



HGG MEMBER RECIPE CLUB

september week one

RECIPE 1: BREAKFAST

pb sweet potato toast

MAKES 2 SERVINGS

INGREDIENTS:

1 sweet potato, washed and cut into thin slices
2 tablespoons peanut butter
1 apple, sliced thin
Dried fruit
Pumpkin seeds

DIRECTIONS:

Wash and cut sweet potato into 1/4 inch slices. Add slices into toaster, oven or toaster-oven and roast/toast until slightly browned (this could take 3-4 times in toaster). Top sweet potato slices with peanut butter, sliced apples, dried fruit and pumpkin seeds.

RECIPE 2: LUNCH

autumn salad

MAKES 1-2 SERVINGS

INGREDIENTS:

4 cups spinach
1 apple diced
1/4 cup walnuts, chopped
1/4 cup dried fruit
4 tablespoons balsamic vinaigrette
Optional: 1 cup brown rice or quinoa for a carbohydrate & protein boost!

DIRECTIONS:

Add all the ingredients to a large bowl and toss in dressing to combine.



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RECIPE 3: DINNER

butternut squash soup

MAKES 2 SERVINGS

INGREDIENTS:

4 cups butternut squash (cubed)
1 tablespoon coconut oil
1 cup hazelnuts (with the skins mostly off)
1 can light coconut milk
1/2 teaspoon sea salt
Pinch paprika

DIRECTIONS:

Preheat your oven to 425 degree Fahrenheit. With a sharp knife cut the squash in half and remove the ends. Remove the skin of the squash by cutting down the sides. Cut the flesh in half & remove any seeds with a large spoon. Finally, chop the squash into small cubes, 1 inch in size. Coat the cubes with one tablespoon of coconut oil. Roast squash for 15-20 mins. While the squash roasts, add hazelnuts to a stovetop pan, medium heat & toast for 3-5 mins, stirring frequently to prevent burning. When the squash is cooked, add 1 can of light coconut milk and 1/2 teaspoon sea salt, BLEND until smooth. Serve topped w/ a drizzle of coconut milk, toasted hazelnuts and a pinch of paprika.

NUTRITION + SHOPPING TIPS:

what's in season...

Butternut squash
Sweet potatoes
Apples

how to...

Can't find any fresh squash? Look in the freezer section to find already cubed butternut squash.

did you know...

Apples are the perfect fall fruit and contain fiber, which helps with digestion. Apples may also help with controlling diabetes and preventing other diseases.

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september week one grocery list

PRODUCE

1 sweet potato
2 apples
4 cups spinach
1 butternut squash

HERBS & SPICES

Sea salt
Paprika

OILS AND CONDIMENTS

Balsamic vinaigrette
Coconut oil

DRY, BULK, PANTRY

2 tablespoons peanut butter
Dried fruit
Pumpkin seeds
1/4 cup walnuts
1/4 cup dried fruit
Brown rice
1 cup hazelnuts
1 (15-ounce) can light coconut milk

ADDITIONAL GROCERIES