

COZY & NOURISHING FALL RECIPES

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GUT- LOVING CHICKEN SOUP

This cozy chicken noodle soup is a twist on the classic with extra gut supportive and immune boosting ingredients. It's a comforting and delicious recipe the whole family will love.



PREP TIME
10 MIN



COOK TIME
35MIN



SERVINGS
6-8

Ingredients

- 10 cups chicken bone broth
- juice from 1 lemon
- 1 tsp cayenne (optional) for a lil kick
- 1 cup fresh chopped parsley
- 2 bay leaves
- 2 tbsp minced ginger
- 2 tsp fresh grated turmeric
- 6 cloves minced garlic
- 3 medium carrots (peeled and chopped)
- 5 celery stalks (finely chopped)
- 1 medium white onion (finely chopped)
- 2 chicken breasts (shredded & cooked)
- 4 stems of fresh thyme
- 8oz noodles of choice!
- 2 tsp sea salt or to taste
- pepper to taste
- 2 tbsp olive oil

Instructions

1. Prepare the chicken. If you don't already have cooked chicken, cook the chicken breasts separately until fully cooked, then shred and set aside.
2. Heat the olive oil in a large pot over medium heat. Add the onion, carrots and celery and sauté for 5-7 minutes, until the vegetables begin to soften.
3. Stir in the garlic, ginger and turmeric and cook for 1-2 minutes, until fragrant.
4. Pour in the chicken bone broth and add fresh thyme, parsley and bay leaves. Season with some salt and pepper. Bring to a gentle boil, then reduce the heat and simmer uncovered for 15-20 minutes, or until the vegetables are tender.
5. Add the pasta and simmer according to the package directions, usually 8-10 minutes, until al dente. Stir occasionally so it doesn't stick.
6. Stir in the cooked, shredded chicken and simmer for 2-3 minutes, just until heated through.
7. Reduce heat and add the lemon juice. Remove the bay leaves and thyme stems. Taste and adjust with additional salt, pepper as desired.
8. Serve. Ladle into bowls and garnish with fresh parsley.

Notes:

- Storage: Store in fridge for 3-4 days or freeze for 2-3 months.



PUMPKIN BREAD

This easy gluten-free and dairy-free pumpkin bread is a fall favorite, packed with warm spices and the rich flavor of pumpkin. It's moist, delicious, and perfect for dessert, or a snack.



PREP TIME
25 MIN



COOK TIME
45-50 MIN



SERVINGS
8-12 SLICES

Instructions

1. Preheat the oven to 350°F (175°C) and grease a 9x5-inch loaf pan.
2. Mix dry ingredients: In a large bowl, combine oat flour, almond flour, baking soda, baking powder, spices, and salt.
3. Mix wet ingredients: In another bowl, whisk together pumpkin puree, eggs, maple syrup, oil, and vanilla.
4. Combine the wet and dry ingredients, stirring just until blended. Let sit for 10 minutes, then optionally, fold in walnuts or chocolate chips.
5. Pour batter into the loaf pan and smooth the top. Top with pumpkin seeds if desired.
6. Bake for 45–55 minutes, until a toothpick inserted in the center comes out clean.
7. Cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

Notes:

- Storage: Store the pumpkin bread in an airtight container at room temperature for up to 3 days or refrigerate for up to a week.

Ingredients

- ¾ cup gluten-free oat flour
- 1 cup almond flour
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 2.5 teaspoon pumpkin pie spice
- ½ teaspoon salt
- 1 cup pumpkin puree
- 3 large eggs
- ⅓ cup maple syrup
- ¼ cup avocado oil
- 1 teaspoon vanilla extract
- optional: fold in ½ cup chopped walnuts or chocolate chips
- handful of pumpkin seeds (optional topping)



APPLE PIE BAKED OATS

Apple pie for breakfast? Yes please. These baked apple pie oats are a tasty and fiber-rich breakfast. Apples specifically are a great source of pectin which acts as a prebiotic to nourish beneficial gut bacteria.



PREP TIME
15 MIN



COOK TIME
30 MIN



SERVINGS
3

Ingredients

- ¼ cup milk
- 1 ripe banana
- 1 egg
- 1 tbsp avocado oil
- ¼ cup apple sauce
- ½ tsp vanilla
- ⅓ cup oats
- ¼ cup hemp seeds
- ¼ cup almond flour
- ½ tsp baking powder
- ½ tsp cinnamon
- ¼ tsp ginger
- ¼ tsp nutmeg
- ¼ tsp salt
- ½ cup apple diced

ICING DRIZZLE:

- ¼ cup greek yogurt
- 1 tbsp maple syrup

Instructions

1. Preheat oven to 350. Grease 1 large ramekin and set aside
2. Mash your banana in a bowl then add your applesauce, avocado oil and vanilla. Mix well.
3. In a separate bowl, whisk together dry ingredients. Fold dry into wet until almost completely combined and then add milk. Stir until the batter is smooth.
4. Gently mix in your finely diced apples.
5. Bake for 30 min at 350F until a toothpick inserted in the center comes out clean.
6. Cool in the pan for 10 minutes, then add an optional glaze. Mix greek yogurt and maple syrup, drizzle and serve!

Notes:

- Storage: Good in the fridge for 3-4 days. Reheat to enjoy again.



CINNAMON ROLL ENERGY BITES

Perfect on-the-go healthy snack naturally sweetened with dates. Dates are a great low-glycemic sweetener that also add fiber to your recipes!



PREP TIME
10



COOK TIME



SERVINGS
8 BITES

Ingredients

- 1 + 1/2 tsp cinnamon
- 1/3 cup oats
- 1/3 cup walnuts
- 1/2 cup cashews
- 1 cup pitted dates (around 12 small dates)
- 1/2 tsp pink salt
- 1 tsp vanilla extract

ICING DRIZZLE:

- 2-3 tbsp greek yogurt
- 1-2 tsp maple syrup

Instructions

1. Soak dates in hot water in a bowl for 10 minutes and strain.
2. Combine oats, walnuts, cashews, salt, protein powder, cinnamon in food processor for about 2 minutes until finely ground.
3. Add the dates and vanilla. Blend for 1-2 minutes.
4. Once the mixture is slightly sticky, scoop with a spoon and form into balls. If it still feels a bit warm or soft after blending, chill the mixture in the fridge for 10-15 minutes before rolling.
5. Chill uncovered for 20 minutes then transfer to an airtight container and refrigerate.
6. Before serving, add your drizzle. Mix the greek yogurt and maple syrup together then drizzle on top.

Notes:

- Storage: Store in the fridge for 1-2 weeks or freeze for 2-3 months.



CREAMY PUMPKIN GNOCCHI

This creamy pumpkin gnocchi is such a crowd pleaser! Pumpkin is loaded with antioxidants plus I added butter beans for fiber and protein making it a perfectly balanced dish. Can be made gluten free and dairy free if needed (see recipe).



PREP TIME
2 MIN



COOK TIME
15-20 MIN



SERVINGS
4

Ingredients

- 1 cup pumpkin puree
- 1 small yellow onion, finely diced
- 2 garlic cloves, minced
- 1 tbsp olive oil
- ½ cup parmesan OR 3 tbsp nutritional yeast.
- 1 tsp salt – or to taste
- 2 tsp pepper – or to taste
- 2-3 tbsp fresh chopped sage
- ¼- ½ cup vegetable broth, as needed.
- ¼ cup heavy cream OR coconut milk
- 500g of gnocchi or opt for gluten free gnocchi
- 3 cups fresh spinach
- 1 14oz can of butter beans

Instructions

1. Bring a large pot of water to a boil for the gnocchi. Add a generous pinch of salt.
2. Meanwhile, make the sauce. Sauté the diced onion in olive oil over low-medium heat for about 5 minutes, until softened and lightly golden.
3. Add the minced garlic and sauté for another minute. Add the pumpkin puree, broth, sage, salt and pepper. Stir well and let simmer for a few minutes.
4. Add the cream or coconut milk and stir until the sauce is smooth. Continue to simmer gently while you cook the gnocchi.
5. Add the gnocchi to the boiling water and cook according to the package directions, or until they float to the top. Drain. Rinse and drain the butter beans.
6. Add the spinach and Parmesan (or nutritional yeast) to the pumpkin sauce. Stir until the spinach is wilted and the cheese is incorporated.
7. Gently stir in the cooked gnocchi and butter beans. Add a little more broth if the sauce is too thick.
8. Taste and adjust the salt and pepper. Garnish with fresh sage, extra Parmesan or nutritional yeast, and pine nuts if desired.

Notes:

- Storage: Good in the fridge for 3-4 days.



MISO BUTTERNUT SQUASH SOUP

This is not your average butternut squash soup! The miso adds a depth of flavour along with a little maple and hint of cayenne. Combining butternut squash with healthy fats from coconut milk allows for fat soluble vitamins like Vitamin A to be absorbed.



PREP TIME
10 MIN



COOK TIME
70 MIN



SERVINGS
4-6

Ingredients

- 1/2 can full fat coconut milk (200ml) or can sub heavy cream
- 2 cups vegetable broth
- 1 large butternut squash
- 1 red bell pepper
- 1 yellow onion (med)
- 1 head of garlic
- 1/4 tsp cayenne
- 1 tbsp maple syrup
- 2 tbsp white miso paste
- 2 tsp pepper
- 2 tsp sea salt or to taste (I used celtic)
- 1 tbsp olive oil
- Optional: Coconut cream (or heavy cream) to garnish, pumpkin seeds, chilli flakes.

Instructions

1. Preheat oven to 400F
2. Roughly chop your pepper and onion, cut a little bit off the top of your garlic and wrap in parchment or foil (top with a little olive oil before).
3. Split your squash down the middle and scoop out the seeds and stringy bits.
4. Cook squash skin side up with your veggies and garlic, coat with 1 tbsp olive oil, salt and pepper.
5. Bake for 50-55min until tender. Scoop out your butternut squash, the skin should peel off!
6. Using a hand blender, blend everything together in a pot with the rest of the listed ingredients until smooth. Or you can put everything into a blender! Top with your garnishes and enjoy.

Notes:

- Storage: Store in an airtight container in the fridge for 3-4 days. Freeze for up to 3 months.



PUMPKIN PIE CHIA PUDDING

A delicious fiber-rich breakfast that takes only 5 minutes of work. It's perfect for meal prep when life gets busy. Pumpkin is packed with beta-carotene which is amazing for the skin and eye health.



PREP TIME
5 MIN



COOK TIME
4 HRS



SERVINGS
2

Ingredients

- ¼ cup chia seeds
- ¼ cup pumpkin puree (not pumpkin pie filling)
- 1 cup milk of choice
- ½ tsp pumpkin spice
- ⅛ tsp salt
- 1-2 tsp maple syrup or until desired sweetness
- 1 scoop vanilla protein powder (optional)

TOPPINGS (optional):

- ¼ cup yogurt (I like greek for extra protein)
- fruit
- sprinkle of cinnamon

Instructions

1. In a bowl, whisk together the milk, pumpkin puree, pumpkin spice, salt, protein powder if using and maple syrup.
2. Add the ¼ cup chia seeds to the bowl and mix again.
3. Cover the bowl and let sit in the fridge for at least 4 hours.
4. Add your toppings and enjoy!

Notes:

- Storage: Store the pumpkin bread in an airtight container at room temperature for up to 3 days or refrigerate for up to a week.



VANILLA CHAI GRANOLA

Where are my chai lovers? This vanilla chai granola tastes just like fall. The nuts and seeds provide heart healthy fats and minerals making it a nutritious snack option.



PREP TIME
10 MIN



COOK TIME
35 MIN



SERVINGS
9-10

Ingredients

- 1/3 cup coconut oil (melted)
- 1/4 cup pumpkin seeds
- 1/2 cup chopped pecans
- 1/2 cup chopped cashews (or another nut of choice)
- 3 cups rolled oats
- 1 tbsp vanilla
- 2 tsp chai spice (or 1 tsp cinnamon, 1/2 tsp ground ginger, 1/2 tsp cardamom, 1/8 cloves and 1/8 tsp nutmeg)
- 1/2 cup honey or liquid sweetener of choice
- 1/2 tsp pink salt

Instructions

1. Preheat oven to 300F
2. Melt your coconut oil in a pot and then let cool for 5 minutes. Then mix in your liquid sweetener and vanilla extract.
3. Mix dry ingredients separately in a bowl and then add the wet ingredients.
4. Combine well and then bake for 30-35 min until golden. Let cool on the pan for 10 minutes to get crunchy.
5. Add to 2 large mason jars and enjoy!

Notes:

- Storage: Store in a mason jar or airtight container at room temperature for 2-3 weeks.

MY TOP 3 WELLNESS HACKS FOR FALL

1. **Blood sugar balance:** Try adding 2 tsp of vinegar to a meal or a well-diluted drink. Research suggests vinegar can help reduce the post-meal blood sugar response when consumed alongside meals containing carbohydrates. Prefer it in a vinaigrette? Starting your meal with a fibre-rich salad is another simple habit to try!

2. **Optimize your sleep:** As daylight hours decrease, use this season as a reminder to prioritize your sleep routine. Quality sleep is crucial for hormonal balance, cognitive function, mood and even blood sugar levels! Try my evening mocktail made with 1 scoop of collagen, 400–600mg of magnesium bisglycinate powder and 4–8oz of 100% pure tart cherry juice. Dilute with water to desired sweetness. Drink 1.5–2 hours before bed.





3. **Eat seasonally:** Opt for seasonal local produce whenever possible to ensure your food is fresh and nutrient dense. Eating seasonally also naturally encourages you to rotate the fruits and vegetables you eat. This provides your gut microbes with a wider range of fibres to support a diverse, resilient gut microbiome!

Pumpkin



Beets



Apples



Carrots



Cabbage



Broccoli



Brussels Sprouts



Garlic



Onion



Potatoes



Rutabaga

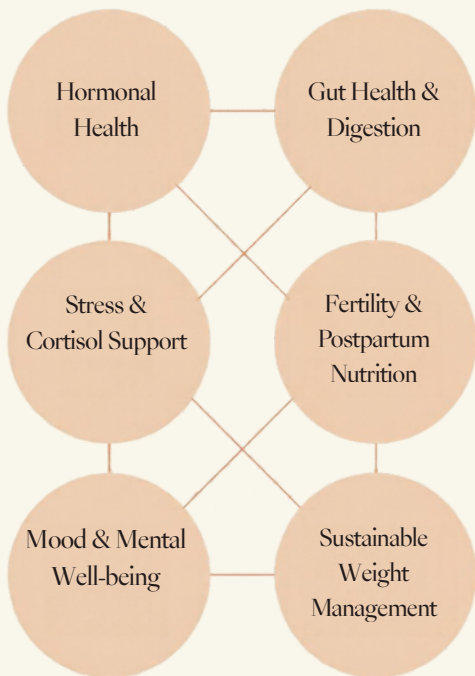


Winter Squash



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