



HGG MEMBER RECIPE CLUB

october week four

RECIPE 1: BREAKFAST

apple ginger smoothie bowl

MAKES 1 SERVING

INGREDIENTS:

1 medium banana, peeled and frozen
2 cups spinach
1 teaspoon fresh ginger, minced
1 teaspoon apple cider vinegar
1/2 cup unsweetened almond milk

Toppings:

Apple slices
Shredded coconut
Granola
Pinch of cinnamon

DIRECTIONS:

Add smoothie bowl ingredients into blender and blend until thick & creamy. Pour into a bowl and top with desired toppings!

RECIPE 2: LUNCH

autumn salad

MAKES 2-4 SERVINGS

INGREDIENTS:

4 cups kale
1 apple, sliced
1 cup quinoa (cooked)
1/2 cup dried cranberries

Dressing:

1/4 cup olive oil
1/2 lemon, juiced
1/2 teaspoon Dijon mustard
1 tablespoon honey
Pinch of salt

DIRECTIONS:

Whisk dressing ingredients and set aside. In a large bowl, add kale and dressing. Massage dressing into kale until it becomes soft. Add the rest of the ingredients and stir to combine. Enjoy!



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RECIPE 3: DINNER *Piñata spaghetti squash*

MAKES 4 SERVINGS

INGREDIENTS:

1 medium spaghetti squash
1 tablespoon coconut oil
1 small yellow onion, diced
4 cloves garlic, minced
1 green bell pepper, diced
2 green onions, chopped
1 (15-ounce) can black beans, drained & rinsed
avocados
1 lime
1/4 cup cilantro, chopped
1 teaspoon chili powder
Salt and pepper, to taste

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Cut squash in half & scrap out seeds. Place face down on a baking sheet & bake for 50 mins or until tender. While squash is cooling, heat oil in a large saucepan. Add onions, bell pepper & garlic; cook 5 minutes. Add in black beans & spices; cook for 2 mins. Using a fork, scrap the squash strands from flesh & place in saucepan mixture. Once everything is heated through, add back into empty squash bowls and top with cilantro, avocado slices, & squeeze of lime!

NUTRITION + SHOPPING TIPS:

what's in season...

Spaghetti Squash
Kale
Apples

how to...

Instead of throwing away your overripe bananas, peel, slice and store in the freezer. Use in smoothies, or to make banana ice cream!

did you know...

Spaghetti squash contains vitamin B-6, vitamin C, vitamin A and potassium.

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october week four grocery list

PRODUCE

1 medium banana
2 cups spinach
1 teaspoon fresh ginger
2 apples
4 cups kale
1 lemon
1 medium spaghetti squash
1 small yellow onion
1 head of garlic
1 green bell pepper
1 bunch green onions
2 avocados
1 lime
1 bunch cilantro

DRY, BULK, PANTRY

1/2 cup unsweetened almond milk
Shredded coconut
Granola
1/2 cup (dry) quinoa
1/2 cup unsweetened dried cranberries
1 (15-ounce) can black beans

HERBS & SPICES

Salt
Pepper
Chili powder
Cinnamon

OILS AND CONDIMENTS

Coconut oil
Apple cider vinegar
Olive oil
Honey
Dijon mustard

ADDITIONAL GROCERIES