

# 20 Guilt Free FALL RECIPES



# Happy November!

As the year winds down and you find yourself spending time with family and friends over the holidays, it's the PERFECT time to reflect and practice some intentional gratitude! You know I'm a huge believer in the power of a positive mindset, and I've also found that what I focus on, I see more of. So this month, I'm taking some extra time to focus on all the things I have to be thankful for.

There are actually scientifically proven benefits of practicing intentional gratitude. In addition to boosting your psychological health, people report feeling healthier, less aggressive, and more empathetic. Practicing gratitude can boost self-esteem and your overall mental strength, and I could always use more!

I'm so grateful for my good health right now more than ever before. I'm grateful I get to move my body in a way that it loves. I'm grateful I get to nourish my body with nutritious food. And I'm so thankful I get to help so many other women do the same for themselves.

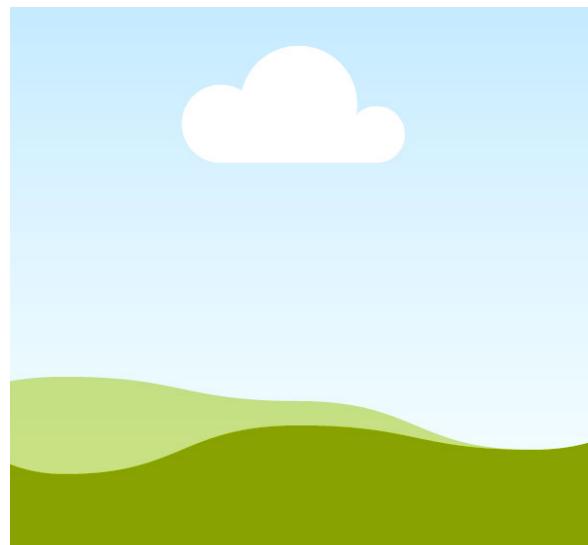
What are you grateful for?

Today I'm grateful for YOU showing up and getting these 20 healthy fall recipes! You'll find some staple holiday sides - mashed potatoes, green bean casserole, stuffing, and SO many other recipes perfect for the season!

I hope you have the most wonderful November, enjoying the time with your family and friends eating delicious food!

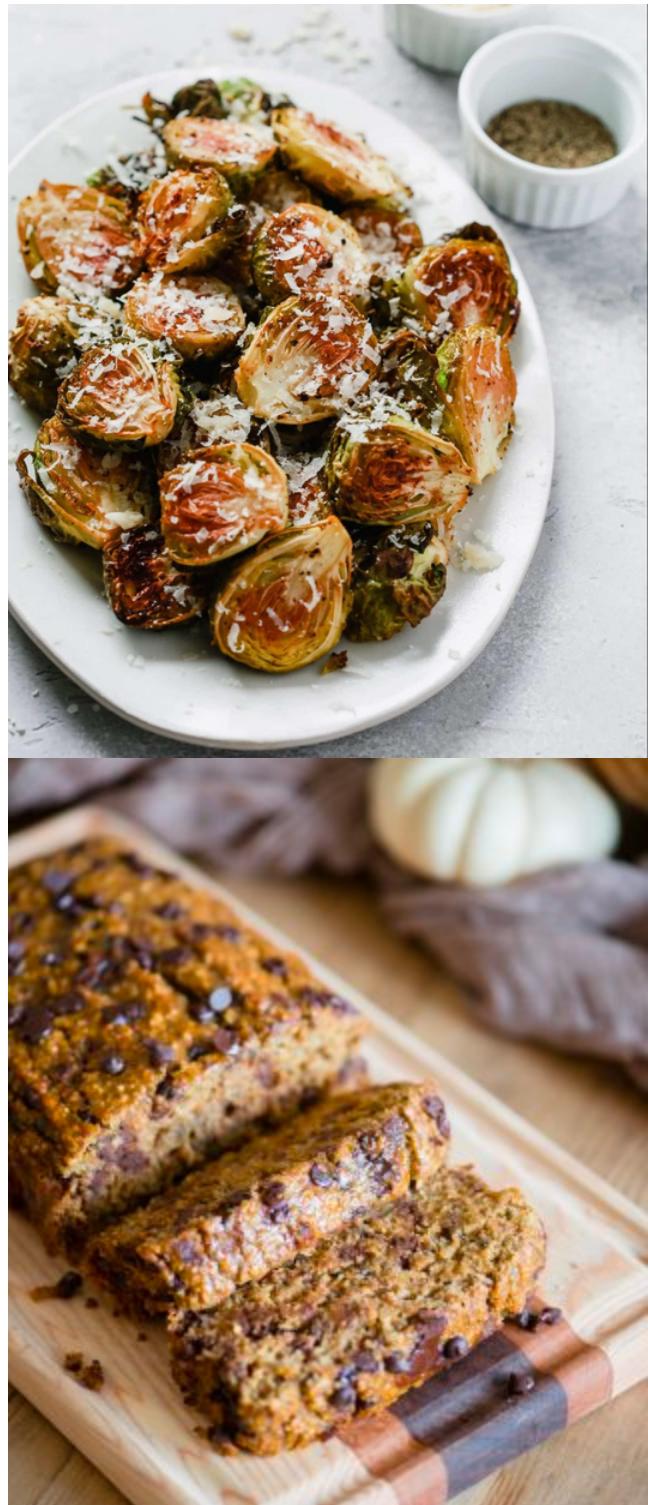
In Gratitude & Faith,

nicole



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# HONEY BALSAMIC CARROTS

These delicious carrots make the perfect holiday side, or just leveling up your weekly meal prep!



RECIPE & PHOTO BY DONTGOABAONMYHEART.COM

 PREP TIME: 10 MINS

 COOK TIME: 40 MINS

 YIELD: 4 SERVINGS

## Ingredients:

- 1lb / 500g medium sized Carrots (see notes)
- 2 tbsp Honey
- 2 tbsp Balsamic Vinegar
- 1 tbsp Olive Oil
- A few sprigs of Fresh Thyme
- a sprinkle of Fresh Parsley, finely diced
- Salt & Pepper to taste

## Instructions:

1. Preheat oven to 375/190c. In a small bowl, mix 2 tbsp honey, 2 tbsp balsamic vinegar, 1 tbsp olive oil, and a pinch of salt and pepper.
2. Trim the tips off your carrots and slice in half lengthways, to make 2 even and thinner carrots. If your carrots are large, then quarter them. If your carrots are very thin/small, you can leave them whole. It's important that all the carrots are similar size/thickness. (see notes)
3. In a suitably sized tray, combine your carrots, a few thyme sprigs, and 3/4 of your glaze, ensuring you coat the carrots as evenly as possible. Roast for 15-20 mins or until the carrots start to caramelize. If at any point you see the vinegar beginning to char on the baking tray, mix the carrots and nudge down the heat.
4. Take the tray out of the oven, flip the carrots and pour over the rest of your glaze. Pop back in the oven until fully caramelized and sticky. This can take up to another 20-25mins depending on the size of your carrots. Please be vigilant, and don't be tempted to whack up the heat. Anything over 390f/200c risks burning the glaze.
5. Serve by removing the thyme stalks and sprinkle with fresh parsley. I also recommend another pinch of salt at the end, just to balance out the sweetness. If you particularly love balsamic vinegar, use a brush to flick over some at serving, or if you particularly love honey, feel free to give them a tiny drizzle.

# GLUTEN FREE STUFFING WITH SAUSAGE & APPLE

*This stuffing recipe does not disappoint! Swap out the gluten free bread for sourdough or your favorite kind to make this dish fit your dietary needs.*



RECIPE & PHOTO BY [CONFESSOONSOFAFITFOODIE.COM](http://CONFESSOONSOFAFITFOODIE.COM)

 PREP TIME: 2HRS (INCLUDING 1.5HR OVEN TOASTING)

 COOK TIME: 35 MINS

 YIELD: 8 SERVINGS

## Ingredients:

- 8 slices of Gluten Free Bread (I prefer Canyon Gluten Free)
- 3 TBS butter or vegan butter, divided
- 1 ½ tsp Poultry seasoning
- 1 tsp garlic powder
- ¾ tsp onion powder
- 1 tsp kosher salt
- ¼ tsp Black pepper (I just do a few shakes)
- olive oil cooking spray
- 1lb chicken or turkey sausage, removed from casing
- 4 stalks of celery, sliced thin
- 1 sweet onion
- 2 cups of diced apples- I love Honeycrisp (~2 large apples)
- 1 ½ – 2 cups of chicken broth
- Optional garnish – fresh thyme

## Instructions:

1. Preheat oven to 200 degrees. Slice up gluten free bread into cubes and place on a parchment lined baking sheet.
2. Drizzle 2T of the melted butter and sprinkle poultry seasoning, onion powder, salt and pepper over top. Stir bread cubes well, then place in the oven for 1½ hours to toast and dry them. Let cool and store in an airtight container until you are ready to use.
3. When you are ready to cook your stuffing, preheat your oven to 350 degrees. Spray a pan with olive oil cooking spray and brown sausage until cooked through. Add your celery, onions, apple and cook for 1-2 minutes, or until fragrant.
4. Add ½ cup of broth and a sprinkle of salt, then continue cook until veggies are soft. Remove from heat. Spray a casserole dish (8×8 or 9×13) and place veggie and sausage mixture inside. Stir in stuffing cubes and then pour broth over the top of the stuffing until the bread is just barely soaked through (you may not need all of the broth!).
5. Brush top of stuffing with the remaining 1T of melted butter. Cook for 30 minutes or so or until the top starts to brown and get slightly crispy. Optional – broil on low for a few minutes at the end to really crisp up your cubes – be sure you watch VERY carefully...don't walk away!
6. Garnish with fresh thyme.

# ROSEMARY GARLIC SMASHED POTATOES

*Smashed Potatoes are the perfect mix of crunch and fluffy potato goodness. Try small red potatoes for this recipe and thank me later!*



## Ingredients:

- 1 pound baby Yukon Gold potatoes about 12-16
- 3 tablespoons olive oil
- 2 garlic cloves minced
- 2 teaspoons fresh chopped rosemary
- 1/4 cup grated parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

## Instructions:

1. Preheat oven to 425°F.
2. In a large pot of salted boiling water, cook the potatoes until fork tender, about 15-20 minutes. Drain and allow potatoes to cool slightly.
3. Transfer the potatoes to a large rimmed baking sheet. Use a potato masher or the bottom of a measuring cup or glass to press down on the potatoes to smash them.
4. Drizzle the olive oil on top of the potatoes, add the garlic, rosemary, parmesan cheese, salt and pepper, and toss with your hands to combine.
5. Bake for 15 minutes until the bottoms are golden. Use a spatula to flip them and add more salt, pepper and olive oil, if desired. Return to the oven for 12-15 more minutes until the potatoes become crispy.

RECIPE & PHOTO BY FEELGOODFOODIE.NET

 PREP TIME: 10 MINS

 COOK TIME: 40 MINS

 YIELD: 6 SERVINGS

# GREEN BEAN CASSEROLE

You can't go wrong with a green bean casserole! this guilt free recipe will be a hit at the thanksgiving table.



RECIPE & PHOTO BY BEACHBODYONDEMAND.COM

 PREP TIME: 15 MINS

 COOK TIME: 45 MINS

 YIELD: 8 SERVINGS

## Ingredients:

- 5 Tbsp. Whole-wheat flour, divided use
- ½ tsp. Paprika
- ½ tsp. garlic powder
- 1 medium onion (½ onion thinly sliced, ½ onion chopped), divided use
- 3 tsp. olive oil, divided use
- 8 oz. sliced mushrooms
- ½ tsp. onion powder
- 3 fresh thyme sprigs, leaves removed and chopped, stems discarded
- ½ tsp. sea salt
- ½ tsp. ground black pepper
- ½ cup reduced-fat (2%) milk
- 2 Tbsp. dry sherry wine
- 1 lb. frozen French-cut green beans
- 1 cup reduced-fat (2%) plain yogurt

## Instructions:

1. Preheat oven to 400° F.
2. Combine 2 Tbsp. flour, paprika, and garlic powder in a medium bowl; mix well. Add sliced onion; mix until well coated. Set aside.
3. Heat 2 tsp. oil in a large nonstick skillet over medium-high heat. Add sliced onion mixture; cook, turning once or twice, for 3 to 5 minutes, or until golden brown and crisp. Remove from skillet and place on a paper towel. Set aside. Wipe skillet clean.
4. Heat remaining 1 tsp. oil in a skillet over medium-high heat. Add chopped onions; cook, stirring frequently, for 2 to 4 minutes, or until translucent.
5. Add mushrooms; cook, stirring frequently, for 5 to 6 minutes, or until the liquid released from mushrooms is almost completely evaporated.
6. Add remaining 3 Tbsp. flour, onion powder, thyme, salt, and pepper; mix until vegetables are coated.
7. Add milk and sherry; cook, stirring frequently, for 4 to 5 minutes, or until bubbly and slightly thickened.
8. Add green beans; cook, stirring frequently, for 2 to 3 minutes, or until heated through.
9. Add yogurt; mix until combined.
10. Place green bean mixture in casserole dish. Top with onion mixture. Bake for 10 to 15 minutes, or until the casserole is bubbly.

# GARLIC PARMESAN BRUSSEL SPROUTS

These simple but tasty brussels are the perfect side for any dinner. I love them extra crispy and if I'm feeling extra I'll top it with a couple slices of crumbled up bacon.



## Ingredients:

- 1 pound Brussel sprouts ends trimmed and cut in half
- 2 tablespoons extra virgin olive oil
- 4 cloves garlic minced
- 2 teaspoons fresh lemon juice
- salt and black pepper
- ½ cup freshly grated Parmesan cheese

## Instructions:

1. To prepare the roasted Brussels sprouts: Preheat your oven to 400°F (200°C). Trim the bottom of the Brussels sprouts, and slice each Brussels sprout in half, top to bottom. Prepare a large baking sheet (you can line it with parchment paper if you like).
2. Pat the Brussels sprouts dry with paper towels and place them in a large bowl. Add olive oil, Italian seasoning, garlic, Parmesan, salt, and pepper. Toss gently to coat the Brussels sprouts evenly.
3. Place the Brussels sprouts on the prepared baking sheet, spreading evenly into one layer. Bake the parmesan Brussels sprouts on the center rack for 25 to 30 minutes – Adjust the time depending on your oven, the vegetables should be golden brown.
4. Transfer the parmesan roasted Brussels sprouts to a large serving bowl and sprinkle with fresh chopped parsley if you like. Enjoy!

RECIPE & PHOTO BY EATWELL101.COM

PREP TIME: 15 MINS

COOK TIME: 25 MINS

YIELD: 6 SERVINGS

# CHICKEN, APPLE, SWEET POTATO SALAD

*This chicken salad is packed with flavor and protein, and the sweet potatoes sneak in those much needed vitamins and minerals.*



RECIPE & PHOTO BY BEACHBODYONDEMAND.COM

 PREP TIME: 15 MINS

 COOK TIME: 37 MINS

 YIELD: 6 SERVINGS

## Ingredients:

- 6 Tbsp. balsamic vinegar
- 1 Tbsp. stoneground mustard
- 1 Tbsp. raw honey
- 6½ tsp. olive oil, divided use
- 8 oz. raw chicken breast, boneless, skinless, sliced
- 1 medium sweet potato, peeled, sliced
- 1 medium apple, peeled, cored, sliced
- ½ tsp. ground cinnamon
- Nonstick cooking spray
- 1 head green leaf lettuce, torn or chopped
- 2 Tbsp. crumbled feta cheese
- 2 Tbsp. raw pecan pieces, toasted

## Instructions:

1. Preheat oven to 425° F.
2. Combine vinegar, mustard, and honey in a medium bowl; whisk to blend.
3. Slowly add 6 tsp. oil, whisking continuously until blended.
4. Place one third vinegar mixture in resealable bag. Add chicken; mix well. Marinate, refrigerated, for at least 2 hours. Set aside remaining vinegar mixture for salad dressing.
5. While chicken is marinating, combine sweet potato, apple, cinnamon, and remaining ½ tsp. oil in a medium bowl; toss to blend. Place on baking sheet lightly coated with spray. Bake for 10 minutes, turn, bake an additional 10 to 15 minutes, or until tender. Set aside to cool.
6. Remove chicken from marinade; discard used marinade.
7. Place chicken on baking sheet lightly coated with spray. Bake for 8 to 12 minutes, or until cooked through. Set aside to cool.
8. Combine lettuce, sweet potato mixture, chicken, cheese, and pecans; toss gently to blend.
9. Drizzle with remaining dressing; toss gently to blend.
10. Divide evenly between six serving plates.

# CHICKEN POT PIE SOUP

Hello comfort food! This healthy chicken pot pie soup give me all the cozy autumn vibes. prep a big batch ahead of time and freeze some for those cold winter days.



RECIPE & PHOTO BY 40APRONS.COM

PREP TIME: 15 MINS

COOK TIME: 25 MINS

YIELD: 6 SERVINGS

## Ingredients:

- 2 large boneless, skinless chicken breasts cut into bite-sized chunks, approximately 1-2 pounds
- 2 tablespoons ghee or olive oil
- 1 onion diced, approximately 1 cup
- 3 carrots diced, approximately 1 cup
- 3 celery stalks sliced, approximately 1 cup
- 5-6 cloves garlic minced
- 1 pound red potatoes diced
- 2 cups chicken broth or chicken stock
- 1 cup full-fat canned coconut cream or coconut milk
- 1 cup cashews
- 2 tablespoons fresh thyme leaves
- 1 ½ teaspoons salt
- ½ teaspoons dried sage
- freshly cracked black pepper
- fresh parsley leaves chopped, for garnish

## Instructions:

1. Heat the ghee or olive oil in a large saucepan over medium heat. Sauté the onion, carrots, and celery until the onions are soft, then sauté the garlic about a minute or until fragrant. Add the potatoes, chicken broth, sage, and thyme to your pot.
2. Bring to a boil and cook 4 minutes.
3. Add your chicken breasts and cook for 6 minutes or until chicken is cooked through and potatoes are fork-tender.
4. While SOUP cooks, add coconut milk and cashews to high-speed blender. Blend until very, very smooth.
5. Add your cashew-coconut cream to the pot and stir well. Finish with plenty of salt and freshly cracked black pepper.

# MASHED CAULIFLOWER

*Looking for something a little lighter than potatoes? Cauliflower is here to save the day! Try this and finish it off with your fav toppings!*



## Ingredients:

- Water (to boil)
- 8 cups cauliflower florets, washed, patted dry
- 2 cloves garlic, crushed
- $\frac{1}{3}$  cup unsweetened almond milk
- 1 Tbsp. extra virgin olive oil
- $\frac{1}{2}$  tsp. Sea salt (or Himalayan salt)

## Instructions:

1. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place cauliflower and garlic in steamer basket; cook for 10 to 12 minutes, or until tender.
2. Place cauliflower and garlic, almond milk, oil, and salt in food processor; pulse until smooth.
3. Serve hot.

RECIPE & PHOTO BY BEACHBODYONDEMAND.COM

PREP TIME: 5 MINS

COOK TIME: 45 MINS

YIELD: 8 SERVINGS

# ROASTED GREEN BEANS WITH LEMON & THYME

You can't go wrong with fresh green beans and these ones are the just the right amount of zest and savory flavors to compliment any dish.



## Ingredients:

- 1 pound of green beans, trimmed
- 2 shallots, thinly sliced
- 3 cloves garlic, chopped
- 1 teaspoon fresh thyme leaves
- 2 tablespoons cold-pressed extra virgin olive oil
- Sea salt and freshly ground pepper
- Zest and juice from 1 lemon

## Instructions:

1. Preheat oven to 400 degrees.
2. Combine green beans, shallots, garlic and thyme in a large bowl. Coat with olive oil. Spread evenly on a baking sheet (you can line it with parchment, if necessary.) Sprinkle generously with sea salt and a few grinds of black pepper.
3. Roast for 20 minutes, stirring after 10 minutes.
4. Transfer the beans and shallots to a serving bowl and add lemon zest and juice. Toss to coat and season with additional sea salt and pepper to taste.

RECIPE & PHOTO BY PAMELA SALZMAN.COM

PREP TIME: 5 MINS

COOK TIME: 9 MINS

YIELD: 12 SERVINGS

# CREAMY BUTTERNUT SQUASH PASTA WITH BACON

*This creamy pasta sauce speaks to me on a soul level. Try this with your fav noodle or swap out for veggie noodles to make it work for you.*



RECIPE & PHOTO BY JOYFULHEALTHYEATS.COM

PREP TIME: 5 MINS

COOK TIME: 25 MINS

YIELD: 6 SERVINGS

## Ingredients:

- 3 strips of applewood bacon
- 2 tablespoons butter
- 1 cup diced red onion
- 1 garlic clove
- 3 cups butternut squash cubes
- 1 cup low sodium chicken stock
- 1 1/2 tablespoon diced fresh sage
- 1 1/2 tablespoon diced fresh thyme
- 1 cup 2% milk (or almond milk)
- salt to taste
- 12 oz. box of YOUR PASTA or veggie noodles OF CHOICE.

## Instructions:

1. In a large skillet add the butter and red onion. Saute until slightly soft, about 1-2 minutes.
2. Next add in the garlic, saute for 30 seconds, stir and add the butternut squash, chicken stock, sage, and thyme. Stir and cover. Cook until the butternut squash is fork tender, about 8-10 minutes.
3. When the squash is tender, add all the contents of the skillet to a food processor along with the milk and salt to taste. Puree until smooth.
4. In the meantime heat a small skillet to medium high heat, add the diced bacon to the pan and saute until the bacon is crispy. About 4-5 minutes. When the bacon is done, place it on a paper towel lined plate to let the grease drain.
5. Bring a large pot of water to a boil. Add gluten free pasta, cook according to directions, (6-8 minutes) do not overcook.
6. Drain pasta and add butternut squash sauce to the pasta, gently toss together and top with crispy bacon. Serve!

# SHEET PAN MAPLE GLAZED CHICKEN AND SWEET POTATOES

*This one pan dinner is so easy it made it into my regular recipe rotation! The perfect meal prep recipe to bring a little extra flavor to your meals.*



RECIPE & PHOTO BY EATWELL101.COM

 PREP TIME: 10 MINS

 COOK TIME: 20 MINS

 YIELD: 3 SERVINGS

## Ingredients:

- 1 pound (450g) boneless, skinless chicken breasts
- 2 teaspoons grilling seasoning blend, such as Montreal
- 1 large (or 2 medium) sweet potato, peeled and diced
- 1 head of broccoli, broken into florets and rinsed
- 2 tablespoons butter or olive oil
- 1/4 cup maple syrup
- Salt and fresh cracked pepper
- Fresh chopped parsley, for garnish

## Instructions:

1. Preheat your oven to 400°F (200°C). Heat butter and maple syrup in a saucepan over medium-high heat, until butter is melted. Whisk to combine and turn off heat.
2. Lightly coat chicken breasts with a bit of oil, salt, pepper and spice seasoning. Lay diced sweet potato on a sheet pan and toss with a bit of olive oil, salt and pepper. Arrange chicken breast in the center and brush with half of the maple/olive oil or butter mixture. Transfer to the oven and roast for 15 minutes.
3. Remove the sheet pan from the oven, gently toss the sweet potatoes and add the broccoli florets. Return to the oven and roast for an additional 10-15 minutes, until chicken is golden and cooked through.
4. Remove from oven and drizzle with remaining maple and butter glaze. Adjust seasoning with salt and pepper, garnish with parsley and serve immediately. Enjoy!

# APPLE MUFFINS

*Not only do these taste amazing but they will make your kitchen smell divine! Even the kids love this grab and go snack.*



RECIPE & PHOTO BY [THEFOODIEANDTHEFIX.COM](http://THEFOODIEANDTHEFIX.COM)

## Ingredients:

- 2 cup flour, whole wheat
- 2 teaspoon baking soda
- 1 teaspoon baking powder
- 2 1/2 teaspoon cinnamon
- 1 teaspoon salt
- 3 large egg
- 2/3 cup maple syrup, pure
- 1/3 cup coconut oil
- 1/3 cup applesauce, unsweetened
- 2 tsp vanilla extract
- 2 cup, grated apple
- 1/2 cup walnuts, chopped

## Instructions:

1. Preheat oven to 425 degrees and line a muffin tin with cupcake liners or grease the wells.
2. In a bowl, combine flour, baking soda, baking powder, cinnamon and salt. In a separate bowl, whisk together eggs, maple syrup, melted coconut oil, apple sauce and vanilla extract.
3. Pour the dry ingredients into the wet and slowly fold together. Before it's all combined, add grated apples and walnuts (or you can use pecans). Stir just until combined.
4. Fill muffin tins all the way to the top! Bake at 425 degrees for 5 minutes and then decrease the temperature to 350 and bake for 12-18 minutes. Bake until an inserted toothpick comes out clean.
5. Let cool and serve.

 PREP TIME: 10 MINS

 COOK TIME: 22 MINS

 YIELD: 15 SERVINGS

# PUMPKIN OATMEAL BANANA BREAD

*This bread does not last long in my house! The pumpkin adds the perfect amount of moisture and depth of flavor.*



RECIPE & PHOTO BY [CONFESSOONSOFAFITFOODIE.COM](http://CONFESSOONSOFAFITFOODIE.COM)

PREP TIME: 10 MINS

COOK TIME: 40 MINS

YIELD: 1 LOAF

## Ingredients:

- 2 cups Bob's Red Mill Gluten-free Old Fashioned Oats
- 1/3 cup honey or maple syrup
- 2 eggs
- 2/3 cup of mashed ripe bananas (about 2 small or 1 1/2 large ripe bananas)
- 2/3 cup pumpkin puree (not pumpkin pie filling)
- 1/4 cup unsweetened vanilla almond milk (or sub whatever milk you have on hand)
- 1 teaspoon vanilla extract
- 1 teaspoon gluten-free baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon pumpkin pie spice
- optional mix-in: 1/2 cup dairy free chocolate chips

## Instructions:

1. Preheat oven to 325 degrees Fahrenheit and line a 9x5-inch loaf pan with parchment paper or grease well with coconut oil or coconut oil spray.
2. Place oats in your food processor or blender and pulse until you have a fine flour. Measure and be sure you have two cups of flour.
3. In a large bowl, whisk the honey, vanilla, and pumpkin together together. Add the eggs and beat well, then whisk in the mashed bananas and almond milk.
4. In a smaller bowl, mix baking soda, salt, pumpkin spice, cinnamon, and whisk to blend. Then fold in the flour, mixing just until the batter is combined.
5. Gently fold in the chocolate chips if you are using them.
6. Pour the batter into your prepared loaf pan and bake for 35 to 45 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool in the loaf pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing.

# MINI PUMPKIN PIE CUPS

I can't let the month end without a pumpkin pie recipe. These little cups add a crunch I didn't know I was missing! Sprinkle the wonton wrappers with a little cinnamon sugar to bring this to the next level.



RECIPE & PHOTO BY BEACHBODYONDEMAND.COM

 PREP TIME: 10 MINS

 COOK TIME: 30 MINS

 YIELD: 12 CUPS

## Ingredients:

- Nonstick cooking spray
- 1 cup pumpkin puree
- 1 large egg, lightly beaten
- $\frac{1}{2}$  tsp. pure vanilla extract
- 2 Tbsp. pure maple syrup (or raw honey)
- $\frac{1}{4}$  tsp. ground cinnamon
- 1 dash ground ginger
- 1 dash ground cloves
- $\frac{1}{4}$  tsp. fine sea salt (or Himalayan salt)
- $\frac{1}{3}$  cup unsweetened almond milk
- 12 wonton wrappers

## Instructions:

1. Preheat oven 325° F.
2. Lightly coat a mini muffin pan with spray. Set aside.
3. Combine pumpkin, egg, extract, and maple syrup in a medium bowl; whisk to blend.
4. Add cinnamon, ginger, cloves, salt, and almond milk; mix until just blended. Set aside. Gently fold in the chocolate chips if you are using them.
5. Place a wrapper in each muffin cup. Press down so that wrapper fits snugly and forms a cup shape.
6. Pour approx. 2 Tbsp. pumpkin mixture into each cup (or fill each cup about  $\frac{3}{4}$  full).
7. Bake for 15 to 20 minutes, or until knife inserted in the center of one cup comes out almost clean. Cool completely on wire rack. Refrigerate until ready to serve.

# SALTED CARAMEL BROWNIE MUG CAKE

*This is the **PERFECT** chocolate fix! Packed with protein and flavor this is sure to become one of your favs too*



## Ingredients:

- 3 tbsp oat flour
- 1 Scoop Salted Caramel
- Brownie Shakology (or chocolate protein powder of choice)
- 1.5 tbsp cocoa powder
- 1 tbsp coconut sugar (or other dry sweetener)
- 1/2 tsp baking powder
- 1/4 cup almond milk
- 2 tbsp chocolate chips
- optional: sea salt flakes

## Instructions:

1. In a mug or a ramekin, mix together all dry ingredients.
2. Add in almond milk, then stir in half the chocolate chips. Add remaining chips on top.
3. Microwave 60-80 seconds or until mug cake expands to top of mug/ramekin. Check every 10 seconds after 30 seconds.
4. Sprinkle with sea salt and serve!

RECIPE & PHOTO BY ERINLIVESWHOLE.COM

 PREP TIME: 1 MIN

 COOK TIME: 1 MIN

 YIELD: 1 SERVING

# GOLDEN VANILLA CHAI SHAKE

*This creamy shake is just the right amount of sweet and spice. Turmeric has anti inflammatory properties so this shake is doing double duty!*



## Ingredients:

- 1 cup / 240 ml unsweetened almond milk
- 1 cup / 170 g ice
- 1 scoop Vanilla Chai Plant-Based Vegan\* Shakeology
- 1/4 tsp. ground turmeric
- 1 dash ground black pepper
- 1 Tbsp. shredded unsweetened coconut

\*alternatively, you can steep 2 chai teabags in your almond milk using a pot on low-medium heat until incorporated.

## Instructions:

- 1 Place almond milk, ice, Shakeology, turmeric, and pepper in a blender; cover. Blend until smooth; pour into a glass. Garnish with coconut; serve immediately.

RECIPE & PHOTO BY BEACHBODYONDEMAND.COM

PREP TIME: 5 MINS

COOK TIME: 0 MIN

YIELD: 1 SERVING

Leftovers

# TURKEY AND STUFFING EGG CUPS

Was it even thanksgiving if you aren't eating leftovers for days?! Throw these easy egg cups in the oven the next morning, top with a little bit of cranberry sauce if that's your thing!



RECIPE & PHOTO BY BEACHBODYONDEMAND.COM

 PREP TIME: 15 MINS

 COOK TIME: 28 MINS

 YIELD: 12 CUPS

## Ingredients:

- Nonstick cooking spray
- 1 tsp. olive oil
- ½ cup onion, finely chopped
- ½ cup celery, finely chopped
- 1½ cups roasted turkey breast (approximately 7 oz.), finely chopped
- 3 cups leftover (prepared) stuffing
- 12 large eggs
- Ground black pepper (to taste; optional)

## Instructions:

1. Heat oven to 350° F.
2. Lightly coat a twelve-cup muffin tin with spray. Set aside.
3. Heat oil in medium nonstick skillet over medium-high heat.
4. Add onion and celery; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
5. Add turkey and stuffing; cook, stirring frequently, for 1 to 2 minutes, or until well mixed.
6. Evenly press stuffing mixture into prepared muffin cups.
7. Crack an egg into each muffin cup. Season with pepper.
8. Bake for 18 to 22 minutes, or until eggs are set.
9. Let cups sit in pan for 10 minutes before removing them. Use a butter knife to gently separate each cup from the muffin pan.

*leftovers*

# TURKEY HASH

*Listen, I know you still have some turkey leftover... Try this easy hash, perfect for breakfast or brunch before Black Friday shopping. Thank me later!*



## Ingredients:

- 1 tsp olive oil
- 4 oz turkey breast
- 2 Tbsp chopped onion
- 2 Tbsp chopped green bell pepper
- 1 small potato, peeled, cut into  $\frac{1}{2}$ -inch cubes
- $\frac{1}{2}$  tsp dried oregano
- $\frac{1}{2}$  tsp garlic powder
- sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

## Instructions:

1. Heat oil in medium skillet over medium-high heat.
2. Add turkey, onion, and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until turkey browns and onion is translucent.
3. Add potato, oregano, and garlic powder. Season with salt and pepper if desired; cook, stirring frequently, for 6 to 10 minutes, or until potato is tender.

RECIPE BY BEACHBODYONDEMAND.COM & PHOTO BY CHISELANDFORK.COM

PREP TIME: 10 MINS

COOK TIME: 15 MINS

YIELD: 2 SERVINGS

# cocktail **AUTUMN FIZZ**

*This light and refreshing Fall cocktail is just what you need this holiday season!*



## **Ingredients:**

- 2 oz Gin
- .25 oz lemon juice
- Agave nectar, to taste
- Sparkling apple cider
- Garnished with thyme and apple

## **Instructions:**

1. Pour gin in shaker, add lemon juice and agave nectar, shake,
2. Pour into a high ball glass and top with sparkling cider. Garnish with fresh thyme and an apple slice.

RECIPE BY THE EBBIT ROOM PHOTO BY JESSICA ORLOWICZ

 PREP TIME: 5 MINS

 YIELD: 1 DRINK

cocktail

# APPLE CIDER MARGARITA

*Everyone needs a seasonal margarita in their repertoire.  
This one has it all, looks AND flavor!*



## Ingredients:

- cinnamon sugar and flaky sea salt, for the rim
- 2 ounces mezcal or silver tequila
- 1/2 ounce orange liquor
- 4 ounces (1/2 cup) apple cider
- juice from 1/2 a lime
- 1-2 teaspoons maple syrup use more or less to your taste
- apple slices and cinnamon sticks, for serving

## Instructions:

1. If desired, rim your glass in salted cinnamon sugar. Mix equal parts cinnamon sugar and sea salt. Run a lime wedge around the rim of the glass and coat in sugar.
2. Combine the mezcal or tequila, orange liquor, apple cider, lime juice, and maple in a cocktail shaker. Add ice and shake to combine. Strain into the glass. Garnish with apple slices, rosemary, and cinnamon sticks. If desired light the cinnamon on fire for a smoky effect.

RECIPE & PHOTO BY THEHALFBAKEDHARVEST.COM

 PREP TIME: 5 MINS

 YIELD: 1 DRINK