



Turmeric Chia Pudding

2 servings
3 hours 5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger (optional)
- 1 tbsp Maple Syrup
- 1/4 cup Chia Seeds

Nutrition

Amount per serving	
Calories	158
Fat	9g
Carbs	18g
Fiber	9g
Protein	5g
Calcium	397mg

Directions

- 1 Combine the almond milk, turmeric, cinnamon, ginger, and maple syrup in a mixing bowl. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
- 2 Stir well then divide between bowls or jars. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Use a nut-free milk like cow's milk, coconut milk, or oat milk.

More Flavor: Add vanilla extract, cardamom, nutmeg, or a pinch of black pepper.

No Maple Syrup: Use honey or another sweetener of choice instead.



Butternut Squash Hummus

6 servings
20 minutes

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
- 200 grams Seed Crackers

Nutrition

Amount per serving	
Calories	280
Fat	17g
Carbs	28g
Fiber	7g
Protein	5g
Calcium	118mg

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.



Sheet Pan Fall Harvest Veggies

3 servings

40 minutes

Ingredients

- 1 Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)
- 1 Leeks (medium, trimmed, chopped)
- 1 cup Brussels Sprouts (trimmed, halved)
- 1 1/2 cups Chickpeas (cooked)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Poultry Seasoning
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	311
Fat	12g
Carbs	46g
Fiber	10g
Protein	10g
Calcium	147mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the squash, leeks, Brussels sprouts, and chickpeas to the baking sheet. Drizzle with the oil and season with poultry seasoning, salt, and pepper. Toss to combine.
- 3 Spread out into an even layer and place in the oven. Cook for 25 to 30 minutes, or until the vegetables are fork-tender, tossing halfway through. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

No Poultry Seasoning: Use garlic, sage, thyme, and/or oregano instead.