

Easy Roasted Veggie Soup (Can be frozen)

Ingredients	Prep	Tools
2 lbs root veggies (potatoes, sweet potatoes, onions, beets, carrots, leeks, etc.)	wash & cube	lrg bowl baking sheet foil
1/4 cup olive oil		blender
1/2 tsp sea salt		soup pot
1/4 tsp ground black pepper		ladle
3 cloves garlic	minced	spoon
6 cups chicken or veggie broth (low sodium)		meas spoons
1 Tbs dried oregano leaves		meas cups
1/2 cup shredded Parmesan	garnish	cutting board
1/2 cup greek yogurt or sour cream	garnish	knife

Butternut Squash Soup (Can be frozen)

Ingredients	Prep	Tools
1 med butternut squash	wash, peel, cube into 1-inch pieces	lrg pot blender
1 med white onion	peeled, diced	spoon
2 Tbs olive oil		meas spoons
6 cups veggie broth (low sodium)		meas cups
2 Tbs marjoram		cutting board
	sea salt (to taste)	knife
	ground black pepper (to taste)	
1 pkg extra silky tofu or 8 oz cream cheese		

total prep time/cook time/ready in : 15/30/45
servings 6

total prep time/cook time/ready in : 10/30/40
servings 6

Steps	
step 1	Preheat oven to 400. Set out tools and ingredients. Follow prep directions. Wash, peel and cube root veggies into 1-inch square pieces.
step 2	Place pieces in large mixing bowl. Mince garlic and add to mixing bowl. Pour oil over cubes and toss veggie cubes to coat.
step 3	Cover large baking sheet with foil. Pour veggies onto baking sheet, making sure that they are in a single layer. Season with salt and pepper.
step 4	Roast in oven for 20-25 minutes until veggies are soft.
step 5	Pour veggies into blender. Add broth and puree. Add oregano and any additional salt or pepper.
step 6	Pour into large soup pot and heat over medium high heat until hot.
step 7	Ladle into bowls and garnish with a dollop of Greek Yogurt and shredded parmesan cheese.

Steps	
step 1	Wash, peel, and cube butternut squash. Heat oil in large soup pot over medium heat. Saute onion until soft and carmelized, about 10 minutes.
step 2	Add squash, broth, and marjoram. Generously season with salt and pepper.
step 3	Bring to a boil and simmer until squash is tender, about 20 minutes.
step 4	Remove from heat and run through blender, adding in silky tofu or cream cheese. Return to stove top and heat through.
step 5	Serve warm.

Sweet Potato Delight (Can be frozen)

Ingredients	Prep	Tools
3 lrg sweet potatoes	wash, peel, cut into smaller	meas spoons meas cups cutting board
3 Tbs olive oil sea salt (to taste)		knife brush
3/4 cup coconut milk or milk		baking dish
1/2 cup pure maple syrup		hand mixer
1/2 tsp cinnamon		peeler
1/4 tsp nutmeg		
1/2 cup pecans	toasted and chop	

Tradish Mashed Potatoes (Can be frozen)

Ingredients	Prep	Tools
6 med potatoes	peel and cube	meas spoons
1/2 cup milk		meas cups
1/4 cup butter		cutting board
3/4 tsp sea salt		knife
1/8 tsp ground black pepper		peeler
water		lg bowl

total prep time/cook time/ready in : 15/25/35
servings 6

total prep time/cook time/ready in : 15/20/35
servings 6

Steps

<i>step 1</i>	Preheat oven to 400 degrees. Set out tools and ingredients. Follow prep directions. Wash and peel sweet potatoes. Cut into smaller pieces, coat with olive oil and sprinkle with salt.
<i>step 2</i>	Place in baking dish and roast in 400 degree oven until soft, about 25 minutes.
<i>step 3</i>	Mash sweet potatoes using hand masher or hand mixer. Add milk, maple syrup, and spices.
<i>step 4</i>	Mix together until nice and whipped. Top with toasted pecans and serve warm.
	*To toast pecans: Cook pecans dry in a skillet at medium-high heat for 3-5 minutes, stirring frequently.

Steps

<i>step 1</i>	Place potatoes in a saucepan. Cover with water. Cover with lid and bring to a boil. Boil for 20-25 minutes or until potatoes are tender. Drain well.
<i>step 2</i>	In a large mixing bowl, add cooked potatoes, milk, butter, salt and pepper. Mash until light and fluffy with a hand mixer.
<i>step 3</i>	Serve warm.

Pumpkin Cheesecake Bars (Can be frozen)

Ingredients	Prep	Tools
Pecan crust:		
2 cups pecans	freeze ahead	blender
1/2 cup butter	melted	9x13 baking dish
3/4 cup evaporated cane juice or sugar		lg bowl
1/4 tsp cinnamon		mixer
Filling		
1 8 oz package of cream cheese	room temp	spatula
1 cup pureed pumpkin		meas spoons
1/2 cup evaporated cane juice (or sugar)		meas cups
1/4 tsp cinnamon		
dash nutmeg		
dash cloves		
1/2 tsp vanilla		
2 eggs		
Topping:		
1 cup sour cream		
1/4 tsp vanilla		
2 Tbs evaporated cane juice		

total prep time/cook time/ready in : 10/30/45

servings 8

Cornbread Muffins (for stuffing, Can be frozen)

Ingredients	Prep	Tools
1 cup yellow, fine ground cornmeal		12-cup muffin tin
1 cup almond flour or whole wheat flour		tin
1 tbs baking powder		lg bowl
1/3 cup honey		mixer
1 tsp salt		med bowl
1/3 cup cooking oil (grapeseed oil)		muffin cups
1 cup milk		meas spoons
2 lg eggs		meas cups
12 paper muffin cups		

total prep time/cook time/ready in : 10/15/30

servings 12

Steps		Steps	
<i>Crust:</i>	Preheat oven to 350 degrees. Pulse pecans in a blender until coarsely chopped. Add melted butter, cane juice, and cinnamon. Pulse to blend.	<i>step 1</i>	Preheat oven to 400 degrees. Set out ingredients and tools.
	Press crust into bottom of a greased 9x13 baking dish. Frozen pecans will harden the melted butter, making it easy to press into the baking dish.	<i>step 2</i>	Into a large bowl, mix the cornmeal, flour, baking powder and salt.
<i>Filling:</i>	In a large bowl, combine all filling ingredients with a mixer. Pour into baking dish. Bake for 30 min, or until cracks appear in the middle of the pumpkin bars. Cool.	<i>step 3</i>	In another bowl, whisk together milk, eggs, oil, and honey.
<i>Topping:</i>	In a medium bowl, combine topping ingredients and blend. Spread over cooled bars.	<i>step 4</i>	Add the wet to the dry ingredients and stir until just mixed
		<i>step 5</i>	Place muffin paper liners in a 12-cup muffin tin. Evenly divide the cornbread mixture into the papers. Bake for 15 minutes until golden.

Rock Your World Chocolate Pie (Can be frozen)

Ingredients	Prep	Tools
Crust		
2 cups almond flour		small bowl
1/3 cup grapeseed oil		med bowl
1/3 cup agave		hand mixer
1 tsp vanilla		9-in pie pan
1/4 cup unsweetened cocoa powder		dbl broiler (opt)
1/2 tsp salt		meas cups
1/2 tsp baking soda		meas spoons
Chocolate filling		
1 28-oz coconut milk, 1/3 cup set aside		
2 cups dark chocolate	chop	
1/3 cup agave		
2 Tbs vanilla		
1/4 tsp salt		
3 Tbs cornstarch or arrowroot powder		

total prep time/cook time/ready in : 15/25/1hr

servings 8

Steps

step 1	Preheat oven to 350 degrees. Set out all ingredients and tools. In small mixing bowl combine oil, agave, and vanilla. Set aside.
step 2	In medium mixing bowl combine dry ingredients: almond flour, cocoa powder, salt, and soda. Add in wet ingredients and combine well. Press into 9-inch pie pan.
step 3	Bake for about 10 minutes, until the crust is starting to brown. Let cool.
step 4	Melt chocolate in double boiler or microwave, stirring constantly. Heat coconut milk, vanilla, agave, and salt in medium saucepan over medium-high heat. Add melted chocolate to coconut milk stirring constantly until combined.
step 5	Remove from heat. Combine 1/3 cup coconut milk with cornstarch or arrowroot powder and pour into chocolate mixture, stirring constantly.
step 6	Return to heat, stirring constantly until filling has thickened. Let cool to room temp.
step 7	Pour into cooled piecrust, cover, and refrigerate until cool. Can be frozen.

Pumpkin Whoopie Pies (Can be frozen)

Ingredients	Prep	Tools
2 cups almond flour		baking sheet
1 Tbs cinnamon		meas cups
1/2 tsp baking powder		meas spoons
1/2 tsp baking soda		wax paper
1/2 tsp sea salt		lg bowl
1/2 tsp ginger		med bowl
1/4 tsp nutmeg		spoon
1 cup evaporated cane juice (or sugar)		
1/2 cup grapeseed oil		
1 1/2 cups pumpkin puree (canned pumpkin)		
1/2 tsp vanilla		
1 egg		
Cream Cheese Filling		
2 8 oz cream cheese	room temp	
1/2 cup butter	room temp	
1/2 tsp vanilla		
1/4 cup agave		

servings 8

Steps

step 1	Preheat oven to 350 degrees. Line baking sheet with wax paper. In a large bowl, whisk together the almond flour, cinnamon, baking powder, baking soda, salt, ginger, and nutmeg. Set aside.
step 2	In a separate bowl, or using electric mixer, whisk the evaporated cane juice and the oil together. Mix in the pumpkin puree and combine thoroughly. Add the eggs and vanilla and whisk until combined.
step 3	Gradually add the flour mixture to the pumpkin mixture and stir until completely combined. Use a small cookie scoop or a large spoon to drop a rounded, heaping tablespoon of the dough onto the prepared baking sheets, about 1 inch apart.
step 4	Bake for 12 - 14 minutes, making sure the cookies are just starting to crack on top and a toothpick inserted into the center of a cookie comes out clean. The cookies should be firm when touched. Remove from the oven and let the cookies cool completely on a cooling rack.
step 5	To make the filling, beat the butter on medium speed until smooth with no visible lumps, about 3 minutes. Add the cream cheese and beat until smooth and combined, about 2 minutes. Add the vanilla and agave and beat until smooth.
step 6	To assemble the whoopie pies: Turn half of the cooled cookies upside down. Pipe or spoon the filling (about a tablespoon) onto that half. Place another cookie, flat side down, on top of the filling.
step 7	Press down slightly so that the filling spreads to the edges of the cookie. Repeat until all the cookies are used. Put the whoopie pies in the refrigerator for about 30 minutes to firm before serving.