



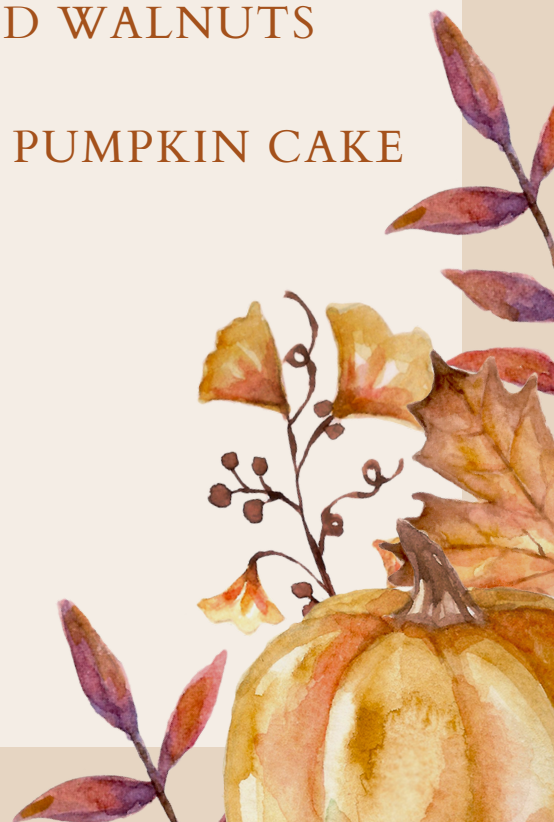
Fall Recipes



ROASTED BUTTERNUT SQUASH AND CAULIFLOWER
SOUP WITH PEPITAS

KALE SALAD WITH DELICATA SQUASH,
POMEGRANATE SEEDS, FETA AND WALNUTS

FLOURLESS CHOCOLATE BROWNIE PUMPKIN CAKE



ROASTED BUTTERNUT SQUASH AND CAULIFLOWER SOUP WITH PEPITAS

Ingredients

- 1 butternut or other fall squash, peeled and chopped
- 1 head of cauliflower, finely chopped
- 2 tbsp. extra virgin olive oil
- 1 cup cashews, soaked
- 8 cups low sodium vegetable broth
- 4 cups water
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1-2 tbsp. minced fresh ginger
- 2 tbsp. ground turmeric
- 1/2 tsp ground black pepper
- Pumpkin seeds (pepitas)

Directions:

1. Soak cashews overnight or for several hours until softened.
2. Preheat oven to 400 degrees.
3. Spread chopped butternut squash and cauliflower on a baking tray, spray or coat with olive oil and roast for 20-30 minutes.
4. Heat large stock pot on medium high heat.
5. Sauté onion and garlic in 1 tbsp. olive oil.
6. Add roasted vegetables and cashews/vegetable broth
7. Bring to a boil and reduce to a simmer for 20 minutes.
8. Add ginger, turmeric and black pepper.
9. Blend with a immersion blender or a blender until smooth.
10. Top with pumpkin seeds.

NUTRITION FACTS: (Portion size: 1 cup)

Calories: 140 Total Carb: 14.9g, Fiber 2g, Fat 7.1g, Protein 3.5g

KALE SALAD WITH DELICATA SQUASH, POMEGRANATE SEEDS, FETA AND WALNUTS

Ingredients

For the salad:

- 1 delicata (or other winter) squash, peeled and chopped (about 3 cups)
- 1 tsp. olive oil
- Large bunch of kale (stems removed, cut into small pieces - about 12 cups)
- 1-2 tsp. olive oil
- 1 1/2 cup pomegranate seeds
- 3/4 cup feta, crumbled
- 1/2 cup walnuts (chopped, toasted)

For the dressing:

- 2 tablespoons apple cider vinegar
- 1/2 lemon, juiced
- 1 tsp Dijon mustard
- 1/2 tsp. honey (optional)
- 1/4 tsp. kosher salt (optional)
- 1/4 tsp. freshly ground black pepper
- 1/4 cup extra virgin olive oil

Directions:

1. Preheat oven to 400 degrees.
2. Spread walnuts on a 1/2 of cookie sheet and toast for 8-10 minutes
3. Spread squash on the other half of baking sheet and roast for 20 minutes.
4. Make the dressing: in a jar or other container combine the olive oil, vinegar, lemon juice, and mustard, salt, pepper, and, honey. Shake well to combine and emulsify.
5. Massage the kale well with some olive oil.
6. In a large bowl combine the kale, squash, pomegranate seeds, walnuts and feta. Dress when you're ready to serve

NUTRITION FACTS: (Portion size: 2 cups)

Calories: 202 Total Carb: 20.6g, Fiber 7.3g, Fat 10.7g, Protein 9.3g

FLOURLESS CHOCOLATE BROWNIE PUMPKIN CAKE

Ingredients

- 1/4 cup egg whites
- 1/3 cup maple syrup
- 1 cup pumpkin puree
- 1/3 cup almond butter
- 1 tsp. pure vanilla extract
- 1/2 cup unsweetened dark cocoa powder
- 2 tsp. instant espresso powder (optional)
- 1 tsp. baking soda
- 1/2 cup chocolate chips

Directions:

1. Preheat oven to 350 degrees.
2. Line an 8 x 8 pan with parchment paper or use a spring foam pan coated with avocado oil.
3. In medium mixing bowl combine egg whites, maple syrup, pumpkin puree, almond butter, and vanilla extract and whisk until combined.
4. Add cocoa powder, espresso powder and baking soda and stir until combined and thoroughly incorporated.
5. Fold in dark chocolate chips.
6. Pour into lined baking pan or spring foam and bake for 22 -25 minutes until toothpick inserted comes out clean.
7. Cool in pan before removing and slicing.

NUTRITION FACTS: (12 servings, Portion size: 1 slice/piece)
Calories: 109 Total Carb: 14g, Fiber 2.5g, Fat 5.9g, Protein 3.4g