



HGG MEMBER RECIPE CLUB

november week one

RECIPE 1: BREAKFAST

pumpkin spice oatmeal

MAKES 2 SERVINGS

INGREDIENTS:

1/2 cup rolled oats
1 1/4 cup non-dairy milk
1/4 cup pumpkin puree
1 teaspoon pumpkin pie spice
1/2 teaspoon vanilla extract
1/8 - 1/4 cup maple syrup or honey
1/4 cup chopped pecans
1/4 cup chopped walnuts

DIRECTIONS:

in a medium saucepan, bring oats and milk to a boil and let simmer for 5 minutes or until the consistency you like is reached. Stir in pumpkin puree, spices, vanilla and sweetener, top with chopped nuts and enjoy!

RECIPE 2: LUNCH

fall pear salad

MAKES 2-4 SERVINGS

INGREDIENTS:

4 cups mixed greens
1 avocado, pitted and cubed
2 pears, thinly sliced
1/4 cup chopped pecans
1/4 cup sunflower seeds
1/2 cup unsweetened dried fruit
1/4-1/2 cup poppyseed or honey mustard dressing

DIRECTIONS:

Prep veggies, chop nuts and set aside. In a large bowl, add salad greens, sliced pears, chopped avocado, seeds, nuts and dried fruit. Toss to incorporate. Add in desired amount of dressing and mix well.



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RECIPE 3: DINNER

butternut squash soup

MAKES 4 SERVINGS

INGREDIENTS:

1 butternut squash
2 large carrots
½ sweet onion
2 tablespoons coconut oil
1/2 teaspoon sea salt
1 inch ginger root
½ inch turmeric root
¼ cup coconut milk (from a can)
2 cups bone broth or vegetable broth

DIRECTIONS:

Preheat oven to 425 degrees Fahrenheit.
Peel and dice the butternut squash, carrots and onion. Add to a ceramic baking dish with coconut oil and sea salt and roast in the oven for 45 minutes. Add roasted veggies into a high speed blender with all remaining ingredients; add on the lid and select soup function. A good quality blender will blend soup into a perfectly creamy consistency and the high speed at which it blends will finish cooking the soup. Serve immediately with a drizzle of coconut milk and basil garnish.

NUTRITION + SHOPPING TIPS:

what's in season...

Pears
Butternut squash
Avocado

how to...

To save money, buy oats, nuts, seeds, flours and dried fruit from the bulk section of your favorite health food store.

did you know...

Pears are the perfect addition to your diet because they have fiber, flavonoids and antioxidants!

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november week one grocery list

PRODUCE

1 container mixed greens
1 avocado
2 pears
1 butternut squash
2 large carrots
1 sweet onion
1 inch ginger root
½ inch turmeric root

DRY, BULK, PANTRY

1/2 cup rolled oats
1 1/4 cup non-dairy milk
1 (15-ounce) can pumpkin puree
1/2 cup chopped pecans
1/4 cup chopped walnuts
1/4 cup sunflower seeds
1/2 cup unsweetened dried fruit
1 (15-ounce) can coconut milk
2 cups bone broth or vegetable broth

HERBS & SPICES

Pumpkin pie spice
Sea salt

OILS AND CONDIMENTS

Vanilla extract
Maple syrup or honey
Poppy seed or honey mustard dressing
Coconut oil

ADDITIONAL GROCERIES