



BALANCE & BLOOM

Healthy Holidays

Created by Balance and Bloom



Roasted Cranberry & Sweet Potato Quinoa Salad

10 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 400°F (204°C).
2. In a glass or foil-lined baking dish, toss the sweet potato with 1/3 of the avocado oil, and salt. Roast for 30 minutes, adding the cranberries midway.
3. Combine the quinoa and water in a saucepan over high heat. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid, turn off the heat and fluff with a fork.
4. In a large mixing bowl, whisk together the remaining avocado oil, apple cider vinegar, mustard and maple syrup. Add the roasted sweet potato, cranberries, quinoa and pumpkin seeds. Gently toss until well combined. Enjoy!

Notes

No Sweet Potato

Use carrots or butternut squash instead.

Leftovers

Refrigerate in an airtight container up to five days.

No Quinoa

Use rice or cauliflower rice instead.

More Greens

Add spinach or arugula.

Ingredients

- 4 Sweet Potato (medium, peeled and cubed)
- 3 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 2 cups Frozen Cranberries (or fresh)
- 1 cup Quinoa (dry, uncooked)
- 2 cups Water
- 1 1/2 tbsps Apple Cider Vinegar
- 2 tsps Dijon Mustard
- 1 tbsp Maple Syrup
- 1/2 cup Pumpkin Seeds

Riced Parsnip with Crispy Sage

4 ingredients · 10 minutes · 2 servings



Directions

1. Add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
2. In a skillet over medium-low heat, add the extra virgin olive oil and the sage. Fry the sage until the leaves are crispy, about 3 to 4 minutes. Remove the sage, leaving the olive oil. Roughly chop the sage leaves.
3. Add the riced parsnip to the skillet and cook for about 5 to 7 minutes, until cooked through. Add the sage and sea salt on top. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Sage

Season with another herb such as rosemary, thyme or parsley.

Ingredients

- 2 Parsnip (peeled, chopped)
- 1/4 cup Fresh Sage (loosely packed)
- 1 tsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt

Baked Chicken & Carrots with Cilantro Lime Sauce

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
3. While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
4. Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is half a chicken breast, 3/4 cup of carrots and 2 tablespoons of the sauce.

More Flavor

Season chicken and carrots with black pepper, ground ginger, cumin, paprika, garlic powder or chili powder as well before baking.

No Chicken Breast

Use chicken thighs or drumsticks instead.

More Veggies

Add in cauliflower, zucchini or potatoes.

Ingredients

- 1 lb Chicken Breast
- 3 Carrot (medium-sized, peeled, roughly chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 1/2 cups Cilantro
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Water (optional)

Pork Roast with Potatoes & Green Beans

11 ingredients · 10 hours · 10 servings



Directions

1. Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
2. Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
3. Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Baste with the juices.
4. Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
5. Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
6. Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately six ounces of roast pork, one medium potato, and one cup of green beans.

More Flavor

Add fresh oregano and orange zest to the marinade.

Additional Toppings

Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.

Ingredients

- 3/4 cup Extra Virgin Olive Oil (divided)
- 3/4 cup Orange Juice
- 1/2 cup Lime Juice
- 1 cup Cilantro
- 1/4 cup Mint Leaves
- 6 Garlic (cloves)
- 2 tsps Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 4 lbs Pork Shoulder, Boneless
- 10 Yellow Potato (medium, chopped)
- 10 cups Green Beans (trimmed)

Creamy Fall Vegetable Bake

10 ingredients · 1 hour · 6 servings



Directions

1. Preheat the oven to 400°F (204°C)
2. Add the chopped vegetables to a baking dish and toss to combine.
3. Add the remaining ingredients to a jar with a lid and shake well. Pour the mixture over the vegetables and carefully stir to incorporate.
4. Cover the baking dish and bake for 45 to 50 minutes or until the vegetables are very tender.
5. Remove from the oven and let cool slightly before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add herbs like parsley or thyme. Use vegetable broth instead of water.

Additional Toppings

Fresh herbs, nutritional yeast or fresh ground pepper.

Vegetables

For six servings, use any combination of raw, hearty, root vegetables totaling 8 cups.

Baking Dish

For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

Ingredients

3 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)

3 Parsnip (medium, peeled and chopped into 1/2-inch pieces)

1 Sweet Potato (peeled and chopped into 1/2-inch pieces)

1 Carrot (large, peeled and chopped into 1/2-inch pieces)

1 Yellow Onion (chopped)

1/4 cup Water

3/4 cup Canned Coconut Milk (full fat)

3 Garlic (cloves, minced)

2 tsps Nutritional Yeast

1 tsp Sea Salt

Dark Chocolate Granola Bites

9 ingredients · 20 minutes · 18 servings



Directions

1. Preheat the oven to 350°F (176°C).
2. In a large mixing bowl, combine the maple syrup and sunflower seed butter. Fold in the remaining ingredients with a spatula until thoroughly combined.
3. Add the granola mixture to each mold of a silicone or parchment-lined mini muffin tray. Use your fingers or the back of a spoon to pack the mixture down firmly.
4. Bake for 10 to 15 minutes or until golden brown. Let cool before removing the granola bites from the muffin tray. Enjoy!

Notes

Leftovers

Freeze in an airtight container or bag for up to three months.

Serving Size

One serving is two mini muffin-sized granola bites.

No Sunflower Seed Butter

Use almond butter, tahini or peanut butter.

No Maple Syrup

Use raw honey instead.

Enjoy it Raw

Roll into balls or press firmly into a parchment-lined baking tray. Freeze for at least one hour before enjoying it. Cut into slices if using a tray.

No Mini Muffin Tray

Use a regular muffin tray or a baking pan and adjust cooking time as needed.

Ingredients

- 1/2 cup Maple Syrup
- 1 cup Sunflower Seed Butter (melted)
- 1 cup Oats (rolled)
- 3/4 cup Unsweetened Coconut Flakes
- 5 1/16 ozs Dark Chocolate (chopped, or Dark Chocolate Chips)
- 1/4 cup Raisins
- 1 tsp Cinnamon
- 1/4 cup Whole Flax Seeds
- 1/4 cup Chia Seeds

Roasted Broccoli & Pecans

5 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the broccoli florets on the baking sheet and season with olive oil, nutritional yeast and sea salt. Add the pecans and mix well.
3. Cook the broccoli in the oven for 15 minutes. Remove from the oven, toss the mixture and cook for 10 minutes more or until the broccoli is slightly browned.
4. Remove from the oven and divide between plates. Enjoy!

Ingredients

4 cups Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil
1/4 cup Nutritional Yeast
1/4 tsp Sea Salt
1/3 cup Pecans (chopped)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one cup.

No Pecans

Use almonds or walnuts instead.

More Flavor

Add garlic powder or chilli powder.

Garlic & Herb Hasselback Potatoes

6 ingredients · 1 hour 5 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with aluminum foil or parchment paper.
2. Place two chopsticks (or wooden spoons) on both sides of the potato lengthwise. Using a sharp knife, thinly slice the potato until it reaches the chopstick (this prevents the knife from going all the way through). Repeat with remaining potatoes.
3. Brush the potatoes with the oil and season well with salt and pepper. Place on the baking sheet and bake for 50 minutes.
4. Melt the butter in a microwave safe bowl in 30 second increments. Once melted, add the garlic and rosemary and stir to combine.
5. Remove the potatoes from the oven and brush with the butter mixture, making sure to coat all the slices in the potato well. Place back in the oven and bake for another 10 to 15 minutes, until cooked through. Let cool slightly before eating. Enjoy!

Ingredients

- 2 Russet Potato (large)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Butter
- 2 Garlic (cloves, sliced thin)
- 1/2 tsp Rosemary (chopped)

Notes

Leftovers

Store in an airtight container in the fridge for up to three days.

Serving Size

One serving is one potato.

Dairy-Free

Use a dairy-free butter alternative.

Additional Toppings

Top with finely grated parmesan.

Make it Vegan

Use a vegan butter.

Sausage & Mushroom Stuffed Squash

11 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Drizzle the oil on the squash and place cut side down on a baking sheet lined with parchment paper. Bake for 20 to 30 minutes, or until tender when pierced with a fork.
2. While the squash bakes, add the rice to a medium pot with the water and cook according to the directions on the package.
3. In a pan, over medium heat, add the sausage and cook for 3 to 4 minutes, breaking it up as it cooks. Add the celery and cook for 2 to 3 minutes, then add the mushrooms and cook for 4 to 5 minutes. Add the spinach and stir until it has wilted and the sausage is completely cooked through.
4. Remove the pan from the heat and add the wild rice to the pan along with the lemon juice and sea salt. Mix well.
5. Spoon the rice/sausage mixture into the baked squash and garnish with parsley (optional). Enjoy!

Notes

No Pork Sausage

Use chicken sausage or beef sausage instead.

Vegan and Vegetarian

Use cooked lentils instead of sausage.

Meal Prep

Cook the squash and the rice ahead of time and warm through before serving.

Leftovers

Keeps well in the fridge up to three days.

Ingredients

- 1 tsp Avocado Oil
- 2 Acorn Squash (halved and seeds removed)
- 1/3 cup Wild Rice (dry, uncooked)
- 3/4 cup Water
- 12 ozs Pork Sausage (casings removed)
- 2 stalks Celery (chopped)
- 1 1/2 cups Shiitake Mushrooms (chopped)
- 3 cups Baby Spinach
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (optional, finely chopped)

Turkey Rolls with Cranberry Sauce

10 ingredients · 1 hour 10 minutes · 4 servings



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.

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** Vegetable Broth
- 2 **cups** Frozen Cranberries (diced)
- 1 Navel Orange (juiced)
- 1 **tbsp** Raw Honey
- Twine

Roasted Butternut Squash Harvest Bowl

9 ingredients · 40 minutes · 4 servings



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.

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

Winter Kale Salad

10 ingredients · 20 minutes · 4 servings



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.

Serving Size

One serving equals approximately two cups.

No Pear

Use sliced apple instead.

No Kale

Use Swiss chard or collard greens instead.

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsps 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)

Spicy Cashews

8 ingredients · 25 minutes · 8 servings



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.

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 tpsps Raw Honey
- 1 tsp Avocado Oil
- 1/2 tsp Sea Salt

Roasted Broccoli Salad with Lemon Dressing

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli, avocado oil and half the sea salt to the sheet and toss to combine. Bake for 15 to 20 minutes, until crispy.
2. In a small bowl, add the extra virgin olive oil, lemon juice and the remaining sea salt.
3. Add the kale to a large bowl along with the broccoli, pomegranate seeds, pumpkin seeds and feta. Drizzle the dressing over top and toss to combine. Serve and enjoy!

Notes

Leftovers

Refrigerate the salad contents and dressing in separate airtight containers for up three days.

Dairy-Free

Omit the feta or use a dairy-free cheese.

No Avocado Oil

Use olive oil instead.

Additional Toppings

Add chickpeas, edamame, cooked chicken or salmon to make it a meal.

Ingredients

- 3 cups Broccoli (florets, chopped)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 3 cups Baby Kale
- 3 tbsps Pomegranate Seeds
- 2 tbsps Pumpkin Seeds
- 1/4 cup Feta Cheese (crumbled)

Crispy Brussels Sprouts with Dip

6 ingredients · 35 minutes · 4 servings



Directions

1. Preheat your oven to 425°F (218°C). Line a baking sheet with parchment paper and add the brussels sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste. Toss to combine then bake for 25 minutes.
2. Meanwhile, make the dip by combining the mayonnaise, apple cider vinegar and paprika in a small bowl. Mix well.
3. Remove the brussels sprouts from the oven and serve with dipping sauce on the side. Enjoy!

Notes

Leftovers

Keep leftovers in the fridge in a sealed container up to 3 days.

No Avocado Oil

Use olive oil or coconut oil instead.

Ingredients

- 2 cups** Brussels Sprouts (trimmed and halved)
- 1 tsp** Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Mayonnaise
- 1 tsp** Apple Cider Vinegar
- 1/4 tsp** Smoked Paprika

Sweet Potato & Egg Hash

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Heat a cast iron pan over medium heat and add oil. Once melted, add the diced sweet potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes.
3. Add the smoked paprika and diced pepper and cook for another 2 minutes. Then add the chopped kale and cook until just wilted. Remove the pan from the heat.
4. Make two spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place in the oven to bake for 6 to 8 minutes, or until eggs are cooked to your preference.
5. Remove from the oven and garnish with avocado and green onion. Divide onto plates and enjoy!

Notes

No Sweet Potato

Use butternut squash instead.

No Kale

Use another leafy green, such as beet greens or rapini.

More Protein

Add extra eggs.

Prep Ahead

Chop vegetables in advance to save time.

Ingredients

- 1 tsp Coconut Oil
- 1 Sweet Potato (medium, diced)
- 1/2 tsp Smoked Paprika
- 1 Red Bell Pepper (diced)
- 2 cups Kale Leaves (chopped and packed)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (sliced)
- 1 stalk Green Onion (sliced)

Savory Turkey & Vegetable Bake

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Heat the oil in a large pan over medium-high heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
3. Add the onions and garlic to the turkey and cook for 3 to 5 minutes until the onions soften. Add the Italian seasonings and sea salt and stir to combine. Add the kale and butternut squash to the pan and cook until the kale wilts down then stir in the coconut milk. Season with additional salt if needed.
4. Transfer the turkey and vegetable mixture to a baking dish. Cover with a lid or foil and bake for 20 to 25 minutes or until the squash is tender.
5. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add red pepper flakes or other dried herbs like sage or thyme.

No Butternut Squash

Use a different variety of squash or sweet potato instead.

More Protein

Top with an egg.

No Turkey

Use ground chicken or pork instead.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Turkey
- 1 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 **tblsp** Italian Seasoning
- 1 **tsp** Sea Salt
- 2 **cups** Kale Leaves (chopped)
- 2 **cups** Butternut Squash (chopped into 1 cm cubes)
- 3/4 **cup** Canned Coconut Milk (full fat)

Pumpkin Pie Overnight Oats

7 ingredients · 8 hours · 4 servings



Directions

1. In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
2. Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

No Pumpkin Pie Spice

Use cinnamon instead.

No Pecans

Use any type of crushed nuts or hemp seeds instead.

Ingredients

- 2 cups** Oats (quick or traditional)
- 2 cups** Unsweetened Almond Milk
- 2 cups** Pureed Pumpkin
- 2 tbsps** Chia Seeds
- 1/4 cup** Maple Syrup
- 1 tbsp** Pumpkin Pie Spice
- 1/2 cup** Pecans (toasted and chopped)

Gingerbread Oatmeal Bars

11 ingredients · 1 hour 20 minutes · 8 servings



Directions

1. Preheat the oven to 325°F (163°C) and line a baking pan with parchment paper.
2. In a large bowl add the maple syrup, molasses and almond butter and stir well. Add the oats, pumpkin seeds, walnuts, ginger, cinnamon, nutmeg, cloves and sea salt into the maple syrup mixture. Stir to mix, ensuring everything is well combined.
3. Pour the mixture into the prepared pan. Wet your fingertips with a bit of water to prevent sticking and smooth down the mixture with your hands. Bake for 16 to 18 minutes.
4. Let the pan cool for up to 20 minutes. Transfer to the fridge to chill completely for about an hour, and then slice into bars. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size

One serving is equal to one bar. An 8x8 inch pan was used to make eight servings.

Ingredients

- 1/3 cup Maple Syrup
- 1 1/2 tbsps Blackstrap Molasses
- 1/2 cup Almond Butter
- 1 cup Oats
- 1/3 cup Pumpkin Seeds
- 1/3 cup Walnuts (roughly chopped)
- 1/3 tsp Ground Ginger
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/4 tsp Ground Cloves
- 1/4 tsp Sea Salt

Carrot Cake Baked Oatmeal

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix together the oats, flax seed, and ground ginger. Stir in the grated carrot, oat milk, maple syrup, and applesauce. Pour the mixture into a baking dish.
3. Bake for 30 minutes or until cooked through. Allow it to cool for ten minutes. Serve onto plates, top with coconut cream and maple syrup, if using, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Enjoy cold, or reheat before serving.

Serving Size

One serving is equal to one square piece. An 8 x 8-inch baking dish was used to make four servings.

More Flavor

Add grated apple, cinnamon, and/or nutmeg.

Ingredients

- 2 cups Oats
- 2 tbsps Ground Flax Seed
- 1/2 tsp Ground Ginger
- 2 Carrot (small, peeled and grated)
- 1 1/2 cups Oat Milk
- 1/4 cup Maple Syrup (plus extra for drizzling)
- 1/4 cup Unsweetened Applesauce
- 1/4 cup Coconut Cream (optional, to garnish)