

Fall Inspired

EATING WITH THE SEASONS





FALL INSPIRED

EATING SEASONALLY AND LOCALLY

All of these recipes have been selected based on eating seasonally and locally. 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 incorporating a couple of these delicious and seasonally nutritious recipes into your weekly meal plan.

Morning Nutrition
starting your day right

Snacks and Dips
for steady blood sugar

Lunch & Dinners
for maximum nutrition



1

HOW TO USE THIS BOOK

INGREDIENTS AND SERVINGS

You will find a collection of recipes starting with Breakfast and ending with Dinner as well as several snack ideas along the way.

On each recipe, you'll see total time, number of servings, ingredients and directions. You'll also find tips in the Notes below - lots of good ideas for ingredient swaps can be found there.

2

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.

Breakfasts

CHAI PEAR SMOOTHIE

PUMPKIN PIE PROTEIN SMOOTHIE

PUMPKIN BREAKFAST COOKIES

APPLE CINNAMON OVERNIGHT OATS

KALE & MUSHROOM EGG MUFFINS

SPINACH QUICHE WITH SWEET
POTATO CRUST



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

Leftovers: Freeze in the freezer-safe bag or container for up to one month.

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

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



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.



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!

Notes

Pie Plate: This recipe was developed and tested using a 9-inch glass pie plate.

Snacks

ROASTED BEET HUMMUS

CHAI SPICED ENERGY BITES

NO BAKE APPLE CINNAMON BITES

WARM PEARS WITH NUT BUTTER

PUMPKIN SPICE LATTE



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.



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.



Warm Pears with Nut Butter

2 servings

10 minutes

Ingredients

- 1 tsp Butter
- 2 Pear (sliced)
- 2 tps Maple Syrup
- 1 tsp Cinnamon
- 1/8 tsp Sea Salt
- 2 tbsps Almond Butter
- 2 tbsps Walnuts (chopped)

Directions

- 1 Melt the butter over medium-low heat in a pan. Add the pears, maple syrup, cinnamon, and salt and mix to combine.
- 2 Sauté the pears for three to four minutes or until soft. Evenly divide the warm pears between bowls and top with almond butter and walnuts. Enjoy!

Notes

Leftovers: Best enjoyed warm.

Serving Size: One serving is one pear.

Make it Vegan: Use coconut oil instead of butter.

Sugar-Free: Omit the maple syrup.

No Almond Butter: Use other nut or seed butter like cashew or pumpkin.

No Walnuts: Use other nuts or seeds like almonds, cashews or pumpkin seeds.



Pumpkin Spice Latte

1 serving
10 minutes

Ingredients

1/2 cup 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 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.

Mains

LENTIL MASALA SOUP

ROASTED BUTTERNUT SQUASH HARVEST BOWL

KALE, ROASTED BEET AND WALNUT SALAD

SAUSAGE & MUSHROOM STUFFED SQUASH

CURRIED SQUASH & LENTIL SOUP

PUMPKIN MAPLE VINAIGRETTE



Lentil Masala Soup

4 servings
30 minutes

Ingredients

- 1 1/2 tps 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 Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Canned Coconut Milk (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

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

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



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.



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 & Mushroom Stuffed Squash

4 servings

1 hour

Ingredients

- 1 tsp Avocado Oil
- 2 Acorn Squash (halved and seeds removed)
- 1/3 cup Wild Rice (dry, uncooked)
- 3/4 cup Water
- 340 grams Pork Sausage (casings removed)
- 2 stalks Celery (chopped)
- 1 1/2 cups Shiitake Mushrooms (chopped)
- 3 cups Baby Spinach
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (optional, finely chopped)

Directions

- 1 Preheat the oven to 425°F (218°C). Drizzle the oil on the squash and place cut side down on a baking sheet lined with parchment paper. Bake for 20 to 30 minutes, or until tender when pierced with a fork.
- 2 While the squash bakes, add the rice to a medium pot with the water and cook according to the directions on the package.
- 3 In a pan, over medium heat, add the sausage and cook for 3 to 4 minutes, breaking it up as it cooks. Add the celery and cook for 2 to 3 minutes, then add the mushrooms and cook for 4 to 5 minutes. Add the spinach and stir until it has wilted and the sausage is completely cooked through.
- 4 Remove the pan from the heat and add the wild rice to the pan along with the lemon juice and sea salt. Mix well.
- 5 Spoon the rice/sausage mixture into the baked squash and garnish with parsley (optional). Enjoy!

Notes

No Pork Sausage: Use chicken sausage or beef sausage instead.

Vegan and Vegetarian: Use cooked lentils instead of sausage.

Meal Prep: Cook the squash and the rice ahead of time and warm through before serving.

Leftovers: Keeps well in the fridge up to three days.



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.



Pumpkin Maple Vinaigrette

6 servings

5 minutes

Ingredients

1/4 cup Pumpkin (canned, pureed)
1/2 cup Extra Virgin Olive Oil
1/4 cup Apple Cider Vinegar (raw, unpasteurized)
1 tbsp Maple Syrup
1 tsp Dijon Mustard
1 clove Garlic (minced)
1 tbsp Fresh Thyme Leaves (or pinch of dried)
1 pinch Salt And Pepper (to taste)

Directions

- 1 Whisk all ingredients in a bowl until combined well.
- 2 Store in a covered container in the refrigerator for up to 5 days.

Notes

Pairs beautifully with Fall flavours: Try this vinaigrette on a salad topped with Walnuts or pecans, Apples or pears.

Not just for salads: Try drizzling over roasted carrots or any root vegetable of the season. Yum!

Bon Appetit!
