



Fall Recipe Book

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FULLY ALIVE NUTRITION

Hello!

Thanks for downloading your free Fall Recipe Book from Fully Alive Nutrition! This recipe book is designed to help you eat delicious, healthy, seasonal foods.

Did you know that eating seasonally has multiple benefits? Here are just a few:

- Food is more nutritious and flavorful (it's fresher!)
- Helps diversify our diet and many traditional diets are based on the belief that our bodies work best when we eat what's in season
- In-season food is usually cheaper
- Buying seasonally supports the local food economy
- It's better for the environment (less transportation, storage, chemicals, and pesticides)

What's in Season for Fall? So much!

Vegetables: Artichokes, arugula, beets, broccoli, Brussel's sprouts, cabbage, carrots, cauliflower, celery, celeriac (celery root), chard, chiles, collard greens, cucumber, eggplant, green beans, green onions, kale, kohlrabi, leeks, lettuce, mushrooms, potatoes, onions, parsnips, peppers (sweet), pumpkins, radicchio, radishes, rutabaga, shallots, spinach, summer and winter squash, tomatoes, turnips, watercress

Fruit: Apples, cantaloupe, grapes, kiwi, melons, persimmons, plums, quince, watermelon

Herbs: Basil, fennel, garlic, oregano, parsley, rosemary, sage, thyme

How to buy more in-season foods?

- Opt-in to a local CSA (community supported agriculture)
- Shop for produce at Farmer's Markets
- Look for what is cheapest and looks freshest at the grocery store. Grocery stores will often advertise what's in season and brought into the store locally, so check out their ads/flyers!
- Start your own garden!

In health,
Kristin



Pumpkin Spice Latte

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Organic Coffee
2 tbsps Pureed Pumpkin
1 1/2 tbsps Maple Syrup
1/2 tsp Pumpkin Pie Spice
3/4 cup Unsweetened Almond Milk
1/2 tsp Vanilla Extract

DIRECTIONS

- 01 Brew your coffee and set aside.
- 02 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 03 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 04 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 05 Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

NOTES

NO ALMOND MILK

Use any non-dairy milk of choice. If there's no need to be dairy-free, use your milk of choice!

NO BLENDER

Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

PUMPKIN LOVER

Add an extra 1 tbsp of pureed pumpkin per serving.

HOMEMADE PUMPKIN SPICE

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

CAFFIENE FREE

Replace coffee with additional almond milk for a pumpkin spice steamer. Great for kids!

Apple Crisp Yogurt Bowls

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Apple (cored, chopped)
1 cup Oats (rolled)
2 tbsps Maple Syrup
1 tsp Cinnamon
2 cups Unsweetened Coconut Yogurt

DIRECTIONS

- 01 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 02 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate separately in an airtight container for up to three days.

SERVING SIZE

One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

ADDITIONAL TOPPINGS

Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

Butternut Squash & Apple Hash with an Egg

3 SERVINGS 25 MINUTES



INGREDIENTS

3 tbsps Extra Virgin Olive Oil (divided)
2 cups Butternut Squash (peeled and chopped into 1 cm cubes)
1/2 cup Red Onion (chopped)
1/4 tsp Sea Salt
1 Apple (small, finely chopped)
2 cups Kale Leaves (chopped)
1/4 tsp Cinnamon
6 Egg

DIRECTIONS

- 01 Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
- 02 Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 03 In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
- 04 Divide the breakfast hash between plates and top with an egg. Enjoy!

NOTES

LEFTOVERS

Refrigerate the breakfast hash in an airtight container for up to five days. The eggs are best enjoyed freshly cooked.

SERVING SIZE

One serving is approximately 1 cup of breakfast hash and 2 eggs.

MORE PROTEIN

Add in cooked sausage, chicken or bacon.

APPLE

This recipe was created and tested using Spartan apples.

CONSISTENCY

Chop the butternut squash and apples into similar size cubes to ensure even cooking.

NO RED ONION

Use a yellow or sweet onion instead.

Pomegranate & Beet Salad

4 SERVINGS 35 MINUTES



INGREDIENTS

3 cups Water
2 Beet (peeled, chopped)
2 tbsps Avocado Oil
2 tbsps Apple Cider Vinegar
3 cups Mixed Greens
2 Clementines (peeled, sectioned)
1/4 cup Pomegranate Seeds
1/4 cup Feta Cheese

DIRECTIONS

- 01 Bring the water and beets to a boil. Cook for 25 minutes or until soft. Set aside to cool.
- 02 While the beets cook, make the dressing. Combine the oil and apple cider vinegar in a jar and shake vigorously until combined.
- 03 Divide the mixed greens evenly between plates. Top with the cooled beets, clementines, pomegranate seeds and cheese. Add the dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use nutritional yeast instead of feta cheese, or simply omit the cheese.

ADDITIONAL TOPPINGS

Add nuts and seeds.

Apple, Beet & Carrot Slaw

3 SERVINGS 10 MINUTES



INGREDIENTS

2 Beet (medium-size, peeled, julienned)
2 Carrot (julienned)
2 cups Kale Leaves (shredded)
1 Apple (julienned)
3 tbsps Orange Juice
1 tbsp Lemon Juice
1/8 tsp Sea Salt
1/4 cup Parsley (chopped)

DIRECTIONS

- 01 In a large bowl add the beets, carrots, kale and apple.
- 02 In a small bowl, whisk together the orange juice, lemon juice and sea salt.
- 03 Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 3/4 cup salad.

MORE FLAVOR

Add some dijon or honey mustard to the dressing.

ADDITIONAL TOPPINGS

Top with pumpkin seeds.

Roasted Brussels Sprouts with Bacon & Dates

3 SERVINGS 35 MINUTES



INGREDIENTS

3 cups Brussels Sprouts (trimmed, halved)
1/2 tsp Avocado Oil
1/4 tsp Sea Salt
4 slices Bacon
1/3 cup Pitted Dates (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line two baking sheets with parchment paper.
- 02 Place the brussels sprouts on one sheet and toss with the avocado oil and sea salt. Place the bacon strips on the other baking sheet. Cook the bacon for 14 to 16 minutes, until crispy, then remove from the oven and set aside. Cook the brussels sprouts for an additional 10 to 12 minutes, until crispy, then remove.
- 03 Chop the bacon and add to a bowl along with the brussels sprouts and dates. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 1 cup.

MAKE IT VEGAN

Omit the bacon or use vegan bacon or sausage.

NO PORK

Use turkey bacon.

One Pan Salmon with Rainbow Veggies

2 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Cherry Tomatoes
10 ozs Salmon Fillet
1 Yellow Bell Pepper (sliced)
2 cups Broccoli (chopped into small florets)
1/2 cup Red Onion (sliced into chunks)
2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Coconut Aminos
1/2 Navel Orange (zested and juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 03 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 04 Divide between plates and enjoy!

NOTES

MORE CARBS

Serve with rice or quinoa.

VEGAN

Use tofu steaks or roasted chickpeas instead of salmon.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

One Pan Sausage with Parsnips & Apples

4 SERVINGS 25 MINUTES



INGREDIENTS

3 Parsnip (large, peeled, chopped)
1 Yellow Onion (cut into wedges)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Dried Thyme
1/4 tsp Sea Salt
1 lb Pork Sausage (sliced)
1 Apple (chopped)
2 tbsps Lemon Juice
1/4 cup Parsley (chopped, optional)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Toss the parsnip and onion with the oil, thyme and salt. Transfer to the baking sheet along with the sliced sausage and arrange into a single layer. Bake for about 20 minutes, or until the sausage is cooked through and the parsnip is just tender.
- 03 Turn the oven to broil. Mix the apple into the sausage and vegetables and broil for 5 to 6 minutes until the apple is just soft and vegetables start to caramelize.
- 04 Drizzle the lemon juice over top. If using, mix in the parsley, and season with additional salt if needed. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic powder and/or black pepper. Choose spicy or honey garlic sausage instead.

NO PORK

Use chicken or turkey sausage instead.

APPLE

Use a tart-sweet apple, like Empire or MacIntosh.

One Pan Chicken & Radishes

2 SERVINGS 45 MINUTES



INGREDIENTS

10 ozs Chicken Leg, Bone-in (skin on)
1/4 tsp Ground Sumac (divided)
1/2 tsp Fennel Seed (ground)
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil
1 Lemon (sliced, zest from half the lemon reserved)
2 cups Radishes (trimmed, halved, tops removed and washed/dried)
4 Garlic (cloves, skin on)
2 tbsps Fresh Oregano (divided)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Season the chicken with half the sumac, ground fennel seed, salt and pepper. Heat a cast-iron pan over medium heat, and add the oil. Add the chicken, skin side down, and sear for 8 to 10 minutes, until lightly browned and crispy.
- 03 Add the lemon zest to the chicken. Add the radishes, garlic cloves and lemon slices to the pan. Season the radishes with salt, pepper, half the oregano and remaining sumac. Place in the oven and cook for 30 minutes, turning the chicken halfway.
- 04 Remove the skillet from the oven and take the chicken out. Add the radish tops and place back in the oven for 2 to 3 minutes, until just wilted.
- 05 Divide everything evenly between plates. Garnish with the remaining oregano. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO SUMAC

Omit or replace with another herb.

NO FRESH OREGANO

Use dried and reduce the amount or use another fresh herb such as rosemary.

RADISH TOPS

If using fresh radishes, the tops should be nice and green. Simply cut them from the radishes, wash and dry them. If they don't look fresh or they aren't attached, omit or use another green such as kale, spinach or arugula.

Tomato & Eggplant Pasta Casserole

8 SERVINGS 1 HOUR



INGREDIENTS

6 cups Crushed Tomatoes
2 cups Lentils (cooked, drained and rinsed)
1/2 cup Water
1/4 cup Extra Virgin Olive Oil
1 cup Basil Leaves (chopped)
2 tbsps Oregano
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
2 tsps Sea Salt
1 tsp Black Pepper
5 cups Brown Rice Penne (dry)
1 Eggplant (large, sliced into 1/2 inch thick rounds)

DIRECTIONS

- 01 Preheat oven to 450°F (232°C).
- 02 In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
- 03 Remove from oven and let cool for 5 minutes before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVE IT WITH

Arugula tossed in olive oil and lemon juice.

LIKES IT SPICY

Garnish with red chili flakes.

CHEESE LOVER

Serve with parmesan cheese.

MEAT LOVER

Swap out the lentils for cooked ground meat.

NO EGGPLANT

Use tomatoes or zucchini sliced into rounds to cover the top instead.

Pistachio Pomegranate Bark

4 SERVINGS 30 MINUTES



INGREDIENTS

7 1/16 ozs Dark Chocolate (at least 70% cacao)
1 cup Pomegranate Seeds
1/2 cup Pistachios (shelled and chopped)
1/4 cup Unsweetened Coconut Flakes

DIRECTIONS

- 01 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 02 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 03 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 04 Once the chocolate is firm, break or cut it into pieces. Enjoy!

NOTES

STORAGE

Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.

Pumpkin Loaf

12 SERVINGS 1 HOUR



INGREDIENTS

3 Egg
3/4 cup Sunflower Seed Butter
1/3 cup Maple Syrup
1/2 cup Pureed Pumpkin
3 tbsps Coconut Oil
1/2 Lemon (juiced)
1/4 cup Coconut Flour
2 tsps Cinnamon
1 tsp Nutmeg
1/3 tsp Baking Powder
1 1/2 tsps Ginger (grated)
1/4 tsp Sea Salt

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
- 02 In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
- 03 Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
- 04 Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
- 05 Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

NOTES

STORAGE

Store in an airtight container in the fridge for 4 to 5 days. If not eating right away, wrap and store in the freezer.

MUFFINS

Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

MAKE IT SWEET

Stir in a handful of dark organic chocolate chips to the batter before baking.

SERVE IT WITH

A cup of herbal tea or our Pumpkin Spice Latte.

NO SUNFLOWER SEED BUTTER

Use any nut butter - peanut, almond, or cashew!