

Healing Meals for Winter



Nutritionists Share their Seasonal Favorites

Organized by Amy Hager, RDN



About Amy Hager, RDN

Amy is a Registered Dietitian Nutritionist and a Certified Health and Wellness Coach and Diabetes Educator. She has helped hundreds of clients design personalized nutrition plans to lower blood pressure, improve blood sugar, improve cholesterol as well as achieve desired weight goals.

Amy is passionate about taking a holistic approach to help her clients heal as well as thrive and flourish in their lives, beginning with nutrition as the foundation to success.

She is the author of [Pure Food for Families](#), [The Crafty Beekeeper](#) and creator of the [Inflammation Free Zone 30 Day Protocol](#).

In addition to her nutrition practice Amy enjoys backyard beekeeping, making jewelry and crafting organic skin care products, hiking, cycling and yoga.

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Foreword

Clients always ask me “how can I eat healthy without getting bored?” Keeping ideas fresh and interesting is a real challenge for many. It’s easy to get in a rut of eating the same salad or the same style of chicken week after week because it’s a “safe” choice. However, there are countless ways to keep meals novel and exciting.

One of my favorite ways to do this is to eat seasonally. The availability of fruits and vegetables, nuts, herbs, and even meat and dairy vary with the seasons, with the summer season being the highlight of the year.

I wanted to create a recipe collection that would feature the best of what winter has to offer, while at the same time ensuring that the recipes are nourishing as well as tasty. I also wanted to feature quality recipes from well-respected nutrition professionals. I reached out to my community of real food dietitians and hand selected top notch contributions from the experts.

Look forward to a little taste of everything: breakfast, lunch, dinner, sweet treats and savory winter dishes. These recipes will become opportunities to try out new and nutritious meals that heal, all put together by nutritionists who love tasty food as much as they love helping their clients achieve optimal health.

If you find a new favorite, we’d love to hear from you! Drop me a line or reach out to the contributing author so we can feature your story of how you got out of your healthy eating rut with *Healing Meals for Winter*.

--Amy Hager



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Beth Danowsky's Perfect Pumpkin Pancakes with Bacon

Ingredients

- ✓ 5 eggs
- ✓ 1 cup pumpkin puree (canned is fine)
- ✓ 3 Tbsp coconut flour
- ✓ 1 ½ tsp pure vanilla extract
- ✓ 2 tsp cinnamon
- ✓ 1 tsp pumpkin pie spice or nutmeg (optional)
- ✓ ¼ tsp baking soda
- ✓ Pinch sea salt (optional)
- ✓ 2 tsp ghee or coconut oil or bacon grease
- ✓ 8 slices bacon

Directions

Pancakes

- ✓ Whisk eggs, pumpkin and vanilla together.
- ✓ In a separate bowl, mix together coconut flour, cinnamon, pumpkin pie spice, baking soda and salt. Slowly incorporate the dry mixture into the wet ingredients. Whisk until smooth. Mixture will be thick.
- ✓ Melt cooking fat in griddle on medium heat.

- ✓ When the pancake begins to bubble, flip and cook for another minute or so.
- ✓ For an extra punch, sauté some apple slices, raisins and cinnamon in coconut oil for a delish topping!

Bacon – I love to cook my bacon in the oven. It saves me from having that lovely bacon grease smell in my hair all day with minimal cleanup. It comes out perfect every time!

- ✓ Preheat oven to 350-400 degrees F.
- ✓ Lay a piece of parchment or baking paper on a shallow baking tray.
- ✓ Evenly spread 8 slices of bacon on the parchment or baking paper. It's okay if they touch.
- ✓ Bake 8-10 minutes or until strips have reached desired doneness.
- ✓ Serve alongside of pancakes or crumble on top and eat!



Stacy Frattinger's Carrot Pear Loaves

Ingredients

- ✓ 2 cups almond flour
- ✓ 1/3 cup coconut flour
- ✓ 1 tablespoon cinnamon
- ✓ 2 teaspoons baking soda
- ✓ 1/2 teaspoon salt
- ✓ Dash of vanilla extract
- ✓ Dash of Apple Cider Vinegar
- ✓ 2 cups carrots, peeled and grated
- ✓ 1 large pear, peeled, cored and grated
- ✓ 3/4 cup shredded coconut
- ✓ 3 large eggs
- ✓ 2 tablespoons honey (optional)
- ✓ 1/2 cup coconut oil
- ✓ Vanilla SweetLeaf Stevia to taste

Directions

- ✓ Preheat oven to 350 degrees F and grease ~4 mini loaf pans.
- ✓ Combine almond flour, coconut flour, cinnamon, baking soda and salt in a large bowl. Add carrot, pear, and coconut and combine well.
- ✓ In a separate bowl, whisk eggs, honey, oil, vanilla stevia, and vanilla extract together.
- ✓ Pour the wet mixture over the dry ingredients and mix very well. The batter will be very thick.
- ✓ Spoon the batter into mini loaf pans and place on upper or middle rack of your oven for 40-50 minutes.
- ✓ When a toothpick inserted into the top of a muffin comes out clean, the muffins are done.
- ✓ Cool muffins in the pan for 8-10 minutes and then remove to a rack to finish cooling.
- ✓ **If you are looking for variety, you can add in raisins, dried cranberries, chopped dates, or walnuts. You can also replace the pear with apple or pineapple for a tasty substitution.



Stacie Hassing's

Paleo Honey Granola

Ingredients

- ✓ 1 cup raw almonds
- ✓ 1 cup raw cashews
- ✓ ¼ cup raw pumpkin seeds
- ✓ ½ cup raw sunflower seeds
- ✓ ¼ cup unsweetened coconut flakes
- ✓ 1/3 cup raw honey
- ✓ 1 tsp pure vanilla
- ✓ 1 tsp ground cinnamon
- ✓ ¾ cup dried cranberries or cherries

Directions

- ✓ Preheat oven to 275 degrees F. In a food processor or blender, add almonds, cashews and coconut to chop into small pieces. Do not over-blend
- ✓ Heat coconut oil, honey and vanilla on medium high heat on stove in a large saucepan for about 3-5 minutes. Add cinnamon, seeds, nuts and coconut flakes and stir to coat
- ✓ Spread granola mixture onto a parchment lined baking sheet.
- ✓ Bake for 20-25 minutes or until lightly browned. Remove from oven and add dried cranberries, may need to press down into granola mixture.
- ✓ Allow to cool for about 20 minutes or until hardened. Break apart granola and Enjoy!



Amy Hager's

Sweet Potato Sausage Hash

Ingredients

- ✓ 1 large sweet potato
- ✓ 2 medium red potatoes
- ✓ 1 medium onion
- ✓ 1 tsp garlic powder
- ✓ 1 tsp sage
- ✓ ½ tsp thyme
- ✓ 1 Tbsp olive oil
- ✓ 1 pound fresh ground sausage

Directions

- ✓ Dice up sweet potato, red potato and onion, set aside.
- ✓ Add olive oil to cast iron pan on medium heat and add all of vegetables. Stir to coat evenly and place lid on top. Cook for 10 minutes then stir again.
- ✓ When potatoes become soft, add ground sausage and mix well into vegetables. Cook for another 10 minutes until sausage is done.



Darla O'Dwyer's

Cranberry Orange Muffins

Ingredients

- ✓ ½ c butter or coconut oil
- ✓ ½ c honey
- ✓ ¾ tsp salt
- ✓ 6 eggs, preferably pasture-raised
- ✓ 1 ½ tsp vanilla extract
- ✓ Zest from half an organic orange
- ✓ 1 c orange juice
- ✓ ¾ c coconut flour
- ✓ 1 c frozen cranberries (don't add extra or the muffins will be too tart)
- ✓ Optional equipment: immersion blender and 3 Tbsp scoop

Directions

- ✓ Preheat Oven to 325. Melt butter or coconut oil in a small saucepan over low heat (or microwave). Turn off heat and allow to cool slowly.
- ✓ Add the cranberries and orange juice to a small saucepan and reduce by ¼ to ½. This helps to soften the cranberries and intensifies the flavor.
- ✓ Meanwhile, combine the eggs, salt, vanilla extract, and orange zest in a large bowl. If using an immersion blender, pulse a few times to combine. Otherwise, mix to combine with a whisk or mixer.
- ✓ Add the honey and butter (or coconut oil) to the egg mixture and blend well with an immersion blender or mixer.
- ✓ Measure out the coconut flour. Coconut flour tends to get lumpy, so use a sifter if not using an immersion blender.
- ✓ Pour the coconut flour into the bowl with wet ingredients. Use an immersion blender or mixer to combine all ingredients, making sure there are no lumps.
- ✓ Fold in the cranberries/orange juice mixture with a spoon or spatula.
- ✓ Pour the batter into a lined muffin tin and bake for 20 minutes or until center is set.



Patricia Daly's

Chia Kale Shake

Ingredients

- ✓ 1 scant scoop Sunwarrior Blend
- ✓ 1 Tablespoon Apple Cider Vinegar
- ✓ 1 teaspoon ground cinnamon
- ✓ 10 grams chia seeds
- ✓ 30 grams butter or ghee
- ✓ 30 grams canned coconut milk
- ✓ 320 grams filtered water
- ✓ 50 grams curly kale, lightly steamed

Directions

- ✓ Mix up all ingredients in blender for 30 seconds to one minute.
- ✓ Drink immediately



Ryah Nabielski's

Delicata Squash with Pears and Cinnamon

Ingredients

- ✓ 1 large delicata squash (about 1 pound)
- ✓ 2 medium pears (ripe or almost ripe)
- ✓ 1 ½ Tablespoon coconut oil
- ✓ 1 teaspoon cinnamon, or more to taste
- ✓ Generous pinch of sea salt

Directions

- ✓ Preheat oven to 350 degrees F.
- ✓ Slice the delicata squash in half and remove seeds. Thinly slice into half-moon shapes.
- ✓ Remove core from pear and slice.
- ✓ Place all ingredients in a glass or ceramic baking dish and place in preheated oven.
- ✓ After a few minutes, remove the dish and mix all ingredients together, coating the squash and pears with coconut oil.
- ✓ Bake 50-60 minutes or until squash is very tender.

Variations:

- ✓ Try apples instead of pears.
- ✓ Add ginger, cardamom or nutmeg for added flavor.



Jessica Beacom's

Delicata Squash with Tomatoes

Ingredients

- ✓ 1 ½ pounds delicata squash, halved lengthwise, seeds removed and cut into 1/2-inch slices
- ✓ 1 very large shallot (or 1 small red onion) cut into ½-inch wedges
- ✓ 4 cloves of garlic, peeled and roughly chopped
- ✓ 1 pint cherry tomatoes
- ✓ 2 Tbsp ghee, melted
- ✓ 1 Tbsp bacon fat, melted
- ✓ Salt and pepper to taste
- ✓ 2-3 sprigs fresh thyme (or ¼ tsp dried thyme)

Directions

- ✓ Preheat oven to 475 degrees with a rimmed baking sheet inside. (Trust me, this is key to getting nicely caramelized vegetables.)
- ✓ In a large bowl, combine squash, shallots, garlic and tomatoes.
- ✓ Pour melted ghee and bacon fat over vegetables, tossing gently to coat. Season with salt and pepper.
- ✓ Carefully remove hot baking sheet from oven using oven mitts and spread vegetables onto pan in an even layer. They're going to sizzle, that's good, be careful and work quickly.
- ✓ Lay thyme sprigs or sprinkle dried thyme on top of vegetables
- ✓ Bake for 20 minutes, turning once, until squash is tender. Remove from oven and season with additional salt and pepper as desired.



Daphne Olivier's

Curried Lentils

Ingredients

- ✓ 1 Tbsp coconut oil
- ✓ 1 med onion, finely chopped
- ✓ 1 tsp garlic, minced
- ✓ 2 Tbsp curry powder
- ✓ 1 lb sweet potatoes, peeled & cut into 1 inch chunks
- ✓ 1 head cauliflower, stemmed and separated into florets
- ✓ 1 c brown lentils
- ✓ 4 large tomatoes, skinned and diced
- ✓ 2 cups chicken broth
- ✓ Sea salt to taste

Directions

- ✓ Heat oil over medium to low heat, add onion and cook until softened
- ✓ Add garlic and curry powder and cook, stirring constantly for 1 minute.
- ✓ Stir in sweet potatoes, cauliflower, lentils, tomatoes, and juice from tomatoes, broth and salt.
- ✓ Bring mixture to a boil and then reduce heat to a simmer.
- ✓ Cover and cook until lentils and sweet potatoes are tender, about 20 minutes.



Amy Hager's

Curry Cabbage

Ingredients

- ✓ ½ head cabbage, shredded
- ✓ 1 carrot, shredded
- ✓ 1 med onion, shredded
- ✓ 1 Tbsp ground cumin
- ✓ 1 Tbsp ground coriander
- ✓ 1 Tbsp turmeric
- ✓ 1 tsp garlic powder
- ✓ 1 tsp chili powder
- ✓ ¼ tsp cinnamon
- ✓ 2 Tbsp coconut oil

Directions

- ✓ Shred all vegetables in a food processor until fine.
- ✓ Heat coconut oil in cast iron skillet and add vegetables
- ✓ Reduce heat to medium-low and cover pan. Let cook for 10 minutes and then stir. If it starts to stick to the bottom of the pan, add some water and stir again.
- ✓ Replace cover and cook for another 15 minutes.



Diana Marchand's

Broccoli Cauliflower Soup

Ingredients

- ✓ ½ cup almonds soaked for 4+ hrs, drained
- ✓ 1 1/3 c water
- ✓ 2 cups broccoli
- ✓ 2 cups cauliflower
- ✓ ¼ clove of garlic (or more to taste)
- ✓ ¼ veggie bouillon cube, optional
- ✓ ¼ teaspoon curry powder
- ✓ ¼ teaspoon cumin
- ✓ Dash paprika
- ✓ Dash cinnamon
- ✓ Dash cayenne pepper
- ✓ 2 teaspoons tamari or coconut aminos
- ✓ 2 teaspoons lemon or lime juice or apple cider vinegar

Directions

- ✓ Chop broccoli and cauliflower and cook by steaming until tender. Drain and set aside. (Can leave raw if wanting a raw foods recipe).
- ✓ Add water and almonds to blender. Blend until smooth. If you don't have a high speed blender. You can remove the skins from almonds and strain out the pulp, reserving the milk in the blender.
- ✓ Add remaining ingredients to blender (with almond mix) and puree until smooth. Taste and adjust spices and water to taste and texture. Transfer to pot on stove to heat.



Beth Danowsky's Body Love Beet Salad

Ingredients

- ✓ 6 medium fresh beets, peeled and cubed
- ✓ 1 large sweet potato, peeled and cubed
- ✓ ½ cup coarse kosher salt
- ✓ 3 cups quinoa, cooked
- ✓ ½ cup pumpkin seeds
- ✓ 2 generous handfuls arugula or spring greens
- ✓ 2-3 Tbsp extra virgin olive oil
- ✓ Sea salt and pepper to taste
- ✓ ½ cup goat cheese, crumbled (optional)

Directions

- ✓ Preheat oven to 375 degrees F.
- ✓ Spread even layer of coarse salt into a large roasting pan and place cubed beets and sweet potatoes on top. No need to stir or combine. Roast 30-40 minutes or until fork tender.
- ✓ After beets and potatoes have cooled slightly, toss with remaining ingredients in a large bowl.
- ✓ Enjoy warm or cold as a meal or side dish!



Lily Nichols' Carrot Ginger Squash Soup

Ingredients

- ✓ 1 Tbsp butter or coconut oil
- ✓ 1 large onion, chopped
- ✓ 1 lb carrots, peeled, chopped
- ✓ 1 Delicata, butternut, or kabocha squash, peeled, seeded*, chopped (about ½ pound)
- ✓ 1-2" piece fresh ginger, peeled, minced
- ✓ 1 tsp salt
- ✓ ½ tsp pepper
- ✓ 1 tsp garlic powder (could use fresh cloves)
- ✓ 1 tsp turmeric
- ✓ 1 quart homemade chicken stock
- ✓ 1 Tbsp honey
- ✓ ½ cup heavy cream (organic, grass-fed if possible) OR full-fat coconut milk
- ✓ Squeeze lemon juice or cider vinegar

Directions

- ✓ Prep all veggies as above. One note on ginger – peel first, slice thin *across the grain*, then mince. This way you don't get those tough ginger fibers in your soup.
- ✓ Using a heavy bottomed soup pot, brown onion in butter.
- ✓ Add remaining veggies, ginger, salt, pepper, garlic powder, and turmeric. Cook for ~5 minutes, until lightly browned and fragrant.
- ✓ Add chicken stock and honey. Bring to a simmer and cook until veggies are very soft (check by smashing with a spoon). Turn off heat.
- ✓ Carefully puree with an immersion blender (it's hot!). If you're fancy, you can strain the soup. I'm not, so a wayward chunk of carrot is fine by me.
- ✓ Add cream and lemon juice. Adjust seasonings to taste.

*Save the seeds to make Chili-Lime Roasted Winter Squash Seeds. They make a great snack!



Daphne Olivier's

Butternut Squash Soup

Ingredients

- ✓ 1 large onion, chopped
- ✓ 1 Tbsp coconut oil
- ✓ 1 red apple, peeled and chopped
- ✓ 2 cups chicken broth
- ✓ 2 cups butternut squash, cubed
- ✓ 1 tsp cumin
- ✓ 1 tsp sea salt or Himalayan salt
- ✓ 1/3 c coconut milk

Directions

- ✓ On medium heat, melt the coconut oil in a stockpot. Add onion and allow to cook until soft and translucent.
- ✓ Add apples and allow to cook until soft. Add cumin and stir well.
- ✓ Add chicken broth, butternut squash and salt. Cover with lid and cook for about 20 minutes or until butternut squash is softened.
- ✓ Puree with a stick blender until smooth, then add coconut milk, and stir before serving.



Claire Carlton's

Venison Shepherd's Pie

Ingredients

- ✓ 6 medium sweet potatoes, baked and peeled or boiled and peeled
- ✓ 1 & 1/2 cups carrots, thinly sliced
- ✓ 1/2 yellow onion, diced
- ✓ 5 cloves garlic, minced
- ✓ 2 Tbsp butter
- ✓ 1 pound ground venison
- ✓ 1 cup frozen green beans
- ✓ 1 & 1/2 cups frozen green peas
- ✓ 1 & 1/2 cups frozen corn
- ✓ 2 Tbsp tomato paste
- ✓ 2 Tbsp Worcestershire sauce
- ✓ 1 tsp salt, divided
- ✓ 1 & 1/2 Tbsp dried Italian seasoning
- ✓ black pepper to taste
- ✓ 2/3 cup beef broth (sub chicken or veggie broth if you don't have beef broth)
- ✓ Shredded parmesan cheese to sprinkle on top about 1/4-1/2 cup (optional)
- ✓ Fresh parsley, chopped (for garnish)

Directions

- ✓ Preheat oven to 350 degrees F
- ✓ Add the butter to a large & deep skillet, heat to medium-high
- ✓ Once skillet is hot, add thinly sliced carrots, cook for about 5 minutes or until they start to become tender. Reduce heat to medium, then add the onions and garlic. Cook for another 5 minutes.
- ✓ While the carrots, onions & garlic cook, add potatoes and 1/2 tsp salt to food processor. Process until smooth. You may need to add a few potatoes at a time to make it easier. Once potatoes are processed, set aside.
- ✓ Add the ground venison to the skillet. Stir the mixture, so the meat can brown. Cook for about 3-5 minutes. The meat does not have to cook completely as it will be cooking again in the oven.
- ✓ Add remaining vegetables, 1/2 tsp salt, Italian seasoning, black pepper, tomato paste, Worcestershire sauce, and beef broth. Stir to thoroughly combine all ingredients. Allow ingredients to cook until the frozen vegetables are no longer frozen, about 5 minutes.
- ✓ Pour all ingredients into a 9 by 13 inch casserole dish.
- ✓ Add the potato mixture to a gallon plastic bag. Cut a small hole in the corner of the bag and pipe the potato mixture on the top of the pie.
- ✓ Place dish in the oven and bake for 30 minutes. In the last few minutes of cooking time, sprinkle with Parmesan cheese.
- ✓ Remove from oven and sprinkle with chopped parsley.



Darla O'Dwyer's

Whole Chicken in a Slow Cooker

Ingredients

- ✓ 3-4 tsp salt
- ✓ 2 tsp paprika
- ✓ 1 tsp cayenne pepper
- ✓ 1 tsp onion powder
- ✓ 1 tsp thyme
- ✓ 1 tsp white pepper
- ✓ ½ tsp garlic powder
- ✓ ½ tsp black pepper
- ✓ 1 qt organic chicken broth
- ✓ 3 1/2 to 4 1/2 lbs roasting or fryer chicken
- ✓ 1-2 T olive oil or coconut oil
- ✓ 1 medium to large onion
- ✓ 4-5 carrots, scrubbed, no need to peel, chopped or sliced
- ✓ 4 celery stalks, chopped
- ✓ 1 package of frozen green beans

Directions

- ✓ Combine spices in a small bowl.
- ✓ Add oil to a large heated skillet. Sauté the onions and celery until softened.
- ✓ Add all of the vegetables to the crock-pot. Remove chicken from packaging and place chicken on top of the vegetables.
- ✓ Sprinkle the spices over the chicken and add the chicken broth.
- ✓ Cover the slow cooker and cook chicken on low for 4-8 hours. (When I used a 4 lb chicken, it took about 6 hours). The time will depend on the size of the chicken and your slow cooker.
- ✓ Add the green beans about an hour before the chicken is done.



Diana Marchand's

Noodles with Chili Cheeze Sauce

Ingredients

- ✓ 1 medium zucchini
- ✓ 1 ½ cup chopped broccolini
- ✓ ½ cup chopped cherry tomatoes
- ✓ 1/3 cup black beans
- ✓ 1/3 cup chopped green tail onions
- ✓ ¼ cup green peas, can use frozen

Chili Cheeze Sauce

- ✓ ½ cup cashews (soaked overnight and drained)
- ✓ 1 cup water (may need more)
- ✓ 3 tablespoons hemp seed
- ✓ 1 teaspoon lemon juice
- ✓ ¼ clove garlic
- ✓ 1 tablespoon chili powder
- ✓ ¼ teaspoon turmeric
- ✓ ¼ teaspoon salt
- ✓ 1 ½ teaspoon tamari
- ✓ 2 tablespoon nutritional yeast
- ✓ Pinch of cayenne

Directions

- ✓ For the noodles:: using a vegetable peeler or spiral slicer, make noodles from zucchini. Place slices on paper towel to absorb excess water.
- ✓ Blanch broccolini (boil for 1 min. & rinse with cold water)
- ✓ Rinse black beans. Thaw frozen green peas in warm water
- ✓ Make Chili Cheeze Sauce by blending water, lemon and cashews first in blender. Then add remaining ingredients and blend until smooth and creamy. May need to add more water if mixture is too thick.
- ✓ Warm the vegetables in a pot by adding a bit of water and drizzle with extra virgin olive oil and stir.
- ✓ Heat gently. Cover with lid and stir often.
- ✓ Add some of the chili cheese sauce if you want it warmed or can have it chilled later.



Lily Nichols'

Chili-Lime Roasted Winter Squash Seeds

Ingredients

- ✓ Seeds of 1 large winter squash or pumpkin (any variety)
- ✓ 1-2 teaspoons coconut oil or ghee
- ✓ ½ teaspoon sea salt
- ✓ ½ teaspoon mild chili powder
- ✓ ½ teaspoon garlic powder
- ✓ Juice of 1 lime

Directions

- ✓ Scrape the seeds from the squash. Separate seeds from the orange goo. (Don't rinse, otherwise you wash off a lot of flavor and the spices won't stick as well.)
- ✓ Place on a cookie sheet. Toss in oil, spices, and lime juice.
- ✓ Roast for 10-15 minutes at 350 degrees or until lime juice is evaporated, seeds are crisp, and the house smells amazing. Set a timer. These burn easily.



Stacey Frattinger's Cranberry Walnut Relish

Ingredients

- ✓ 1 orange, peeled, sliced, seeds removed
- ✓ 1 lemon, peeled, sliced, seeds removed
- ✓ 2 cups fresh cranberries
- ✓ ½ c shredded coconut
- ✓ ½ c walnuts
- ✓ 1 ½ tsp pumpkin pie spice
- ✓ Pinch of salt
- ✓ Dash of apple cider

Directions

- ✓ Blend orange, lemon and cranberries in a food processor.
- ✓ Add in shredded coconut, pumpkin pie spice, salt and apple cider vinegar.
- ✓ Pulse until just blended.
- ✓ Remove from food processor, stir in walnuts, and chill.
- ✓ Serve as a relish or condiment, or use as a tasty addition to chopped poultry for a fabulous chicken or turkey salad.



Stacie Hassing's

Slow Cooker Pumpkin Spice Applesauce

Ingredients

- ✓ 6-7 medium apples
- ✓ 1 c pumpkin puree
- ✓ ¼ c pitted dates, chopped
- ✓ 1 tsp ground cinnamon
- ✓ 1 tsp pumpkin pie spice
- ✓ ½ tsp ground ginger
- ✓ ½ tsp ground nutmeg
- ✓ 2 tsp pure vanilla extract
- ✓ Optional toppings: chopped walnuts or pecans, heavy cream, honey, maple syrup

Directions

- ✓ Peel and cube apples, place in slow cooker.
- ✓ In a food processor or blender combine pumpkin, dates and spices and process until smooth.
- ✓ Add pumpkin mixture to slow cooker and stir to coat apples.
- ✓ Turn slow cooker on high and cook for 4-6 hours or until apples can be easily mashed.
- ✓ For a chunkier applesauce, mash with a large spoon and leave some chunks. For a smoother consistency, blend in a blender or food processor.
- ✓ Enjoy plain or with optional toppings



Patricia Daly's Seedy Crisp Bread

Ingredients

- ✓ 1 cup pumpkin seeds
- ✓ 1 cup sunflower seeds
- ✓ 1 teaspoon salt
- ✓ 30 grams whole flaxseeds
- ✓ 4 large eggs
- ✓ 4 tablespoons coconut oil, melted

Directions

- ✓ Preheat oven to 350 degrees F/ 150C
- ✓ Place seeds into food processor and process to a fine flour. Add salt and mix well.
- ✓ Crack the eggs into a separate bowl and mix well.
- ✓ Melt the coconut oil in a pan. Once it's cooled, add eggs and mix well.
- ✓ Add the liquids to the ground seeds and mix well.
- ✓ Spread the dough thinly onto parchment paper (if necessary, press down with hands, as dough can be quite sticky)
- ✓ Bake for 30 minutes



Jessica Beacom's Apple Crisp

Ingredients

Fruit Layer:

- ✓ 5 c peeled and thinly sliced apples (may sub pears)
- ✓ 1 Tbsp lemon juice
- ✓ 1 Tbsp maple syrup
- ✓ 2 tsp vanilla extract
- ✓ 2 Tbsp arrowroot powder or tapioca starch
- ✓ 2 tsp ground cinnamon
- ✓ 1 pinch ground nutmeg

Topping:

- ✓ ½ c sliced almonds
- ✓ ½ c chopped pecans
- ✓ ¼ c finely shredded dried coconut
- ✓ ¼ c almond flour
- ✓ 1 Tbsp coconut flour
- ✓ ½ tsp ground cinnamon
- ✓ 2 Tbsp coconut oil, ghee or butter
- ✓ 2 Tbsp maple syrup
- ✓ Pinch of sea salt

Directions

- ✓ Preheat oven to 350 degrees F.
- ✓ Grease an 8x8 glass baking dish, deep dish pie pan or shallow 2-quart baking dish.
- ✓ In a large bowl, combine apples, lemon juice, maple syrup, vanilla, starch, cinnamon and nutmeg. Mix thoroughly and pour into the greased baking dish.
- ✓ Wipe bowl clean. Add nuts, coconut, almond flour, coconut flour, cinnamon, coconut oil (or ghee or butter) and maple syrup. Using a fork or clean hands stir until coconut oil is evenly incorporated.
- ✓ Sprinkle topping evenly over fruit in baking dish.
- ✓ Bake for 30 minutes or until filling is hot and bubbling. Check after 20 minutes to be sure topping doesn't burn, if it gets dark quickly, cover with foil and continue cooking.
- ✓ Remove from oven and allow to cool slightly before eating.



Amy Hager's Pumpkin Pudding

Ingredients

- ✓ 1 15 oz canned pumpkin, or cooked fresh
- ✓ 1 c almond or coconut milk
- ✓ ¼ c coconut oil
- ✓ 5 eggs
- ✓ 1 Tbsp cinnamon
- ✓ 1 tsp ginger
- ✓ ¼ tsp nutmeg
- ✓ ¼ tsp cloves
- ✓ 1 tsp vanilla extract
- ✓ 2 Tbsp honey or maple syrup

Directions

- ✓ Preheat oven to 400 degrees F.
- ✓ Whisk together all ingredients or blend with a mixer until frothy.
- ✓ Spoon carefully into individual ramekins until ¾ full or into a casserole dish. Place bake ware onto a cookie sheet
- ✓ If using ramekins, bake for 15 minutes and check doneness with a toothpick (will come out clean when ready).
- ✓ If using a casserole dish, check for doneness at 30 minutes and 40 minutes depending on the size of the dish you're using.



Claire Carlton's No Bake Paleo Pumpkin Pie

Ingredients

- ✓ **For the Crust:**
- ✓ 1 cup raw pecan halves or pre-chopped (plus extra for decorating), (toasted in the oven or stovetop)
- ✓ 1/2 cup pitted dates (soaked in hot water for 10 minutes)
- ✓ 1/2 cup unsweetened shredded coconut (lightly toasted, either in the oven or stovetop)
- ✓ 1/3 cup ground flax seed meal
- ✓ 1 Tbsp melted coconut oil
- ✓ 1/4 tsp salt
- ✓ **For the Filling:**
- ✓ 1 1/2 cups raw cashews (soaked in water overnight)
- ✓ 1 can pure pumpkin puree
- ✓ 1/2 cup unsweetened plain almond milk
- ✓ 1/2 cup pure maple syrup or raw honey
- ✓ 1 Tbsp cinnamon
- ✓ 1/2 tsp nutmeg
- ✓ 1/2 tsp fresh grated ginger
- ✓ 1/4 tsp cloves
- ✓ 2 tsp vanilla extract

Directions

- ✓ Drain dates from hot soaking water. In a food processor, add pecans and dates and process until well combined. Then add coconut shreds, salt, flax, and melted coconut oil, process until well combined.
- ✓ Pour crust ingredients into a 9-10 inch pie or cake pan and use hands to press firmly into the bottom and edges of the pan.
- ✓ Drain soaked cashews and add to a high-powered blender (I used Vitamix). Add the almond milk. Turn on the Vitamix to variable 1 and use the tamper to push cashews into the blade. Slowly turn to variable 10, making sure to continue using the tamper to push cashews into the blade. Once you have a thick, mealy paste you can add the remaining ingredients for the filling. Begin at Variable 1 again, using the tamper to help stir the ingredients. Slowly increase the speed to variable 10. It may take up to several minutes for everything to combine and make a really smooth filling. You do not want chunks of unblended nuts in the filling, so be patient. If you find you are having trouble getting everything to mix, you may add another 1/4 cup almond milk to get it going.
- ✓ Once the filling is blended, pour onto the crust and smooth with a large spoon or spatula.
- ✓ Sprinkle cinnamon on top and decorate with pecans if desired.
- ✓ Cover with plastic wrap or tin foil and place the refrigerator for at least 5 hours before serving. You may also freeze overnight and remove 2-3 hours before serving.



Amy Hager's
Grain-Free
Carrot Cake

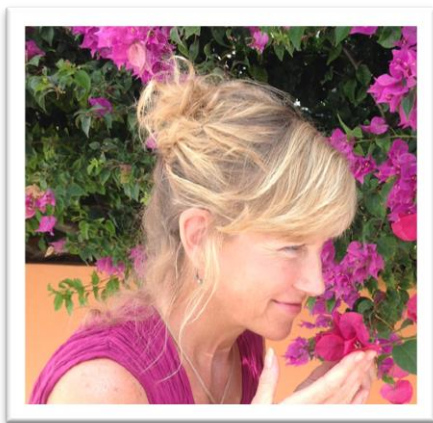
Ingredients

- ✓ 1 c carrot pulp, or 2 chopped carrots in food processor
- ✓ 4 large dates
- ✓ ½ c walnuts
- ✓ 3 eggs
- ✓ 1 tsp vanilla
- ✓ 1 Tbsp flaxseed
- ✓ 1 Tbsp cinnamon
- ✓ 1 tsp ground ginger

Directions

- ✓ Preheat oven to 350 degrees F.
- ✓ Combine carrots, dates and walnuts in a food processor until dough begins to form.
- ✓ Add eggs, spices, and flaxseed and mix until well incorporated.
- ✓ Form dough into 2 separate balls and flatten into 4-inch cake layers onto a cookie sheet.
- ✓ Bake for 8-10 minutes.
- ✓ Let cake cool and frost with coconut cream.

Meet the Nutritionists



Diana Marchand has been passionate about health for over 20 years by making healthy eating simple for women so they can live a life of vibrant health and energy. Her focus is on bringing in a lot of tasty, healthy, nutritious foods that feed the body so it can function at its best. She is the founder of Raw Foods Made Simple and helps women transform to a healthier lifestyle through her programs, workshops & classes.

<http://rawfoodsmadesimple.com>

<https://www.facebook.com/RawFoodsMadeSimple>

<http://www.pinterest.com/DianaMmoreraw/>



Jessica Beacom is Registered Dietitian Nutritionist and Certified LEAP Therapist with a focus on using nutrient-dense foods that heal the gut and support optimal digestive wellness and a healthy weight. She helps clients overcome a variety of ailments including headaches, digestive upset, GERD, migraines, IBS, fatigue, joint pain, inflammation and arthritis by eating real food and implementing small lifestyle changes.

<http://www.realbitesnutrition.com/>

<http://instagram.com/realbitesnutrition>

<http://www.pinterest.com/realbitesRDN/>

Meet the Nutritionists



Daphne Olivier is a food passionista, farm-girl wanna-be and registered, yet unconventional dietitian. Daphne focuses on providing the body with the nutrients it needs to bring it into balance by providing education, empowerment and support to allow you to make changes necessary to maintain optimal health.

www.myfoodcoach.tv

www.facebook.com/myfoodcoach

www.youtube.com/myfoodcoach



Stacey Frattinger, RD, CHFS, Certified Integrative Health Coach, currently resides in Sparks, NV. She owns a virtual health coaching and nutrition counseling practice, mainly focusing on one-on-one, individualized whole body wellness practices. Stacey's virtual integrative health coaching practice called Whispers for Wellness, allows her to live in alignment with her passion for helping you discover your own formula for health and wellness without rigid rules to follow or fad approaches. Her greatest hope is that you will have the opportunity to experience first-hand the life changing process that coaching creates.

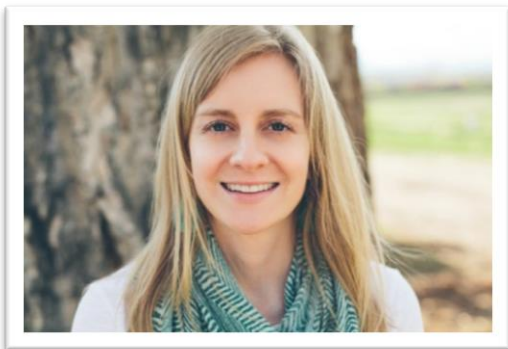
www.whispersforwellness.com

Twitter: [@StaceyWhispers](https://twitter.com/StaceyWhispers)

Instagram [@staceywhispers](https://www.instagram.com/staceywhispers)

Facebook: [WhispersforWellness,LLC](https://www.facebook.com/WhispersforWellness,LLC)

Meet the Nutritionists



Ryah Nabielski, MS, RDN has a background in sustainable agriculture and a Master of Science degree in Nutrition from Bastyr University. Ryah practices functional nutrition and promotes real food through her private practice, Eco Nutrition, located in Denver, Colorado. She also works with clients remotely via phone and Skype. Ryah specializes in food sensitivities, fertility, hormone balance, autoimmune disease and disordered eating.

www.ecologicalnutrition.com

<https://www.facebook.com/pages/Eco-Nutrition/179225524700>

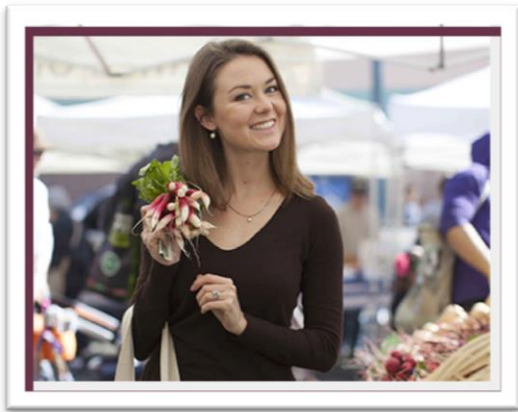
<http://instagram.com/econutrition>



Patricia Daly is a fully qualified Nutritional Therapist (BA Hons, dipNT, mBANT, mNTOI) based in Dublin, Ireland. Following her cancer diagnosis, she started studying nutrition and specialising in the area of Integrative Cancer Care. Patricia has worked with hundreds of cancer patients in Ireland and abroad. In January 2014, she published her first eBook "Practical Keto Meal Plans for Cancer." She lectures at the Irish Institute of Nutrition and Health, regularly writes articles for magazines and books and is a well-respected speaker. In 2014, Patricia established an online business serving cancer patients, their carers and other healthcare professionals.

www.patriciadaly.com

Meet the Nutritionists



Lily Nichols, RDN, CDE, CLT is a Registered Dietitian/Nutritionist, Certified Diabetes Educator, Certified LEAP Therapist and Certified Pilates Instructor whose approach to nutrition embraces real food, integrative medicine, and mindfulness. She specializes in helping people with digestive issues heal from food sensitivities, supporting pregnant women to have the healthiest pregnancy possible (even if and *especially when* they have conditions like gestational diabetes), and helping Pilates teachers and students finally lose weight by ditching restrictive dieting habits, indulging in real food, and tuning in to their body's inner cues. Lily Nichols is the author of the forthcoming book, *Real Food For Gestational Diabetes*.

www.pilatesnutritionist.com ,

<https://www.facebook.com/PilatesNutritionist>

<https://twitter.com/LilyNicholsRDN>

<http://www.pinterest.com/lilynichols/>



Beth Danowsky RD, CLC is passionate about whole body health and mental well-being. Her company, Healthy By Design, LLC operated on the island of Oahu in Hawaii is focused on helping people meet their health goals from the inside out with progressive and functional approach. She is currently studying Functional Medicine and teaches hatha yoga on the side for the community. Learn more about Beth online at:

www.hbdnutrition.com.

www.facebook.com/hbdnutrition

Meet the Nutritionists



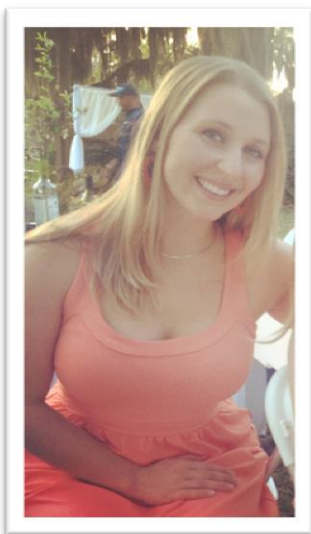
Stacie Hassing RD, LD is on a mission to change lives. To help individuals learn quality nutrition. She believes that a healthy outside begins within. She has a strong passion for teaching others how to adequately nourish their bodies with REAL food so that they can feel their absolute best and live life to the fullest. You can learn more about Stacie on her website at www.dietitianmission.com or follow her on her social media sites.

www.facebook.com/staciesdietitianmission

Instagram: dietitianmission

Twitter: @SKH_dietitian

Pinterest: <http://www.pinterest.com/skh123/stacies-dietitian-mission/>



Claire Carlton is a Dietetic Intern and Nutrition Graduate Student at Appalachian State University. She is a believer in the healing powers of real food and hopes to inspire others to live a healthy lifestyle though www.intuitiveappetite.com, a blog she writes with her fellow RD-to-be and friend, Corey Parliament. Upon earning her RD credential, she looks forward to helping others in their journey to wellness.

Instagram: intuitiveappetite

Facebook: <https://www.facebook.com/intuitiveappetite>

Meet the Nutritionists



Darla O'Dwyer is a registered dietitian and holds a PhD in Nutrition and Dietetics. She is Director of the Didactic Program in Dietetics at a university in the East Texas area and encourages students to always question the obvious and to embrace lifelong learning. She developed a passion for digestive disorders when she was able to heal her IBS using a holistic, real foods approach. She helps others heal their digestive and autoimmune disorders through her private practice, Real Nutrition Concepts. Outside of work, she loves to cook, read, swim and spend time with her family, including the four legged variety.

www.realnutritionconcepts.com



Amy Hager, MS, RDN, CDE, CWC is a Registered Dietitian Nutritionist, a Certified Health and Wellness Coach and Diabetes Educator. She helps clients become successful at creating a healthier, happier lifestyle by working on mindset, boosting energy and positivity. As they start to create the lives of their dreams, Amy supports clients not to give up on themselves.

www.beehappy.life

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www.etsy.com/shop/beehappy.life

