



HGG MEMBER RECIPE CLUB

november week two

RECIPE 1: BREAKFAST

pumpkin pie smoothie bowl

MAKES 1 SERVING

INGREDIENTS:

1/2 cup pumpkin puree
1 banana
1/4 cup non-dairy milk
1 teaspoon pumpkin pie spice

Toppings:

1/2 apple, sliced thin
1/4 cup chopped walnuts
1 tablespoon chia seeds

DIRECTIONS:

Add smoothie bowl ingredients into a high speed blender and blend until smooth. Top with desired toppings and enjoy!

TIP: If you prefer a thicker smoothie bowl add the chia seeds into the blender with everything else, instead of as a topping.

RECIPE 2: LUNCH

sheet pan fajita bowls

MAKES 4 SERVINGS

INGREDIENTS:

1.5 cups dry brown rice
1 (15-ounce) can black beans, drained and rinsed
1 red onion, thinly sliced
2 bell peppers, thinly sliced
2 portobello mushrooms, thinly sliced
1 tablespoon coconut oil
1 teaspoon garlic powder
1 teaspoon cumin
1 tablespoon chili powder
Salt and pepper, to taste

DIRECTIONS:

Preheat oven to 425 degrees Fahrenheit. Cook brown rice according to directions. Slice veggies and place on sheet pan. Drizzle with coconut oil & spices & mix together to combine. Roast veggies for 20-25 minutes or until slightly golden brown. Assemble bowl with brown rice black beans and roasted veggies. Optional toppings: avocado or salsa.



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RECIPE 3: DINNER

butternut squash & kale salad

MAKES 2 SERVINGS

INGREDIENTS:

3 cups butternut squash (cubed)
1 tablespoon coconut oil
4 large leaves of kale
3 tablespoons olive oil
1 tablespoon fresh squeezed lemon juice
1/2 cup pecans
1/4 teaspoon sea salt
1/4 cup hemp hearts

DIRECTIONS:

Preheat oven to 425 degrees Fahrenheit.
Peel and dice the butternut squash into 1 inch pieces and drizzle with coconut oil. Bake for 15-20 minutes. While the squash roasts; wash, dry, devein and chop the kale. In a large bowl, add the kale, olive oil, lemon juice and sea salt, With a clean hand massage everything together. This will soften the kale and help it soak up the flavor of the dressing. When the squash is finished roasting let cool for 10-15 minutes
Serve the kale topped with pecans, roasted squash and hemp hearts! Enjoy with a side of sprouted toast!

NUTRITION + SHOPPING TIPS:

what's in season...

Lemon
Butternut squash
Pumpkin

how to...

Prep a batch of the sheet pan fajita bowls over the weekend to enjoy for lunch all week!

did you know...

Kale is a source of vitamin K, C, A, copper and manganese. As well as many other vitamins and minerals that make it a great antioxidant rich and anti-inflammatory food!

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november week two grocery list

PRODUCE

1 banana
1 apple
1 red onion
2 bell peppers
2 portobello mushrooms
1 butternut squash
4 large kale leaves
1 lemon

DRY, BULK, PANTRY

1 (15-ounce) can pumpkin puree
1/4 cup non-dairy milk
1/4 cup walnuts
1/2 cup pecans
1/4 cup hemp hearts
1 tablespoon chia seeds
1.5 cups dry brown rice
1 (15-ounce) can black beans

HERBS & SPICES

Pumpkin pie spice
Sea salt
Pepper
Garlic powder
Chili powder
Cumin

OILS AND CONDIMENTS

Coconut oil
Olive oil

ADDITIONAL GROCERIES