



Chia Pudding

Ingredients :

Chia Seeds
Pumpkin Roobios tea
(optional)
Coconut
Apple
Agave
Pumpkin Pie Spice

Instructions :

Mix chia seeds in liquid, adding liquid until desired consistency. Peel and chop up apples and fold into chia seeds. Add remaining ingredients, fold again, and serve.



Coconut-apple cake

Ingredients :

Coconut oil
Maple syrup
Arrowroot
Coconut flour
Baking powder
Eggs
Maple syrup

Instructions :

Please ask for a copy of the recipe, if interested.



JuJuBe Infusion

Ingredients :

Jujube (date seed)
Boiling water

Instructions :

Bring water to a boil, add jujube's and turn off heat. Cover and steep 8+ hours.

Jujube is used for improving muscular strength and weight, for preventing liver diseases and stress ulcers, and as a sedative. Jujube is also used for various skin conditions including dry and itchy skin; digestive problems including lack of appetite and diarrhea; and circulatory problems including high blood pressure and anemia. Other uses are for fatigue, hysteria, fever, inflammation, asthma, and eye diseases.



Butternut Squash Soup

Ingredients :

Butternut Squash
Sweet Potatoes
Vegetable Broth
Pumpkin Pie Spice

Instructions :

Peel squash and cut into 1" cubes; wash sweet potatoes and also cut into 1" cubes. Place on a baking sheet sprayed with oil, add enough water to cover the bottom of the pan, and place in a preheated 350 oven. Roast 45 minutes and puree with vegetable



Kale – Carrot Salad

Ingredients :

Kale
Carrots
Dressing:
2 tblsp Olive oil
1 tblsp rice vinegar
Salt & pepper
Italian seasoning

Instructions :

Wash and chop kale. Bring a pot of water to a boil & blanch kale for about 30-60 seconds, until bright green. Drain and cool, reserving liquid for future use. Peel carrots, wash & cut into small equal rounds. Heat a small amount of oil in a pan & cook carrots until slightly tender. Cool and combine with kale. Mix well, add a small amount of dressing, and mix again.



Kitcherie w/veggies

Ingredients :

$\frac{1}{2}$ c Basmati Rice
 $\frac{1}{4}$ c Dal (split beans)
Butternut Squash
Sesame oil
Garam masala

Instructions :

Boil basmati/dal mixture with water for 30-45 minutes (or until desired consistency). Add spices of choice. Peel and cut squash into 1" cubes. Roast butternut until tender (about 45 minutes at 350), season with sesame oil & spices.