



Hustle + Chow's Healthy Holiday Appetizers & Snacks

Created by Hustle + Chow



Cranberry Orange Muffins

9 ingredients · 45 minutes · 10 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a muffin tray with liners or use a silicone muffin tray.
2. Mix the flour, salt, baking powder, and cranberries together. In a separate bowl, whisk together the rest of the ingredients.
3. Slowly mix the wet ingredients into the dry ingredients and mix until just incorporated. Divide the mixture evenly between the muffin cups of the prepared muffin tray. Bake for five minutes, then drop the temperature to 350°F (175°C) and continue baking for 25 to 30 minutes to until golden and cooked through.
4. Let the muffins cool for five to ten minutes. Enjoy!

Notes

Leftovers

Store leftovers in an airtight container for up to three days.

Serving Size

One serving is one muffin.

More Flavor

Add chopped walnuts or pecans.

No Orange Extract

Use fresh orange zest instead.

Save Time

Pulse the cranberries in a food processor or blender to chop quickly.

Ingredients

- 2 cups All Purpose Gluten-Free Flour
- 1/4 tsp Sea Salt
- 1 1/4 tps Baking Powder
- 2 cups Frozen Cranberries (defrosted, chopped)
- 1 cup Unsweetened Almond Milk
- 1 tsp Orange Extract
- 2 Egg
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Coconut Sugar

Nutrition

Amount per serving

Calories	218	Cholesterol	37mg
Fat	8g	Sodium	151mg
Carbs	33g	Vitamin A	117IU
Fiber	6g	Vitamin C	3mg
Sugar	6g	Calcium	86mg
Protein	3g	Iron	1mg

Mulled Cider

5 ingredients · 30 minutes · 12 servings



Directions

1. Add all of the ingredients into a large pot and bring to a simmer over medium-high heat. Drop the heat to low once the pot is simmering and continue to simmer for 30 minutes. Pour into glasses or mugs and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving is one cup.

More Flavor

Add cranberry juice.

Serve at a Party

This is a fool-proof drink to serve at a party. You can keep this pot simmering on low for a few hours for the duration of your party.

Star Anise

One teaspoon is approximately one whole piece of star anise. Two tablespoons equal six whole pieces of star anise.

Ingredients

3 quarts Apple Cider

2 tbsps Star Anise (whole)

5 servings Cinnamon Stick

1/2 cup Frozen Cranberries

1/2 Navel Orange (sliced)

Nutrition

Amount per serving

Calories	120	Cholesterol	0mg
Fat	0g	Sodium	19mg
Carbs	28g	Vitamin A	20IU
Fiber	3g	Vitamin C	9mg
Sugar	23g	Calcium	10mg
Protein	0g	Iron	0mg

Vegan Gingerbread Muffins

11 ingredients · 25 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a medium-sized bowl, add the flour, baking soda, cinnamon, ginger, salt, and coconut sugar. Whisk well to combine.
3. In a large bowl, combine the ground flax and water. Leave for five minutes to allow it to gel. Then add the coconut oil, molasses, and milk and whisk to combine. Add the dry ingredients slowly, while stirring to combine.
4. Pour the mix into the prepared muffin tray and bake for 18 to 20 minutes until cooked through. Let cool, and then remove the muffins. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is one muffin.

Nut-Free

Use oat milk or coconut milk from the carton instead of almond milk.

More Flavor

Add ground nutmeg and/or ground cloves.

Additional Toppings

Melted coconut butter or nut butter.

No Flax

Use two eggs instead.

All Purpose Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.

Ingredients

- 2 cups All Purpose Gluten-Free Flour
- 1 tsp Baking Soda
- 1 tsp Cinnamon
- 2 tsps Ground Ginger
- 1/4 tsp Sea Salt
- 1/3 cup Coconut Sugar
- 2 tsps Ground Flax Seed
- 1/3 cup Water
- 1/3 cup Coconut Oil (melted)
- 1/4 cup Blackstrap Molasses
- 1 cup Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	190	Cholesterol	0mg
Fat	7g	Sodium	173mg
Carbs	31g	Vitamin A	42IU
Fiber	4g	Vitamin C	0mg
Sugar	7g	Calcium	76mg
Protein	2g	Iron	2mg

Air Fryer Pickle Spears

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the air fryer to 400°F (205°C).
2. Pat the pickles with paper towel until very dry and set aside.
3. In one bowl, combine the flour and salt. In a second bowl, whisk the egg with the buttermilk and hot sauce. In a third bowl, combine the bread crumbs and garlic powder.
4. Dip each pickle spear in the flour and shake off any excess. Then dip into the egg mixture, and then coat in the bread crumbs. Transfer to the air fryer and repeat with the remaining pickles. Spray with avocado oil.
5. Bake for five to six minutes per side, until browned and crispy. Enjoy!

Notes

Leftovers

Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately four slices.

Gluten-Free

Use gluten-free bread crumbs.

Additional Toppings

Sprinkle with coarse salt immediately after baking. Serve with a dip if desired.

Avocado Oil Spray

One gram (0.03 ounces) of avocado oil spray is equal to a one-second spray.

Ingredients

- 1 1/4 cups Pickle (sliced in half lengthwise)
- 1/4 cup All Purpose Gluten-Free Flour
- 1/2 tsp Sea Salt
- 1 Egg
- 2 tbsps Buttermilk
- 1 tsp Hot Sauce
- 3/4 cup Bread Crumbs
- 1/4 tsp Garlic Powder
- 1/16 oz Avocado Oil Spray

Nutrition

Amount per serving

Calories	287	Cholesterol	95mg
Fat	5g	Sodium	2164mg
Carbs	49g	Vitamin A	345IU
Fiber	6g	Vitamin C	1mg
Sugar	4g	Calcium	106mg
Protein	10g	Iron	3mg

Cheesy Wonton Chips

5 ingredients · 15 minutes · 12 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Cut the wonton wrappers in half and place in a single layer on the baking sheet.
3. Lightly brush the wontons with oil and sprinkle each lightly with cheese, parsley, salt, and pepper.
4. Bake for six to eight minutes or until lightly browned and crisp.
5. Let the crackers cool completely before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to five days or freeze if longer.

Serving Size

One serving is equal to approximately four chips.

More Flavor

Use parmesan cheese, cilantro, basil, or chives instead.

Ingredients

- 5 1/4 ozs Wonton Wrapper
- 1/4 cup Extra Virgin Olive Oil
- 4 ozs Cheddar Cheese (finely grated)
- 1/2 cup Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	115	Cholesterol	10mg
Fat	8g	Sodium	135mg
Carbs	8g	Vitamin A	333IU
Fiber	0g	Vitamin C	3mg
Sugar	0g	Calcium	77mg
Protein	3g	Iron	1mg

Pumpkin Spice Granola

10 ingredients · 40 minutes · 12 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
3. In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
4. Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
5. Divide into bowls or store sealed in a jar until ready to use. Enjoy!

Notes

Leftovers

Stores well in an airtight container up to a week. Freezes well for longer.

No Walnuts

Use pecans or slivered almonds instead.

Nut-Free

Skip the nuts and add extra pumpkin seeds.

Serve it With

Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

Optional Add-Ins

Raisins, dried cranberries, berries or coconut flakes.

Ingredients

- 3 cups Oats (rolled)
- 1 cup Walnuts (chopped)
- 1/2 cup Pumpkin Seeds
- 1/4 cup Ground Flax Seed
- 1/4 tsp Sea Salt
- 3/4 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon
- 1/4 cup Coconut Oil
- 1/3 cup Maple Syrup
- 1/3 cup Pureed Pumpkin

Nutrition

Amount per serving

Calories	249	Cholesterol	0mg
Fat	16g	Sodium	52mg
Carbs	23g	Vitamin A	1061IU
Fiber	4g	Vitamin C	1mg
Sugar	6g	Calcium	38mg
Protein	6g	Iron	2mg

Vegan Spinach & Artichoke Dip

8 ingredients · 30 minutes · 10 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking dish with parchment paper.
2. Soak the cashews in hot water for 10 minutes then drain.
3. Add the cashews, oat milk, apple cider vinegar, nutritional yeast, garlic powder, salt, and pepper to a blender or food processor. Blend until smooth. Taste and adjust seasoning as needed.
4. Arrange the baby spinach and artichoke hearts in the baking dish. Pour the cashew mixture over top and stir until well combined. Cover with foil and bake for 15 to 20 minutes, removing the foil halfway.
5. Remove from oven. Let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately half a cup of dip.

Serve it With

Bread, tortilla chips, or veggie sticks.

No Apple Cider Vinegar

Use lemon juice instead.

Ingredients

- 1 1/2 cups Cashews (raw, unsalted)
- 1 3/4 cups Oat Milk (unsweetened, plain)
- 1 tbsp Apple Cider Vinegar
- 1/4 cup Nutritional Yeast
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 10 cups Baby Spinach (finely chopped)
- 4 cups Artichoke Hearts (chopped)

Nutrition

Amount per serving

Calories	181	Cholesterol	0mg
Fat	11g	Sodium	366mg
Carbs	15g	Vitamin A	3093IU
Fiber	6g	Vitamin C	17mg
Sugar	5g	Calcium	135mg
Protein	8g	Iron	3mg

No Bake Apple Cinnamon Bites

6 ingredients · 15 minutes · 14 servings



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.

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)

Nutrition

Amount per serving

Calories	84	Cholesterol	0mg
Fat	4g	Sodium	1mg
Carbs	10g	Vitamin A	7IU
Fiber	2g	Vitamin C	1mg
Sugar	4g	Calcium	28mg
Protein	2g	Iron	1mg

Prosciutto Wrapped Dates with Goat Cheese

6 ingredients · 40 minutes · 8 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking tray with parchment paper.
2. Slice each date lengthwise on one side to create an opening then set them aside.
3. In a small mixing bowl combine the goat cheese, maple syrup, salt, and pepper.
4. Stuff each date with a scant teaspoon of the goat cheese mixture then wrap in a strip of prosciutto. Place each wrapped date on the baking sheet.
5. Bake in the oven for 20 minutes, turning dates over about halfway through, or until prosciutto is just crisp and cheese is warm. Serve immediately and enjoy!

Notes

Serving Size

One serving is equal to approximately three wrapped dates.

No Maple Syrup

Use honey instead.

No Goat Cheese

Use feta or cashew cheese instead.

No Prosciutto

Use bacon instead. Baking times may increase depending on the thickness of the bacon.

Ingredients

2 cups Pitted Dates (whole, about 12 dates per cup)

1/3 cup Goat Cheese (crumbled, room temperature)

1 tsp Maple Syrup

1/8 tsp Sea Salt

1/8 tsp Black Pepper

2 2/3 ozs Prosciutto (thinly sliced into strips)

Nutrition

Amount per serving

Calories	138	Cholesterol	8mg
Fat	2g	Sodium	233mg
Carbs	28g	Vitamin A	4IU
Fiber	3g	Vitamin C	0mg
Sugar	24g	Calcium	19mg
Protein	4g	Iron	1mg

Vegan Stuffed Mushrooms

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
3. Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
4. Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

Notes

Serving Size

One serving is equal to three stuffed mushrooms.

No Cremini Mushrooms

Use portobello mushrooms or white button mushrooms instead.

No Thyme

Use another herb like sage or rosemary.

Prep Ahead

Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 **cup** Walnuts (raw, chopped)
- 2 **tsps** Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 **tsp** Sea Salt
- 1/3 **cup** Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 **tblsp** Nutritional Yeast
- 2 **tblsps** Parsley (chopped)

Nutrition

Amount per serving

Calories	285	Cholesterol	0mg
Fat	23g	Sodium	159mg
Carbs	16g	Vitamin A	179IU
Fiber	4g	Vitamin C	5mg
Sugar	10g	Calcium	43mg
Protein	8g	Iron	2mg

Apple Spice Oatmeal Cookies

11 ingredients · 30 minutes · 12 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the flour, oats, baking powder, cinnamon, sea salt, and walnuts. Mix well.
3. In a separate bowl, combine the ground flax, egg, coconut sugar, melted coconut oil, and diced apple.
4. Add the wet mixture to the dry and mix well to form a dough.
5. Use a 1/4 cup to scoop balls of the dough onto the baking sheet and press down lightly. Bake for 15 minutes. Let cool and enjoy!

Notes

Apple Size

For this recipe, one apple is equal to approximately one cup of finely diced apple.

Leftovers

Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

Nut-Free

Use pumpkin or sunflower seeds instead of walnuts.

Serving Size

One serving is equal to one cookie.

Ingredients

- 1 cup All Purpose Gluten-Free Flour
- 1 1/2 cups Oats (rolled)
- 2 tsps Baking Powder
- 1 tbsp Cinnamon
- 1/4 tsp Sea Salt
- 1/4 cup Walnuts (chopped)
- 2 tsps Ground Flax Seed
- 1 Egg
- 1/2 cup Coconut Sugar
- 1/2 cup Coconut Oil (melted)
- 1 Apple (finely chopped)

Nutrition

Amount per serving

Calories	224	Cholesterol	16mg
Fat	12g	Sodium	137mg
Carbs	27g	Vitamin A	33IU
Fiber	4g	Vitamin C	1mg
Sugar	8g	Calcium	64mg
Protein	3g	Iron	1mg

Air Fryer Breaded Shrimp

10 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the air fryer to 400°F (205°C)
2. Pat the shrimp dry with paper towel and season with salt and pepper.
3. Add the flour to one bowl. Whisk the egg(s) in a second bowl. Place the bread crumbs in a third bowl.
4. Dip each shrimp into the flour, tap off any excess and then coat in the egg. Transfer from the egg into the bread crumb mixture, coating all sides.
5. Transfer to the air fryer and repeat with the remaining shrimp. Spray with oil. Bake for five to six minutes per side, until browned and crispy.
6. Meanwhile, in a small bowl, whisk together the yogurt, sriracha, lime juice, and honey. Serve the shrimp with the yogurt sauce and enjoy!

Notes

Leftovers

Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about five to six shrimp.

Gluten-Free

Use gluten-free bread crumbs.

Dairy-Free

Use mayonnaise instead of yogurt.

Additional Toppings

Sprinkle with coarse salt immediately after baking.

Ingredients

- 10 ozs Shrimp (peeled & deveined)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup All Purpose Gluten-Free Flour
- 1 Egg
- 1 cup Bread Crumbs
- 1/16 oz Avocado Oil Spray
- 1/3 cup Plain Greek Yogurt
- 1 tsp Sriracha
- 1 tsp Lime Juice
- 1 tsp Honey

Nutrition

Amount per serving

Calories	507	Cholesterol	327mg
Fat	7g	Sodium	692mg
Carbs	66g	Vitamin A	428IU
Fiber	7g	Vitamin C	4mg
Sugar	8g	Calcium	288mg
Protein	44g	Iron	4mg

Creamy Turmeric Pumpkin Soup

9 ingredients · 1 hour 15 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cut the pumpkin in half and scoop out the seeds. Rub the inside and coat the edges with 1/3 of the oil. Place cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin, measure out the amount needed in cups, and set aside. Store any leftover pumpkin in the fridge or freezer.
3. Heat the remaining oil in a pot over medium heat. Add the onion and cook for 3 to 5 minutes until just softened. Add the garlic, turmeric, sea salt and cinnamon. Stir to combine and cook for another minute more. Add the vegetable broth and then stir in the roasted pumpkin.
4. Bring the soup to a gentle boil and then let simmer for 5 to 10 minutes to allow the flavors to come together. Stir in the coconut milk.
5. Transfer the soup to a blender and blend until smooth. Add more vegetable broth to the blender until desired consistency is reached. Season with additional salt if needed.
6. Divide soup between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/4 cups of soup.

Pumpkin

A 2 lb pie pumpkin yields approximately 2 1/2 cups.

More Flavor

Black pepper, fresh ginger or a drizzle of maple syrup or other liquid sweetener.

Additional Toppings

Extra coconut milk or fresh herbs like cilantro.

Ingredients

- 2 1/2 cups Pie Pumpkin
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 2 tsps Turmeric
- 1/2 tsp Sea Salt
- 1/2 tsp Cinnamon
- 2 1/2 cups Vegetable Broth (plus more if needed)
- 1/2 cup Canned Coconut Milk (full fat)

Nutrition

Amount per serving

Calories	187	Cholesterol	0mg
Fat	16g	Sodium	714mg
Carbs	11g	Vitamin A	6502IU
Fiber	2g	Vitamin C	8mg
Sugar	5g	Calcium	39mg
Protein	2g	Iron	3mg

No Olive Oil

Use butter, ghee or avocado oil instead.

No Pumpkin

Use a butternut squash instead.

Smoked Salmon & Goat Cheese Crostini

4 ingredients · 5 minutes · 6 servings



Directions

1. Spread the goat cheese evenly onto the toasted baguette slices. Top with smoked salmon and dill. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately two crostini.

Additional Toppings

Top with capers.

Gluten-Free

Use a gluten-free baguette or gluten-free crackers instead.

Ingredients

1/4 cup Goat Cheese

4 1/3 ozs Sourdough Baguette (sliced, toasted)

1 3/4 ozs Smoked Salmon

2 tbsps Fresh Dill (chopped)

Nutrition

Amount per serving

Calories	80	Cholesterol	4mg
Fat	2g	Sodium	194mg
Carbs	12g	Vitamin A	22IU
Fiber	0g	Vitamin C	0mg
Sugar	1g	Calcium	8mg
Protein	4g	Iron	1mg

Cinnamon, Apple & Cheddar Cheese Plate

5 ingredients · 5 minutes · 1 serving



Directions

1. Prepare all ingredients on a small cheese board or plate. Sprinkle apples with cinnamon. Enjoy!

Notes

Dairy-Free

Use cashew cheese instead of cheddar.

Ingredients

- 1 Apple (sliced)
- 2/3 oz Cheddar Cheese (sliced)
- 2 tbsps Walnuts
- 2/3 oz Whole Grain Crackers
- 1/8 tsp Cinnamon

Nutrition

Amount per serving

Calories	371	Cholesterol	20mg
Fat	21g	Sodium	309mg
Carbs	42g	Vitamin A	349IU
Fiber	6g	Vitamin C	9mg
Sugar	22g	Calcium	174mg
Protein	9g	Iron	1mg

Smoked Salmon Sweet Potato Crostini

6 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. In a bowl, add the sweet potato rounds along with avocado oil and sea salt. Toss to combine. Place the rounds on the baking sheet, ensuring they are spread out evenly. Bake for 12 minutes, flip and bake for 10 minutes more. Remove and set aside.
3. In a bowl, add the avocado and mash with a fork. Add the mashed avocado to the sweet potato crostini and top with smoked salmon and chives. Serve and enjoy!

Notes

Leftovers

Best enjoyed within the same day.

Serving Size

One serving is approximately four crostinis.

No Chives

Use dill instead.

Sweet Potato

For an extra-crispy crostini, broil for 2 minutes after baking.

Ingredients

- 2 Sweet Potato (large, sliced into even rounds)
- 1/2 tsp Avocado Oil
- 1/8 tsp Sea Salt
- 2 Avocado
- 2 1/2 ozs Smoked Salmon (roughly chopped or sliced)
- 1 tbsp Chives (finely chopped)

Nutrition

Amount per serving

Calories	243	Cholesterol	4mg
Fat	16g	Sodium	236mg
Carbs	22g	Vitamin A	9416IU
Fiber	9g	Vitamin C	12mg
Sugar	3g	Calcium	34mg
Protein	6g	Iron	1mg

Chocolate Pumpkin Muffins

13 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a large bowl combine the ground flax and water. Let it sit for five minutes or until thickened.
3. To the same bowl, add the pumpkin, oat milk, coconut sugar, and coconut oil. Mix until smooth. Then add the oat flour, cocoa powder, pumpkin pie spice, baking powder, baking soda, and salt. Stir well until combined. Fold in the chocolate chips, if using.
4. Fill each muffin liner about 3/4 full and place in the oven to bake for 22 to 25 minutes, until cooked through. Remove from the oven and let cool before serving or storing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size

One serving is equal to one muffin.

No Oat Milk

Use almond milk.

Additional Toppings

Chopped pecans or walnuts.

Ingredients

- 1 **tblsp** Ground Flax Seed
- 3 **tblsps** Water
- 1 **cup** Pureed Pumpkin
- 1/4 **cup** Oat Milk
- 1/3 **cup** Coconut Sugar
- 1/4 **cup** Coconut Oil
- 1 1/3 **cups** Oat Flour
- 1/2 **cup** Cocoa Powder
- 2 **tsps** Pumpkin Pie Spice
- 1 **tsp** Baking Powder
- 1/2 **tsp** Baking Soda
- 1/4 **tsp** Sea Salt
- 1/2 **cup** Dark Chocolate Chips (optional)

Nutrition

Amount per serving

Calories	189	Cholesterol	0mg
Fat	10g	Sodium	146mg
Carbs	23g	Vitamin A	3178IU
Fiber	3g	Vitamin C	1mg
Sugar	10g	Calcium	50mg
Protein	4g	Iron	2mg

Apple Crisp

10 ingredients · 1 hour · 8 servings



Directions

1. Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
2. Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
3. Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
4. Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
5. Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
6. Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
7. Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
8. Scoop into bowls and serve with coconut ice cream.

Notes

Leftovers

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

Homemade Oat Flour

Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.

Ingredients

- 2 Apple (cored and sliced)
- 1/3 cup Maple Syrup (divided)
- 1 tbsp Coconut Flour (or 1 tbsp)
- 1/4 cup Unsweetened Applesauce
- 1 cup Oat Flour
- 3/4 cup Oats
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1/3 cup Coconut Oil
- 1 cup Coconut Ice Cream (optional)

Nutrition

Amount per serving

Calories	302	Cholesterol	0mg
Fat	14g	Sodium	218mg
Carbs	36g	Vitamin A	27IU
Fiber	4g	Vitamin C	2mg
Sugar	18g	Calcium	64mg
Protein	4g	Iron	1mg

Roasted Apples & Blueberries

4 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. In a baking dish, combine the apple slices, blueberries, and coconut sugar. Bake in the oven for 35 minutes or until the apples are fork-tender. Serve with coconut cream, if using, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Serve either warm or cold.

Serving Size

One serving is equal to approximately one cup. An 8 x 8-inch baking dish was used to make two servings.

More Flavor

Swap out the apples with peaches, or add your favorite stone fruits.

Ingredients

- 2 Apple (peeled and sliced)
- 1 cup Frozen Blueberries
- 2 tbsps Coconut Sugar
- 2 tbsps Coconut Cream (optional, for garnish)

Nutrition

Amount per serving

Calories	196	Cholesterol	0mg
Fat	4g	Sodium	7mg
Carbs	44g	Vitamin A	134IU
Fiber	6g	Vitamin C	10mg
Sugar	35g	Calcium	17mg
Protein	1g	Iron	0mg

Crab Cakes

9 ingredients · 50 minutes · 3 servings



Directions

1. Whisk the egg in a large bowl. Add the mayonnaise, dijon mustard, old bay seasoning, lemon juice, and salt. Whisk well to combine.
2. Add the crab meat and the crackers and gently stir, being careful not to break up the crab meat too much. Cover and refrigerate for 30 minutes to firm up.
3. Heat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
4. Remove the crab mixture from the fridge and divide it into even cakes roughly 2.5-inches in diameter. Do not flatten them. Place them on the baking sheet. Brush the top of the crab cakes with the melted butter (optional).
5. Bake for 13 to 16 minutes, until lightly browned around the edges. For extra color and crispiness, broil for one to two minutes on high. Remove from the oven and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days, or freeze for up to three months.

Serving Size

One serving is one large crab cake.

More Flavor

Serve with your favorite dipping sauce.

Crab Meat

This is best made with fresh lump crab meat that is kept in the fridge.

No Old Bay Seasoning

Old Bay seasoning is a mix of celery salt, black pepper, cayenne pepper, cinnamon, ginger, paprika, and other spices. Use another seafood seasoning, paprika, or celery salt instead.

Ingredients

- 1 Egg
- 2 tbsps Mayonnaise
- 1 tsp Dijon Mustard
- 1/2 tsp Old Bay Seasoning
- 1 tsp Lemon Juice
- 1/4 tsp Sea Salt
- 8 ozs Fresh Lump Crab Meat, Cooked
- 1 1/16 ozs Seed Crackers (crushed finely)
- 1 1/2 tbsps Butter (melted, optional)

Nutrition

Amount per serving

Calories	248	Cholesterol	139mg
Fat	16g	Sodium	833mg
Carbs	7g	Vitamin A	274IU
Fiber	2g	Vitamin C	1mg
Sugar	0g	Calcium	55mg
Protein	17g	Iron	1mg

Butternut Squash Hummus

6 ingredients · 20 minutes · 6 servings



Directions

1. Steam the butternut squash in a steaming basket for 6 to 8 minutes, or until it is tender when pierced with a fork.
2. Add steamed squash to a blender or food processor along with the tahini, lemon juice and sea salt. Drizzle in the extra virgin olive oil and process until smooth and creamy.
3. Transfer the hummus to a bowl and refrigerate until ready to eat. Serve with crackers. Enjoy!

Notes

Leftovers

Keeps well in a sealed container in the fridge for 5 to 6 days.

No Butternut Squash

Use acorn squash or another type of squash instead.

More Flavour

Play around with adding garlic or herbs. You can also roast the squash for a deeper flavour.

Garnish With

Sesame seeds or hemp seeds.

Save Time

Buy pre-sliced butternut squash from the produce section or frozen aisle.

Ingredients

2 cups Butternut Squash (peeled and diced into 1-inch cubes)

2 tbsps Tahini

2 tbsps Lemon Juice

1/2 tsp Sea Salt

1/4 cup Extra Virgin Olive Oil

7 1/16 ozs Seed Crackers

Nutrition

Amount per serving

Calories	280	Cholesterol	0mg
Fat	17g	Sodium	400mg
Carbs	28g	Vitamin A	4964IU
Fiber	7g	Vitamin C	12mg
Sugar	2g	Calcium	118mg
Protein	5g	Iron	2mg

No-Bake Pumpkin Protein Bars

10 ingredients · 15 minutes · 8 servings



Directions

1. Line a pan with parchment paper. (Tip: Use an 8x8 inch pan if making 8 servings.)
2. Add the coconut flour, protein powder and pumpkin pie spice into a large mixing bowl and whisk to combine.
3. Using a small pot over low heat, add the almond butter and maple syrup and whisk until combined and sticky, then add the vanilla extract.
4. Add the wet ingredients to the dry ingredients along with the pureed pumpkin. Stir until it is all combined, then add the milk and chocolate chips. Stir again until well combined. The dough will feel very thick.
5. Transfer the dough into your pan and flatten with your hands, applying firm pressure to ensure it is packed. Refrigerate for at least 30 minutes.
6. Remove the dough from the fridge and slice into even bars. Drizzle the bars with melted coconut butter. Store in the fridge until you are ready to eat. Enjoy!

Notes

Nut-Free

Use tahini or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

No Coconut Butter

Omit, or use melted chocolate as a drizzle instead.

Storage

Store in the fridge or freezer until ready to eat. They will be too soft at room temperature.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

Ingredients

- 1/2 cup** Coconut Flour
- 1/4 cup** Vanilla Protein Powder
- 3/4 tsp** Pumpkin Pie Spice
- 1/2 cup** Almond Butter
- 1/3 cup** Maple Syrup
- 1 tsp** Vanilla Extract
- 1/2 cup** Pureed Pumpkin
- 1 tbsp** Unsweetened Almond Milk
- 1/2 cup** Dark Chocolate Chips
- 1 tbsp** Coconut Butter (melted)

Nutrition

Amount per serving

Calories	280	Cholesterol	0mg
Fat	16g	Sodium	25mg
Carbs	25g	Vitamin A	2388IU
Fiber	5g	Vitamin C	1mg
Sugar	16g	Calcium	90mg
Protein	8g	Iron	2mg

Apple Sausage Bites

3 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Place the sausage on a pan and bake for 20 minutes or until cooked through. Cut into slices when cool enough to handle.
3. Stack the sausage on top of each apple slice and garnish with sauerkraut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately six pieces.

Make it Vegan

Use marinated tofu, tempeh or chopped vegan burgers instead of sausage.

Ingredients

8 ozs Pork Sausage

1/2 Apple (core removed, sliced)

3/4 cup Sauerkraut

Nutrition

Amount per serving

Calories	396	Cholesterol	66mg
Fat	33g	Sodium	1385mg
Carbs	11g	Vitamin A	118IU
Fiber	3g	Vitamin C	10mg
Sugar	6g	Calcium	32mg
Protein	14g	Iron	2mg

Loaded Sweet Potato & Kale Quesadilla

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 410°F (210°C). Line a baking sheet with parchment paper.
2. Chop sweet potato into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Season with salt and pepper to taste.
3. Meanwhile, heat 1/3 of the olive oil in a pan over medium heat. Saute onions until soft, then add garlic and kale. Heat until kale is wilted.
4. In a small bowl, whisk together the balsamic vinegar, remaining olive oil, salt and pepper to taste. Drizzle about 1/2 the balsamic vinaigrette over the kale and stir until well coated.
5. Lay a brown rice tortilla on the baking sheet. Spread mashed sweet potato and top evenly with kale mixture. Cover with another tortilla and bake for 10 to 15 minutes or until golden brown and crispy.
6. Slice and serve with remaining balsamic vinaigrette.

Notes

Keep it Flat

Place another baking sheet over the quesadilla to keep the tortilla from curling in the oven.

No Kale

Use spinach or chopped collard greens instead.

More Protein

Add lentils.

Ingredients

- 1 Sweet Potato (medium, peeled)
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Extra Virgin Olive Oil
- 1/2 Sweet Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 3 cups Kale Leaves (chopped)
- 1 tbsp Balsamic Vinegar
- 2 Brown Rice Tortilla

Nutrition

Amount per serving

Calories	434	Cholesterol	0mg
Fat	23g	Sodium	232mg
Carbs	50g	Vitamin A	10738IU
Fiber	7g	Vitamin C	36mg
Sugar	11g	Calcium	124mg
Protein	6g	Iron	2mg

Sticky Ginger Meatballs

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a large bowl mix together the ground beef with garlic, salt, and pepper. Roll the beef into roughly one-inch balls and place them on the baking sheet. Bake in the oven for 20 to 25 minutes or until cooked through.
3. Meanwhile, in a small saucepan mix together the soy sauce, 3/4 of the water, chili flakes, honey, and ginger. Bring to a boil, then turn the heat down to simmer. Simmer for 10 minutes or until reduced by half.
4. Mix cornstarch with the remaining water to create a slurry and add it to the sauce. Simmer for one more minute to thicken and remove it from the heat.
5. Toss the meatballs in the sauce. Top with green onions and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately six meatballs.

More Flavor

Add onion and parsley to the meatballs.

Additional Toppings

Add sesame seeds.

No Cornstarch

Use flour, arrowroot powder, or tapioca starch instead.

Ingredients

- 9 ozs Lean Ground Beef
- 2 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Soy Sauce
- 1/4 cup Water (divided)
- 1/2 tsp Chili Flakes
- 1 1/2 tbsps Honey
- 1 tsp Ginger (fresh, grated)
- 1/2 tsp Cornstarch
- 1 stalk Green Onion (sliced, for garnish)

Nutrition

Amount per serving

Calories	391	Cholesterol	91mg
Fat	26g	Sodium	1400mg
Carbs	16g	Vitamin A	258IU
Fiber	0g	Vitamin C	2mg
Sugar	12g	Calcium	43mg
Protein	24g	Iron	3mg