



Fun, Healthy Holiday Recipes

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A.B.S.MindBody

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A.B.S.MINDBODY

I hope you enjoy these fun, healthy holiday recipes!

Andrea xx

Disclaimer

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

FRUITS

- 6 Apple
- 1 1/4 cups Grapes
- 1 1/4 Lemon
- 3 tbsps Lemon Juice
- 2 Pear
- 1 cup Pomegranate Seeds

BREAKFAST

- 3 1/2 cups Maple Syrup
- 1/2 cup Organic Coffee

SEEDS, NUTS & SPICES

- 1 cup Almonds
- 1/4 tsp Black Pepper
- 1 cup Cashews
- 1/2 cup Chia Seeds
- 3 1/2 tbsps Cinnamon
- 1 tsp Garlic Powder
- 2/3 cup Ground Flax Seed
- 1 2/3 tbsps Ground Ginger
- 1 tsp Ground Sage
- 1 1/4 tbsps Nutmeg
- 1/2 cup Pistachios
- 1 3/4 cups Pumpkin Seeds
- 2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sunflower Seeds
- 1 1/2 cups Walnuts

FROZEN

- 1 cup Organic Coconut Ice Cream

VEGETABLES

- 2 cups Butternut Squash
- 1 Carrot
- 1 Garlic
- 1 tbsp Ginger
- 1 Sweet Potato

BOXED & CANNED

- 2 cups Brown Rice Macaroni
- 1 cup Chickpeas
- 1 3/4 cups Organic Coconut Milk
- 2 cups Organic Vegetable Broth
- 7 1/16 ozs Seed Crackers

BAKING

- 1 cup All Purpose Gluten Free Flour
- 4 1/2 cups Almond Flour
- 3 1/2 tbsps Arrowroot Powder
- 3 1/16 tbsps Baking Powder
- 2 1/2 tps Baking Soda
- 1/4 cup Cocoa Powder
- 1 1/2 cups Coconut Flour
- 3 tbsps Coconut Sugar
- 7 1/16 ozs Dark Organic Chocolate
- 1/2 cup Fancy Molasses
- 1/4 tsp Ground Cloves
- 1/4 cup Monk Fruit Sweetener
- 1/3 cup Nutritional Yeast
- 3 cups Oat Flour
- 7 1/2 cups Oats
- 1 1/2 cups Pitted Dates
- 3 3/4 tbsps Pumpkin Pie Spice
- 12 cups Pureed Pumpkin
- 1/4 cup Raw Honey
- 1/4 cup Tapioca Flour
- 1/4 cup Unsweetened Applesauce
- 1/4 cup Unsweetened Coconut Flakes
- 1 3/4 tbsps Vanilla Extract

CONDIMENTS & OILS

- 1 tsp Apple Cider Vinegar
- 1/4 cup Black Olives
- 2 2/3 cups Coconut Oil
- 1 1/2 tps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 cups Sunflower Seed Butter
- 2 tbsps Tahini

COLD

- 2/3 cup Coconut Butter
- 19 Egg
- 6 cups Unsweetened Almond Milk

OTHER

- 1/2 cup Vanilla Protein Powder
- 1/3 cup Water

Spider Web Pumpkin Soup

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Coconut Oil
2 1/4 cups Pureed Pumpkin
2 cups Organic Vegetable Broth
1/2 cup Unsweetened Almond Milk
1 tsp Ground Ginger
1 tsp Ground Sage
1 1/2 tps Maple Syrup
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1/4 cup Organic Coconut Milk (optional)
1/4 cup Black Olives (pitted and sliced)

DIRECTIONS

- 01 In a large pot, heat coconut oil over medium heat. Stir in pumpkin, broth, almond milk, ginger, sage, maple syrup, salt and pepper.
- 02 Bring to a boil and let simmer for about 10 minutes. Divide the pumpkin soup into separate bowls.
- 03 Meanwhile, slice your black olives and set aside for garnish.
- 04 Put the coconut milk into a squeeze bottle and draw a spiral in each bowl of soup. Use a toothpick to draw straight lines from the center of each spiral to the outer edges.
- 05 Garnish soup with olive slices in the form of spiders. Enjoy!

NOTES

NO COCONUT MILK

Use Greek yogurt.

NO SQUEEZE BOTTLE

Place coconut milk in one end of a small plastic sandwich bag and make a very small cut in the corner. Gently squeeze the milk out of the bag to draw your spiderwebs.

STORAGE

Store in the fridge up to 3-4 days or freezer up to 6 months in an air-tight container. If storing in mason jars, use wide-mouth jars and leave at least 1 inch of space at the top to allow the fluid to expand.

SERVE IT WITH

Toasted organic bread and our Grilled Cherry Salad.

Pumpkin Breakfast Donuts

6 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Oat Flour
1/2 cup Chia Seeds
1/4 cup Monk Fruit Sweetener
1 1/2 tsps Baking Powder
1/8 tsp Sea Salt
2 tsps Pumpkin Pie Spice
2/3 cup Unsweetened Almond Milk
2 tbsps Coconut Oil (melted)
1/2 cup Pureed Pumpkin
2 tbsps Coconut Butter (melted)

DIRECTIONS

- 01 Preheat your oven to 350°F (177°C) and lightly grease your donut pan.
- 02 In a large bowl, combine the oat flour, chia seeds, monk fruit sweetener, baking powder, sea salt, and pumpkin pie spice.
- 03 Add the almond milk, coconut oil, and pumpkin puree. Mix well and transfer to a piping bag or a large ziploc bag with the corner sliced off. Pipe the batter into the donut pan using a circular motion.
- 04 Bake for about 15 minutes, or until golden brown. Remove from oven and let cool. Once cooled, drizzle with melted coconut butter. Enjoy!

NOTES

NO DONUT PAN

Use a muffin tin instead.

NO MONK FRUIT SWEETENER

Use coconut sugar instead.

STORAGE

Store in an airtight container in the fridge up to 4 to 5 days, or freeze for longer.

SERVING SIZE

One serving is equal to one donut.

Cinnamon Toast Crunch Pumpkin Seeds

2 SERVINGS 50 MINUTES



INGREDIENTS

1/2 cup Pumpkin Seeds (rinsed and dried)
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Maple Syrup
1/4 tsp Sea Salt
1/4 tsp Cinnamon

DIRECTIONS

- 01 Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 02 Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
- 03 Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

NOTES

BEST RESULTS

This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

NO FRESH SEEDS

Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

STORAGE

Once completely cooled, store in an air-tight container at room temperature.

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)

DIRECTIONS

- 01 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.
- 02 Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
- 03 Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
- 04 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.
- 05 Gently press each cut-out into a parchment cup to form the crust. Set aside.
- 06 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.
- 07 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.
- 08 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.
- 09 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.

Gingerbread Protein Cookies

12 SERVINGS 20 MINUTES



INGREDIENTS

1 1/4 cups Almond Flour
1/2 cup Vanilla Protein Powder
3 tbsps Coconut Sugar
1 tsp Baking Powder
1 tsp Cinnamon
1/4 tsp Nutmeg
2 tbsps Fancy Molasses
1 tbsp Maple Syrup
1 Egg
1/4 cup Tapioca Flour (or any type of flour, for dusting)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
- 03 Add wet ingredients to the dry ingredients and mix until a dough forms.
- 04 Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
- 05 Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

NOTES

NO COOKIE CUTTER

Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

PROTEIN POWDER

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.

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

DIRECTIONS

- 01 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 02 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.
- 03 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.
- 04 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.

Apple Spice Muffins

12 SERVINGS 40 MINUTES



INGREDIENTS

1 1/4 cups Almond Flour
1/4 cup Coconut Flour
1 tsp Cinnamon
1/2 tsp Nutmeg
1/2 tsp Baking Soda
1/4 tsp Sea Salt
2 Apple (cored and finely diced)
4 Egg (whisked)
1/4 cup Coconut Oil
1/4 cup Maple Syrup
1/3 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a muffin tin with wrappers.
- 02 Combine the almond flour, coconut flour, cinnamon, nutmeg, baking soda and sea salt in a large mixing bowl and mix well. Add in the apples, eggs, coconut oil, maple syrup and almond milk. Stir until all ingredients are evenly distributed then divide into muffin tins. (Note: To make them fancy, dice an extra apple and sprinkle it on top of each muffin. Then sprinkle with extra cinnamon.)
- 03 Bake for 25 to 30 minutes. Let cool completely and enjoy!

NOTES

NO APPLES

Use pears instead.

STORAGE

Store at room temperature for 3 days, or freeze up to 3 months.

Gingerbread Brownies

9 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Pitted Dates
3 Egg
2 2/3 tbsps Fancy Molasses
1/2 cup Coconut Oil
2 tsps Vanilla Extract
1 cup Unsweetened Almond Milk
1/2 cup Coconut Flour
1/4 cup Cocoa Powder
2 tsps Ground Ginger
1/4 tsp Ground Cloves
1 tsp Baking Soda
3/4 tsp Baking Powder
1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 Place dates in a food processor and pulse until pureed, or chop the dates finely.
- 03 In a large bowl, blend the dates, eggs, molasses, melted coconut oil, vanilla extract and almond milk until thoroughly combined.
- 04 Combine the remaining dry ingredients in a separate bowl.
- 05 Slowly add the dry ingredients to the wet ingredients and combine thoroughly, scraping down the sides until you have a smooth batter.
- 06 Line a 9x9 baking pan with parchment paper, pour in the batter and spread evenly. Bake for 30 minutes or until a toothpick comes out clean.
- 07 Sprinkle with a little cocoa powder and let cool for at least 10 minutes. Slice, serve and enjoy!

NOTES

STORAGE

Refrigerate in an air-tight container up to 4 days. To freeze, wrap brownies tightly with aluminum foil or plastic freezer wrap, or place in a heavy-duty BPA-free freezer bag.

MAKE IT AS A CAKE

Cut out parchment paper to line a 9" cake pan. Cook per instructions above and let cool. Top with whipped coconut cream.

Chewy Gingerbread Cookies

12 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Almond Flour
1/4 cup Coconut Flour
1 1/2 tsp Baking Powder
2 tsp 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

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 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.
- 03 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

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.

Pumpkin Spice Granola

12 SERVINGS 40 MINUTES



INGREDIENTS

3 cups Oats (rolled)
1 cup Walnuts (chopped)
1/2 cup Pumpkin Seeds
1/4 cup Ground Flax Seed
1/4 tsp Sea Salt
3/4 tsp Pumpkin Pie Spice
1/2 tsp Cinnamon
1/4 cup Coconut Oil
1/3 cup Maple Syrup
1/3 cup Pureed Pumpkin

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
- 03 In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
- 04 Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
- 05 Divide into bowls or store sealed in a jar until ready to use. Enjoy!

NOTES

LEFTOVERS

Stores well in an airtight container up to a week. Freezes well for longer.

NO WALNUTS

Use pecans or slivered almonds instead.

NUT-FREE

Skip the nuts and add extra pumpkin seeds.

SERVE IT WITH

Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

OPTIONAL ADD-INS

Raisins, dried cranberries, berries or coconut flakes.

Pumpkin Loaf

12 SERVINGS 1 HOUR



INGREDIENTS

3 Egg
3/4 cup Sunflower Seed Butter
1/3 cup Maple Syrup
1/2 cup Pureed Pumpkin
3 tbsps Coconut Oil
1/2 Lemon (juiced)
1/4 cup Coconut Flour
2 tsps Cinnamon
1 tsp Nutmeg
1/3 tsp Baking Powder
1 1/2 tsps Ginger (grated)
1/4 tsp Sea Salt

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
- 02 In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
- 03 Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
- 04 Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
- 05 Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

NOTES

STORAGE

Store in an airtight container in the fridge for 4 to 5 days. If not eating right away, wrap and store in the freezer.

MUFFINS

Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

MAKE IT SWEET

Stir in a handful of dark organic chocolate chips to the batter before baking.

SERVE IT WITH

A cup of herbal tea or our Pumpkin Spice Latte.

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)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
- 02 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.
- 03 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.
- 04 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.
- 05 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.
- 06 Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
- 07 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.
- 08 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.

Pumpkin Breakfast Cookies

8 SERVINGS 45 MINUTES



INGREDIENTS

1 1/4 cups Oats (quick or rolled)
1 1/2 tsps Ground Flax Seed
2 tsps Cinnamon
1 tsp Nutmeg
1/4 tsp Sea Salt
1 1/2 tsps Baking Powder
1/2 cup Pumpkin Seeds
1/2 cup Sunflower Seeds
1 cup Pitted Dates (chopped)
1 Egg
3/4 cup Pureed Pumpkin
1/4 cup Raw Honey
1 tbsp Coconut Oil (melted)
1 Carrot (grated)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 03 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 04 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 05 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 06 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

NOTES

MAKE IT SWEETER

Add in a handful of dark organic chocolate chips.

VEGAN

Use maple syrup instead of honey and a chia egg instead of an egg.

STORAGE

Store in the freezer in a zip-loc bag up to 1 month.

Pumpkin Mac n' Cheese

4 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Brown Rice Macaroni (dry)
1 cup Unsweetened Almond Milk
1 tbsp Arrowroot Powder
1 tsp Garlic Powder
1/3 cup Nutritional Yeast
1 1/2 tsps Dijon Mustard
1 cup Pureed Pumpkin
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 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.
- 02 Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
- 03 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 04 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in an air-tight container in the fridge for up to 5 days.

SPICE LOVER

Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

MORE PROTEIN

Add cooked diced chicken, chickpeas or lentils.

MORE VEGETABLES

Add wilted spinach, kale and/or sauteed mushrooms.

Butternut Squash Hummus

6 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Butternut Squash (peeled and diced into 1-inch cubes)
2 tbsps Tahini
2 tbsps Lemon Juice
1/2 tsp Sea Salt
1/4 cup Extra Virgin Olive Oil
7 1/16 ozs Seed Crackers

DIRECTIONS

- 01 Steam the butternut squash in a steaming basket for 6 to 8 minutes, or until it is tender when pierced with a fork.
- 02 Add steamed squash to a blender or food processor along with the tahini, lemon juice and sea salt. Drizzle in the extra virgin olive oil and process until smooth and creamy.
- 03 Transfer the hummus to a bowl and refrigerate until ready to eat. Serve with crackers. Enjoy!

NOTES

LEFTOVERS

Keeps well in a sealed container in the fridge for 5 to 6 days.

NO BUTTERNUT SQUASH

Use acorn squash or another type of squash instead.

MORE FLAVOUR

Play around with adding garlic or herbs. You can also roast the squash for a deeper flavour.

GARNISH WITH

Sesame seeds or hemp seeds.

SAVE TIME

Buy pre-sliced butternut squash from the produce section or frozen aisle.

Pumpkin Hummus

2 SERVINGS 10 MINUTES



INGREDIENTS

1/4 cup Pureed Pumpkin
1 cup Chickpeas (cooked, drained and rinsed)
1 Garlic (clove)
1/4 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt

DIRECTIONS

01 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

NOTES

MAKE IT SPICY

Add chili powder, cayenne pepper or chili flakes.

EXTRA TOPPINGS

Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

SERVE IT WITH

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

STORAGE

Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.

Pumpkin Pie Baked Oatmeal

6 SERVINGS 45 MINUTES



INGREDIENTS

2 cups Pureed Pumpkin
2 Egg
1/2 cup Maple Syrup
1 tbsp Pumpkin Pie Spice
1 tsp Vanilla Extract
3/4 tsp Baking Powder
1/2 tsp Sea Salt
1 cup Unsweetened Almond Milk
2 1/2 cups Oats (rolled or quick)
1/4 cup Ground Flax Seed
1/4 cup Pumpkin Seeds

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- 02 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 03 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

NOTES

STORAGE

Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

EGG-FREE

Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

MUFFINS

Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

Pumpkin Spice Fruit Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

- 2 Apple (peeled and chopped into cubes)
- 2 Pear (peeled and chopped into cubes)
- 1 1/4 cups Grapes (seedless, halved)
- 1 tbsp Lemon Juice
- 2 tbsps Maple Syrup
- 1 tsp Pumpkin Pie Spice

DIRECTIONS

- 01 Combine the apples, pears and grapes in a bowl and toss well.
- 02 Combine the lemon juice, maple syrup and pumpkin pie spice in a small jar. Stir well to mix, then pour it over the fruit. Toss the fruit salad until everything is coated.
- 03 Serve immediately or keep covered in the fridge.

NOTES

LEFTOVERS

Store covered in the fridge up to two days.

Sweet Potato Flatbread

6 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Sweet Potato (large, peeled and sliced)
- 1/2 tsp Sea Salt
- 1 cup All Purpose Gluten-Free Flour (plus extra for dusting)
- 2 tbsps Coconut Oil (divided)

DIRECTIONS

- 01 Bring a pot of water to a boil. Place sweet potato in a steamer over boiling water and cover for 7 minutes (or until tender). Mash and measure out 1 cup per 6 servings. (Set any leftovers aside to use in another meal.)
- 02 In a mixing bowl, use a spatula to combine the sweet potato, salt and the flour. If the dough feels wet, add an extra tablespoon of flour at a time until it is soft and workable. Note, the moisture level of sweet potatoes may vary and require more or less flour.
- 03 Dust your hands and working surface with flour. Roll the dough into 2-inch balls. Then, roll each ball flat to about 1/8- to 1/4-inch thick.
- 04 Heat half the coconut oil in large skillet over medium-low heat and cook each flatbread for about 2 to 3 minutes per side. Add more oil as needed between flatbreads.
- 05 Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

NOTES

FLOUR

This recipe was tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, results may vary.

SERVE IT WITH

Hummus, curry, stew, soup, lentils, black beans or caramelized apples.

SAVE TIME

Steam a large batch of mashed sweet potatoes earlier in the week and set aside a portion for this recipe.

STORAGE

Refrigerate in an airtight container up to 4 days or freeze for up to 6 months.

SERVING SIZE

One serving is equal to one flatbread.

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

DIRECTIONS

- 01 Brew your coffee and set aside.
- 02 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.
- 03 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 04 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.
- 05 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 tbsp ground allspice. Store in an air-tight container.

CAFFIENE FREE

Replace coffee with additional almond milk.

Pumpkin Muffins

12 SERVINGS 40 MINUTES



INGREDIENTS

2 tbsps Ground Flax Seed
1/3 cup Water
1/3 cup Unsweetened Almond Milk
1 tsp Apple Cider Vinegar
1 1/2 cups Oat Flour
1 cup Almond Flour
1 tsp Baking Soda
1/2 tsp Baking Powder
1 tsp Pumpkin Pie Spice
1/4 tsp Sea Salt
1 cup Pureed Pumpkin
1/2 cup Maple Syrup
2 tbsps Coconut Oil (melted)
1/2 cup Walnuts (roughly chopped)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 02 In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
- 03 In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
- 04 Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
- 05 Remove from oven and let cool before serving or storing. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

SERVING SIZE

One serving is equal to one muffin.

NO WALNUTS

Use chocolate chips instead of walnuts.

Pumpkin Energy Balls

12 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Coconut Butter (melted)
1/2 cup Pureed Pumpkin
1 tsp Pumpkin Pie Spice
1 1/2 tps Monk Fruit Sweetener
1/8 tsp Sea Salt

DIRECTIONS

- 01 In a blender or food processor add all ingredients and process until the mixture comes together.
- 02 Remove the mixture from the blender or food processor and place in a bowl. Set the bowl in the freezer for 15 to 20 minutes. Once the mixture is set, roll into balls. Store in the fridge or freezer until ready to eat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately one ball.

COCONUT BUTTER

Ensure the coconut butter is melted, otherwise the mixture will not hold together.

NO MONK FRUIT SWEETENER

Use maple syrup and increase the amount to taste.