



## Heathy Fall Eats

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## Creamy Apple Pie Smoothie

1 serving

5 minutes

### Ingredients

- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp Almond Butter
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	358
Fat	13g
Carbs	52g
Fiber	11g
Sugar	27g
Protein	16g
Cholesterol	2mg
Sodium	184mg
Vitamin A	641IU
Vitamin C	14mg
Calcium	601mg
Iron	2mg

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Apple Type:** For a distinct apple flavour, use a tart variety of apple like a Granny Smith or a McIntosh.

**No Almond Milk:** Use any other type of milk instead.



## Apple Spice Oatmeal Cookies

12 servings

30 minutes

### Ingredients

- 1 cup All Purpose Gluten-Free Flour
- 1 1/2 cups Oats (rolled)
- 2 tsp Baking Powder
- 1 tbsp Cinnamon
- 1/4 tsp Sea Salt
- 1/4 cup Walnuts (chopped)
- 2 tbsps Ground Flax Seed
- 1 Egg
- 1/2 cup Coconut Sugar
- 1/2 cup Coconut Oil (melted)
- 1 Apple (finely chopped)

### Nutrition

Amount per serving	
Calories	224
Fat	12g
Carbs	27g
Fiber	4g
Sugar	8g
Protein	3g
Cholesterol	16mg
Sodium	137mg
Vitamin A	33IU
Vitamin C	1mg
Calcium	64mg
Iron	1mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the flour, oats, baking powder, cinnamon, sea salt, and walnuts. Mix well.
- 3 In a separate bowl, combine the ground flax, egg, coconut sugar, melted coconut oil, and diced apple.
- 4 Add the wet mixture to the dry and mix well to form a dough.
- 5 Use a 1/4 cup to scoop balls of the dough onto the baking sheet and press down lightly. Bake for 15 minutes. Let cool and enjoy!

### Notes

**Apple Size:** For this recipe, one apple is equal to approximately one cup of finely diced apple.

**Leftovers:** Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

**Nut-Free:** Use pumpkin or sunflower seeds instead of walnuts.

**Serving Size:** One serving is equal to one cookie.



## No Bake Apple Cinnamon Bites

14 servings

15 minutes

### Ingredients

- 1 cup Oats (quick or traditional)
- 1/4 cup Ground Flax Seed
- 1/2 tsp Cinnamon
- 1/3 cup Almond Butter
- 2 tbsps Raw Honey
- 1 Apple (peeled, cored and finely diced)

### Nutrition

Amount per serving	
Calories	84
Fat	4g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	2g
Cholesterol	0mg
Sodium	1mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	28mg
Iron	1mg

### Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

**Serving Size:** One serving is equal to one ball.

**Vegan:** Use maple syrup instead of honey.

**Nut-Free:** Use sunflower seed butter instead of almond butter.



## One Pan Maple Mustard Chicken Thighs

2 servings  
 40 minutes

### Ingredients

- 8 ozs Chicken Thighs with Skin
- 1 Sweet Potato (sliced into wedges)
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Maple Syrup
- 1 1/2 tbsps Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Apple Cider Vinegar
- 1/4 tsp Cinnamon
- 1 tbsp Rosemary (optional, chopped)

### Nutrition

Amount per serving	
Calories	458
Fat	26g
Carbs	34g
Fiber	2g
Sugar	21g
Protein	20g
Cholesterol	111mg
Sodium	255mg
Vitamin A	9336IU
Vitamin C	2mg
Calcium	64mg
Iron	1mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with foil.
- 2 Place the chicken and sweet potato wedges on the baking sheet and sprinkle with sea salt and black pepper.
- 3 In a small bowl, whisk together the maple syrup, dijon mustard, extra virgin olive oil, apple cider vinegar and cinnamon. Pour over the chicken and potatoes. Toss to coat.
- 4 Place the baking sheet in the oven and bake for 30 minutes, flipping the sweet potato halfway through. Broil for an additional 1 to 2 minutes to make it crispy at the end. Remove from the oven.
- 5 Divide the chicken and sweet potato wedges between plates and garnish with rosemary. Enjoy!

### Notes

- No Dijon Mustard:** Use honey mustard instead and omit the maple syrup.
- No Rosemary:** Use another fresh herb such as parsley or thyme instead.
- No Sweet Potato:** Use baking or russet potato instead.
- No Extra Virgin Olive Oil:** Use avocado oil instead.
- Leftovers:** Refrigerate in an airtight container for up to 3 days.



## Roasted Butternut Squash Soup with Kale Chips

4 servings  
 1 hour 30 minutes

### Ingredients

- 4 cups Butternut Squash
- 1 tsp Cinnamon (plus extra for garnish)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Apple (peeled, cored and sliced)
- 1 Sweet Onion (diced)
- 1 tbsp Ginger (grated)
- 4 cups Organic Vegetable Broth
- 2 tps Sea Salt (divided)
- 4 cups Kale Leaves (cut into large pieces)

### Nutrition

Amount per serving	
Calories	218
Fat	8g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	3g
Cholesterol	0mg
Sodium	1859mg
Vitamin A	16470IU
Vitamin C	58mg
Calcium	156mg
Iron	2mg

### Directions

- 1 Preheat oven to 420°F (216°C). Cut squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender. (Roasting time will depend on the size of your squash.)
- 2 Remove squash from oven and let cool. Use a spoon to carve out the flesh and set aside. Discard the skin.
- 3 Place a large pot over medium heat and add half of your olive oil. Add the apples, onion and ginger and saute for about 5 minutes or until soft.
- 4 Add in the vegetable broth, cooked squash and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 5 Preheat your oven to 350°F (177°C) again and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. You will have to bake in a few batches. Place in the oven and bake for 10 to 15 minutes. Remove from oven when crisp and let cool.
- 6 Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency. Be patient. It might take a bit of blending to reach a creamy consistency!
- 7 Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

### Notes

**More Protein:** Blend in a 1 can of cooked red lentils or top with some shredded chicken breast



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**Storage:** Divide into 500 mL mason jars leaving at least 1 inch of space at the top. Store in the freezer up to 3 months.



## Apple, Beet & Carrot Slaw

3 servings

10 minutes

### Ingredients

2 Beet (medium-size, peeled, julienned)  
2 Carrot (julienned)  
2 cups Kale Leaves (shredded)  
1 Apple (julienned)  
3 tbsps Orange Juice  
1 tbsp Lemon Juice  
1/8 tsp Sea Salt  
1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	87
Fat	1g
Carbs	20g
Fiber	5g
Sugar	14g
Protein	2g
Cholesterol	0mg
Sodium	180mg
Vitamin A	7976IU
Vitamin C	37mg
Calcium	70mg
Iron	1mg

### Directions

- 1 In a large bowl add the beets, carrots, kale and apple.  
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- 2 In a small bowl, whisk together the orange juice, lemon juice and sea salt.  
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- 3 Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to about 3/4 cup salad.

**More Flavor:** Add some dijon or honey mustard to the dressing.

**Additional Toppings:** Top with pumpkin seeds.





## Acorn Squash & Sausage Hash

4 servings  
 30 minutes

### Ingredients

- 10 ozs Pork Sausage (casings removed)
- 1 tbsp Extra Virgin Olive Oil
- 1 Acorn Squash (peeled, chopped into cubes)
- 1/2 Yellow Onion (chopped)
- 2 cups Mushrooms (sliced)
- 2 cups Kale Leaves (chopped)
- 1 tbsp Nutritional Yeast
- 1 tsp Sea Salt
- 1 Apple (cored, cubed)

### Nutrition

Amount per serving	
Calories	352
Fat	24g
Carbs	23g
Fiber	4g
Sugar	7g
Protein	13g
Cholesterol	41mg
Sodium	1254mg
Vitamin A	978IU
Vitamin C	25mg
Calcium	81mg
Iron	3mg

### Directions

- 1 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 2 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 3 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 4 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to five days.
- Serving Size:** One serving is approximately 1 cup of the hash mixture.
- More Fiber:** Stir in cooked quinoa or rice.
- Make it Vegan:** Use black beans or lentils instead of sausage.
- Meal Prep:** Cook the acorn squash in advance to save time.