



November Recipe Book 2024

Created by EpicLuv



Mac n' 'Cheese'

12 ingredients · 1 hour · 8 servings



Directions

1. Preheat oven to 420°F (216°C).
2. Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
3. Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
4. In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
5. Reduce oven to 350°F (177°C).
6. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
7. In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond breadcrumbs and bake for 20 minutes.
8. Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.

Ingredients

- 4 cups** Butternut Squash (peeled, seeded and sliced into 1 inch cubes)
- 1/2** Sweet Onion (diced)
- 2** Garlic (cloves, whole)
- 2 tbsps** Extra Virgin Olive Oil
- 1 cup** Almonds
- 1 tsp** Garlic Powder
- 1 tsp** Onion Powder
- 1 cup** Cashews
- 2 tbsps** Nutritional Yeast
- 2 tpsps** Sea Salt
- 1 cup** Water
- 4 cups** Brown Rice Macaroni (uncooked)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups. For 8 servings an 11 x 17-inch casserole dish was used.

Make it Spicy

Add some hot sauce, chili flakes or cayenne pepper.

Extra Vegetables

Add sautéed spinach and mushrooms.

Appetizer Size

Line a muffin tray with liners and fill each with a few spoonfuls of Mac n' 'Cheese' for a bite-sized snack.

Apple Cinnamon Galette

11 ingredients · 1 hour · 8 servings



Directions

1. In a large bowl whisk the flour, 1/4 of the coconut sugar and salt. Add the cubed butter and use two forks (or a pastry cutter) to cut the butter into the flour until pea-sized crumbs form.
2. Add the water and stir until the flour is moistened and starts to hold together. Add more water, one teaspoon at a time, if the dough seems too dry.
3. Lightly flour a work surface area and transfer the dough to it. Use your hands to work the dough into a ball and then flatten it into a thick circle and wrap in plastic wrap. Transfer to the fridge while you make the filling.
4. In a large bowl, stir together the sliced apples with the remaining sugar, arrowroot, lemon juice, cinnamon, and nutmeg.
5. Preheat the oven to 400°F (205°C).
6. Unwrap the dough and place in the center of a piece of parchment paper. Use a rolling pin and roll into a large circle, about 12 inches (30 cm) in diameter. Place the parchment paper and dough on a baking sheet.
7. Add the apples to the center of the dough and fold the edges towards the center, fixing any cracks as needed. Brush the sides and edges with the egg.
8. Place the galette in the oven and bake for about 33 to 36 minutes, until bubbling and the crust is golden brown. Let cool on the baking sheet for 10 minutes before slicing. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is one slice.

Ingredients

- 1 1/2 cups All Purpose Gluten-Free Flour (plus more for dusting)
- 1/4 cup Coconut Sugar (divided)
- 1/4 tsp Sea Salt
- 1/2 cup Butter (cubed, very cold)
- 1/4 cup Water (ice cold)
- 3 Apple (cored, thinly sliced)
- 2 tsps Arrowroot Powder
- 2 tsps Lemon Juice
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1 Egg (whisked)

More Flavor

After brushing the egg wash on the sides, sprinkle with more coconut sugar or a coarse brown sugar.

Additional Toppings

Top with a scoop of ice cream.

How to Measure Flour

Fluff the flour first and then spoon it into your measuring cup. Use the back of a knife to level off the flour. Do not scoop the flour with your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your baked goods dry and crumbly.

Pumpkin Chocolate Chip Freezer Fudge

7 ingredients · 4 hours 15 minutes · 8 servings



Directions

1. Line a loaf pan with parchment paper going in both directions.
2. In a large bowl, combine the cashew butter, coconut oil, pumpkin, honey, pumpkin pie spice, and salt. Mix very well with a spatula until smooth.
3. Stir in the chocolate chips and then pour into the prepared loaf pan. Transfer to the freezer for four hours (or overnight).
4. Remove the fudge and slice into squares. Enjoy!

Notes

Leftovers

Store in the freezer for best results. Let them soften for about five minutes out of the freezer before enjoying.

Serving Size

An 8 x 4-inch (20 x 10 cm) loaf pan was used to make eight servings. One serving is one square.

Make it Vegan

Use maple syrup. Be sure to use room temperature maple syrup so it doesn't cause the coconut oil to harden when stirring.

Additional Toppings

Flaky salt.

No Cashew Butter

Use almond butter.

Ingredients

2/3 cup Cashew Butter (runny, drippy)

1/3 cup Coconut Oil (melted)

1/2 cup Pureed Pumpkin

1/3 cup Raw Honey

1 tsp Pumpkin Pie Spice

1/4 tsp Sea Salt

1/3 cup Dark Chocolate Chips

Orange Cranberry Sauce

5 ingredients · 20 minutes · 8 servings



Directions

1. Add all of the ingredients to a small pot over high heat. Bring to a boil and then reduce the heat to a simmer and cover. Cook for 12 minutes.
2. Gently mash the cranberries with a wooden spoon. Put the cranberry sauce into a jar and let it cool on the counter before storing. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is approximately two tablespoons.

More Flavor

Add ground cloves.

Ingredients

- 2 cups** Frozen Cranberries
- 1** Navel Orange (large, juiced, zested)
- 1/4 cup** Maple Syrup
- 1/8 tsp** Sea Salt
- 1 1/2 cups** Water

Paleo Stuffing

13 ingredients · 1 hour 30 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
3. Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
4. While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
5. In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
6. Remove from oven and transfer into a serving dish. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

Ingredients

- 1 head Cauliflower (chopped into florets)
- 1 tbsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Portobello Mushroom (diced)
- 1 Leeks (chopped)
- 3 stalks Celery (diced)
- 1 cup Walnuts
- 1 Lemon (juiced)
- 3 Garlic (cloves, minced)
- 1 tbsp Thyme
- 1/2 cup Parsley (chopped)
- 1/2 tsp Sea Salt

Squash & Pomegranate Breakfast Bowl

10 ingredients · 45 minutes · 2 servings



Directions

1. Steam the butternut squash in a steaming basket on the stove for 10 minutes.
2. Add the steamed squash, maple syrup, coconut milk, gelatin, collagen, cinnamon, ginger, and turmeric to a food processor and blend until a smooth consistency is achieved. Transfer to a bowl and allow it to set in the fridge for 30 minutes.
3. Divide the squash purée evenly between bowls. Top with coconut yogurt and pomegranate seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Make it Vegan

Use agar agar in place of the gelatin and vegan protein powder in place of the collagen.

Ingredients

- 2 cups** Butternut Squash (peeled, seeded, & chopped)
- 2 tbsps** Maple Syrup
- 1/2 cup** Canned Coconut Milk (full fat)
- 1/3 oz** Gelatin
- 1 1/2 ozs** Collagen Powder
- 1 tsp** Cinnamon
- 1/2 tsp** Ground Ginger
- 1/2 tsp** Turmeric
- 1/4 cup** Unsweetened Coconut Yogurt
- 1 cup** Pomegranate Seeds

Sausage & Mushroom Stuffed Squash

11 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Drizzle the oil on the squash and place cut side down on a baking sheet lined with parchment paper. Bake for 20 to 30 minutes, or until tender when pierced with a fork.
2. While the squash bakes, add the rice to a medium pot with the water and cook according to the directions on the package.
3. In a pan, over medium heat, add the sausage and cook for 3 to 4 minutes, breaking it up as it cooks. Add the celery and cook for 2 to 3 minutes, then add the mushrooms and cook for 4 to 5 minutes. Add the spinach and stir until it has wilted and the sausage is completely cooked through.
4. Remove the pan from the heat and add the wild rice to the pan along with the lemon juice and sea salt. Mix well.
5. Spoon the rice/sausage mixture into the baked squash and garnish with parsley (optional). Enjoy!

Notes

No Pork Sausage

Use chicken sausage or beef sausage instead.

Vegan and Vegetarian

Use cooked lentils instead of sausage.

Meal Prep

Cook the squash and the rice ahead of time and warm through before serving.

Leftovers

Keeps well in the fridge up to three days.

Ingredients

- 1 tsp Avocado Oil
- 2 Acorn Squash (halved and seeds removed)
- 1/3 cup Wild Rice (dry, uncooked)
- 3/4 cup Water
- 12 ozs Pork Sausage (casings removed)
- 2 stalks Celery (chopped)
- 1 1/2 cups Shiitake Mushrooms (chopped)
- 3 cups Baby Spinach
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (optional, finely chopped)

Brussels Sprouts & Fried Eggs with Spiced Yogurt

6 ingredients · 20 minutes · 2 servings



Directions

1. Heat half the oil in a skillet over medium heat. Cook brussels sprouts until tender and crispy, about 5 minutes stirring occasionally. Season with salt and transfer to plates.
2. Heat remaining oil over medium heat and fry the eggs.
3. Meanwhile, combine the yogurt and za'atar. Mix well.
4. Spread the spiced yogurt onto the plates next to the brussels sprouts and top with eggs. Enjoy!

Notes

No Sheep's Milk Yogurt

Use Greek yogurt, coconut yogurt or any other type of plain yogurt.

Leftovers

Refrigerate in an airtight container up to 24 hours. Brussels sprouts and spiced yogurt will keep longer if separated and stored individually.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil (divided)
- 3 **cups** Brussels Sprouts (trimmed and halved)
- 1/2 **tsp** Sea Salt
- 4 Egg
- 7 **1/16 ozs** Plain Sheep's Milk Yogurt
- 1 **1/2 tbps** Za'atar Spice

Pomegranate Thyme Mocktail

6 ingredients · 5 minutes · 2 servings



Directions

1. Divide the pomegranate juice and maple syrup into glasses. Stir to combine. Add the ice then top each with sparkling water and pomegranate seeds. Garnish with thyme. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the pomegranate seeds and ice.

More Flavor

Add lime or orange juice.

No Thyme

Use fresh rosemary.

Ingredients

- 1/2 cup Pomegranate Juice
- 2 tsps Maple Syrup
- 4 Ice Cubes (large)
- 2 cups Sparkling Water
- 1/4 cup Pomegranate Seeds
- 1/2 oz Thyme Sprigs

Chicken Ranch Spaghetti Squash

10 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
2. Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
3. Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
4. Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
5. When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

Serving Size

One serving equals approximately 1/4 of a stuffed spaghetti squash with 1 1/2 tablespoons of dressing.

No Bell Peppers

Use mushrooms, peas or broccoli instead.

No Coconut Yogurt

Use any alternative plain yogurt or sour cream.

Egg-Free

Use sour cream or yogurt instead of mayonnaise.

Ingredients

- 8 ozs** Chicken Breast (boneless, skinless)
- 1** Red Bell Pepper (halved and seeds removed)
- 1** Spaghetti Squash (cut in half lengthwise, seeds removed)
- 2 tbsps** Extra Virgin Olive Oil
- 1/4 cup** Mayonnaise
- 2 tbsps** Unsweetened Coconut Yogurt
- 1/2 tsp** Apple Cider Vinegar
- 1/2 tsp** Dried Chives
- 1/8 tsp** Sea Salt
- 1 tbsp** Canned Coconut Milk (full fat)