



**Integrative Nutrition's  
Fall Recipe eBook**

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# Salads

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# Kabocha with Quinoa & Asparagus

Sandy Dalis, Class of 2010

[www.cravenutrition.net](http://www.cravenutrition.net)

## Ingredients

2 kabocha squash (or butternut squash)  
1 tbsp ghee  
1 pinch of sea salt  
8 stalks asparagus (2 for each bowl)  
1 cup uncooked quinoa  
1 3/4 cups water  
1/2 tsp sea salt  
1/2 cup toasted pine nuts and/or pumpkin seeds, macadamia nuts  
1 – 2 tbsp olive oil  
juice of 2 lemons  
3 tbs fresh mint  
3 tbs fresh Italian parsley  
3 scallions  
2 cup dried cranberries  
1/3 cup crumbled organic feta cheese (if desired)

## Directions

1. Cook kabocha or butternut squashes about 1 hr at 350° F.
2. Cut each in half (across – to make 2 “bowls” each, for a total of 4 bowls).
3. Spoon out the seeds.
4. Add a little bit of ghee (organic clarified butter) and a pinch of sea salt.
5. Wash, rinse and drain quinoa.
6. Place in a 2-qt pot (or rice cooker), add water and salt, bring to a boil, lower heat and simmer with lid on until all water is absorbed (15 min).
7. Don't stir the grain while it is cooking.
8. Test for readiness by tilting the pan to one side, making sure all of the water has been absorbed.
9. Remove lid and let rest 5 to 10 minutes.
10. Dry-roast pine nuts in skillet or in 300° F oven until they begin to change color and give off aroma, about 5-10 minutes (watch them carefully so they don't burn).
11. Combine olive oil, lemon juice, mint and parsley in a large bowl.
12. Add scallions, dried cranberries and feta cheese.
13. Add cooked warm quinoa and toasted pine nuts and toss well.
14. Fill squash bowls with quinoa. Top with steamed asparagus. Enjoy!

(Serves 4)





# Light & Hearty Salad

Diana Chaplin, Class of 2012

[www.loveyourtummy.blogspot.com](http://www.loveyourtummy.blogspot.com)

## Ingredients

### *Salad*

- 1 head red leaf lettuce
- 2 cups sunflower greens
- 2 red vine tomatoes
- 1/2 cup black and/or kidney beans
- 1/2 cup mozzarella cheese, cubed (optional)
- 1/2 cup walnuts
- 2 tsp sesame seeds
- 2 hard-boiled eggs

### *Dressing*

- 1/2 cup walnut oil
- 1 tbsp rice vinegar
- squeeze of fresh lemon
- 1 tsp (pinch) of chopped fresh garlic
- salt & pepper

## Directions

1. Heat water until it is near boiling then turn down to medium heat and add eggs.
2. Boil for 9 minutes, then remove from heat and cover for 2 minutes before running under cold water to cool.
3. While the eggs are boiling, divide the other salad ingredients into two plates.
4. In a separate dish, combine the dressing ingredients and mix vigorously.
5. Add chopped egg to the top of the salad, cover with dressing and enjoy with tea and toast.

*(Serves 2)*



# Butternut Squash & Pecan Salad

Laurel Moll, Class of 2009

[www.laurelonhealthfood.com](http://www.laurelonhealthfood.com)

## Ingredients

### *Salad*

1 medium butternut squash  
1 cup toasted pecans  
baby arugula (4-5 big handfuls)  
5 fresh sage leaves, chopped up  
1 tsp dried sage  
1 tbsp olive oil  
1 tbsp honey  
salt & black pepper to taste

### *Dressing*

1/2 cup olive oil  
2 tbsp balsamic vinegar  
1 tbsp honey  
black pepper

## Directions

1. Cut the butternut squash into small, bite-sized pieces (removing the hard outer skin).
2. Spread the squash out on a sheet pan, drizzle with a little olive oil and sprinkle with dried sage and some salt and pepper.
3. Roast at 400° F for 20 minutes, turning the squash half-way through cooking.
4. Remove the squash from the oven and drizzle the honey while it's still warm.
5. Put the squash in a bowl and toss with the toasted pecans. Sprinkle the fresh sage on top and set aside.
6. Spread the arugula leaves out on a big plate and top with the squash and pecan mixture.
7. Put the olive oil, balsamic vinegar, honey and pepper in a small bowl and mix well with a wire whisk.
8. Serve the dressing on the side to avoid drowning the arugula leaves. Serve warm or at room temperature.

*(Serves 4)*

Tip: If you're vegan, you can always swap out the honey with agave nectar. You can reduce the portion in half, since agave is very sweet.



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# Soups

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# Tuscan Ribollita Soup

Julia Argenti, Class of 2009

[www.lemonsandloafers.com](http://www.lemonsandloafers.com)

## Ingredients:

3 garlic cloves, peeled and minced  
1 small onion, peeled and chopped  
1 carrot, peeled and chopped  
1 celery stalk, chopped  
4 oz organic chicken sausage  
1/2 cup olive oil  
1 15-ounce can whole peeled tomatoes  
2 15-ounce cans cannellini or great northern beans, drained and rinsed  
2 cups vegetable broth  
1 sprig fresh rosemary  
1 bunch kale, roughly chopped  
1/2 loaf of Italian bread, cut into 1 inch squares  
grated Pecorino Romano cheese (optional)

## Directions:

1. In a large pot, sauté the garlic, onion, celery, carrot and sausage in 2 tbsp of olive oil over medium heat for about 5 minutes.
2. Add the tomatoes with their juices, the beans, broth and rosemary.
3. Simmer, covered, for about an hour (or until the beans break apart).
4. Add the kale and cook for 7 more minutes.
5. Stir in the bread and serve, drizzled with the remaining olive oil and sprinkled with Pecorino Romano cheese.

*(Serves 4-6)*





# Fall in Love Soup

Leslie Keegan, Class of 2012

## Ingredients:

4 cups water  
3 cloves garlic  
1 hot pepper, seeded and chopped (jalapeno, serrano, cayenne, etc.)  
1 tsp fresh ground ginger  
1/4 cup miso paste  
3 tbsp extra virgin olive oil  
juice of one small lime  
1 tbsp fresh oregano  
1 tsp fresh rosemary  
1/4 cup green onions (diced) - hold some greens out for garnish  
1/2 tsp sea salt  
1 tbsp hemp powder  
1 tbsp maca powder  
sliced avocado for topping (optional)

## Directions:

1. Add water, garlic, pepper, and ginger to a blender and increase speed for a minute or so until just a bit of steam begins to escape.
2. Slow down and add in miso, olive oil, lime juice, oregano, rosemary and chives.
3. Increase speed again until soup is warm.
4. Slow down one last time and add in salt, hemp and maca. Pulse until powder is blended and soup is creamy.
5. Pour into bowls and garnish with diced green onions and avocado.

*(Serves 4)*



# Potato Celeriac Soup

Raya Ioffe, Class of 2011

[www.rayawellness.com](http://www.rayawellness.com)

## Ingredients:

olive oil  
2 red (or yellow) onions, diced  
10 cloves of garlic, diced  
1 root of celeriac, peeled and cubed  
1 rutabaga, peeled and cubed  
5-7 unpeeled red potatoes, diced  
bunch of parsley, chopped  
48-64 oz vegetable stock/broth  
salt and pepper to taste

## Directions:

1. Warm olive oil (enough to cover bottom of pan) on medium heat.
2. Sauté onions for 3-5 minutes.
3. Add celeriac and garlic. Sauté an additional 3 minutes.
4. Add potatoes and rutabaga. Sauté another 3-5 minutes.
5. Add broth and seasonings. Cover and let it come to a near boil.
6. Turn heat to low and leave it to cook for another 20 minutes.
7. Add parsley.
8. Use an immersion blender or a food processor to puree the soup. Adjust the seasonings to taste.

*(Serves 10)*



# Tuscan Beans and Greens Soup

Laurie Erdman, Class of 2011

[www.chronicwellnesscoaching.com](http://www.chronicwellnesscoaching.com)

## Ingredients:

- 1 cup of dried cannellini or other white beans (or two 16 oz cans of cannellini beans)
- 1 inch piece of kombu (if using dried beans)
- 1 onion, chopped
- 4 carrots, diced
- 2 celery stalks, diced
- 8 large leaves of lacinato kale, chopped
- 1 large can of tomatoes
- 1 tbsp of dried oregano

## Directions:

1. For an easy, hands-free way to make this dish, rinse and soak the beans the morning before you want to eat this soup.
2. That evening, rinse and cook the beans with the kombu on low heat in a crock pot overnight.
3. The following morning, remove the kombu and add the remaining ingredients to the crock pot.
4. Cook on low for 6 to 8 hours.
5. Season with salt and pepper.
6. Serve hot or at room temperature with a touch of olive oil.

*(Serves 2)*



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# Entrees

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# Kale & Brown Rice with Salmon

Lisa Talev, Class of 2011

[www.myinspiredwellness.com](http://www.myinspiredwellness.com)

## Ingredients:

- 1 bunch organic kale, leaves stripped from stalks and broken into bite-sized pieces
- 1 cup pre-cooked organic brown rice
- 2 tbsp Gomashio Toasted Sesame Salt
- 1-2 tbsp Annie's Goddess salad dressing (health food store & some grocery chains)
- sea salt to taste
- 1 lb wild salmon, salted & pan-seared, then cooled (can also use trout, tilapia or chicken!)
- 2 tbsp finely minced red onion or 3 scallions, thinly sliced
- 1 cup diced cucumber
- 1/2 - 1 bunch fresh parsley, finely minced (optional)
- finely ground black pepper and/or cayenne pepper, to taste
- 1 tbsp toasted sesame oil (optional)

## Directions:

1. In a large salad bowl, dust the kale leaves with sea salt and "massage" the salt into the leaves for 2-5 minutes.
2. Add minced fresh parsley, then pre-cooked brown rice, onion and cucumber (or, if desired, red bell pepper, carrot, etc).
3. Toss with clean hands or a spoon, until ingredients are nicely mixed.
4. Sprinkle generously with Gomashio.
5. Remove from heat when they begin to turn slightly golden and give off a toasted sesame aroma.
6. Then run dry in a blender until seeds are cracked/powdered. Store in a glass jar and/or spice bottle that has large shaker holes.
7. Drizzle the Annie's Goddess (tahini-based) salad dressing over the kale and brown rice salad and mix well with clean fingers, to make sure it's evenly distributed.
8. Flake your pre-cooked fish (or protein of choice) into small pieces and sprinkle over salad.
9. Drizzle the salad with sesame oil (if desired), then dust with finely ground black pepper and/or cayenne, if you like a little spice.
10. Toss one more time to mix well before serving. Tastes best after it has marinated in the fridge a little while.

(Serves 4)

You can watch a demonstration of Lisa making this salad [here!](#)



# Butternut Squash with Kale & Farro

Abra Pappa, Class of 2005

[www.nutritiousamerica.com](http://www.nutritiousamerica.com)

## Ingredients:

- 1 butternut squash, peeled and cut into small cubes
- 1 head of kale, leaves stripped from stalks and broken into bite-sized pieces
- 1 cup of farro
- 2-3 cups water
- 1/2 of a large onion, diced
- 1/2 cup dried cranberries
- 1/2 cup chopped hazelnuts
- 1 1/3 tbsp extra virgin olive oil
- 1/8 tsp cinnamon
- pinch of cayenne pepper
- 1 tsp brown rice syrup
- 1 tbsp fresh lemon juice
- salt and pepper to taste

## Directions:

1. Preheat oven to 400° F.
2. Place butternut squash in large baking dish, toss with 1 tbsp extra virgin olive oil, cinnamon, cayenne, salt and pepper. Roast for 25 minutes, remove from oven, drizzle with brown rice syrup, stir squash, and return to oven for additional 20 minutes or until squash is tender.
3. In the meantime, bring a large stockpot with water to boil, add farro and cook for 30-45 minutes or until tender. Strain farro.
4. In a large pot heat 1 tsp of extra virgin olive oil, add onions and cook until translucent. Add kale and sauté for 5 minutes or until tender (you may need to add a few tablespoons of water to wilt the kale).
5. Add dried cranberries and chopped hazelnuts; cook for an additional 3 minutes (be careful not to burn the hazelnuts.) Season generously with salt and pepper. Add cooked butternut squash to kale mixture; gently toss in farro.

(Serves 4)



# Baked Cilantro Salmon

Mojdeh Sami, Class of 2010

## Ingredients:

3 10 oz filets of salmon  
6 cloves garlic, sliced  
5 tsp cilantro  
2 tsp honey  
juice of one lemon

## Directions:

1. Wash and prepare salmon. Set in oven-safe baking dish (foil-lined for ease of clean-up), skin side down.
2. In a small sauté pan, sauté garlic, lemon juice, honey and cilantro over medium to medium-low heat. Let mixture sauté for approximately 5-6 minutes, until heated thoroughly. Remember to mix at regular intervals so that the honey does not caramelize/crystallize onto the pan. Remove from heat and let cool.
3. When the mixture has cooled, spread it evenly over each filet of salmon. Refrigerate salmon and let marinate for up to 30 minutes in the refrigerator.
4. Preheat oven to 400° F. Bake salmon for 20 minutes, remove from heat. Let it sit for approximately five minutes before serving.

*(Serves 4-6)*



# Chicken Veggie Stir-Fry

Ashley Barnes, Class of 2011

[www.YourTrueBliss.com](http://www.YourTrueBliss.com)

## Ingredients:

### *Chicken & Sauce*

- 6 tbsp olive oil
- 6 tbsp soy sauce
- 6 tbsp honey
- 3 tbsp Bragg's apple cider vinegar
- 1 1/2 tsp dried thyme
- 1 1/2 tsp ground paprika
- 1/2 tsp ground cayenne pepper (or to taste)
- 1/2 tsp ground allspice
- 1 tsp ground black pepper
- 3-4 skinless, boneless organic chicken breast halves

### *Stir-Fry Vegetables*

- fresh vegetables (peppers, onions, celery, carrots, broccoli, sprouts, etc.)
- 2-3 cloves fresh garlic
- sesame oil
- soy sauce
- toasted sesame seeds

*Best served over brown jasmine rice!*

## Directions:

1. Preheat oven to 375° F.
2. Cut chicken into bite-sized pieces.
3. In a medium bowl, blend the olive oil, soy sauce, honey, and vinegar. Mix in the thyme, paprika, cayenne pepper, allspice, and black pepper.
4. Place chicken cubes in a medium baking dish and coat with the sauce.
5. Place chicken and sauce in the preheated oven, basting occasionally with the olive oil mixture; cook 30 minutes, or until no longer pink and juices run clear.
6. Meanwhile, chop vegetables into large chunks. Stir-fry vegetables and fresh chopped garlic in olive or coconut oil and soy sauce (to taste). Add a couple dashes of sesame oil for extra flavor. Cook covered until vegetables are crisp and tender.
7. Toast sesame seeds in toaster oven until lightly browned.
8. Combine chicken, sauce, and vegetables over your favorite rice. Sprinkle with toasted sesame seeds.

(Serves 4)





# Cod Fish with Root Vegetables

Ana Paula Baroni, Class of 2009

[www.anapaulabaroni.com](http://www.anapaulabaroni.com)

## Ingredients:

1lb fresh cod fish filet  
juice of 1 lemon  
1 tbsp lemon zest  
1 clove of garlic  
1 sweet potato, sliced  
1 potato, sliced  
1 carrot, sliced  
1 parsnip sliced  
1 onion, sliced  
2 hard boiled eggs  
green olives  
sea salt  
olive oil  
fresh parsley

## Directions:

1. Combine lemon juice, lemon zest, garlic and salt. Cut fish into small pieces and marinate for 10 minutes.
2. Layer sweet potato, potatoes, carrot, parsnip, onion, hard boiled eggs, olives and fish.
3. Season with salt and a drizzle of olive oil. Add a little bit of water to create steam and cook the vegetables.
4. Cover with aluminum foil.
5. Bake for 25-30 min at 350° F.
6. Garnish with parsley.

*(Serves 4-6)*



# Buckwheat Kasha with Veggies

Sherree Ross, Class of 2009

[www.sherreeross.com](http://www.sherreeross.com)

## Ingredients:

1 cup raw or toasted buckwheat (this grain is gluten-free)  
2 cups filtered water brought to a boil  
1 egg lightly scrambled, if using raw buckwheat  
1 tbsp unsalted butter or refined coconut oil  
3-4 baby portabella mushrooms, sliced  
1 small yellow onion, diced  
1-2 cloves garlic, minced  
fresh chopped parsley, a small handful  
1/3 to 1/2 package defrosted baby green lima beans  
sea salt and fresh ground pepper to taste

## Directions

1. Roast raw buckwheat over medium heat in a pan, stirring frequently (it will smell nutty when toasted).
2. Scramble egg separately and pour over buckwheat; mix in thoroughly with a fork.
3. Immediately add boiling water to grains.
4. Add onion, sliced mushrooms, butter/coconut oil, garlic, parsley and salt & pepper.
5. Cover and simmer for 15 -20 minutes until liquid is absorbed; fluff with fork.
6. Stir in baby green lima beans.

*(Serves 4-6)*



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# Sides

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# Garlic Sage Tempeh

Jenny Sansouci, Class of 2010

[www.healthycrush.com](http://www.healthycrush.com)

## Ingredients:

1 package of organic flaxseed tempeh  
4-5 leaves of fresh or dried sage  
1/2 yellow onion  
1/2 tbsp garlic powder or 2 minced garlic cloves  
a few shakes of tamari  
a few shakes of umeboshi plum vinegar  
juice of 1/2 a lemon  
1 tbsp white miso  
1 tbsp tahini

## Directions:

1. Cut your tempeh into small squares. Put tempeh in a pan on medium heat and let it brown for a few minutes (you can use oil or just water).
2. Add chopped onion and a few generous splashes of tamari.
3. Add a few shakes of garlic powder (or 2 cloves of chopped fresh garlic).
4. Stir in the miso and tahini.
5. Add a few shakes of umeboshi plum vinegar. If you don't have this, you can try using red wine vinegar or even a little bit of balsamic vinegar.
6. Add the juice from 1/2 a lemon.
7. Chop the sage into tiny bits and add it to the pan. Mix around in the pan for a minute or two until all ingredients are well combined. Don't let the sage cook too long, or it will burn and lose its rich fragrant flavor.
8. Serve over brown rice, quinoa, or your favorite whole grain!

*(Serves 2)*





# Babaganoush

Bill Ades, Class of 2012

[www.adeslifestylecoaching.com](http://www.adeslifestylecoaching.com)

## Ingredients:

3 large and firm eggplants  
1/2 cup sesame tahini paste  
2-4 cloves of garlic depending on your taste buds  
1/2 tbsp olive oil  
1/2 tsp of ground cumin seed  
3 lemons  
dash of salt  
dash of paprika powder  
2 tbsp of finely chopped parsley (optional)  
black olives or cherry/grape tomatoes for garnish (optional)

## Directions:

1. Set your oven on broil.
2. Poke holes with a fork all around the eggplants and place in oven. The holes will help drain the juice that gives the eggplant a bitter taste.
3. Broil eggplant for half an hour or until eggplant is completely wrinkled and crispy. Cut open and leave on the side to cool off.
4. Mince garlic with pestle or garlic crusher.
5. Squeeze juice out of lemons making sure to separate the pulp and seeds.
6. Combine lemon juice, garlic and tahini paste.
7. Add cumin and salt to taste.
9. Once your eggplants are cooled off, with a fork or hand, remove the strands from the inside of eggplants, making sure to separate the seeds.
10. In a bowl, mash the eggplant insides until you eliminate the stringiness and it has a mushy and creamy texture.
11. Mix the eggplant with the tahini mixture, beating really well until blended together.
12. Lightly sprinkle top with paprika powder.
13. Garnish with parsley, olives or sliced grape tomatoes.

(Serves 2)



# Baked Butternut Squash Fries

Brittany Mullins, Class of 2011

[www.eatingbirdfood.com](http://www.eatingbirdfood.com)

## Ingredients:

1 butternut squash  
kosher salt

## Directions:

1. Pre-heat oven to 425° F.
2. Peel the squash (optional).
3. Cut the butternut squash in half and de-seed it like you would a cantaloupe.
4. Cut it up into french fry shapes. Try to make the pieces similar in size so that they finish cooking at the same time.
5. Place on a cookie sheet/roasting stone sprayed with non-stick cooking spray. Cover lightly with sea salt (regular salt works, too, but I prefer sea salt).
6. Place tray in your pre-heated oven and bake for 40 minutes or so, flipping half-way through baking process.
7. Fries are done when they are starting to brown on the edges and get crispy.
8. Serve with ketchup, or however else you enjoy regular fries or sweet potato fries!

*(Serves 2)*



# Grilled Cilantro-Jalapeno Portobello Mushrooms

Kerrie Martin, Class of 2008

[www.liveinrhythm.com](http://www.liveinrhythm.com)

## Ingredients:

3-4 portabella mushroom caps  
1 generous handful of cilantro, chopped  
3-4 small garlic cloves, chopped or minced  
½ jalapeno pepper, chopped  
1 green onion, chopped  
¼ cup olive oil  
1 tbsp butter  
sea salt to taste

## Directions:

1. Combine above ingredients.
2. Pour mixture over portabellas and marinate for 30 minutes.
3. Grill or bake mushrooms at 400° F for 8-10 minutes.
4. Serve over quinoa or brown rice.

*(Serves 2-4)*



# Thyme-Roasted Sweet Potatoes

Rachel Korowitz, IIN Staff

*\*This recipe is adapted from Epicurious*

## Ingredients:

- 4 medium sweet potatoes, peeled and cut into 3/4"-to-1"-thick rounds
- 3 1/2 tbsp olive oil, divided
- 4 large garlic cloves, minced
- 1/4 cup dried thyme leaves
- 1/2 tsp kosher salt
- 1/4 tsp red pepper flakes (or to taste)

## Directions:

1. Preheat oven to 425° F.
2. Line two rimmed baking sheets with aluminum foil; coat the foil with 1/2 tbsp of olive oil.
3. In a large mixing bowl, combine all the remaining ingredients and toss to coat.
4. Arrange the potato slices in a single layer on the baking sheets.
5. Place in the oven and roast until tender and slightly browned, about 40-45 minutes.
6. Serve hot or at room temperature.

(Serves 4)





# Simple Roasted Roots with Greens & Ginger

Melanie Albert, Class of 2007

[www.experiencenutritiongroup.com](http://www.experiencenutritiongroup.com)

## Ingredients:

2-3 carrots  
1-2 sweet potatoes  
2-3 golden beets  
1 celery root  
5-6 leaves of dinosaur kale or collard greens  
2-3 small apples  
3-4 green onions  
1/2 inch fresh ginger root  
3-4 fresh garlic cloves, sliced  
2 tbsp organic extra virgin olive oil  
few pinches of sea salt to taste

## Directions:

1. Preheat oven to 450° F.
2. Chop all the fresh roots, apple and onions into similar-sized chunks.
3. Chop the ginger root and garlic cloves into small pieces.
4. Place roots, apple and onions in a baking pan.
5. Add the ginger and garlic.
6. Drizzle with organic extra virgin olive oil.
7. Mix all the veggies.
8. Add in about 1/4 cup of water, so the veggies steam a little.
9. Cover with foil.
10. Cook for about 35 minutes.
11. Add chopped kale or collard greens; drizzle with olive oil & sea salt.
12. Cook uncovered for another 10 minutes.

*(Serves 4)*



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# Desserts

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# Healthy Squash Pie

*\*Dairy-free and Gluten-free*

**Nina Manolson, Class of 2009**

[www.SmokinHotMom.com](http://www.SmokinHotMom.com)

## **Ingredients:**

1.5 cups of buttercup squash  
3 eggs  
1/3 cup maple syrup or honey  
1 tsp vanilla  
1 tsp cinnamon  
1 tsp freshly grated ginger (or less if you don't love it)  
sprinkle of nutmeg  
dash of sea salt

## **Directions:**

1. Pre-heat oven to 350° F.
2. Cut the squash in half, take out the seeds and bake cut side face-down for about 1 hour, until soft at 350° F.
3. Blend it all up in a food processor.
4. Pour into a greased pie plate.
5. Bake at 450° F for 10 minutes, and then 350° F for 30 minutes or until set and slightly brown.

*(Serves 4-6)*



# ABC Muffins

*\*Gluten-Free, Vegan*

**Jan Michelle Filoso, Class of 2009**

[www.MovingBodiesChangingMinds.com](http://www.MovingBodiesChangingMinds.com)

## **Ingredients:**

3 cups blanched almond flour  
2 tbsp arrowroot powder  
2 tsp baking powder  
1/2 tsp sea salt  
1/4 tsp xanthan gum  
1/4 cup coconut milk  
1/2 cup agave nectar  
1/4 cup grapeseed oil  
1/2 cup grated apples  
1/2 cup grated beets  
1/2 cup grated carrots

## **Directions:**

1. Preheat oven to 350° F. Line one 12-cup muffin pan with paper muffin cups.
2. In a medium bowl, mix together almond flour, arrowroot powder, baking powder, sea salt, and xanthan gum. I like to use a potato masher to break up any lumps.
3. Grate the apples, beets and carrots, and gently press most of the moisture out between two paper towels, or cheesecloth (you can even use the pulp after juicing!).
4. In a separate small bowl, mix together the remaining wet ingredients. Add the wet to the dry and mix together well. Add the grated apples, beets and carrots; mix until evenly distributed. Batter will be very thick.
5. Spoon batter into prepared muffin cups. Bake for about 25 minutes. Let cool in the pan for a few minutes before transferring to a wire rack to cool. Be careful, they are fragile when hot.

*(Makes 12 muffins)*





# Chia Seed Pudding

Jena la Flamme, Class of 2002

[www.PleasurableWeightLoss.com](http://www.PleasurableWeightLoss.com)

## Ingredients:

2 tablespoons chia seeds

2 cups of unsweetened hemp milk, almond milk or your non-dairy milk of choice  
sliced fruit or berries: choose 2 or 3 from goji berries, bananas, grated apple,  
chopped ripe pear, etc.

sprinkle of cinnamon powder

sprinkle of nutmeg powder

sprinkle of cardamom powder

agave nectar to taste

Optional: Transform it into Chocolatey Chia Seed Pudding with the addition of a  
tablespoon of cacao powder.

## Directions:

1. Add chia seeds, chopped fruit and spices to a bowl.
2. Cover with unsweetened hemp milk and mix well.
3. Let sit for 2 hours until the chia seeds have fully expanded and are slippery and moist.
4. Add agave nectar to taste for extra sweetness, if desired.

*(Serves 2)*



# Lemon Power Bites

Sandy Dalis, Class of 2010

[www.cravenutrition.net](http://www.cravenutrition.net)

## Ingredients:

3/4 cup (1/2 + 1/4) cashews

3/4 cup (1/2 + 1/4) almonds

1 container pitted dates (about 1 1/4 cups)

juice of 2 lemons

zest from 1 lemon

sprinkle (less than 1/4 tsp) sea salt

## Directions:

1. Crush 1/4 cup of cashews and 1/4 cup of almonds in a food processor and set aside in a bowl.
2. Place all remaining ingredients in a food processor & combine until all ingredients are completely incorporated.
3. Use a melon baller to scoop mixture.
4. Drop ball of mixture ("dough") into a bowl of crushed nuts and roll to coat.
5. Put rolled Bites into cupcake papers on pie plate w/edges.
6. Top each with one dried cranberry (like a cherry on top).
7. Refrigerate for 1 hour or until ready to eat.
8. Wrap in saran wrap and freeze for on-the-go (carry in zip-lock bag).

*(Makes 14 Power Bites)*



# Thrive Pumpkin Pie Quinoa

MaryAnn Jones, Class of 2010

[www.thrivenaturally.com](http://www.thrivenaturally.com)

## Ingredients:

1 cup quinoa, rinsed  
2 cups water  
1 can pumpkin puree  
1/2 tsp ground cinnamon

## Directions:

1. Add all ingredients to a sauce pan.
2. Bring to a boil.
3. Lower heat & cook covered for 10-15 minutes.

## Variations:

Cook with coconut or almond milk  
Add vanilla or almond extract while cooking  
Add orange peel while cooking  
Replace pumpkin with sweet potato or butternut squash puree

## Serving suggestions:

Add 1/2 grated apple for sweetness  
Add grated unsweetened coconut  
Add chopped raw nuts  
Add dried fruit  
Add a dollop of yogurt

*(Serves 2)*



# Pumpkin Pie Smoothie

Ashley Craft, Class of 2011

[www.deliciousnutrition.net](http://www.deliciousnutrition.net)

## Ingredients:

1/2 cup pumpkin  
3/4 cup almond milk  
2 dates, pitted  
1/2 banana, frozen  
1 tsp cinnamon  
1 tsp pumpkin pie spice  
1/2 cup ice  
1 tsp vanilla  
candied pecans (optional)

## Directions:

1. Add all ingredients in a blender.
2. Blend until smooth.
3. Garnish with candied pecans, if desired.

*(Serves 2)*

