



# Holiday Recipe Bundle

EAT WELL THIS HOLIDAY WITH  
CLEAN INGREDIENTS THAT  
MAKE YOU FEEL BRIGHT!



Lean Living Jax  
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A top-down view of a light-colored ceramic bowl filled with a hearty soup. The soup contains chunks of salmon, diced tomatoes, green herbs, and a slice of avocado. The bowl is set against a white marble background with grey veining.

# Holiday Lunch

RE-FUEL AND RE-ENERGIZE



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# Chicken Brussel Sprout Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 6 oz, boneless, cooked [170.1 g] Rotisserie Chicken (*Shredded*)
- 3 cup [264 g] Brussels Sprouts (*Thinly shaved*)
- 0.25 cup [10 g] Unsweetened Dried Cranberries
- 2 tbsp [14 g] Chopped Walnuts
- 2 tbsp [10 g] Parmesan Cheese (*Shredded*)
- 2 tbsp [30 g] Apple Cider Vinegar
- 1 tbsp [21 g] Honey
- 1 tbsp [16.5 g] Dijon Mustard
- 1 tbsp [14 g] Olive Oil
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper

## DIRECTIONS

1. Add apple cider vinegar, honey, dijon mustard, olive oil, kosher salt, and black pepper to a bowl and mix until combined to create a dressing.
2. Add rotisserie chicken, brussels sprouts, cranberries, walnuts, parmesan cheese, and dressing to a large bowl and gently mix until all ingredients are combined. Refrigerate until ready to eat.

## NUTRITION INFO

Calories : 439.75

Fat : 24.87 g

Carbs : 26.24 g

Protein : 31.88 g

Fiber : 7.36 g



# Cioppino



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 2 tbsp [28 g] Olive Oil</li><li>• 8 tbsp [120 g] Apple Cider Vinegar</li><li>• 1 cup [237 g] Water</li><li>• 2 cup [484 g] Diced Canned Tomatoes</li><li>• 1 tbsp [5.5 g] Italian Seasoning</li><li>• 1 tbsp, ground [1.8 g] Oregano</li><li>• 1 Dash [1 g] Himalayan Pink Salt</li><li>• 1 head [30 g] Garlic (<i>miced</i>)</li><li>• 2 medium [238 g] Red Sweet Pepper (<i>diced in food processor</i>)</li><li>• 2 small [86 g] Shallot (<i>diced in food processor</i>)</li><li>• 6 oz, cooked [170.1 g] Scallops</li><li>• 6 oz [168 g] Cod</li><li>• 6 oz [170.4 g] Shrimp (Prawns)</li><li>• 16 oz [453.6 g] Clams (<i>or muscles</i> )</li><li>• 2 leaf [1.2 g] Bay Leaf</li><li>• 4 serving (25g) [100 g] Sour Dough Bread</li></ul>	<ol style="list-style-type: none"><li>1. Heat oil in a large pot oor dutch oven.</li><li>2. Add garlic and heat for about 2 minutes or until fragrant.</li><li>3. Add red peppers and shallots. Cook for about 10 minutes.</li><li>4. Add tomatoes, apple cider vinegar, water, seasoning and bay leaves. Bring to a boil and then let simmer on low.</li><li>5. Add seafood and let simmer for 20 minutes until clams/muscles are open.</li><li>6. Serve warm with a side of sourdough bread.</li></ol>

NUTRITION INFO				
Calories : 440.95	Fat : 14.73 g	Carbs : 36.67 g	Protein : 40.98 g	Fiber : 4.82 g

# Slow Cooker Brisket



SERVINGS: 8

PREP TIME: 10 MINUTES

COOKING TIME: 360 MINUTES

## INGREDIENTS

- 2.5 lb [1134 g] Beef Brisket (Whole, Lean Only)
- 2 onion [220 g] Yellow Onions (*Sliced*)
- 1 head [30 g] Garlic (*peeled*)
- 0.25 cup [59.25 g] Water
- 1 tsp [2.1 g] Paprika
- 1 tsp [2.1 g] Black Pepper
- 1 tsp [6 g] Sea Salt
- 1 tsp [2.6 g] Chili Powder
- 1 tsp [1.8 g] Red or Cayenne Pepper

## DIRECTIONS

1. Season brisket with salt and pepper.
2. Sear brisket in a large pan or cast iron skillet for 5 minutes on each side.
3. Add half the onions and garlic cloves to the crockpot and place on low.
4. Once Brisket is seared, add to the crockpot and top with the remaining seasonings, onions, and garlic.
5. Cook for 6 hours on low heat ( or 4 hours on high heat).
6. Once cooked, remove brisket, onion, and garlic from crockpot to place on a serving dish and serve warm.

## NUTRITION INFO

Calories : 239.44

Fat : 10.61 g

Carbs : 4.43 g

Protein : 30.04 g

Fiber : 0.84 g

# Potato Latkas with Herby Greek Yogurt



SERVINGS: 3

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 0.5 cup [120 g] Plain Non Fat Greek Yogurt
- 1 tbsp [3.1 g] Dill (Dried)
- 1 tbsp [3.8 g] Parsley
- 1 stalk [15 g] Green Onions
- 0.5 tsp [2.4 g] Apple Cider Vinegar
- 0.5 tsp [1.2 g] Onion Powder
- 1 small [43 g] Shallot (*shredded*)
- 1 large [369 g] Russet Potatoes (*shredded*)
- 0.5 tsp [2.3 g] Baking Powder
- 1 Dash [1 g] Himalayan Pink Salt
- 0.13 cup [17.5 g] Cassava Flour
- 1 large [50 g] Egg

## DIRECTIONS

1. Preheat oven to 425 degree F ( 218 degrees C).
2. Add Greek yogurt, herbs, onion powder and apple cider vinegar to a bowl. Mix well and place in the refrigerator until ready to use.
3. Shred Potatoes and shallot with a food processor or hand grate.
4. Place potatoes and shallot on towels to extract as much liquid as you can (the more liquid you can get out the better).
5. Place potatoes and shallots in a mixing bowl.
6. In the same bowl, add egg, salt, and flour. Mix well.
7. Grease a baking sheet with avocado oil spray.
8. Add 2 tbsp of mix to form each latke and place on baking sheet.
9. Bake for 7-10 minutes, and flip half way through and cook for another 7 minutes.
10. Serve warm with a side of herby yogurt.

## NUTRITION INFO

Calories : 179.5

Fat : 1.82 g

Carbs : 32.68 g

Protein : 9.15 g

Fiber : 2.52 g

# Carrot Souflee



SERVINGS: 8

PREP TIME: 20 MINUTES

COOKING TIME: 50 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 32 oz [907.2 g] Baby Carrots</li><li>• 4 cup [960 ml] Vegetable Broth</li><li>• 2 tsp [9.4 g] Lemon Juice</li><li>• 0.25 cup [56 g] Olive Oil</li><li>• 1 tbsp [7.5 g] Organic Coconut Flour</li><li>• 0.25 cup [80.5 g] Maple Syrup</li><li>• 0.25 tsp [0.57 g] Cinnamon</li><li>• 3 large [150 g] Egg</li><li>• 1 tsp [1.2 g] Kosher Salt</li></ul>	<ol style="list-style-type: none"><li>1. Boil the carrots in the broth until soft.</li><li>2. Preheat the oven to 350 degrees.</li><li>3. Drain the carrots from the broth and puree in a food processor or high-speed blender until smooth.</li><li>4. In a large bowl, combine the pureed carrots, lemon juice, olive oil, coconut flour, cinnamon, maple syrup, eggs and salt. Using a hand mixer, beat until smooth.</li><li>5. Lightly grease an oven proof baking dish with olive oil.</li><li>6. Pour the carrot mixture into the dish and bake uncovered for about 50 minutes. Sprinkle the top with extra cinnamon, if desired.</li></ol>

## NUTRITION INFO

Calories : 160.38

Fat : 8.86 g

Carbs : 17.46 g

Protein : 3.27 g

Fiber : 2.23 g



# Sweet Potato Casserole



SERVINGS: 8

PREP TIME: 20 MINUTES

COOKING TIME: 95 MINUTES

## INGREDIENTS

- 4 sweetpotato, 5" long [520 g] Sweet Potato
- 1 cup, chopped [119 g] Pecans
- 0.25 cup [28 g] Almond Flour
- 0.5 cup [161 g] Maple Syrup
- 1 tsp [0.7 g] Rosemary
- 2 tsp [8.4 g] Vanilla Extract
- 1 tsp [2.3 g] Cinnamon
- 0.25 cup [56.5 g] Coconut Milk
- 2 large [100 g] Egg
- 1 tsp [1.2 g] Kosher Salt

## DIRECTIONS

1. Preheat the oven to 400 degrees F (204 degrees C). Poke a few holes in the sweet potatoes and bake for about one hour or until soft. Then cut in half and allow to cool.
2. In a medium bowl, combine the pecans, almond flour, half the maple syrup and rosemary.
3. Reduce the oven temperature for 350 degrees F (174 degrees C). Remove the skin from the sweet potatoes and add the flesh to a mixing bowl. Mash well and mix in the other half of the maple syrup, vanilla, cinnamon, coconut milk, and eggs until combined. Add a dash of salt.
4. Place the sweet potato mixture in an oven safe baking dish. Sprinkle the pecan mixture over the top.
5. Bake for about 35 minutes or until the pecans are golden brown.

## NUTRITION INFO

Calories : 267.54

Fat : 15.04 g

Carbs : 30.07 g

Protein : 5.08 g

Fiber : 4.13 g

# Bacon Brussel Sprouts



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 2 slice [30 g] Uncured Bacon
- 3 cup [264 g] Brussels Sprouts
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper
- 0.25 cup [59.25 g] Water

## DIRECTIONS

1. Add the bacon to a pan and cook until crispy. Remove from the pan and place on a paper towel.
2. Thinly slice the brussel sprouts and dice the bell pepper. Add the brussel sprouts, red pepper and water to the pan (do not drain the bacon grease). Cook for about 10-15 minutes until the brussel sprouts and bell pepper are soft. Add a dash of salt and pepper to taste.
3. Chop the bacon into small pieces and add to the brussel sprouts and bell peppers.

## NUTRITION INFO

Calories : 71.25

Fat : 3.78 g

Carbs : 7.71 g

Protein : 3.52 g

Fiber : 3.72 g

# Smoked Turkey



SERVINGS: 12

PREP TIME: 60 MINUTES

COOKING TIME: 360 MINUTES

## INGREDIENTS

- 1 192 ounces [112 oz] Frozen Whole Turkey (Butterball)
- 32 cup [7584 g] Water
- 2 cup [496 g] Apple Cider
- 26 tbsp [468 g] Kosher Salt
- 1 head [30 g] Garlic
- 2 tbsp [12.8 g] Black Pepper (*Whole peppercorns*)
- 2 medium (2-5/8" dia) [262 g] Orange
- 3 medium Lemon
- 1 onion [110 g] Yellow Onions
- 3 leaf [1.8 g] Bay Leaf
- 5 tbsp [8.5 g] Rosemary (*Sprigs*)
- 5 sprig [4 g] Thyme
- 5 sprigs [5 g] Parsley
- 3 cup [720 ml] Chicken Broth
- 0.25 cup, packed [55 g] Brown Sugar
- 3 tbsp [20.7 g] Paprika
- 1 tbsp [6.4 g] Black Pepper
- 2 tbsp [16.8 g] Garlic Powder
- 1 tbsp [6.9 g] Onion Powder
- 0.5 tsp [0.9 g] Red or Cayenne Pepper

## DIRECTIONS

1. Prep the brine: In a large pot, combine the apple cider, water, 1.5 cups of kosher salt, the garlic (peeled and smashed), peppercorns, oranges (thinly sliced), lemons (thinly sliced), rosemary sprigs and bay leaves. Bring to a simmer to five minutes. Mix as needed to ensure salt has dissolved. Allow to cool.
2. Brine the turkey: Thaw and remove giblets from turkey. Place the turkey inside the pot with the cooled brine. If the turkey and brine do not fit in the pot, you can use a basting bag. Place in the refrigerator for 24 hours.
3. Prep the turkey: Remove the turkey from the brine and briefly rinse under cool water. Allow to sit for 15 minutes.
4. Prep seasoning: Combine in a bowl the brown sugar, paprika, black pepper, the remainder of the kosher salt, garlic powder, onion powder and cayenne pepper.
5. Liberally coat the turkey with the seasoning and place in a large aluminum roasting pan. Put the onion (quartered), lemon (quartered), parsley and thyme inside the cavity of the turkey. Use kitchen twine to tie the turkey's legs together.

6. Set your smoker or oven to 250 degrees and cook for approximately six hours (30-45 minutes per pound) or until the turkey reaches an internal temperature of 165 degrees. Baste the turkey with chicken broth every hour while cooking.

#### NUTRITION INFO

Calories : 92.02

Fat : 1.24 g

Carbs : 18.78 g

Protein : 3.45 g

Fiber : 2.53 g



# Rosemary Sweet Potato “Hash” with Sautéed Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- 2 cup, cubes [266 g] Sweet Potato
- 3 slice [45 g] Uncured Bacon
- 0.5 tbsp [1.65 g] Rosemary (Dried)
- 0.5 tbsp [9 g] Salt
- 0.25 tbsp [1.6 g] Black Pepper
- 2 tbsp [28 g] Olive Oil
- 8 oz [224 g] Skinless Chicken Breast
- 3 tsp [12 g] Green Goddess Seasoning Blend

## DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. Cut the bacon into thin, 1/2-inch long strips and add them to a baking pan.
3. Add the diced sweet potatoes, salt, black pepper, and rosemary to the bacon and toss until combined.
4. Bake for 25-30 minutes, or until the bacon is fully cooked and the potatoes are fork-tender. Toss the mixture halfway through the cooking time for even cooking.
5. Season both sides of the chicken breasts with green goddess seasoning.
6. Add olive oil to a saucepan and sauté the chicken over medium heat until fully cooked.

## NUTRITION INFO

Calories : 466.75

Fat : 25.82 g

Carbs : 27.81 g

Protein : 31.22 g

Fiber : 4.56 g

# Honey Sesame Chicken w/ White Rice & Broccoli



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 390 MINUTES

## INGREDIENTS

- 12 oz [336 g] Skinless Chicken Breast
- 4 tbsp [84 g] Honey
- 2 tbsp [28 g] Coconut Aminos (*or tamari*)
- 6 tsp [16.8 g] Garlic (*chopped*)
- 1 tbsp [14 g] Rice Vinegar
- 1 tbsp [15 g] Apple Cider Vinegar
- 1.5 tbsp [20.4 g] Sesame Oil
- 2 cup, florets [142 g] Broccoli (*uncooked*)
- 1 cup [185 g] White Rice (Uncooked)  
(*cook according to package instructions and serve warm*)
- 1 tbsp [9 g] Dried Whole Sesame Seeds (*optional*)

## DIRECTIONS

1. Place the raw chicken in a crockpot.
2. In a small bowl, combine honey, tamari, chopped garlic, rice wine vinegar, apple cider vinegar, and sesame oil.
3. Pour the honey sesame sauce over the chicken and ensure all the chicken is covered in sauce.
4. Cook on low for 5-6 hours or until the chicken shreds easily.
5. While still in the crockpot, shred the chicken. Turn the crockpot on high, add the uncooked broccoli, and cook for another 20-30 minutes or until the broccoli is cooked.
6. Serve over warm white rice.
7. If desired, sprinkle with sesame seeds. Enjoy!

## NUTRITION INFO

Calories : 417.25

Fat : 7.83 g

Carbs : 62.4 g

Protein : 24.67 g

Fiber : 1.8 g

# Classic Chili



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 1 tsp [4.5 g] Olive Oil
- 0.5 small [35 g] Onions
- 8 oz, raw (yield after cooking) [120 g] Ground Turkey
- 1 cup [246.6 g] Canned Fire Roasted Tomatoes
- 1 cup [240 g] Black Beans (Canned)
- 1 cup [246.6 g] Diced Tomatoes & Green Chilies
- 1 tbsp [9 g] Chili Seasoning

## DIRECTIONS

1. Place oil in a heavy-bottomed skillet and heat over medium heat.
2. Add onions and cook until soft (3-4 minutes).
3. Add ground beef or turkey and cook until browned. Make sure to stir often while breaking up the meat.
4. Drain any grease.
5. Add the remaining ingredients and bring to a boil.
6. Reduce the heat to medium-low, cover, and simmer for 15 minutes.
7. Taste and season with chili powder to your liking.

## NUTRITION INFO

Calories : 356.25

Fat : 10.46 g

Carbs : 39.14 g

Protein : 25.68 g

Fiber : 15.55 g



# Holiday Snack

QUICK PICK-ME-UP





# Breakfast Apple Bake



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 1 cup, cooked [234 g] Oatmeal
- 3 large [150 g] Egg
- 1 tsp [4.2 g] Vanilla Extract
- 1 tsp [2.3 g] Cinnamon
- 1 tsp [2.2 g] Nutmeg (Ground)
- 2 apple Apples (*Chopped with or without skin* )
- 1 cup [227 g] Whole Milk Greek Yogurt Plain
- 1 tbsp [10 g] Flax Seed Meal

## DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Warm apples in microwave for 2 minutes to soften.
3. Add oatmeal, eggs, vanilla, cinnamon, nutmeg, and flax seed meal together well.
4. Mix in apples.
5. Place in an oven safe bowl and bake for 10-15 minutes.
6. Let cool and top with 1/2 cup of greek yogurt. Enjoy warm.

### NUTRITION INFO

Calories : 441.85

Fat : 16.59 g

Carbs : 47.78 g

Protein : 27.53 g

Fiber : 8.6 g

# Apple Crisp (Gluten Free)



SERVINGS: 6

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 0.5 cup [56 g] Almond Flour</li><li>• 1 cup [90 g] Rolled Oats Gluten Free</li><li>• 0.25 cup [48 g] Organic Coconut Sugar</li><li>• 0.5 tsp [0.85 g] Pumpkin Pie Spice</li><li>• 5 tbsp [71 g] Butter <i>(Softened (ghee can also be used))</i></li><li>• 5 apple Apples <i>(Cored, peeled, and sliced thin)</i></li><li>• 0.25 cup [56.75 g] Whole Milk Greek Yogurt - Vanilla</li></ul>	<ol style="list-style-type: none"><li>1. Heat the oven to 375 degrees F (190 degrees C).</li><li>2. In a baking dish 9x9 inch baking dish spread out the apple slices.</li><li>3. In a mixing bowl combine the almond flour, rolled oats, coconut sugar, pumpkin pie spice, and softened butter or ghee.</li><li>4. Crumble the oat mixture over the sliced apples.</li><li>5. Bake for 25 - 30 minutes. Serve warm with a scoop of vanilla Greek yogurt.</li></ol>

NUTRITION INFO				
Calories : 309.57	Fat : 15.15 g	Carbs : 40.56 g	Protein : 6.39 g	Fiber : 6.34 g

# Pumpkin Mini Cheesecake



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 1 cup [226 g] Cottage Cheese (4% milk fat)
- 0.5 cup [113.5 g] Whole Milk Greek Yogurt - Vanilla (*Divided*)
- 0.33 cup [82.5 g] Pumpkin Puree
- 0.25 tsp [0.42 g] Pumpkin Pie Spice
- 1 tbsp [20 g] Maple Syrup
- 0.25 cup, chopped [29.75 g] Pecans
- 0.25 tsp [0.57 g] Cinnamon

## DIRECTIONS

1. Preheat oven to 350 degrees F (174 degrees C).
2. Add the cottage cheese, half of the Greek yogurt, pumpkin puree, pumpkin pie spice, and maple syrup to a blender. Blend until smooth.
3. Divide the pumpkin mixture into 2-3 small oven safe serving dishes.
4. Bake for 20-25 minutes, until the top is golden brown.
5. Allow to cool fully, then refrigerate for a minimum of 2 hours.
6. Serve chilled topped with the remaining vanilla Greek yogurt, chopped pecans, and cinnamon.

## NUTRITION INFO

Calories : 322.65

Fat : 19.08 g

Carbs : 20.4 g

Protein : 21.56 g

Fiber : 2.77 g

# Pumpkin Blondies



SERVINGS: 12

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 0.5 cup [125 g] Pumpkin Puree</li><li>• 3 large [150 g] Egg</li><li>• 0.25 cup [62.5 g] Almond Butter</li><li>• 0.25 cup [80.5 g] Maple Syrup</li><li>• 1 tsp [4.2 g] Vanilla Extract</li><li>• 1 cup [112 g] Almond Flour</li><li>• 0.5 tsp [2.3 g] Baking Powder</li><li>• 0.5 tsp [0.85 g] Pumpkin Pie Spice</li><li>• 0.5 cup, mini chips [86.5 g] Dark Chocolate Chips</li><li>• 1 tbsp [13.6 g] Coconut Oil <i>(for greasing pan )</i></li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 375 degrees F (190 degrees C).</li><li>2. In a large bowl mix together pumpkin puree, eggs, almond butter, maple syrup, and vanilla extract.</li><li>3. Slowly add in almond flour, baking powder, and pumpkin spice. Mix until well blended.</li><li>4. Fold in dark chocolate chips.</li><li>5. Use coconut oil to coat the edge of a muffin tin or silicone baking cups. Fill each muffin cup 3/4 to the top.</li><li>6. Bake for 12 - 15 minutes, until fork inserted in the center comes out clean.</li><li>7. Serve warm or cool. Tip: Tastes amazing warm topped with whipped cream or ice cream.</li></ol>

NUTRITION INFO				
Calories : 171.73	Fat : 11.63 g	Carbs : 13.1 g	Protein : 5.66 g	Fiber : 2.6 g



# No Bake Pumpkin Cookie



SERVINGS: 12

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 1.5 cup [138 g] Chickpea Flour
- 1 tbsp [5.6 g] Pumpkin Pie Spice
- 1 Dash [1 g] Himalayan Pink Salt
- 0.5 cup [125 g] Almond Butter
- 0.33 cup [106.26 g] Maple Syrup
- 0.33 cup [82.5 g] Pumpkin Puree
- 1 tsp [4.2 g] Vanilla Extract
- 2 oz [56.7 g] White Chocolate (*chips* )

## DIRECTIONS

1. In a large mixing bowl, combine chickpea flour, pumpkin pie spice, and salt.
2. Add the almond butter, maple syrup, pumpkin puree, and vanilla extract and mix until smooth.
3. Form small balls and place them on a parchment lined baking sheet.
4. Press each ball into a circle shape and sprinkle with chocolate chips.
5. Refrigerate for 30 minutes before serving.
6. Serve cold and enjoy!

## NUTRITION INFO

Calories : 162.8

Fat : 8.27 g

Carbs : 18.26 g

Protein : 5.12 g

Fiber : 2.57 g

# Brownies Without Regret



SERVINGS: 8

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1.5 cup [360 g] Black Beans (Canned) <i>(rinsed and drained )</i></li><li>• 0.5 cup [3 g] Cocoa Powder</li><li>• 1.5 tsp [6.9 g] Baking Soda</li><li>• 0.25 cup [54.5 g] Coconut Oil <i>(plus extra for greasing the pan)</i></li><li>• 0.5 cup [161 g] Maple Syrup</li><li>• 1 tsp [4.2 g] Vanilla Extract</li><li>• 2 large [100 g] Egg</li><li>• 1 Dash [1 g] Himalayan Pink Salt</li><li>• 0.25 cup, mini chips [43.25 g] Dark Chocolate Chips</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 350 degrees F (175 degrees C).</li><li>2. Grease a 9x9 baking dish with coconut oil.</li><li>3. In a food processor or blender add black beans, coconut oil, maple syrup, vanilla extract, eggs, cocoa powder, baking soda, and salt. Blend together until smooth.</li><li>4. Pour brownie batter into a bowl and fold in dark chocolate chips.</li><li>5. Spread brownie batter evenly in the baking sheet and bake for 18 - 22 minutes, until fork inserted in the center comes out clean.</li><li>6. Allow brownies to cool for 10 minutes or longer before serving.</li></ol>

NUTRITION INFO				
Calories : 198.69	Fat : 9.86 g	Carbs : 24.61 g	Protein : 4.57 g	Fiber : 3.49 g

# Frozen Peanut Chocolate Bites



SERVINGS: 8

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup [256 g] Peanut Butter
- 1 tbsp [21 g] Honey
- 2 scoop (20 g) [40 g] Protein Powder
- 0.5 tsp [0.6 g] Kosher Salt
- 0.25 cup, mini chips [43.25 g] Dark Chocolate Chips
- 1 tbsp [8.5 g] Peanuts (*Chopped* )

## DIRECTIONS

1. Line a small baking sheet or dinner plate with parchment paper and set aside.
2. Add peanut butter, protein powder, honey, and salt to a food processor. Pulse until the mixture is light and fluffy, about 2-3 minutes.
3. Add peanut mixture and two-thirds of the chocolate chips to a medium bowl. Gently fold the chocolate chips into the peanut mixture until combined.
4. Transfer the peanut mixture to the baking sheet or dinner plate and spread it until it is about half an inch thick.
5. Top the peanut mixture with chopped peanuts and the remaining chocolate chips.
6. Freeze until the peanut mixture is solid.
7. Cut and keep bites in the freezer until ready to eat.

## NUTRITION INFO

Calories : 247.72

Fat : 18.02 g

Carbs : 13.34 g

Protein : 12.88 g

Fiber : 2.41 g

# Pumpkin Cake



SERVINGS: 15

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

## INGREDIENTS

- 1 cup dry [96 g] Old Fashioned Oats
- 1.5 cup [168 g] Almond Flour
- 1.5 tsp [6.9 g] Baking Powder
- 0.5 tsp [2.3 g] Baking Soda
- 2 tsp [4.6 g] Cinnamon
- 0.5 tsp [0.9 g] Ginger (Ground)
- 0.25 tsp [0.55 g] Nutmeg (Ground)
- 0.25 tsp [0.53 g] Cloves (Ground)
- 0.5 tsp [0.6 g] Kosher Salt
- 2 tbsp [27.2 g] Coconut Oil
- 2 medium [88 g] Egg
- 2 tsp [8.4 g] Vanilla Extract
- 2 cup [500 g] Pumpkin Puree
- 0.5 cup [113.5 g] Whole Milk Greek Yogurt Plain
- 0.25 cup [61.25 g] Almond Milk
- 6 tbsp [126 g] Honey
- 3 tbsp [24 g] Dry roasted shelled pistachios (*Chopped*)

## DIRECTIONS

1. Preheat oven to 350 degrees F (174 degrees C).
2. Mix oats, almond flour, baking powder, baking soda, cinnamon, ginger, nutmeg, cloves, and salt in a medium bowl until combined. These are the dry ingredients.
3. Mix coconut oil, eggs, vanilla extract, pumpkin puree, greek yogurt, honey, and almond milk in a medium bowl until combined. These are the wet ingredients.
4. Add one-third of the dry ingredients to the wet ingredients and mix until combined. Repeat this step until all dry ingredients have been incorporated into the wet ingredients.
5. Pour cake batter into a non-stick 9x13 baking dish. Bake for 40-45 minutes until a toothpick inserted in the center comes out clean.
6. Let the cake cook down completely before cutting. Top with chopped pistachios and a drizzle of honey.

## NUTRITION INFO

Calories : 173.28

Fat : 9.32 g

Carbs : 17.66 g

Protein : 6.17 g

Fiber : 3.29 g

# Sweet Potato Cinnamon Buns



SERVINGS: 6

PREP TIME: 30 MINUTES

COOKING TIME: 75 MINUTES

## INGREDIENTS

- 2 sweetpotato, [260 g] Sweet Potato (*baked and mashed*)
- 1.5 cup [180 g] Oat Flour
- 0.25 tsp [1.15 g] Baking Soda
- 1 pumps [1 g] Avocado Oil Cooking Spray
- 2 tsp [9.2 g] Baking Powder
- 0.25 cup [48 g] Organic Coconut Sugar
- 8 tsp [18.4 g] Cinnamon
- 1.5 cup [360 ml] Coconut Milk (from a can)
- 0.5 cup [48 g] Monk Fruit Sweetener
- 1 tsp [4.2 g] Vanilla Extract
- 6 tbsp [42 g] Chopped Walnuts

## DIRECTIONS

1. Preheat oven to 400 degrees F (204 degrees C). Place Coconut milk can, bowl and whisk for electric mixer in freezer.
2. Poke holes in potato and bake for about 1 hour.
3. Once potatoes are soft, take off skin and mash in a bowl.
4. Slowly start to mix in baking powder, flour and baking soda to the potatoes.
5. Once everything is mixed, place a dish towel over the bowl and let rise for 30 minutes to 1 hour.
6. Once dough has risen, flour a large surface and roll out dough to about 1/8 inch thickness.
7. Add cinnamon and coconut sugar to dough.
8. Slowly roll up the dough lenght wise.
9. Cut into 6 pieces with a knife or pizza cutter.
10. Grease a baking dish or cast iron skillet with avocado oil spray.
11. Place baking dish into oven to bake for 15-20 minutes and let cool.
12. While rolls are cooking, make coconut icing.



13. Remove materials from freezer. on the highest setting, mix coconut milk, monk fruit, sweetener and vanilla to the cold bowl until it is stiff enough to create peaks.
14. Add icing to cooled cinnamon rolls when ready to serve and top with walnuts (1 tbsp per serving).

#### NUTRITION INFO

Calories : 336.56

Fat : 15.77 g

Carbs : 59.14 g

Protein : 7.32 g

Fiber : 6.4 g

# Peanut Butter Oatmeal Chocolate Chip Cookies



SERVINGS: 16

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 8 oz [226.8 g] Butter
- 0.5 cup [161 g] Maple Syrup
- 0.5 cup [128 g] Peanut Butter
- 1 large [50 g] Egg
- 1 tbsp [13 g] Vanilla Extract
- 2.5 cup [280 g] Almond Flour
- 1.5 cup dry [144 g] Old Fashioned Oats
- 1 tsp [4.6 g] Baking Soda
- 0.5 tsp [3 g] Salt
- 1 cup, mini chips [173 g] Dark Chocolate Chips

## DIRECTIONS

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper.
2. Melt the butter. Using a stand or hand mixer, combine the melted butter, maple syrup, peanut butter, egg, and vanilla. Add the almond flour, oats, baking soda and salt. Fold in the chocolate chips.
3. Roll the dough into balls approximately the size of a tablespoon and place on the prepared baking sheet.
4. Bake for 10-12 minutes in the oven then allow to cool on the baking sheet.

## NUTRITION INFO

Calories : 367.25

Fat : 27.13 g

Carbs : 25.57 g

Protein : 8.5 g

Fiber : 4.15 g