



HGG MEMBER RECIPE CLUB

september week four

RECIPE 1: BREAKFAST

cinnamon roll breakfast smoothie

MAKES 1 SERVING

INGREDIENTS:

1 banana, frozen & sliced
1 cup unsweetened vanilla almond milk
1/4 cup rolled oats
1 tablespoon maple syrup
1/4 teaspoon cinnamon
1/2 cup non-dairy yogurt

DIRECTIONS:

Add all ingredients to a blender and blend on high until smooth.

RECIPE 2: LUNCH

ball pasta salad

MAKES 6 SERVINGS

INGREDIENTS:

1 box rotini pasta
10 oz brussels sprouts, chopped
1 butternut squash, peeled & cubed
1/2 onion, sliced
1/4 cup toasted pine nuts
1 tablespoon coconut oil

Dressing:

1/2 cup olive oil
1 lemon, juiced
Salt and pepper, to taste
Sprinkle of red pepper flakes

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Cook pasta according to directions. Meanwhile, on a large baking sheet, add squash, brussels, and onion slices & drizzle with coconut oil. Bake until slightly browned, about 30-40 minutes. Whisk together dressing ingredients and set aside. In a large bowl, combine cooked pasta, roasted veggies, pine nuts and dressing. Toss to combine. Enjoy hot or store in airtight container in fridge for lunch all week.



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RECIPE 3: DINNER

turmeric, carrot and parsnip soup

MAKES 6-8 SERVINGS

INGREDIENTS:

4 cups peeled and chopped carrots
2 cups peeled and chopped parsnips
1 yellow onion
3 garlic cloves
4 cups vegetable broth
1/2 cup coconut milk
2 tablespoons coconut oil
2 tablespoons ground turmeric
1 tablespoons sriracha
Sea salt, to taste

DIRECTIONS:

Peel and chop carrots, parsnips and onion. In a large soup pot, add coconut oil over medium heat. Cook onions for 5-7 minutes. Add garlic, turmeric and sea salt. After 2 minutes, add carrots, parsnips, vegetable broth, coconut milk, and sriracha. Bring soup to boil and then lower to medium heat and simmer for 30 minutes. Once parsnips and carrots are tender, use immersion blender or regular blender and blend soup until smooth. Top with croutons!

NUTRITION + SHOPPING TIPS:

what's in season...

Carrots
Parsnips
Brussel Sprouts

how to...

No time to cut up a butternut squash? Opt to buy frozen, which makes cooking dinner even faster!

did you know...

Butternut squash is an awesome fall vegetable full of fiber, vitamin C, folate and potassium!

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september week four grocery list

PRODUCE

1 banana
10 oz brussel sprouts
1 butternut squash
1 onion
1 yellow onion
1 lemon
4 cups carrots (about 5 large carrots)
2 cups parsnips (about 4 parsnips)
3 garlic cloves

DRY, BULK, PANTRY

1 cup unsweetened vanilla almond milk
1/2 cup non-dairy yogurt
1/4 cup rolled oats
1 box rotini pasta
1/4 cup toasted pine nuts
4 cups vegetable broth
1 (15-oz.) can coconut milk

HERBS & SPICES

Cinnamon
Salt
Pepper
Red pepper flakes
Ground turmeric

OILS AND CONDIMENTS

Maple syrup
Coconut oil
Olive oil
Sriracha

ADDITIONAL GROCERIES