



November 2025 Recipe Book

Created by EpicLuv



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

Hearty Veggie Bone Broth Soup

11 ingredients · 35 minutes · 4 servings



Directions

1. Heat the oil in a pot over medium heat. Add the onion and sauté for three to five minutes or until softened.
2. Add the carrot, sweet potato, squash, garlic, and salt. Cook for six to seven minutes or until they begin to soften.
3. Add the cabbage, Italian seasoning, and broth.
4. Bring to a boil, then lower the heat to a simmer. Add the Swiss chard, then partially cover the pot with a lid. Cook for an additional five to seven minutes or until the vegetables are tender or cooked to your liking.
5. Divide evenly between bowls and enjoy!

Notes

Leftovers

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

Serving Size

One serving is approximately 1 1/2 cups.

No Bone Broth

Use chicken or beef broth instead, or vegetable broth to make it vegan.

No Honeynut Squash

Use butternut squash or additional sweet potato instead.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 1 Carrot (large, peeled, cubed)
- 1 Sweet Potato (medium, white, peeled, cubed)
- 1 Honeynut Squash (medium, peeled, seeds removed, cubed)
- 1 Garlic (clove, minced)
- 1/4 **tsp** Sea Salt
- 1 **cup** Green Cabbage (sliced)
- 1 **tbps** Italian Seasoning
- 2 **pints** Bone Broth
- 1 **cup** Swiss Chard (chopped)

Apple Pie Pancakes

15 ingredients · 30 minutes · 6 servings



Directions

1. In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
2. In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
3. Mix in baking powder, baking soda, and salt.
4. Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
5. Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
6. Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
7. Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
8. Top apple pancakes with chunky apple cinnamon sauce and enjoy!

Notes

No Arrowroot Flour

Use tapioca flour or cornstarch.

Leftovers

Store pancakes in the fridge and reheat them in the toaster.

Ingredients

- 3 Egg
- 3/4 cup Unsweetened Almond Milk
- 3 tbsps Maple Syrup (divided)
- 3/4 Lemon (juiced and divided)
- 1 tsp Vanilla Extract
- 1/2 cup Coconut Flour
- 1/2 cup Arrowroot Powder
- 1 1/2 tps Baking Powder
- 1/4 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Coconut Oil
- 1 Apple (cored and diced)
- 1/2 tsp Cinnamon
- 2 tbsps Almond Flour

Creamy Apple Pie Protein Oatmeal

8 ingredients · 20 minutes · 1 serving



Directions

1. Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
2. Cook the oats according to the package directions.
3. Stir the protein powder into the yogurt.
4. Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Serving Size

One serving is approximately two cups.

Additional Toppings

Cinnamon, chia seeds, ground flax seeds, nuts.

Ingredients

- 1/2 Apple (diced small)
- 1 **tbsp** Water
- 1 **tbsp** Maple Syrup (plus more for garnish)
- 1/2 **tsp** Cinnamon (plus more for garnish)
- 1/2 **cup** Oats (rolled)
- 2 **tbsps** Vanilla Protein Powder
- 1 **cup** Plain Greek Yogurt
- 1 **tbsp** Hemp Seeds

Spelt Apple Muffins

12 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a large bowl, add the eggs, applesauce, maple syrup, oil, and vanilla. Mix to combine.
3. Add the cinnamon, baking powder, baking soda, salt, and flour. Mix with a spatula until just combined; do not over-mix. Fold in the apple.
4. Divide the batter evenly between muffin cups and sprinkle the tops with brown sugar. Bake for 22 to 24 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week. Freeze for up to three months.

Serving Size

One serving is one muffin.

More Flavor

Add a pinch of nutmeg or ginger to the muffin batter.

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 muffins dry, puffy, and crumbly.

Ingredients

- 2 Egg
- 3/4 cup Unsweetened Applesauce
- 1/2 cup Maple Syrup
- 1/4 cup Avocado Oil
- 1 tsp Vanilla Extract
- 2 tsps Cinnamon
- 1 1/2 tsps Baking Powder
- 1/2 tsp Baking Soda
- 1/2 tsp Sea Salt
- 2 1/3 cups Spelt Flour
- 2 Apple (grated)
- 2 tbsps Brown Sugar

Herb & Garlic Roasted Vegetables

8 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the cauliflower, beet, broccoli, and squash to the baking sheet. Drizzle with coconut oil and season with parsley, garlic powder, and salt.
3. Bake for 35 to 40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

More Flavor

Add other dried herbs and spices to taste.

Vegetables

Use Brussels sprouts, sweet potato, carrots, or bell peppers instead.

Ingredients

1/2 head Cauliflower (small, cut into florets)

1 Beet (large, peeled and chopped)

2 cups Broccoli (cut into florets)

1 cup Butternut Squash (cut into cubes)

1 tbsp Coconut Oil (melted)

1 tsp Dried Parsley

1/2 tsp Garlic Powder

1/4 tsp Sea Salt

Sausage Stuffed Butternut Squash

7 ingredients · 1 hour · 2 servings



Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Brush the squash halves with 1/3 of the oil and season with salt and pepper. Place cut side down on the prepared baking sheet and cook in the oven for 35 minutes.
3. Carefully flip the squash cut side up. Add the onion wedges to the baking sheet around the squash. Drizzle with half of the remaining olive oil and season with salt and pepper. Cook in the oven for another 10 to 15 minutes or until the squash is fork tender and the onions start to brown.
4. Heat the remaining oil in a pan. Add the garlic, then the sausage. Cook for four to six minutes or until cooked through, breaking the meat up as it cooks. Add the kale and cook for one minute or until wilted.
5. Fill the squash halves with sausage stuffing. Top with onions and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One small squash was used to make two servings. One serving is one-half of a squash or approximately 1 1/2 cups of squash flesh and one cup of sausage stuffing.

No Pork

Use turkey, chicken, or lamb sausages instead of pork.

Additional Toppings

Chopped parsley, cilantro, green onions, parmesan cheese, tomato pesto and/or chili flakes.

Ingredients

3 cups Butternut Squash (small, halved, seeded)

1 tbsp Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

1 Yellow Onion (medium, sliced)

1 Garlic (clove, chopped)

6 ozs Pork Sausage (casings removed)

1 cup Baby Kale

Roasted Beets with Goat Cheese & Toasted Almonds

6 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Arrange the beet slices on the sheet, drizzle with oil, and season with salt and pepper. Cook in the oven for 15 minutes, flip, then continue cooking for another 10 minutes or until tender. Remove from the oven and let cool slightly.
3. Place the beets on a plate and top with toasted almonds, goat cheese, dill, salt, and pepper. Divide evenly onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of beets with toppings.

Dairy-Free

Omit the goat cheese.

Ingredients

2 Golden Beet (large, peeled, sliced thick)

1 1/2 tsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

2 tbsps Almonds (toasted, chopped)

2 tbsps Goat Cheese (crumbled)

1 tbsp Fresh Dill (chopped)

Turmeric Beef Stuffed Squash

11 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Rub the oil on the cut sides of the squash. Place the squash cut sides down on the prepared baking sheet and bake for about 30 to 35 minutes or until just tender.
3. Meanwhile, heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
4. To the browned beef add the onion, garlic and ginger and cook for 3 to 5 minutes until the onion begins to soften. Add in the turmeric, salt and cinnamon and stir to combine. Add the kale to the beef mixture and stir until the kale begins to wilt. Stir in the coconut milk. Season with additional salt if needed.
5. Turn the squash cut side up and fill the beef mixture. Return to the oven and continue to bake for an additional 10 minutes.
6. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to half of a filled acorn squash.

More Flavor

Add lemon or lime juice, red pepper flakes, chili powder or coriander to the beef mixture.

Additional Toppings

Top with cilantro or parsley.

No Acorn Squash

Use a different variety of squash or a sweet potato.

Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 2 Acorn Squash (halved, seeds removed)
- 1 **lb** Extra Lean Ground Beef
- 1 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 **tbsp** Ginger (fresh, minced or grated)
- 1 **tbsp** Turmeric
- 1 **tsp** Sea Salt
- 1/4 **tsp** Cinnamon
- 2 **cups** Kale Leaves (finely chopped)
- 1/2 **cup** Canned Coconut Milk (full fat)

Roasted Delicata Squash with Cranberries & Goat Cheese

8 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the squash to a bowl along with the cranberries, oil, maple syrup, cinnamon, and sea salt.
3. Add the squash to the baking sheet and spread out into an even layer. Bake for 25 to 30 minutes or until the squash is fork tender. Remove from the oven and transfer to a serving bowl.
4. Top with goat cheese and pumpkin seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

Make it Vegan

Omit the cheese entirely or use a dairy-free alternative.

Additional Toppings

Fresh herbs like parsley, rosemary, or sage.

No Frozen Cranberries

Use fresh instead.

Ingredients

2 Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)

1 cup Frozen Cranberries (defrosted)

2 tbsps Extra Virgin Olive Oil

2 tbsps Maple Syrup

2 tsps Cinnamon

1/2 tsp Sea Salt

1/2 cup Goat Cheese

1/4 cup Pumpkin Seeds