



HGG MEMBER RECIPE CLUB

november week three

RECIPE 1: BREAKFAST

apple protein overnight oats

MAKES 2 SERVINGS

INGREDIENTS:

1 cup rolled oats
2 cup unsweetened non-dairy milk
1 tablespoon chia seeds
½ teaspoon cinnamon
½ teaspoon vanilla extract
2 servings protein powder
1 medium apple, chopped
Pinch of sea salt

DIRECTIONS:

Add oats and almond milk into a large mixing bowl. Add in chia seeds, protein powder, cinnamon and vanilla extract and stir everything together. Divide batter into two 12-ounce Mason Jars or containers. Top with diced apples, a sprinkle of sea salt. Cover with lid and place in refrigerator overnight. In the morning, they are ready to eat!

RECIPE 2: LUNCH

shaved brussel and kale salad

MAKES 4 SERVINGS

INGREDIENTS:

3 cups thinly sliced kale
1 lb shaved brussel sprouts
1 cup shredded carrots
1 (15-ounce) can white beans, drained & rinsed
1/2 cup roasted pumpkin seeds

Dressing:

1 tablespoon dijon mustard
1 tablespoon lemon juice
2 teaspoons maple syrup
2 garlic cloves, minced
1/4 cup olive oil
1/2 teaspoon salt

DIRECTIONS:

Whisk together dressing in small bowl or jar and set aside. In a large bowl, add all salad ingredients and top with dressing. Toss well until completely incorporated.



HGG MEMBER RECIPE CLUB

november week three

RECIPE 3: DINNER

sriracha buffalo cauliflower wings

MAKES 4 SERVINGS

INGREDIENTS:

1 cup (dry) brown rice or quinoa
¼ cup sriracha
2 tablespoons coconut oil
¼ teaspoon paprika (or cayenne for extra heat)
¼ teaspoon garlic powder
pinch of sea salt
1 head cauliflower
2 tablespoons rice flour
1 tablespoon cooking oil

DIRECTIONS:

Cook rice or quinoa according to directions. Preheat the oven to 425 degrees Fahrenheit. Remove cauliflower stem & separate florets into 'wing' pieces. Wash & partially dry florets. In a brown paper or ziplock, add the florets & rice flour. Close bag & shake until florets are evenly coated. Add one tablespoon of oil to a baking dish & lay out the florets with room around each one, to roast evenly. Roast for 15-20 mins, rotating at least once. Meanwhile mix all other ingredients together. When florets are done, toss in sauce and serve immediately with rice or quinoa.

NUTRITION + SHOPPING TIPS:

what's in season...

Pumpkin seeds
Brussel sprouts
Apples

how to...

Tossing the cauliflower "wings" with rice flour adds crispiness to them, which helps resemble traditional wings. If you do not have rice flour, or simply would prefer to skip this step, the recipe will still turn out great!

did you know...

Carrots are a source of vitamin A, which is known to support eye health! This root veggie also contains biotin, vitamin K, potassium and vitamin B6.

HGG MEMBER RECIPE CLUB

november week three grocery list

PRODUCE

1 apple
1 bunch kale
1 lb shaved brussel sprouts
1 cup shredded carrots
1 lemon
2 garlic cloves
1 head cauliflower

DRY, BULK, PANTRY

1 cup rolled oats
2 cup unsweetened non-dairy milk
1 tablespoon chia seeds
2 servings protein powder
1 (15-ounce) can white beans
1/2 cup roasted pumpkin seeds
1 cup (dry) brown rice or quinoa
2 tablespoons rice flour (optional)

HERBS & SPICES

Cinnamon
Sea salt
Paprika
Garlic powder

OILS AND CONDIMENTS

Vanilla extract
Olive oil
Coconut oil
Maple syrup
Dijon mustard
Sriracha

ADDITIONAL GROCERIES