairy milk, chia seeds, honey, rosewater and cardamom in a medium mixing bowl and stir until the honey has dissolved, about 30 seconds. Cover with plastic wrap and refrigerate for at least 4 hours.
- If it's too thick for you, add additional non-dairy milk, 1/4 cup at a time, until the desired consistency is reached. Add additional honey if it's not sweet enough for your taste.

Pumpkin Energy Bites

Ingredients

- 1/2 cup rolled oats
- 1/2 cup ground flax seed
- 1/2 cup pepitas (shelled pumpkin seeds)
- 1/2 cup mini dark chocolate chips
- 1/2 cup 100% pumpkin puree
- 1/4 cup natural peanut butter
- 1/4 cup honey (or pure maple syrup)
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. ground cinnamon



Directions

- Place all ingredients in a bowl and stir until well combined.
- Taking a tablespoon at a time form into balls.
- Place on cookie sheet or in storage container.
- For a firmer energy bite, place in the fridge for 1-2 hours before eating.
- To store, keep in a sealed container in the fridge for up to 1 week.

Pumpkin Sage Hummus

Ingredients

- 15 oz. can chickpeas garbanzo beans
- 15 oz. can pumpkin
- 1/4 cup olive oil extra virgin
- 2 Tbsp. tahini
- 3 fresh sage leaves
- 1 tsp. cumin
- 1 tsp. garlic powder
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- Paprika to sprinkle



Directions

- Place the chickpeas in a small bowl of water and gently rub to remove the skins.
- Place the chickpeas in a microwave-safe bowl and heat for 30 seconds on high.
- Place the chickpeas, pumpkin, 3 tablespoons of oil, tahini, cumin, garlic powder, cinnamon, cayenne pepper, and salt into a food processor. Blend for 1 minute or until smooth.
- Place into a bowl and garnish with 1 tablespoon olive oil, some roasted pepitas and a sprinkling of paprika for color.
- Finely mince the 3 sage leaves and add for additional garnish.