

Veggie and Grains Power Bowl

(Makes 4 servings)

Ingredients:

14 to 16 ounces Brussels sprouts, trimmed and halved
4 tablespoons vegetable broth, divided
1 tablespoon adobo sauce
1 tablespoons maple syrup or other favorite sweetener
Sea salt to taste
3 cups peeled and cubed butternut squash (1 small squash)
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 cup dry quinoa
2 cup low sodium vegetable broth
2 to 3 handfuls of chopped kale or other favorite green
Sliced avocado for topping, optional

Dressing

¼ cup of vegetable broth
1 tablespoon apple cider vinegar
1 tablespoon maple syrup or other favorite sweetener
2 teaspoons Dijon mustard
Sea salt to taste

Directions

1. Preheat oven to 425°F and then line two baking sheets with parchment paper.
2. In a large bowl add the Brussels sprouts and toss with the vegetable broth, adobo sauce, maple syrup and sea salt, optional). After tossing add them to the lined baking sheet.
3. In a separate bowl, add in the butternut squash, the remaining 2 tablespoons vegetable broth, smoked paprika, garlic powder and sea salt, optional. After tossing add them to a line baking sheet.

4. Place both baking sheets in the oven, and roast for about 25 minutes, stirring once halfway through, until tender.
5. Meanwhile, combine quinoa and broth in a small saucepan and bring to a boil. Reduce heat to low, cover, and cook until quinoa is fluffy and liquid is absorbed, about 15 minutes. Uncover, and stir in kale, letting residual heat wilt down the leaves.
6. Prepare dressing by combining the vegetable broth, vinegar, mustard, maple syrup, and sea salt (optional) in a small bowl; stir with a whisk.
7. Assemble bowls by dividing quinoa and kale mixture evenly into each of 4 bowls. Divide roasted vegetables over top, and drizzle with dressing. Garnish with sliced avocado and/or toppings of choice.

Fruit Crumble

(Makes 4 - 6 servings)

Ingredients:

Fruit Mixture:

1 1/4 pounds apples cored and sliced (4 to 5)

1-pound plums pitted and sliced (4 to 5)

6 Tbsp coconut sugar or brown sugar

2 tablespoons cornstarch or arrowroot flour

1/2 teaspoon cinnamon

1 teaspoon vanilla extract

Streusel/Crumble:

1 cup oat flour

1/2 cup almond flour

4 tablespoons coconut sugar or brown sugar

5 tablespoons tapioca flour or arrowroot flour (or non-GMO cornstarch)

3-4 tablespoons water

1 teaspoon vanilla extract

Directions

1. First, preheat the oven to 350 degrees and then rinse and chop the apples and plums into slices about 1/3 to 1/2-inch thick (I slice the apple slices in half too). Then, transfer them to a large bowl.
2. Add the sweetener, cornstarch, vanilla, and cinnamon. Stir to combine.
3. Then, pour the apple plum mixture into a baking dish (a 9x13 or 8x8-inch dish works well).
4. Next, prepare the crumble topping by combining all the dry ingredients in a medium bowl and stirring to combine. Then add the water and vanilla and mix with your hands to create a crumb/clumps consistency.
5. Finally, sprinkle the almond crumble over the fruit and bake it for about 35 minutes, or until the filling is bubbling, and the top is a golden-brown color. Allow it to cool for at least 5 minutes before serving, then enjoy!

