

Curried Chickpea Salad

11 ingredients · 15 minutes · 4 servings



Directions

1. In a large mixing bowl, whisk together the oil, lime juice, curry powder, and maple syrup.
2. Add the chickpeas, celery, apple, onion, cranberries, and cilantro to the mixing bowl with the dressing. Fold everything together. Season with salt and pepper to taste.
3. Serve chilled and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 4 days.

Serve It With

Enjoy alone or serve over leafy greens like baby spinach, arugula, mixed greens or romaine lettuce.

More Flavor

For best flavor, use a tart apple like a Granny Smith or Macintosh.

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Lime Juice
- 2 tbsps Curry Powder
- 1 1/2 tsps Maple Syrup
- 2 cups Chickpeas (cooked)
- 1 stalk Celery (finely chopped)
- 1 Apple (small, finely chopped)
- 1/4 cup Red Onion (chopped)
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 cup Cilantro (chopped)
- Sea Salt & Black Pepper

Slow Cooker Baked Apples

7 ingredients · 2 hours · 4 servings



Directions

1. In a small bowl, combine apple cider vinegar, water and half the maple syrup. Add mixture to the slow cooker and set to high.
2. In the same bowl, combine granola, coconut oil, cinnamon and remainder of maple syrup. Mix well. Fill the apples with the granola filling and set aside any leftovers.
3. Add apples to the slow cooker and cook for 2 hours, or until the apples are soft.
4. Top with any leftover granola before serving. Enjoy!

Notes

Serve it With

Our Pumpkin Spice Granola, Paleo Granola, Banana Coconut Granola, coconut cream, cashew cream, yogurt or ice cream.

No Slow Cooker

Place apples in a foil-lined pan and cook at 350 degrees F for 45 to 60 minutes.

Leftovers

Refrigerate in an air-tight container up to 3 days.

Ingredients

- 1/4 cup Apple Cider Vinegar
- 1/4 cup Water
- 1 tbsp Maple Syrup (divided)
- 3/4 cup Granola
- 1 tbsp Coconut Oil (melted)
- 1 tsp Cinnamon
- 4 Apple (medium, cored, leaving 1/2 inch at the bottom)

Apple Cranberry Muffins

11 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
2. In a small bowl, mix the ground flax with water and set aside.
3. In a large mixing bowl, add the oat flour, coconut sugar, baking soda, sea salt and cinnamon. Whisk well. Then add the ground flax/water mix, almond milk, grated apple and melted coconut oil. Mix well to combine using a spoon or spatula. Gently fold in the dried cranberries.
4. Divide the batter into the prepared muffin tin. Bake for 22 to 24 minutes.
5. Remove the muffins from the oven and let them cool before placing on a cooling rack for 15 minutes. Serve and enjoy!

Notes

Serving Size

One serving is equal to one small muffin.

Density

These muffins are quite dense due to the oat flour. They do not rise very much.

Nut-Free

Use a nut-free milk instead of almond milk such as coconut, hemp or rice milk.

Optional Toppings

Top muffins with almond butter or coconut butter.

Leftovers

Refrigerate muffins up to four days. Freeze for longer.

No Coconut Oil

Use butter or ghee.

Ingredients

- 2 **tbps** Ground Flax Seed
- 1/4 **cup** Water
- 2 **cups** Oat Flour
- 1/3 **cup** Coconut Sugar
- 1 **tsp** Baking Soda
- 1/2 **tsp** Sea Salt
- 1 **tsp** Cinnamon
- 2/3 **cup** Unsweetened Almond Milk
- 2 Apple (small, grated)
- 1/4 **cup** Coconut Oil (melted)
- 3/4 **cup** Dried Unsweetened Cranberries

Acorn Squash & Sausage Hash

9 ingredients · 30 minutes · 4 servings



Directions

1. In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
2. In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
3. Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
4. Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 cup of the hash mixture.

More Fiber

Stir in cooked quinoa or rice.

Make it Vegan

Use black beans or lentils instead of sausage.

Meal Prep

Cook the acorn squash in advance to save time.

Ingredients

- 10 ozs Pork Sausage (casings removed)
- 1 tbsp Extra Virgin Olive Oil
- 1 Acorn Squash (peeled, chopped into cubes)
- 1/2 Yellow Onion (chopped)
- 2 cups Mushrooms (sliced)
- 2 cups Kale Leaves (chopped)
- 1 tbsp Nutritional Yeast
- 1 tsp Sea Salt
- 1 Apple (cored, cubed)

Baked Sauerkraut with Apples

5 ingredients · 1 hour · 8 servings



Directions

1. Preheat the oven to 350°F (176°C). Rinse the sauerkraut well and wring out the excess liquid using a kitchen towel or paper towel. Set aside.
2. In a large frying pan, heat the oil over medium heat. Sauté the apples and onion for about 10 minutes or until the onions soften and the apples become very tender. Add in the garlic and sauerkraut to the pan and stir to combine. Transfer the sauerkraut mixture to a baking dish and cover with a lid or foil.
3. Bake in the oven for 30 minutes. Remove the lid and continue to bake for another 20 minutes until the sauerkraut is tender and browned along the edges of the dish. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/2 cup of the mixture.

Make it a Meal

Serve along side sausages, chicken or pork.

Ingredients

- 4 cups Sauerkraut
- 2 1/2 tbsps Extra Virgin Olive Oil
- 2 Apple (cored, thinly sliced)
- 2 Yellow Onion (thinly sliced)
- 2 Garlic (cloves, minced)

Apple Coconut Breakfast Crisp

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (176°C).
2. In a mixing bowl combine the apples, half of the tapioca flour and the cinnamon. Transfer the apple mixture to a baking dish and bake for 20 minutes until the apples begin to soften.
3. Meanwhile, in the same mixing bowl combine the shredded coconut, coconut flour and the remaining tapioca flour. Stir in the coconut butter, maple syrup and coconut oil until a coarse meal forms.
4. Remove the apples from the oven and spoon the coconut mixture over top in an even layer. Return to the oven and continue to bake for 15 minutes or until the coconut crumble is golden brown. Enjoy!

Ingredients

- 4 Apple (peeled, cored and chopped)
- 2 tbsps Tapioca Flour (divided)
- 1 1/2 tsps Cinnamon
- 1 cup Unsweetened Shredded Coconut
- 2 tbsps Coconut Flour
- 1/3 cup Coconut Butter (softened)
- 2 tbsps Maple Syrup
- 1 tbsp Coconut Oil (melted)

Notes

Leftovers

Store leftovers partially covered at room temperature for up to two days or refrigerate in an airtight container for up to five days. Serve warmed or at room temperature.

Serving Dish Size

An 8 x 8-inch baking dish was used for 4 servings.

More Flavor

Add vanilla, nutmeg, allspice or maple syrup to the apple mixture.

Additional Toppings

Top with a dollop of coconut yogurt.

Apples

This recipe was created using McIntosh apples.

Butternut Squash & Apple Hash with an Egg

8 ingredients · 25 minutes · 3 servings



Directions

1. Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
2. Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
3. In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
4. Divide the breakfast hash between plates and top with an egg. Enjoy!

Notes

Leftovers

Refrigerate the breakfast hash in an airtight container for up to five days. The eggs are best enjoyed freshly cooked.

Serving Size

One serving is approximately 1 cup of breakfast hash and 2 eggs.

More Protein

Add in cooked sausage, chicken or bacon.

Apple

This recipe was created and tested using Spartan apples.

Consistency

Chop the butternut squash and apples into similar size cubes to ensure even cooking.

No Red Onion

Use a yellow or sweet onion instead.

Ingredients

- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Butternut Squash (peeled and chopped into 1 cm cubes)
- 1/2 cup Red Onion (chopped)
- 1/4 tsp Sea Salt
- 1 Apple (small, finely chopped)
- 2 cups Kale Leaves (chopped)
- 1/4 tsp Cinnamon
- 6 Egg