



HGG MEMBER RECIPE CLUB

october week two

RECIPE 1: BREAKFAST

spiced apple breakfast bowls

MAKES 2 SERVINGS

INGREDIENTS:

1 medium apples
1 cup filtered water
1/2 teaspoon cinnamon

Toppings:

Shredded coconut
Granola
Fresh apples, diced
Pinch of cinnamon

DIRECTIONS:

Wash, core and chop apples. Add chopped apples to a small saucepan with 1 cup water. Bring water to boil and cook for 5-8 minutes. Add apples and water from saucepan with the cinnamon to a high speed blender and blend on high until smooth. Enjoy warm or chilled & add desired toppings!

RECIPE 2: LUNCH

butternut squash quesadillas

MAKES 1 SERVING

INGREDIENTS:

2 brown rice tortillas
1/4-1/2 cup butternut squash puree
1/4 cup black beans, drained and rinsed
1/4 red onion, diced
1/4 green bell pepper, diced
1 tablespoon salsa
1 tablespoon coconut oil
1 teaspoon chili powder
Salt and pepper, to taste

DIRECTIONS:

In a small saucepan over medium heat, add a drizzle of coconut oil. Sauté onions and bell peppers until soft. Add in salt, pepper and chili powder. Set aside. In a large saucepan over medium heat, add 1 tablespoon coconut oil. Place 1 brown rice tortilla on to the pan. Spread a thin layer of butternut squash puree and top with onion/pepper mixture, black beans and salsa. Place another tortilla on top and cook for 5 mins, then carefully flip over and cook the other side for 5 mins or until golden. Top with optional guac and green onions & enjoy!



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RECIPE 3: DINNER

fall sheet pan recipe

MAKES 4 SERVINGS

INGREDIENTS:

2 sweet potatoes, cut into cubes
2 cups broccoli, cut into florets
1/2 red onion, thinly sliced
1 tablespoon Italian seasoning
Salt and pepper, to taste
1/2 cup pecans, chopped
3 cloves garlic, minced
2 tablespoon coconut oil

DIRECTIONS:

Preheat oven to 425 Fahrenheit. On a large baking sheet, add sweet potatoes and drizzle with coconut oil. Add a teaspoon of seasoning and some salt and pepper. Bake for 15 minutes. Take out pan and add the broccoli, red onion, garlic and the rest of the seasonings. Stir to combine and place back in oven for an additional 20 minutes or until everything is tender and golden brown. Toss in chopped pecans and serve over brown rice or quinoa!

NUTRITION + SHOPPING TIPS:

what's in season...

Sweet potato
Broccoli
Butternut squash

how to...

To save time, buy butternut squash puree from the can, but make sure can is BPA-free and contains no added ingredients.

did you know...

Butternut squash contains vitamin E, thiamin, niacin, vitamin B-6, folate, potassium and manganese.

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october week two grocery list

PRODUCE

2 medium apple
1 red onion
1 green bell pepper
2 sweet potatoes
1 head broccoli
1 head garlic

DRY, BULK, PANTRY

Shredded coconut
Granola
2 brown rice tortillas
1 (15-ounce) can butternut squash puree
1 (15-ounce) can black beans
1/2 cup pecans
Brown rice or quinoa

HERBS & SPICES

Salt
Pepper
Cinnamon
Chili powder
Italian seasoning

OILS AND CONDIMENTS

Coconut oil
Salsa

ADDITIONAL GROCERIES