

HAPPY + HEALTHY HOLIDAY RECIPES



YUM! YUM! YUM!

7 WAYS TO STAY HEALTHY IN THE HOLIDAYS

1. Don't Skip Meals. It's tempting to skip meals when you know you have a big party to go to or a holiday dinner to attend. But this is the worst thing you can do. Skipping meals always leads to overeating. Plus, you run the risk of getting really drunk if you head to the party hungry. Instead of skipping meals, plan appropriately by adjusting your daily calories. Eat a lighter breakfast, lunch and snack to give yourself some room for a moderate splurge. Use these 400 calories wisely and make sure it's worth it.

2. Bring a Healthy Dish. If you're headed to a private residence, offer to bring a healthy dish. This will please the host who is probably over-stressed with all the preparation. And it will also guarantee that you have something healthy and enjoyable to eat.

3. Pass on the "Good" Foods. Indulgences must be mind-blowingly good. So if you take a bite of something and the reality of the taste doesn't meet your expectations, stop eating it. There's no reason to spend your precious calories on something that's only "good".

4. Drink Wisely. All those fancy cocktails and spiked egg nog contain a ton of calories. A ton! A Piña Colada or Cadillac Margarita or any other colorful drink with a floating holiday decoration sounds great – but could be in excess of 500 calories! A light beer, a glass of wine, a vodka soda or tequila on the rocks would be a much better choice, calorically speaking.

5. Plan Seconds. It's perfectly okay to indulge moderately, but you need to be very selective about what earns its way onto your second helping. If you're going back for seconds, the food has to earn its way onto your plate. How? By being mind-blowingly good, of course.

6. Ignore the Guilt Servings. At every party or food celebration, there is certainly going to be one or more food pushers who make it their mission to get you to eat something off plan. You're an adult, so act like one! Nobody can guilt you into eating anything without your permission.

7. Move it, Love it, Rest it. As the holiday season gets hectic, it's really easy to justify skipping your workouts, self-care and even cutting down on your sleep. This is the danger zone. Lack of sleep will lead to poor choices. You know what to do. Now it's time to nail it. You've got this!

YUM! YUM! YUM!



BREAKFASTS





Hot Chocolate Smoothie

1 serving**5 minutes**

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Frozen Cauliflower
1/2 Banana
1/4 cup Chocolate Protein Powder
2 tbsps Cocoa Powder
1 tbsp Chia Seeds
1/8 tsp Sea Salt (optional, for topping)

Nutrition

Amount per serving	
Calories	268
Fat	9g
Carbs	31g
Fiber	13g
Sugar	8g
Protein	26g
Sodium	513mg

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Pumpkin Spice Latte

1 serving
10 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	120
Fat	2g
Carbs	24g
Fiber	2g
Sugar	19g
Protein	1g
Sodium	129mg

Directions

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

Notes

No Almond Milk: Use coconut milk instead.

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

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

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

Caffeine Free: Replace coffee with additional almond milk.



Pumpkin Protein Pancakes

4 servings**15 minutes**

Ingredients

2/3 cup Old Fashioned Oats (gluten free if necessary)
1/2 cup Now® Sports Creamy Vanilla Egg White Protein Powder
1 tsp Baking Powder
1/2 tsp Baking Soda
1 tsp Cinnamon
1/2 tsp Nutmeg
1/2 tsp Ginger
2/3 cup Pumpkin Puree
2/3 cup Almond Milk
1/4 cup Maple Syrup
Optional Toppings: Maple Syrup, Pecans, Nut Butter (jam)

Directions

- 1 Pulse oats in blender to form a flour like consistency. Add in protein powder, baking powder, and spices. Pulse to combine.
- 2 Add in pumpkin puree, milk, and maple syrup. Blend until combined.
- 3 Heat a greased griddle or pan to medium/high heat. Pour pancake batter in ¼ cup increments into the pan. Cook for 3-4 minutes on each side, flip + cook for an additional 3-4 minutes.
- 4 Serve with maple syrup, pecans, or nut butter of choice!

Nutrition

Amount per serving	
Calories	177
Fat	3g
Carbs	28g
Fiber	2g
Sugar	14g
Protein	12g
Sodium	345mg



No-Bake Pumpkin Protein Bars

8 servings

15 minutes

Ingredients

- 1/2 cup Coconut Flour
- 1/4 cup Vanilla Protein Powder
- 3/4 tsp Pumpkin Pie Spice
- 1/2 cup Almond Butter
- 1/3 cup Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Pureed Pumpkin
- 1 tbsp Unsweetened Almond Milk
- 1/2 cup Organic Dark Chocolate Chips
- 1 tbsp Coconut Butter (melted)

Nutrition

Amount per serving	
Calories	280
Fat	16g
Carbs	25g
Fiber	5g
Sugar	16g
Protein	8g
Sodium	25mg

Directions

- 1 Line a pan with parchment paper. (Tip: Use an 8x8 inch pan if making 8 servings.)
- 2 Add the coconut flour, protein powder and pumpkin pie spice into a large mixing bowl and whisk to combine.
- 3 Using a small pot over low heat, add the almond butter and maple syrup and whisk until combined and sticky, then add the vanilla extract.
- 4 Add the wet ingredients to the dry ingredients along with the pureed pumpkin. Stir until it is all combined, then add the milk and chocolate chips. Stir again until well combined. The dough will feel very thick.
- 5 Transfer the dough into your pan and flatten with your hands, applying firm pressure to ensure it is packed. Refrigerate for at least 30 minutes.
- 6 Remove the dough from the fridge and slice into even bars. Drizzle the bars with melted coconut butter. Store in the fridge until you are ready to eat. Enjoy!

Notes

Nut-Free: Use tahini or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

No Coconut Butter: Omit, or use melted chocolate as a drizzle instead.

Storage: Store in the fridge or freezer until ready to eat. They will be too soft at room temperature.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



Apple Cranberry Muffins

12 servings

35 minutes

Ingredients

2 tbsps Ground Flax Seed
 1/4 cup Water
 2 cups Oat Flour
 1/3 cup Coconut Sugar
 1 tsp Baking Soda
 1/2 tsp Sea Salt
 1 tsp Cinnamon
 2/3 cup Unsweetened Almond Milk
 2 Apple (small, grated)
 1/4 cup Coconut Oil (melted)
 3/4 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	181
Fat	7g
Carbs	27g
Fiber	4g
Sugar	12g
Protein	4g
Sodium	212mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a small bowl, mix the ground flax with water and set aside.
- 3 In a large mixing bowl, add the oat flour, coconut sugar, baking soda, sea salt and cinnamon. Whisk well. Then add the ground flax/water mix, almond milk, grated apple and melted coconut oil. Mix well to combine using a spoon or spatula. Gently fold in the dried cranberries.
- 4 Divide the batter into the prepared muffin tin. Bake for 22 to 24 minutes.
- 5 Remove the muffins from the oven and let them cool before placing on a cooling rack for 15 minutes. Serve and enjoy!

Notes

Serving Size: One serving is equal to one small muffin.

Density: These muffins are quite dense due to the oat flour. They do not rise very much.

Nut-Free: Use a nut-free milk instead of almond milk such as coconut, hemp or rice milk.

Optional Toppings: Top muffins with almond butter or coconut butter.

Leftovers: Refrigerate muffins up to four days. Freeze for longer.

No Coconut Oil: Use butter or ghee.



Apple Cinnamon Scones

8 servings

40 minutes

Ingredients

2 tbsps Ground Flax Seed
 3/4 cup Water
 2 cups All Purpose Gluten-Free Flour
 1 tbsp Baking Powder
 1/4 cup Coconut Sugar
 1/2 tsp Sea Salt
 1 tsp Cinnamon
 1/3 cup Coconut Oil (room temperature)
 1 Apple (medium, diced)

Nutrition

Amount per serving	
Calories	268
Fat	11g
Carbs	41g
Fiber	7g
Sugar	7g
Protein	2g
Sodium	331mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, mix the ground flax with water. Set aside to thicken.
- 3 In a separate bowl, combine the flour, baking powder, coconut sugar, salt and cinnamon. Mix well, then add in coconut oil and mash with a fork until it is broken up and distributed evenly. Add flax mixture and diced apple. Stir well until combined.
- 4 Transfer the dough onto your parchment-lined baking sheet. Use your hands to form a round shape, about 1 inch in height. Then use a large wet knife to cut it into 6 or 8 even wedges.
- 5 Sprinkle the top with a bit of coconut sugar and cinnamon (optional) and bake for 25 minutes, or until edges are golden brown.
- 6 Remove from oven, let cool slightly and enjoy immediately.

Notes

Leftovers: Store at room temperature in an air-tight container up to 3 days, or freeze.
Serve it With: Our Pumpkin Spice Latte, Homemade Chai Tea, or Hot Chocolate recipe.
Extra Flavour: Serve them with butter, ghee, nut butter or our Strawberry Chia Seed Jam.
Flour: This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that results may vary with other types of flour.



Acorn Squash & Sausage Hash

4 servings

30 minutes

Ingredients

- 10 ozs Pork Sausage (casings removed)
- 1 tbsp Extra Virgin Olive Oil
- 1 Acorn Squash (peeled, chopped into cubes)
- 1/2 Yellow Onion (chopped)
- 2 cups Mushrooms (sliced)
- 2 cups Kale Leaves (chopped)
- 1 tbsp Nutritional Yeast
- 1 tsp Sea Salt
- 1 Apple (cored, cubed)

Nutrition

Amount per serving	
Calories	352
Fat	24g
Carbs	23g
Fiber	4g
Sugar	7g
Protein	13g
Sodium	1254mg

Directions

- 1 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 2 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 3 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 4 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of the hash mixture.

More Fiber: Stir in cooked quinoa or rice.

Make it Vegan: Use black beans or lentils instead of sausage.

Meal Prep: Cook the acorn squash in advance to save time.



Apple Crumble Bites

4 servings

35 minutes

Ingredients

- 1/2 cup Organic Coconut Milk (from the can)
- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 2 Apple (medium; cored and sliced into 1/2-inch wedges)

Nutrition

Amount per serving	
Calories	172
Fat	10g
Carbs	18g
Fiber	6g
Sugar	10g
Protein	4g
Sodium	9mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
- 3 Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
- 4 Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.

Serving Size: One serving is approximately 6 to 8 wedges, or half of an apple.

More Flavor: Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.

Serve it With: Drizzle of honey or yogurt for dipping.

Apple: Gala apples were used to create this recipe.



Mint & Goat Cheese Stuffed Tomatoes

2 servings

15 minutes

Ingredients

- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Mint Leaves (chopped, divided)
- 1 1/2 cups Cherry Tomatoes (halved, seeds removed)

Nutrition

Amount per serving	
Calories	69
Fat	4g
Carbs	5g
Fiber	2g
Sugar	4g
Protein	4g
Sodium	93mg

Directions

- 1 In a bowl, mix together the goat cheese and half the mint until well combined.
- 2 Stuff each cherry tomato half with the cheese mixture and transfer to a plate.
- 3 Garnish with the remaining mint and enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup of stuffed cherry tomatoes.

More Flavor: Drizzle extra virgin olive oil otop.

No Mint: Use parsley or basil instead.

Make it Vegan: Use cashew cream cheese instead.



APPETIZERS





Olive & Tahini Plate

1 serving

5 minutes

Ingredients

2 tbsps Tahini
2 tbsps Water
1/8 tsp Sea Salt
1/2 Tomato (cut into wedges)
1/4 Cucumber (sliced)
1/3 cup Black Olives

Nutrition

Amount per serving	
Calories	251
Fat	21g
Carbs	14g
Fiber	4g
Sugar	1g
Protein	7g
Sodium	684mg

Directions

- 1 In a small bowl, whisk together the tahini, water and sea salt.
- 2 Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

Notes

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

More Flavor: Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

Additional Toppings: Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.



Mini Potato Crusted Quiche

6 servings

30 minutes

Ingredients

2 tbsps Avocado Oil (divided)
3 cups Water
2 Russet Potato (peeled, chopped)
1/4 cup Unsweetened Almond Milk
2 Egg
2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	122
Fat	6g
Carbs	13g
Fiber	1g
Sugar	1g
Protein	4g
Sodium	42mg

Directions

- 1 Preheat the oven to 400°F (204°C) and lightly coat a mini muffin tin with half of the avocado oil.
- 2 In a medium saucepan, bring the water to a boil and add the potatoes. Boil the potatoes for 10 to 12 minutes or until soft.
- 3 Drain the water and add the almond milk and remaining avocado oil. Mash together until smooth.
- 4 Add a spoonful of mashed potato to the muffin tray and use a spoon to create a funnel in the middle. Bake for about 10 minutes and remove from the oven.
- 5 Whisk the eggs and pour the egg mixture into the funnel created in each potato crust. Top with parsley. Bake again for another 5 to 7 minutes or until the egg is set. Let it cool and remove with a spoon or small spatula. Enjoy!

Notes

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

Serving Size: One serving is two mini potato quiches.

More Flavor: Add salt and pepper to taste.



Balsamic Parmesan Zucchini Bites

4 servings

20 minutes

Ingredients

- 1 Zucchini (medium, sliced into 1/4-inch thick rounds)
- 1 1/2 tps Extra Virgin Olive Oil
- 1 tsp Balsamic Vinegar
- 1/2 cup Parmigiano Reggiano (grated)
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1/4 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	80
Fat	6g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	5g
Sodium	242mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the zucchini rounds to a mixing bowl and toss with oil and balsamic vinegar. Arrange seasoned zucchini rounds on the prepared baking sheet.
- 3 In a small bowl combine cheese, Italian seasoning, sea salt and garlic powder. Top each zucchini round with the cheese mixture.
- 4 Bake for 15 to 18 minutes or until zucchini is tender and the cheese is bubbly and browned. Serve immediately and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For best results, reheat in the oven.

Serving Size: One serving is approximately five zucchini bites (or 1/4 of a zucchini).

Make it Vegan: Use a dairy-free, parmesan-style cheese instead.

No Olive Oil: Use avocado oil instead.



Sweet Potato Crostini with Pomegranate & Goat Cheese

8 servings

35 minutes

Ingredients

2 Sweet Potato (medium, sliced into even rounds)
1 1/2 tsps Extra Virgin Olive Oil
1/8 tsp Sea Salt
1/2 cup Goat Cheese (crumbled)
1/2 cup Walnuts (toasted and chopped)
1/4 cup Pomegranate Seeds
1 1/2 tsps Thyme (fresh, removed from the stem)
1 tbsp Raw Honey

Nutrition

Amount per serving	
Calories	113
Fat	7g
Carbs	11g
Fiber	2g
Sugar	4g
Protein	3g
Sodium	87mg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato slices to a bowl and drizzle the extra virgin olive oil and sea salt over top. Mix well. Place them in a single layer on the sheet and bake for 15 minutes. Flip and roast for 5 to 10 minutes more.
- 3 Remove the sweet potato slices from the oven and top with goat cheese, walnuts, pomegranate, thyme and drizzle with honey. Serve immediately. Enjoy!

Notes

Serving Size: There are approximately two sweet potato crostini per serving.

Dairy-Free: Use a cashew cheese instead of goat cheese.

Nut-Free: Use toasted pumpkin seeds instead of walnuts.

No Pomegranate Seeds: Use dried cranberries instead.

No Thyme: Use rosemary, or another herb of your choice instead.

Prep Ahead: Bake the sweet potatoes ahead of time and then reheat before topping and serving them.



Spicy Cashews

8 servings**25 minutes**

Ingredients

2 cups Cashews (raw)
1 tsp Smoked Paprika
1/2 tsp Red Pepper Flakes
1 tsp Chili Powder
1/2 Lime (juiced and zested)
2 tps Raw Honey
1 tsp Avocado Oil
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	210
Fat	17g
Carbs	13g
Fiber	1g
Sugar	3g
Protein	5g
Sodium	163mg

Directions

- 1 Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 2 Add the cashews, smoked paprika, red pepper flakes, chili powder, lime juice, honey, avocado oil and sea salt to a large bowl and mix until all the cashews are fully coated.
- 3 Place on the baking sheet, making sure to have them spread out evenly. Bake for 10 minutes, then remove from the oven and toss. Put them back in the oven for an additional 10 to 12 minutes, or until slightly crispy.
- 4 Remove the cashews from the oven and let them cool on the pan for 5 to 10 minutes. Garnish with lime zest if desired and serve. Enjoy!

Notes

Leftovers: Store in a sealed container for up to one week. Freeze for longer.

No Honey: Use maple syrup instead.

No Cashews: Use almonds, walnuts or pecans instead.



Roasted Jalapeno Cheese Crisps

5 servings

20 minutes

Ingredients

1 Jalapeno Pepper (large, sliced into 1/4-inch rounds)

2/3 cup Parmigiano Reggiano (shredded)

Nutrition

Amount per serving	
Calories	60
Fat	4g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	5g
Sodium	96mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Place sliced jalapenos on a parchment lined baking sheet and cook in the oven for 8 to 10 minutes or until tender, flipping halfway through. Remove from the oven and let cool slightly.
- 3 On a second parchment lined baking sheet, use a tablespoon to create piles of shredded cheese, one at a time, keeping them about 2 inches apart. Flatten each pile of cheese into a 2-inch circle and place a roasted jalapeno slice on top. Repeat in batches if necessary.
- 4 Place in the oven and bake for 4 to 6 minutes or until golden brown around the edges and bottom. Remove from the oven and cool for 5 minutes before transferring to a paper towel lined plate to cool completely before serving. Enjoy!

Notes

Leftovers: Store leftover crisps uncovered at room temperature for up to two days. Crisps may not be as crispy after about 24 hours.

Serving Size: One serving is equal to approximately two cheese crisps.

Less Spicy: Omit the jalapeno and use a sprinkle of Italian seasoning instead.

Serve Them With: Dipping sauce or as a salad topping.



Prosciutto Wrapped Dates with Goat Cheese

8 servings

40 minutes

Ingredients

2 cups Pitted Dates (whole, about 12 dates per cup)
1/3 cup Goat Cheese (crumbled, room temperature)
1 tsp Maple Syrup
1/8 tsp Sea Salt
1/8 tsp Black Pepper
2 2/3 ozs Prosciutto (thinly sliced into strips)

Nutrition

Amount per serving	
Calories	138
Fat	2g
Carbs	28g
Fiber	3g
Sugar	24g
Protein	4g
Sodium	233mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking tray with parchment paper.
- 2 Slice each date lengthwise on one side to create an opening then set them aside.
- 3 In a small mixing bowl combine the goat cheese, maple syrup, salt, and pepper.
- 4 Stuff each date with a scant teaspoon of the goat cheese mixture then wrap in a strip of prosciutto. Place each wrapped date on the baking sheet.
- 5 Bake in the oven for 20 minutes, turning dates over about halfway through, or until prosciutto is just crisp and cheese is warm. Serve immediately and enjoy!

Notes

Serving Size: One serving is equal to approximately three wrapped dates.

No Maple Syrup: Use honey instead.

No Goat Cheese: Use feta or cashew cheese instead.

No Prosciutto: Use bacon instead. Baking times may increase depending on the thickness of the bacon.



VEGGIES+SIDES





Maple Mustard Brussels Sprouts

2 servings

30 minutes

Ingredients

2 cups Brussels Sprouts (trimmed and halved)
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Dijon Mustard
1 tbsp Maple Syrup
1/4 cup Feta Cheese (crumbled)
2 tbsps Pumpkin Seeds
1/4 cup Microgreens (optional)

Nutrition

Amount per serving	
Calories	172
Fat	9g
Carbs	17g
Fiber	5g
Sugar	8g
Protein	8g
Sodium	321mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Toss the Brussels sprouts with olive oil, sea salt and pepper. Spread across the baking sheet and bake for 22 to 24 minutes.
- 2 While the Brussels sprouts roast, mix the dijon mustard with the maple syrup in a small bowl and set aside.
- 3 Remove the Brussels sprouts from the oven and toss with the dijon maple dressing. Transfer to a serving dish and top with feta, pumpkin seeds and microgreens (optional). Enjoy!

Notes

No Extra Virgin Olive Oil: Use avocado oil instead.

Leftovers: Store in the fridge in a sealed container for 2 to 3 days.

Dairy-Free: Omit the feta or use a plant-based cheese instead.

No Pumpkin Seeds: Omit, or use another type of nut or seed such as walnuts, almonds, or sesame seeds.

No Dijon Mustard: Use a grainy mustard instead.



Green Bean Casserole

4 servings

1 hour 20 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	244
Fat	12g
Carbs	28g
Fiber	9g
Sugar	12g
Protein	11g
Sodium	644mg

Directions

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

Notes

Make it Festive: Serve with our Turkey Rolls with Cranberry Sauce and Scalloped Sweet Potatoes.



Crispy Prosciutto-Wrapped Asparagus

4 servings

15 minutes

Ingredients

3 cups Asparagus (woody ends trimmed)

5 1/16 ozs Prosciutto (thinly sliced strips)

Nutrition

Amount per serving	
Calories	96
Fat	5g
Carbs	4g
Fiber	2g
Sugar	2g
Protein	11g
Sodium	661mg

Directions

- 1 Preheat oven to 450°F (232°C). Line a baking sheet with foil.
- 2 Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
- 3 Divide onto plates and enjoy!

Notes

No Prosciutto: Use bacon instead. Baking times may increase depending on the thickness of the bacon.

Storage: Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days. The asparagus may also be wrapped ahead of time and refrigerated up to 3 days until ready to bake.

Serving Size: One serving is equal to approximately 3 to 4 wrapped asparagus spears.

BBQ Lover: Brush your prosciutto-wrapped asparagus with oil and grill them over medium-high heat until slightly charred, turning frequently.



Creamy Turmeric Pumpkin Soup

4 servings

1 hour 15 minutes

Ingredients

2 1/2 cups Pie Pumpkin
3 tbsps Extra Virgin Olive Oil (divided)
1 Yellow Onion (chopped)
2 Garlic (clove, minced)
2 tsp Turmeric
1/2 tsp Sea Salt
1/2 tsp Cinnamon
2 1/2 cups Organic Vegetable Broth
(plus more if needed)
1/2 cup Organic Coconut Milk (full-fat,
from the can)

Nutrition

Amount per serving	
Calories	187
Fat	16g
Carbs	11g
Fiber	2g
Sugar	5g
Protein	2g
Sodium	714mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cut the pumpkin in half and scoop out the seeds. Rub the inside and coat the edges with 1/3 of the oil. Place cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin, measure out the amount needed in cups, and set aside. Store any leftover pumpkin in the fridge or freezer.
- 3 Heat the remaining oil in a pot over medium heat. Add the onion and cook for 3 to 5 minutes until just softened. Add the garlic, turmeric, sea salt and cinnamon. Stir to combine and cook for another minute more. Add the vegetable broth and then stir in the roasted pumpkin.
- 4 Bring the soup to a gentle boil and then let simmer for 5 to 10 minutes to allow the flavors to come together. Stir in the coconut milk.
- 5 Transfer the soup to a blender and blend until smooth. Add more vegetable broth to the blender until desired consistency is reached. Season with additional salt if needed.
- 6 Divide soup between bowls and enjoy!

Notes

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

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

Pumpkin: A 2 lb pie pumpkin yields approximately 2 1/2 cups.

More Flavor: Black pepper, fresh ginger or a drizzle of maple syrup or other liquid

sweetener.

Additional Toppings: Extra coconut milk or fresh herbs like cilantro.

No Olive Oil: Use butter, ghee or avocado oil instead.

No Pumpkin: Use a butternut squash instead.



Winter Kale Salad

4 servings

20 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	188
Fat	14g
Carbs	15g
Fiber	5g
Sugar	8g
Protein	3g
Sodium	108mg

Directions

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

Notes

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

No Pear: Use sliced apple instead.

No Kale: Use Swiss chard or collard greens instead.



Roasted Winter Vegetables with Tahini Drizzle

4 servings**45 minutes**

Ingredients

- 1 Delicata Squash (small)
- 3 cups Brussels Sprouts (washed and halved)
- 1 bulb Fennel (coarsley chopped)
- 1/2 cup Red Onion (coarsley chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Tahini
- 1 Garlic (clove)
- 1/4 cup Water
- 2 Lemon (small, juiced)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	351
Fat	25g
Carbs	30g
Fiber	9g
Sugar	5g
Protein	8g
Sodium	218mg

Directions

- 1 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 2 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 3 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 4 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 5 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein: Add lentils, chickpeas or diced chicken.

Leftovers: Store covered in the fridge up to 2 - 3 days.



Roasted Delicata Squash

2 servings

20 minutes

Ingredients

- 1 Delicata Squash
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	146
Fat	7g
Carbs	22g
Fiber	3g
Sugar	0g
Protein	2g
Sodium	154mg

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with foil.
- 2 Trim the ends of the squash and cut into 1/2-inch rings. Use a spoon to scoop out the seeds.
- 3 Coat the squash with olive oil and season with salt. Bake for 20 minutes.
- 4 Remove from the oven and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for 3 to 4 days.

Serving Size: One serving is equal to half the squash.

More Flavor: Season with your favorite herbs and spices like oregano, chili powder, cinnamon or paprika.



Strawberry Balsamic Salad with Maple Walnuts

2 servings

15 minutes

Ingredients

- 1/2 cup Walnuts
- 1 tbsp Maple Syrup
- 4 cups Baby Spinach
- 1 cup Strawberries (sliced)
- 1/4 cup Goat Cheese (crumbled)
- 1 1/2 tsps Balsamic Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	387
Fat	33g
Carbs	20g
Fiber	5g
Sugar	12g
Protein	9g
Sodium	264mg

Directions

- 1 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 2 Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
- 3 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein: Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time: Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese: Use feta or cashew cheese instead.

Storage: Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.



Sautéed Spinach with Toasted Pecans

4 servings

10 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
6 cups Baby Spinach
1/2 cup Nutritional Yeast
1/2 cup Pecans
1 tsp Sea Salt
1 tsp Black Pepper

Nutrition

Amount per serving	
Calories	196
Fat	12g
Carbs	10g
Fiber	6g
Sugar	1g
Protein	13g
Sodium	676mg

Directions

- 1 Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
- 2 Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

Notes

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

Nut-Free: Use sunflower seeds or pumpkin seeds instead of pecans.

More Flavor: Add minced garlic or garlic powder.

Additional Toppings: Top with hemp seeds or flaxseeds.

No Spinach: Use arugula, Swiss chard, or collard greens instead.

No Nutritional Yeast: Use parmesan cheese or a dairy-free cheese.



Roasted Brussels Sprouts with Bacon & Dates

3 servings**35 minutes**

Ingredients

3 cups Brussels Sprouts (trimmed, halved)
1/2 tsp Avocado Oil
1/4 tsp Sea Salt
4 slices Organic Bacon
1/3 cup Pitted Dates (chopped)

Nutrition

Amount per serving	
Calories	237
Fat	15g
Carbs	20g
Fiber	5g
Sugar	12g
Protein	8g
Sodium	499mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line two baking sheets with parchment paper.
- 2 Place the brussels sprouts on one sheet and toss with the avocado oil and sea salt. Place the bacon strips on the other baking sheet. Cook the bacon for 14 to 16 minutes, until crispy, then remove from the oven and set aside. Cook the brussels sprouts for an additional 10 to 12 minutes, until crispy, then remove.
- 3 Chop the bacon and add to a bowl along with the brussels sprouts and dates. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to about 1 cup.

Make it Vegan: Omit the bacon or use vegan bacon or sausage.

No Pork: Use turkey bacon.



Roasted Butternut Squash Harvest Bowl

4 servings

40 minutes

Ingredients

4 cups Butternut Squash (diced into cubes)
2 tbsps Extra Virgin Olive Oil (divided)
3/4 cup Quinoa (uncooked)
1 1/4 cups Water
8 cups Kale Leaves (finely chopped)
1 tbsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
1/2 cup Pumpkin Seeds
1/2 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	379
Fat	16g
Carbs	53g
Fiber	10g
Sugar	14g
Protein	11g
Sodium	35mg

Directions

- 1 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 2 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 3 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 4 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 5 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash: Use sweet potato, carrots or beets instead.

Save Time: Use frozen bagged butternut squash.

Leftovers: Keeps well in the fridge up to 3 - 4 days.

Extra Flavour: Toss the butternut squash in cinnamon before roasting.



Mac n' 'Cheese'

8 servings

1 hour

Ingredients

4 cups Butternut Squash (peeled, seeded and sliced into 1 inch cubes)
 1/2 Sweet Onion (diced)
 2 Garlic (cloves, whole)
 2 tbsps Extra Virgin Olive Oil
 1 cup Almonds
 1 tsp Garlic Powder
 1 tsp Onion Powder
 1 cup Cashews
 2 tbsps Nutritional Yeast
 2 tsps Sea Salt
 1 cup Water
 4 cups Brown Rice Macaroni (uncooked)

Nutrition

Amount per serving	
Calories	492
Fat	22g
Carbs	64g
Fiber	8g
Sugar	4g
Protein	13g
Sodium	605mg

Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
- 3 Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
- 4 In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
- 5 Reduce oven to 350°F (177°C).
- 6 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 7 In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond breadcrumbs and bake for 20 minutes.
- 8 Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.

Notes

More Protein: Add diced chicken.

Make it Spicy: Add some clean hot sauce, chili flakes or cayenne pepper.

Extra Vegetables: Add sautéed spinach and mushrooms.

Appetizer Size: Line a muffin tray with liners and fill each with a few spoonfuls of Mac n' 'Cheese' for a bite-sized snack.



Roasted Veggies with Cranberries & Orange

4 servings**35 minutes**

Ingredients

- 1 Sweet Potato (peeled, cubed)
- 1 bulb Fennel (cored, sliced)
- 1 1/2 cups Brussels Sprouts (trimmed, halved)
- 1/2 cup Frozen Cranberries
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1 tbsp Orange Juice (freshly squeezed)
- 1 1/2 tsps Thyme
- 1 tsp Maple Syrup

Nutrition

Amount per serving	
Calories	132
Fat	7g
Carbs	17g
Fiber	5g
Sugar	6g
Protein	2g
Sodium	131mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Arrange the sweet potato, fennel, brussels sprouts and cranberries on the baking sheet. Drizzle with oil and season with the salt. Toss to evenly coat everything.
- 3 Bake in the oven for 30 to 35 minutes or until very tender, stirring once halfway through.
- 4 In a small mixing bowl combine the orange juice, thyme and maple syrup. Drizzle over top of the roasted veggies. Season with additional salt if needed. Divide between plates and enjoy!

Notes

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

Serving Size: One serving is approximately 3/4 cup.

No Maple Syrup: Omit or use honey or agave instead.

No Fresh Thyme: Use another fresh herb like parsley instead.



Savory Sweet Potato & Sage Mash

4 servings

25 minutes

Ingredients

4 Sweet Potato (medium sized, peeled and chopped into cubes)
1 tsp Sea Salt (divided)
1/2 tsp Avocado Oil
1/4 cup Fresh Sage (loosely packed)
2 tbsps Ghee

Nutrition

Amount per serving	
Calories	178
Fat	7g
Carbs	27g
Fiber	5g
Sugar	5g
Protein	2g
Sodium	697mg

Directions

- 1 In a large pot, add the sweet potato and half of the sea salt. Fill the pot with water and bring to a boil. Reduce to a simmer and cook for 10 to 12 minutes, until the potatoes are fork-tender. Drain and mash with a potato ricer.
- 2 In a skillet, add the avocado oil and sage and fry until crispy, about 2 to 3 minutes. Remove the sage and chop finely. Add the sage, ghee and remaining sea salt to the mashed sweet potatoes and mix together. Serve and enjoy!

Notes

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

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

Dairy-Free: Use extra virgin olive oil, avocado oil, coconut oil or vegan butter instead of ghee.

No Sage: Use another fresh herb such as rosemary or thyme.



MAIN DISHES





Citrus Herb Roasted Turkey Breast

4 servings**1 hour 5 minutes**

Ingredients

- 1 Navel Orange (cut into quarters)
- 1 Yellow Onion (cut into quarters)
- 2 1/4 lbs Turkey Breast, Skin on (bone-in)
- 1/2 tsp Sea Salt
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Thyme (finely chopped)
- 1 tbsp Fresh Sage (finely chopped)
- 1 tbsp Rosemary (finely chopped)
- 2/3 cup Water

Nutrition

Amount per serving	
Calories	463
Fat	24g
Carbs	8g
Fiber	2g
Sugar	5g
Protein	55g
Sodium	477mg

Directions

- 1 Preheat your oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
- 2 Season the turkey breast on all sides with the salt. Place the seasoned turkey breast on top of the orange and onion in the pan.
- 3 In a small mixing bowl combine the oil with the thyme, sage and rosemary. Spoon the oil mixture evenly over top of the turkey breast.
- 4 Add water to the bottom of the pan and bake the turkey breast for 20 minutes. Reduce the heat to 350°F (176°C) and continue cooking for 30 to 40 minutes or until the turkey is cooked to an internal temperature of 165°F (74°C). The skin should be brown and crispy. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
- 5 Let the turkey rest for at least 10 minutes before slicing. Enjoy.

Notes

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

Additional Toppings: Spoon pan juices over top of the sliced meat upon serving.

Make it a Meal: Serve with roasted veggies or mashed potatoes. Use cooked turkey in sandwiches, soups or on top of salads.

No Water: Use chicken broth instead.



Ultra Crispy Whole Roasted Duck

8 servings

2 hours 30 minutes

Ingredients

5 lbs Whole Duck (giblets removed,
patted dry)
1 1/2 tbsps Sea Salt

Nutrition

Amount per serving	
Calories	1145
Fat	112g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	33g
Sodium	1506mg

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 Use a sharp knife to lightly score a diamond pattern across the breast and back of the duck. Be sure to only cut the skin and not into the meat. Use the tip of the knife and poke any other fatty areas such as where the legs connect to the body.
- 3 Rub the entire duck with sea salt. Place the duck on a rack and position it over a roasting pan to catch the drippings while cooking. Roast for approximately 22 minutes per pound, or until the internal temperature reaches 170°F (76°C) or 135°F (57°C) for medium-rare.
- 4 Remove from the oven and let it sit for 10 to 15 minutes before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Use leftover duck in a sandwich, soup, fried rice, noodle soup or stir-fry.

More Flavor: Add lemon, herbs or garlic to the cavity of the duck and tie the legs together before roasting. Make a glaze or gravy using some of the drippings.

Leftover Duck Fat: Strain and preserve the duck fat captured in the roasting pan for future cooking if preferred.

Leftover Giblets: Use any giblets (except for the liver) to make a stock with celery, carrots and onion. For duck liver, cook it and turn into a pâté.



Braised Lamb Shanks

4 servings

2 hours 50 minutes

Ingredients

2 lbs Lamb Shank
1/2 tsp Sea Salt (divided)
2 tbsps Extra Virgin Olive Oil (divided)
1 Yellow Onion (chopped)
2 Carrot (chopped)
1 1/2 pints Bone Broth
6 Garlic (clove, peeled and left whole)
1/16 oz Thyme Sprigs
1 serving Cinnamon Stick (small)
1 tsp Orange Zest
2 tbsps Orange Juice (freshly squeezed)

Nutrition

Amount per serving	
Calories	641
Fat	43g
Carbs	11g
Fiber	4g
Sugar	5g
Protein	50g
Sodium	740mg

Directions

- 1 Preheat your oven to 350°F (176°C). Season the lamb shanks on all sides with half of the salt.
- 2 In a dutch oven, or other large, oven-safe pot, heat half of the oil over medium-high heat on the stove. Brown the lamb on all sides, in batches if necessary, about 15 to 20 minutes. Transfer the browned lamb shanks to a plate and set aside.
- 3 Reduce the heat to medium and in the same pot add the remaining oil. Add the onions and carrots and sauté until the onions start to soften about 5 minutes. Season with the remaining salt. Add the bone broth to the onions and carrots followed by the garlic, thyme, cinnamon and orange zest. Stir to combine. Bring the bone broth liquid to a gentle boil then add lamb shanks back to the pot.
- 4 Cover the pot with a lid or foil and place in the oven. Braise the lamb covered for 75 minutes and then remove the lid and continue to cook uncovered for another 75 minutes, basting occasionally. Additional bone broth or water may need to be added to the pot if the braising liquid evaporates too quickly and the pot becomes dry.
- 5 Remove the lamb shanks from the pot and set aside to keep warm. Remove the thyme sprigs and cinnamon stick from the braising liquid and whisk the orange juice. Season with additional salt if needed.
- 6 Divide the lamb shanks between plates and serve with the braising liquid as a sauce. Enjoy!

Notes

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

More Flavor: Add a bay leaf, black pepper, parsnip, celery or fennel seeds to the braising

liquid.

No Bone Broth: Use water, vegetable broth or beef broth instead.

The Sauce: Whisk in additional bone broth if the braising liquid is too thick or until the desired consistency is reached. For a smooth sauce puree the braising liquid in a blender or food processor before serving.



Slow Cooker Apple Cinnamon Pork Tenderloin

4 servings

4 hours

Ingredients

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbsp Cinnamon

Nutrition

Amount per serving	
Calories	251
Fat	3g
Carbs	34g
Fiber	5g
Sugar	26g
Protein	25g
Sodium	94mg

Directions

- 1 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 2 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
- 3 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender: Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens: Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs: Serve with rice, quinoa or mini potatoes.



Turkey Rolls with Cranberry Sauce

4 servings

1 hour 10 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
4 cups Baby Spinach
2 lbs Turkey Breast
1/2 cup Goat Cheese (crumbled)
Sea Salt & Black Pepper (to taste)
1/2 cup Organic Vegetable Broth
2 cups Frozen Cranberries (diced)
1 Navel Orange (juiced)
1 tbsp Raw Honey
Twine

Nutrition

Amount per serving	
Calories	372
Fat	10g
Carbs	16g
Fiber	3g
Sugar	10g
Protein	56g
Sodium	340mg

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
- 3 Use a meat mallet to pound the turkey breasts into a thin layer. This will make it easier to roll.
- 4 Place a large piece of parchment paper across your counter. Cut 8 long strings of twine and lay them in pairs across the parchment paper, about 1 inch apart. Place each turkey breast across two pieces of twine. Season the turkey with sea salt and black pepper.
- 5 Spread your goat cheese across each turkey breast leaving a 1/2 inch border all the way around. Add the wilted spinach. Roll up each turkey breast and tie the twine around it into a tight knot. Trim the excess twine and discard. Season with salt and pepper.
- 6 Add the broth to a baking dish to cover the bottom. Set the rolled turkey breasts inside. Cook in the oven for 35 to 45 minutes or until cooked through.
- 7 Meanwhile, start the cranberry sauce. Combine cranberries, orange juice and honey in a sauce pan. Place over medium heat and stir occasionally for about 15 minutes or the sauce thickens. Reduce heat to low and cover until ready to serve. Add a few splashes of water if the sauce becomes too thick.
- 8 Remove the turkey and let it rest for 10 minutes. Remove the twine. Slice into 2 inch thick medallions. Drizzle with cranberry sauce. Enjoy!

Notes

Get Creative: Roll the turkey with your favorite stuffing instead of spinach and goat cheese.

Keep it Simple: Reduce prep time by skipping the roll up, baking turkey breast on their own and serving the spinach and goat cheese on the side.



Turkey Gravy

4 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1 Sweet Onion (medium, chopped)
- 1 lb Extra Lean Ground Turkey
- 1 tsp Sea Salt
- 1 cup Organic Coconut Milk
- 1 tsp Arrowroot Powder

Nutrition

Amount per serving	
Calories	336
Fat	23g
Carbs	9g
Fiber	1g
Sugar	5g
Protein	23g
Sodium	690mg

Directions

- 1 Heat olive oil in a large skillet over medium heat. Cook the garlic and onion for about 5 minutes or until translucent.
- 2 Add the ground turkey and salt. Use a spatula to stir and break up the turkey as it cooks. Saute until cooked through.
- 3 Stir in coconut milk and arrowroot powder. Cook for about 5 to 10 minutes, or until the mixture has thickened. Taste and adjust seasoning if needed.
- 4 Transfer to a dish and enjoy!

Notes

Serve it With: Our Cleaned Up Biscuits, mashed potatoes, mashed cauliflower or quinoa.

No Coconut Milk: Use almond milk instead and add arrowroot powder until desired consistency is reached.

No Arrowroot Powder: Use tapioca flour, brown rice flour or any other starch instead.



Turkey & Vegetable Soup

6 servings

50 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (chopped)
3 Garlic (clove, minced)
1 tsp Dried Thyme
1 tsp Sea Salt
1 Sweet Potato (peeled, cut into 1/2-inch cubes)
1 Carrot (peeled, chopped)
2 stalks Celery (chopped)
10 1/2 ozs Turkey Breast, Cooked (roughly chopped)
6 cups Organic Chicken Broth
1 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	142
Fat	4g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	18g
Sodium	1411mg

Directions

- 1 Heat the oil in a large pot over medium heat.
- 2 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 3 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 4 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

Notes

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

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

More Flavor: Add a bay leaf or some red pepper flakes.

No Turkey: Use chicken breast instead.

Additional Toppings: Serve the soup over top of cooked rice or cooked pasta.



DESSERTS!





Pumpkin Pie Tarts with Coconut Whipped Cream

12 servings
1 hour 30 minutes

Ingredients

1 cup Almonds
 1 cup Cashews
 1 Egg
 1/4 cup Coconut Oil (melted and divided)
 1/3 cup Maple Syrup (divided)
 1 tsp Vanilla Extract
 1 tsp Cinnamon
 1/2 tsp Sea Salt
 2 1/4 cups Pureed Pumpkin
 1/3 cup Unsweetened Almond Milk
 2 1/2 tbsps Arrowroot Powder
 2 tsps Pumpkin Pie Spice
 1 1/2 cups Organic Coconut Milk (full fat, refrigerated overnight)

Nutrition

Amount per serving	
Calories	281
Fat	22g
Carbs	18g
Fiber	3g
Sugar	8g
Protein	6g
Sodium	122mg

Directions

- 1 Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
- 2 Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
- 3 Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
- 4 Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
- 5 Gently press each cut-out into a parchment cup to form the crust. Set aside.
- 6 Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
- 7 Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
- 8 In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 9 Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)

10

When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Notes

No Arrowroot Powder: Use tapioca flour instead.

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

Pumpkin Pie Squares: Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.



Apple Crisp

8 servings

1 hour

Ingredients

2 Apple (cored and sliced)
1/3 cup Maple Syrup (divided)
1 tbsp Coconut Flour (or 1 tbsp)
1/4 cup Unsweetened Applesauce
1 cup Oat Flour
3/4 cup Oats
1 tsp Baking Powder
1/2 tsp Sea Salt
1/3 cup Coconut Oil
1 cup Organic Coconut Ice Cream (optional)

Nutrition

Amount per serving	
Calories	302
Fat	14g
Carbs	36g
Fiber	4g
Sugar	18g
Protein	4g
Sodium	218mg

Directions

- 1 Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
- 2 Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
- 3 Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
- 4 Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
- 5 Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
- 6 Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
- 7 Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
- 8 Scoop into bowls and serve with organic coconut ice cream.

Notes

Homemade Oat Flour: Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.



Pistachio Pomegranate Bark

4 servings

30 minutes

Ingredients

7 1/16 ozs Dark Organic Chocolate (at least 70% cacao)

1 cup Pomegranate Seeds

1/2 cup Pistachios (shelled and chopped)

1/4 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	435
Fat	31g
Carbs	35g
Fiber	9g
Sugar	19g
Protein	8g
Sodium	26mg

Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage: Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



Cinnamon Toasted Pecans

4 servings

15 minutes

Ingredients

- 1 cup Pecans
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	186
Fat	18g
Carbs	7g
Fiber	3g
Sugar	4g
Protein	2g
Sodium	1mg

Directions

- 1 Place nuts in a frying pan over medium heat stirring occasionally for 5 minutes or until pecans are toasted.
- 2 Drizzle maple syrup over pecans and add in cinnamon. Stir well with a wooden spoon until pecans are evenly coated. Continue stirring until pecans become sticky.
- 3 Remove from heat and spread pecans over a piece of wax paper. Let dry for 10 minutes and break apart into individual pieces. Store in a mason jar. Enjoy!



Coconut Macaroons

24 servings

30 minutes

Ingredients

2 1/2 cups Unsweetened Shredded Coconut

4 Egg (medium, whites only)

2 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	72
Fat	6g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	2g
Sodium	15mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the shredded coconut, egg whites and maple syrup until well combined.
- 3 Pack the coconut mixture into a tablespoon and transfer to the baking sheet. Tap gently until the mound slides off. Repeat until all the coconut mixture is used up.
- 4 Bake for 20 minutes or until golden brown. Let cool slightly before serving. Enjoy!

Notes

Likes it Sweet: Use sweetened shredded coconut instead of unsweetened.

Serving Size: One serving is equal to one macaroon.

Storage: Store in an airtight container in a cool, dry place up to 5 days. Freeze for up to 3 months.



Pomegranate Yogurt Bark

9 servings

2 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Pomegranate Seeds
- 1 tbsp Pumpkin Seeds

Nutrition

Amount per serving	
Calories	29
Fat	1g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	3g
Sodium	16mg

Directions

- 1 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 2 Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds overtop.
- 3 Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

Notes

Leftovers: Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

Serving Size: Each serving equals approximately one 3 x 2.5" piece.

Dairy-Free: Use coconut yogurt instead.

More Flavor: Add vanilla extract and your sweetener of choice.

Additional Toppings: Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.



Decadent Chocolate Peppermint Truffles

10 servings

20 minutes

Ingredients

1 cup Pitted Dates (packed)
3 cups Water (just boiled)
1/3 cup Cocoa Powder
1/2 tsp Peppermint Extract
3 tbsps Coconut Oil
1/3 cup Organic Dark Chocolate Chips
1/4 tsp Sea Salt (large flakes, for topping)

Nutrition

Amount per serving	
Calories	133
Fat	7g
Carbs	17g
Fiber	2g
Sugar	13g
Protein	1g
Sodium	61mg

Directions

- 1 Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
- 2 Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
- 3 Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
- 4 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

Notes

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

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

Additional Toppings: Top with crushed up candy cane or shredded coconut flakes.

More Flavor: For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.



Dark Chocolate Turtles

12 servings

30 minutes

Ingredients

1 cup Pitted Dates (soaked for 10 minutes then drained)
1/4 cup Pecans (whole or halves)
3 1/2 ozs Dark Organic Chocolate

Nutrition

Amount per serving	
Calories	96
Fat	5g
Carbs	13g
Fiber	2g
Sugar	10g
Protein	1g
Sodium	4mg

Directions

- 1 Finely chop the dates or blend in a food processor until sticky.
- 2 With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
- 3 Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
- 4 Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
- 5 Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

Notes

No Pecans: Use hazelnuts, almonds, cashews or pumpkin seeds instead.
No Dates: Use a combination of prunes, dried apricots or raisins instead.
Storage: Refrigerate or freeze in an airtight container until ready to serve.
No Microwave: Melt the chocolate in a double boiler instead.
Serving Size: One serving is equal to one dark chocolate turtle.



Peanut Butter Buckeyes

16 servings

1 hour

Ingredients

1 cup All Natural Peanut Butter
1/4 cup Vanilla Protein Powder
3 tbsps Coconut Flour
3 tbsps Maple Syrup
1/4 tsp Sea Salt
3/4 cup Organic Dark Chocolate Chips
1 1/2 tps Coconut Oil

Nutrition

Amount per serving	
Calories	188
Fat	13g
Carbs	13g
Fiber	1g
Sugar	9g
Protein	6g
Sodium	45mg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 In a medium-sized mixing bowl, add the peanut butter, protein powder, coconut flour, maple syrup and salt. Mix to combine. Using a tablespoon, roll into balls and place them on the baking sheet. Repeat until the batter is used up and then place in the freezer to harden for 30 minutes.
- 3 In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 4 Remove the bukeyes from the freezer. Using a toothpick or a fork, dunk into the melted chocolate about 2/3 of the way up. Place back on the baking sheet. Repeat until all are dipped in chocolate. Place in the fridge to harden, about 20 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks. Freeze for up to 6 months. These are best enjoyed from the fridge or freezer.

Serving Size: One serving is equal to one ball.

Nut-Free: Use sunflower seed butter instead of peanut butter.

Protein Powder: This recipe was tested with a plant-based protein powder.

No Protein Powder: Remove and replace with coconut flour, using half the amount called for.



Chewy Gingerbread Cookies

12 servings

20 minutes

Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 1/2 tsps Baking Powder
- 2 tsps Ground Ginger
- 1 tsp Cinnamon
- 3 tbsps Coconut Oil (melted)
- 1 Egg (room temp)
- 1 tsp Vanilla Extract
- 1/4 cup Fancy Molasses
- 1/4 cup Maple Syrup

Nutrition

Amount per serving	
Calories	140
Fat	9g
Carbs	14g
Fiber	2g
Sugar	10g
Protein	3g
Sodium	75mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the coconut oil, egg, vanilla, molasses and maple syrup. Mix again.
- 3 Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!

Notes

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

Serving Size: One serving is equal to one cookie.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Dark Chocolate Almond Mousse

5 servings**3 hours 5 minutes**

Ingredients

2 cups Unsweetened Almond Milk
1/2 cup Chia Seeds
1/2 cup Cocoa Powder
1/4 cup Almond Butter
3 tbsps Monk Fruit Sweetener
1 tsp Vanilla Extract
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	206
Fat	16g
Carbs	23g
Fiber	10g
Sugar	1g
Protein	8g
Sodium	303mg

Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size: One serving is roughly 1/2 cup.

Additional Toppings: Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter: Use another nut or seed butter instead.



Spiced Pears with Pomegranate

4 servings

10 minutes

Ingredients

3 Pear (peeled, cored, diced)
1 tbsp Lemon Juice
1 tbsp Maple Syrup
1/4 tsp Cardamom
1/2 tsp Cinnamon
1/4 cup Pomegranate Seeds

Nutrition

Amount per serving	
Calories	99
Fat	0g
Carbs	26g
Fiber	5g
Sugar	17g
Protein	1g
Sodium	2mg

Directions

- 1 Combine all ingredients into a large mixing bowl. Mix well, then divide into cups. Enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup.

More Flavor: Broil in the oven until tender and slightly charred.

Additional Toppings: Top with maple syrup, coconut whipped cream, yogurt, crushed nuts, coconut butter or nut butter.



Warm Citrus, Maple & Ginger Tonic

1 serving**10 minutes**

Ingredients

- 1 1/2 cups Water
- 1 1/2 tbsps Ginger (sliced)
- 1 Clementines (peeled)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	94
Fat	0g
Carbs	24g
Fiber	1g
Sugar	19g
Protein	1g
Sodium	11mg

Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 2 Use the end of a wooden spoon to mash the clementine in a mug. Add the hot ginger water and maple syrup to the mug. Stir until dissolved. Enjoy!

Notes

Leftovers: Refrigerate for up to seven days and reheat over the stovetop (optional). As the ginger will continue to steep, you may need to add more water if it is too spicy.

More Flavor: Use the zest of the clementine.

No Maple Syrup: Use raw honey instead.

No Clementine: Use lemon juice or apple cider vinegar instead.

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