



FULL BODIED NUTRITION INC.

HEALTHY NUTRITION & STRESS MANAGEMENT STRATEGIES

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7 Recipes - Apples

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Butternut Squash & Apple Hash with an Egg

3 servings
25 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil (divided)
2 cups Butternut Squash (peeled and chopped into 1 cm cubes)
1/2 cup Red Onion (chopped)
1/4 tsp Sea Salt
1 Apple (small, finely chopped)
2 cups Kale Leaves (chopped)
1/4 tsp Cinnamon
6 Egg

Directions

- 1 Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
- 2 Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 3 In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
- 4 Divide the breakfast hash between plates and top with an egg. Enjoy!

Notes

Leftovers: Refrigerate the breakfast hash in an airtight container for up to five days. The eggs are best enjoyed freshly cooked.

Serving Size: One serving is approximately 1 cup of breakfast hash and 2 eggs.

More Protein: Add in cooked sausage, chicken or bacon.

Apple: This recipe was created and tested using Spartan apples.

Consistency: Chop the butternut squash and apples into similar size cubes to ensure even cooking.

No Red Onion: Use a yellow or sweet onion instead.



Turkey Apple Breakfast Hash

4 servings

35 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbsp Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 2 Apple (cored and diced)
- 1/4 tsp Sea Salt (to taste)

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians: Use lentils instead of ground turkey.

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



Apple, Beet & Carrot Slaw

3 servings
10 minutes

Ingredients

2 Beet (medium-size, peeled, julienned)
2 Carrot (julienned)
2 cups Kale Leaves (shredded)
1 Apple (julienned)
3 tbsps Orange Juice
1 tbsp Lemon Juice
1/8 tsp Sea Salt
1/4 cup Parsley (chopped)

Directions

- 1 In a large bowl add the beets, carrots, kale and apple.
;
- 2 In a small bowl, whisk together the orange juice, lemon juice and sea salt.
;
- 3 Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

Notes

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

Serving Size: One serving is equal to about 3/4 cup salad.

More Flavor: Add some dijon or honey mustard to the dressing.

Additional Toppings: Top with pumpkin seeds.



Chickpea Waldorf Salad

4 servings

15 minutes

Ingredients

1/2 Avocado (peeled and diced)
2 tbsps Apple Cider Vinegar
1 tbsp Dijon Mustard
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Water
2 cups Chickpeas (cooked, drained and rinsed)
2 stalks Celery (chopped)
1 Apple (cored and diced)
1 cup Grapes (halved)
1/2 cup Red Onion (finely diced)
1/4 cup Parsley
1/2 cup Walnuts (chopped)
4 cups Baby Spinach

Directions

- 1 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
- 2 Combine chickpeas, celery, apple, grapes, onion, parsley and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Serve over baby spinach. Enjoy!

Notes

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

On-the-Go: Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

Nut-Free: Use sunflower seeds instead of walnuts.



Apple Sausage Bites

2 servings
20 minutes

Ingredients

- 8 ozs Pork Sausage
- 1/2 Apple (core removed, sliced)
- 3/4 cup Sauerkraut

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the sausage on a pan and bake for 20 minutes or until cooked through. Cut into slices when cool enough to handle.
- 3 Stack the sausage on top of each apple slice and garnish with sauerkraut. Enjoy!

Notes

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

Serving Size: One serving is approximately six pieces.

Make it Vegan: Use marinated tofu, tempeh or chopped vegan burgers instead of sausage.



Apple Turkey Burgers with Caramelized Onions & Brie

4 servings

45 minutes

Ingredients

- 1 tbsp Coconut Oil
- 2 Yellow Onion (peeled and finely sliced)
- 2 Apple (green, divided)
- 1 lb Extra Lean Ground Turkey
- 2 tsps Dijon Mustard
- 1/2 tsp Ground Sage
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 ozs Brie Cheese
- 1 head Green Lettuce (separated into leaves and washed)

Directions

- 1 Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1 to 2 tbsp of water at a time to deglaze the pan. Set aside.
- 2 Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
- 3 In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
- 4 Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
- 5 Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

BBQ Lover: Grill your apple slices too.

No Grill: Cook burgers in the oven at 350 for 15 minutes per side.

More Carbs: Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers: Can be frozen up to 6 months in an airtight container.



No Bake Apple Cinnamon Bites

14 servings

15 minutes

Ingredients

1 cup Oats (quick or traditional)
1/4 cup Ground Flax Seed
1/2 tsp Cinnamon
1/3 cup Almond Butter
2 tbsps Raw Honey
1 Apple (peeled, cored and finely diced)

Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

Notes

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

Serving Size: One serving is equal to one ball.

Vegan: Use maple syrup instead of honey.

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