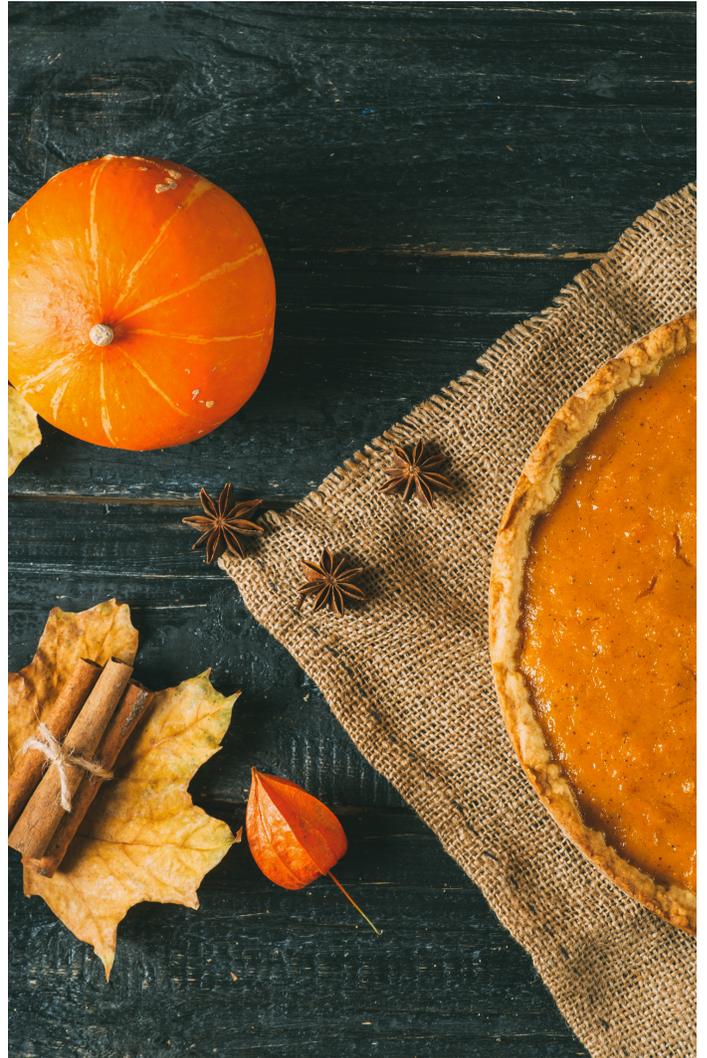
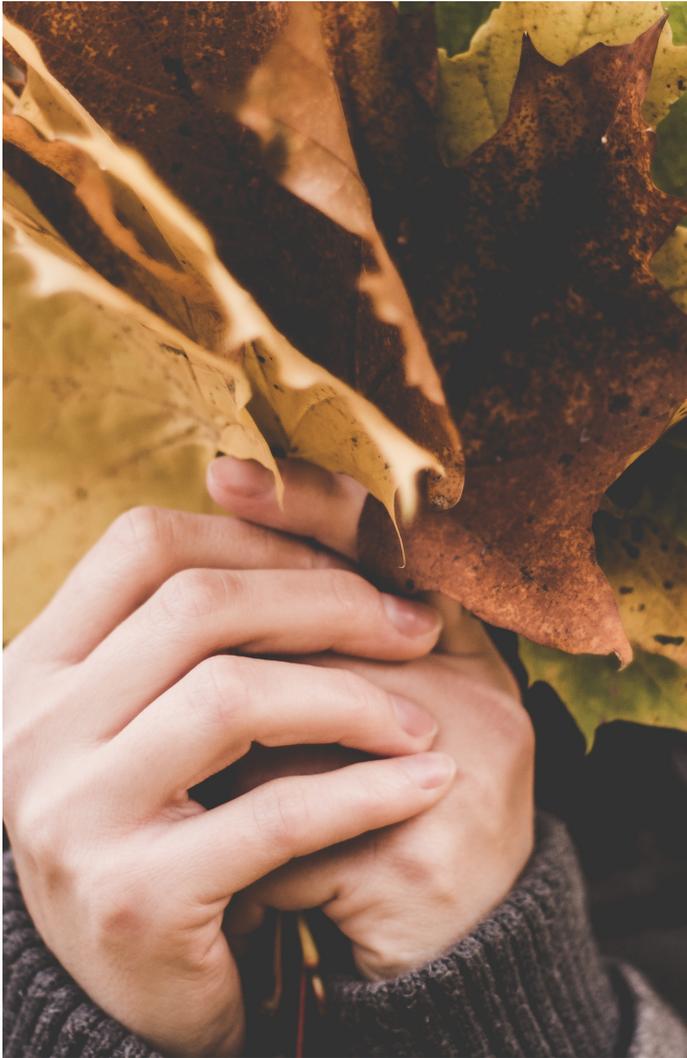


Fall Inspired

EATING WITH THE SEASONS





FALL INSPIRED

The leaves are turning and the temperatures are cooling. This is my favourite time of year...the lush colours of Fall, the cosy evenings and of course, the food! Delicious, warming and seasonally nutritious!

As Summer fades and Fall is approaching we enter a transition time known as the 5th Season - late Summer. Perfectly described! It also means it's time to start transitioning our diets. It's time to get seasonal and start incorporating some Fall foods.

Mother Nature works in amazing ways...so many of the squashes and root vegetable are immune supporting foods...we can take care of our immune system and delight our taste buds at the same time!

Morning Nutrition
starting your day right

Snacks and Dips
for steady blood sugar

Lunch & Dinners
for maximum nutrition



1

HOW TO USE THIS BOOK

EATING SEASONALLY AND LOCALLY

All of these recipes have been selected based on eating seasonally and locally - for Fall! I truly embrace this habit as many foods we find in our grocery stores have travelled great distances, the longer the distance from field to fork, the lower the nutritional value, not to mention the higher prices. Shop your local Farmers Market for fresh and nutrient dense foods. Then start adding a couple of new recipes from this book into your weekly meal plan.

The flavours are sure to delight!

2

RECIPE TIPS

INGREDIENTS AND SERVINGS

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, cashews are best soaked for a couple of hours. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you get started.

3

COOK ONCE... EAT TWICE

SAVING TIME AND MONEY

Cook once, eat at least twice! Most leftovers can last about three days in the fridge. By making enough dinner to take for lunch the next day or double a recipe to last for a few days, you can maximize your time in the kitchen. Take it a step further and double a recipe and freeze in meal size containers set for a grab 'n go lunches or dinners. This one habit alone will save you time, money and from being derailed by not having anything in the fridge or freezer ready to serve.



"People who love to eat are always the best people"

JULIA CHILD



APPLES ARE IN SEASON!

APPLE CINNAMON OVERNIGHT OATS

Apples are full of vitamins and antioxidants and a good source of fibre. Try this easy, tasty breakfast recipe! The flavour combination of warm cinnamon and maple syrup can't be beat. Apples happen to be on the "Dirty Dozen" list, meaning that they have been sprayed with high levels of pesticides, so choose organic if you can. Cook once...eat twice! I line up the jars on the counter and make a week's worth of breakfasts in under 15 minutes! Terrific grab 'n go breakfast or snack!



Chai Pear Smoothie

2 servings

5 minutes

Ingredients

- 4 cups Baby Spinach (2 large handfuls)
- 1 Pitted Dates
- 2 tbsps Chia Seeds
- 1 cup Organic Coconut Milk
- 2 Pear (quartered and cored)
- 1/2 tsp Cinnamon
- 1/4 tsp Cardamom
- 1 cup Water (to desired consistency)
- 1/4 cup Protein Powder (optional)

Directions

- 1 Blend & Enjoy!

Notes

No Coconut Milk?: Use Super Simple Almond Milk recipe instead.

No Pears?: Apples make a great substitute in this recipe.

Not sure about Cardamom?: Health benefits abound! A little goes a long way for flavour.



Pumpkin Pie Protein Smoothie

2 servings

10 minutes

Ingredients

2 cups Unsweetened Almond Milk
1 cup Pureed Pumpkin
2 Banana (frozen)
1 tsp Vanilla Extract
1 tsp Pumpkin Pie Spice
1/2 cup Vanilla Protein Powder

Directions

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

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



Pumpkin Breakfast Cookies

8 servings
45 minutes

Ingredients

- 1 1/4 cups Oats (quick or rolled)
- 1 1/2 tsps Ground Flax Seed
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1 1/2 tsps Baking Powder
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1 cup Pitted Dates (chopped)
- 1 Egg
- 3/4 cup Pureed Pumpkin
- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil (melted)
- 1 Carrot (grated)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 6 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Make it Sweeter: Add in a handful of dark organic chocolate chips.

Vegan: Use maple syrup instead of honey and a chia egg instead of an egg.

Storage: Store in the freezer in a zip-loc bag up to 1 month.



Kale & Mushroom Egg Muffins

12 servings

40 minutes

Ingredients

9 Egg
2 tbsps Unsweetened Almond Milk
1/2 tsp Sea Salt
1 1/2 tpsps Extra Virgin Olive Oil
1/2 Yellow Onion (diced)
1 cup Mushrooms
2 Garlic (cloves, minced)
2 cups Kale Leaves (packed and finely sliced)

Directions

- 1 Preheat oven to 350°F (177°C). Whisk together eggs, almond milk and sea salt in a mixing bowl and set aside.
- 2 Heat olive oil in a frying pan over medium heat. Add onion and mushroom and saute for 5 minutes or until onions are translucent.
- 3 Add garlic and kale and continue to saute just until kale is wilted. Remove from heat and add to mixing bowl with eggs. Mix well.
- 4 Line a muffin tray with liners (parchment paper cups work best). Evenly distribute the egg/kale mixture across the muffin tin leaving some room at the top as the egg will rise. Bake in the oven for 20 minutes.
- 5 Remove from oven and let cool before removing the liners. Enjoy!

Notes

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

More Vegetables: Add roasted tomatoes.

Make it Spicy: Add clean hot sauce.



Spinach Quiche with Sweet Potato Crust

4 servings
50 minutes

Ingredients

1 Sweet Potato (sliced into thin rounds)
3/4 tsp Coconut Oil
7 Egg
3 Garlic (cloves, minced)
8 stalks Green Onion (chopped)
4 cups Baby Spinach (chopped)
1 Tomato (diced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 425°F (218°C). Grease a glass pie plate with a bit of coconut oil. Cover the base and sides of the plate with the sweet potato rounds. Layer the rounds until no glass is showing. Bake in the oven for 15 minutes.
- 2 Meanwhile, crack eggs into a mixing bowl and whisk well. Set aside.
- 3 Heat coconut oil in a skillet over medium heat. Add in minced garlic and green onions. Sautee for 3 to 5 minutes. Add in chopped spinach and saute just until wilted. Remove from heat.
- 4 Add spinach mix and diced tomatoes into the egg mix. Season with salt and pepper. Stir well.
- 5 Remove sweet potato crust from the oven. Pour egg mixture over top of the crust. Reduce the temperature of the oven to 375°F (191°C). Place quiche in the oven and bake for 30 to 40 minutes or until the top is golden brown.
- 6 Remove from oven and cut into slices. Enjoy!



Apple Cinnamon Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats (organic, rolled oats)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1/2 cup Water
- 1 Apple (cored and diced)
- 1 cup Walnuts (chopped)

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 3 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Notes

More Protein: Add hemp seeds or a spoonful of nut butter.

Warm it Up: Heat in the microwave for 30 to 60 seconds before eating.

No Maple Syrup: Use honey to sweeten instead.



Pumpkin Spice Latte

1 serving
10 minutes

Ingredients

1/2 cup Organic Coffee
2 tbsps Pureed Pumpkin
1 1/2 tbsps Maple Syrup
1/2 tsp Pumpkin Pie Spice
3/4 cup Unsweetened Almond Milk
1/2 tsp Vanilla Extract

Directions

- 1 Brew your coffee and set aside.
- 2 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 3 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 4 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 5 Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk: Use coconut milk instead.

No Blender: Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

Pumpkin Lover: Add an extra 1 tbsp of pureed pumpkin per serving.

Homemade Pumpkin Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tsp ground allspice. Store in an air-tight container.

Caffeine Free: Replace coffee with additional almond milk.



Roasted Beet Hummus

8 servings

30 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil (plus 1 tablespoon for drizzling)
- 5 Garlic Clove (large)
- 4 Beet (roasted, peeled and roughly chopped)
- 1 can Chickpeas (19 ounce or 540 ml)
- 1 Lemon (fresh squeezed)
- 2 tbsps Tahini
- 1/2 tsp Smoked Paprika
- 1/4 tsp Sea Salt
- 1/3 cup Walnuts (chopped for garnish)

Directions

- 1 Preheat oven to 400 degrees F. Rinse and trim ends (no need to peel at this point). Rub each beet with enough olive oil to coat. Sprinkle with sea salt and wrap individually, along with a clove of garlic, in tin foil. Roast until fork tender. Remove from oven and allow to cool till warm enough to handle. Unwrap the beets and peel by rubbing the skin - they will easily rub off.
- 2 In a food processor add chickpeas, lemon juice, tahini, paprika, 1/4 teaspoon salt and 4 tablespoons olive oil. Puree until chunky but smooth. Add the chopped, cooled beets and garlic and puree until smooth. Season with salt and pepper to taste.
- 3 Place hummus into desired serving dish and top with chopped walnuts and drizzle with a little olive oil.
- 4 Serve with carrot sticks and/or cucumber slices for dipping. My favourite is to serve with homemade seasoned pita chips (recipe follows).



Chai Spiced Energy Bites

15 servings

10 minutes

Ingredients

1/2 cup Unsweetened Shredded Coconut
1/2 cup Almonds (raw)
2 tbsps Hemp Seeds
1 cup Pitted Dates (medjool)
1 tbsp Coconut Oil
1 1/2 tsps Vanilla Extract
1/4 cup Almond Butter
1 tsp Cinnamon
1 tsp Ground Ginger
1/2 tsp Cardamom (ground)
1/4 tsp Black Pepper (ground)
1/4 tsp Ground Cloves
1/4 tsp Nutmeg (ground)
1/4 tsp Sea Salt (fine grain)

Directions

- 1 Pulse almonds and 1/2 cup shredded coconut in food processor until well ground.
- 2 Add remaining ingredients and blend until all ingredients are combined into a dough-like consistency.
- 3 Roll a teaspoon size amount between the palms of your hands to form a ball.
- 4 If you like, roll into either shredded coconut or sesame seeds to coat.
- 5 Store in the refrigerator in a glass container.

Notes

Make it quick: Instead of all the warming spices, I quite often simply use 2 teaspoons of a Chai Spice blend.



Pumpkin Tahini Energy Balls

15 servings

15 minutes

Ingredients

1/2 cup Coconut Flour (Bob's Red Mill)
2 tbsps Coconut Oil (melted)
1/2 cup Pureed Pumpkin
1/4 cup Tahini
3 tbsps Maple Syrup
2 tsps Cinnamon
1/4 cup Sesame Seeds

Directions

- 1 In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
- 2 Add tahini, maple syrup and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
- 3 Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
- 4 Cover and store in the fridge up to 5 days, or the freezer for a month.

Notes

No Tahini: Use any type of nut or seed butter.

No Sesame Seeds: Roll them in crushed pumpkin seeds or hemp seeds instead.

Best Results: This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.



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)

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.



Roasted Butternut Squash Harvest Bowl

6 servings
40 minutes

Ingredients

6 cups Butternut Squash (diced into cubes)
3 tbsps Extra Virgin Olive Oil (divided)
1 1/8 cups Quinoa (uncooked, rinsed well)
2 cups Water
12 cups Kale Leaves (finely chopped)
1 1/2 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
3/4 cup Pumpkin Seeds
3/4 cup Dried Unsweetened Cranberries

Directions

- 1 Preheat oven to 420 degrees F 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 rinsed 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 - 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.



Slow Cooker Apple Cinnamon Pork Tenderloin

4 servings

4 hours

Ingredients

454 grams Pork Tenderloin
3 Apple (sliced and divided)
4 Carrot (medium, sliced into rounds)
1 Yellow Onion (diced)
3 tbsps Raw Honey
1 tbsp Cinnamon

Directions

- 1 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 2 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 6 - 8 hours.
- 3 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender: Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens: Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs: Serve with rice, quinoa or mini potatoes.



Kale, Roasted Beet and Walnut Salad

4 servings
30 minutes

Ingredients

4 Beet (roasted and sliced)
1 bunch Kale (rinsed, destemmed and chopped)
2 tbsps Extra Virgin Olive Oil (for massaging)
1 cup Walnuts (lightly roasted)
1/2 cup Goat Feta Cheese (optional)
1/4 cup Extra Virgin Olive Oil
2 tbsps Balsamic Vinegar
1 tbsp Pure Maple Syrup
2 tbsps Basil Leaves (finely chopped)
1/4 tsp Sea Salt

Directions

- 1 Preheat oven to 375 degrees F. Roast beets, with skin on, wrapped in tinfoil, until fork tender. Remove from oven and allow to cool until warm enough to handle. Unwrap the beets and remove the skin - skin will simply 'rub' off.
- 2 While oven is hot roast the walnuts by placing in a small glass baking dish for 10 to 12 minutes. Let cool completely.
- 3 While beets are roasting, rinse and de-stem the Kale leaves. Roll the leaves together and chop to desired size. Use 2 tablespoons of Olive Oil and a sprinkling of sea salt to 'massage' the kale - lightly rub between your hands until all leaves are coated with oil and feel that they have softened.
- 4 In a small bowl, whisk together the remaining ingredients for the dressing.
- 5 Assemble the salad by placing the Kale on a serving dish. Sprinkle most of the walnuts and then place the sliced beets along the top. Drizzle the dressing along the Beets and then garnish with remaining walnuts and Feta Cheese is using.

Notes

Deeper Flavour: Replacing Balsamic Vinegar with reduced Balsamic or a Balsamic Glaze provides a rich, creamy flavour to the salad.

Nut Free?: Use toasted Chick Peas instead. Spice it up a little by tossing the chickpeas to coat in some olive oil, cumin, garlic powder, sea salt and a little chill powder. Spread into a single layer on a baking sheet. Roast in 375degree F oven, stirring occasionally, until nicely browned and slightly crispy, about 45 minutes. Tasty!



Sausage & Quinoa Stuffed Acorn Squash

4 servings
45 minutes

Ingredients

2 Acorn Squash (trimmed and sliced in half)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Raw Honey
1 tsp Cinnamon
1 cup Quinoa (uncooked)
1 1/2 cups Water
283 grams Organic Chicken Sausage (no sugar added)
1 Yellow Onion
1 Garlic (clove, minced)
4 cups Baby Spinach
1 tbsp Rosemary
1/2 tsp Nutmeg (ground)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Slice the tips off of your acorn squash so that it will sit flat. Then cut the squash in half and carve out the seeds. Brush the inside of each squash with olive oil. Then brush the inside of each squash with honey. Sprinkle each squash with cinnamon. Place the squash on a baking sheet, flesh side up and pop them in the oven. Roast for 30 minutes or until tender when pierced with a fork.
- 3 Meanwhile, cook your quinoa by combining quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until water is absorbed. Remove lid, fluff with a fork and set aside.
- 4 Heat your remaining olive oil in a skillet over medium heat. Remove the casing from the sausage and add the meat to the skillet. Add the onions and saute until sausage is cooked through. Add the minced garlic and saute for another minute. Add spinach, rosemary and nutmeg. Saute just until spinach is wilted. Remove from heat then stir in the quinoa. Mix well.
- 5 Remove the squash from the oven and stuff each half with your quinoa sausage mix. Plate and serve!

Notes

Vegan and Budget-Friendly: Skip the sausage and use 1 can of chickpeas, lentils or beans instead.

Storage: Store covered in the fridge for up to 3 days.

Prep Ahead: Prepare your acorn squash, quinoa, onions and garlic ahead of time. When ready to eat, roast acorn squash and finish the remaining assembly.



Curried Squash and Lentil Soup

6 servings
35 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (or coconut oil)
1 Yellow Onion (chopped)
1 tbsp Curry Powder
4 cups Butternut Squash (cut into 1/2 inch cubes)
4 cups Water
1 cup Lentils (green or red, rinsed)
3/4 tsp Sea Salt
1 tbsp Lemon Juice (fresh)
1/2 cup Cilantro (optional)

Directions

- 1 Heat oil in a large pot. Add onion and sauté 3 - 5 minutes.
:
- 2 Add curry powder; stir till coated
:
- 3 Add squash cubes and stir for another 3 - 5 minutes.
:
- 4 Add water and lentils. Bring to a boil, reduce to a simmer and let cook until squash and lentils are tender, about 20 minutes.
:
- 5 Add salt and lemon juice and stir in chopped cilantro just before serving.
:
- 6 Swirling a little coconut milk on top of each serving bowl is also a nice touch!

Notes

This is a favorite!: This is a quick and delicious meal on a Fall evening. I have made this with green as well as red lentils and we enjoy it either way. Serve this soup with your choice of bread or make it a little thicker by using little less water and serve on top of rice.

A little more crunch?: Top with raw pumpkin seeds. Is very tasty topped with roasted cauliflower or roasted sliced carrots.



Lentil Masala Soup

4 servings
30 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Organic Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Organic Coconut Milk (canned, full-fat)
- 4 cups Kale Leaves (finely sliced)

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Garnish: Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



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 tpsps Sea Salt (divided)
4 cups Kale Leaves (cut into large pieces)

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

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.