

# Mini Spinach Frittatas

## Ingredients

- 1 cup whole-milk ricotta cheese or cottage cheese
  - 3/4 cup grated Parmesan cheese
  - 2/3 cup chopped fresh mushrooms
  - 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
  - 3 large egg
  - 1/2 teaspoon dried oregano
  - 1/4 teaspoon salt
  - 1/4 teaspoon pepper
  - 12 slices ham
  - Option to add, chopped onions, peppers or other vegetables
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## Directions

Preheat oven to 375°. In a small bowl, combine the first eight ingredients. Place a piece of ham slice in each of 24 greased mini-muffin cups; fill three-fourths full of cheese mixture.

Bake 20-25 minutes or until completely set. Carefully run a knife around sides of muffin cups to loosen frittatas. Serve warm.

## Nutrition Facts

12 Servings: 128 calorie per servings, 9g fat (5g saturated fat), 50mg cholesterol, 396mg sodium, 4g carbohydrate (2g sugars, 1g fiber), 10g protein.

# Baked Blueberry Oatmeal Cups

These Baked Blueberry Oatmeal Cups are easy to make and perfect to enjoy for breakfast throughout the week!

## Ingredients

- 3 cups old-fashioned rolled oats
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup milk
- 2 large eggs
- 1/4 cup honey
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract
- 1 cup fresh blueberries



## Instructions

1. Preheat oven to 350°F. Spray a 12-count muffin pan very well with non-stick cooking spray and set aside.
2. Add the oats, baking powder, cinnamon, and salt to a large bowl and mix until well combined.
3. In a separate bowl, mix together the milk, eggs, honey, brown sugar, and vanilla extract until fully combined. Add the dry ingredients to the wet ingredients and mix until well combined. Gently mix in blueberries.
4. Using a scoop or large spoon, evenly distribute the mixture between all 12 cavities in the muffin pan. Make sure to get an even amount of the oats and liquid in each cup. Evenly distribute the blueberries between all the oatmeal cups.
5. Bake at 350°F for 25-27 minutes, or until the tops of the oatmeal cups are firm. Remove from the oven and cool in the pan for 5-10 minutes.
6. Remove the oatmeal cups from the pan and transfer to a wire rack to finish cooling.

## Nutrition Information per Serving

12 Muffins: 139 Calories per serving, 1.9 g Fat, 26.5 g Carbs, 2.9 g Fiber, 10g Sugar, 4.9 g Protein

# Fall detox Salad



## INGREDIENTS

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- 4 c Brussels sprouts, washed and stems removed
- 2 medium carrots, washed and peeled
- 1 apple, diced
- 1 large celery, diced
- ½ cup sunflower seeds
- 4 -6 tablespoons raisins
- 4 tablespoons fresh lemon juice, to taste
- ¼ teaspoon fine grain sea salt
- 4 tablespoons maple syrup

## DIRECTIONS

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Add the grate/shred blade to food processor. Turn machine on and drop in the brussels sprouts to shred. Now drop in the carrots to shred. Alternatively, you can finely chop brussels and shred carrots with a hand-held grater. Transfer to a large mixing bowl.

Stir in the diced apple, celery, sunflower seeds, and raisins into the carrot and brussels sprout mixture.

Add pepper to taste.

NOTE: Add more Maple Syrup to taste. Add 2 Tablespoons of Apple Cider Vinegar in place of lemon juice.

## Nutrition Information Per Serving

6 Servings/serving size 2 cups: 156 Calories per serving, 5.6 g Fat, 25.7 g Carbs, 5.7 g Fiber, 15.4 g Sugar, 4.5 g Protein

# Butternut Squash Soup

## Ingredients:

4 cups peeled and cubed butternut squash  
1 tbsp. coconut oil  
1 teaspoon curry powder  
1 large apple, peeled and diced  
1/2 onion, diced  
2 cups chicken broth  
2 cup unsweetened almond milk  
1 tsp salt  
Cinnamon



## Directions

1. Preheat oven to 425
2. Spread out butternut squash on a baking sheet. Sprinkle generously with cinnamon.
3. Roast in oven for about 30 mins
4. While butternut squash is roasting, add coconut oil to a large pot and heat on medium-high heat. Add onion, apples and curry powder. Stir to mix and sauté together for about 10 mins, or until soft.
5. Add chicken broth and almond milk
6. When roasting is done, add butternut squash to mixture. Stir to combine. Add salt.
7. Using an immersion blender or regular blender, blend soup until creamy and mixed well.

## Nutrition Information Per Serving

6 Servings: 123 Calories per serving, 3.5 g Fat, 23.8 g Carbs, 5.5 g Fiber, 9.6 g Sugar, 2.3 g Protein

# Spaghetti Squash Carbonara



## INGREDIENTS

- 1 large Spaghetti squash
- 1/2 cup Bacon bits (cooked)
- 4 cloves Garlic (minced)
- 3/4 cup Green peas (raw or cooked work best, but can use canned in a pinch)
- 1 large Egg
- 3 tbsp Heavy cream
- 3 tbsp Unsweetened almond milk
- 1/2 cup Grated parmesan cheese
- Sea salt (to taste)

## INSTRUCTIONS

1. Preheat the oven to 375 degrees F (191 degrees C). Slice the spaghetti squash in half length-wise. Remove the seeds. Place in a lined baking sheet, cut side down. Bake for about 35-40 minutes, until a fork can easily pierce the skin.
2. Meanwhile, sauté the garlic and bacon bits in an oiled pan on the stove, over medium to medium-high heat, until the bacon is sizzling (about 2-3 minutes).
3. Add green peas. If the peas were raw, sauté for 3-5 more minutes, until peas are bright green. (If adding pre-cooked or canned peas, you can proceed to the next step right away.) Remove from heat.
4. Wisk heavy cream, almond milk, eggs, and parmesan cheese in a bowl.
5. When the spaghetti squash is done baking, use a fork to pull out the "noodles". While they are still hot, stir in the egg parmesan mixture, then add the bacon mixture. Season with sea salt to taste. Garnish with fresh parsley and additional parmesan cheese if desired.

## NUTRITION INFORMATION PER SERVING

**6 Servings serving size 1 cup:** 173 Calories per serving, 10 g Fat, 10 g Carbs, 1 g Fiber, 1 g Sugar, 11 g Protein

# Pumpkin Chocolate Chip Energy Balls

**Prep Time:** 15 minutes

**Total Time:** 1 hour, 15 minutes

**Yield:** 24 - 32

**Serving Size:** 1 or 2

## Ingredients

- 3 cups dry, uncooked oatmeal
- 1 cup all-natural Pumpkin Puree
- 1 cup all-natural Peanut butter, or Almond butter
- 2/3 cup pure maple syrup or raw honey
- 1/2 tsp cinnamon
- 1/2 tsp pumpkin pie spice
- 1/2 Tbsp vanilla extract
- 4-6 Tbsp ground flax seeds
- 1 cup small chopped walnuts, chopped almonds, chopped peanuts, coconut flakes, or any combination of mix-ins that equal 1 cup total.
- 1/2 cup mini dark chocolate chips.

## Instructions

1. Combine all ingredients together in a medium bowl until very thoroughly mixed.
2. Roll into balls of about 1" in diameter Balls
3. Place on a cookie sheet covered in parchment paper & freeze one hour.
4. Store in an airtight container and keep refrigerated for up to 1 week.



# Fall Harvest Pizza

## Ingredients

- 1 whole wheat Naan bread
- 1/8 -1/4 cup tomato sauce
- ¼ cup butternut squash cubed
- ¼ cup eggplant cubed
- ¼ cup roasted beets cubed
- ¼ cup red onion thinly sliced
- ¼ cup artichoke hearts
- ½ cup mozzarella cheese
- 2 oz crumbled goat cheese
- 1 tsp dried rosemary
- Salt and pepper to taste



## Instructions

1. Preheat oven to 450 degree.
2. Coat a pan with olive oil and sauté vegetables with, salt, pepper and dried rosemary.
3. Once the vegetables are soft, prepare your pizza. Spread tomato sauce and mozzarella over Naan.
4. Top with sautéed vegetables and beets.
5. Crumbled goat cheese on top and bake for 10-12 minutes or until crust begins to brown and cheese is melted.

## Nutrition Information Per Serving:

4 servings per pizza, 307 calories per serving, 17.1 g Fat, 26.2 g Carbs, 3 g Fiber, 3.8 g Sugar, 11.9 g Protein