LEALOU COOKS

Lealou Cooks Meal Plan - October 9

Thank you so much for choosing this meal plan! You're going to rock the week of October 9. Just think of how organized you'll be!

This week we have some fall harvest type recipes that will get you thinking of the cooler weather.

Included here are meals for breakfast, lunch and dinner as well as two snacks for each day. Each grey area you see is considered a leftover which helps you stay on track at work too! Just pack up the extras and go.

You'll find a little bonus at the end of this program - a few recipes for your Thanksgiving dinner!

I hope you enjoy everything!
Stephanie
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	Mon	Tue	Wed	Thu	Fri
Breakfast	Apple Quinoa …	Zucchini Bread..	Zucchini Bread..	Eggvocado	Eggvocado
Snack 1	Coconut Matc…	Pear	Coconut Matc…	Pear	Coconut Matc…
Lunch	Turkey Humm…	Roasted Butte…	Roasted Butte…	Roasted Winte…	One Pan Teriy…
Snack 2	Coconut Chick…	Carrots & Gua…	Coconut Chick…	Carrots & Gua…	Coconut Chick…
Dinner	Roasted Butte…	Apple Turkey …	Roasted Winte…	One Pan Teriy…	Creamy Edam…

Lealou Cooks Meal Plan - October 9

Fruits

- [ ] **7** Apple
- [ ] **4** Avocado
- [ ] **2** Banana
- [ ] **2 1/2** Lemon
- [ ] **2** Lime
- [ ] **1** Navel Orange
- [ ] **2** Pear

Vegetables

- [ ] **4 cups** Baby Spinach
- [ ] **4 cups** Broccoli
- [ ] **3 3/4 cups** Brussels Sprouts
- [ ] **6 cups** Butternut Squash
- [ ] **12** Carrot
- [ ] **1 1/4** Delicata Squash
- [ ] **1 1/4 bulbs** Fennel
- [ ] **9 1/4** Garlic
- [ ] **3 1/2 tbsps** Ginger
- [ ] **1 head** Green Lettuce
- [ ] **6 cups** Kale Leaves
- [ ] **1/2 cup** Mixed Greens
- [ ] **2 cups** Mushrooms
- [ ] **2/3 cup** Red Onion
- [ ] **4 cups** Snap Peas
- [ ] **1 1/2** Sweet Onion
- [ ] **2** Yellow Onion
- [ ] **1** Zucchini

Bread, Fish, Meat & Cheese

- [ ] **4 ozs** Brie Cheese
- [ ] **20 ozs** Chicken Breast
- [ ] **1 lb** Extra Lean Ground Turkey
- [ ] **1 tbsp** Hummus
- [ ] **2 slices** Organic Bread
- [ ] **1/4 lb** Turkey Breast

Breakfast

- [ ] **1/2 cup** Almond Butter
- [ ] **1 tbsp** Green Tea Powder
- [ ] **1/2 cup** Maple Syrup

Boxed & Canned

- [ ] **1 cup** Brown Rice Macaroni
- [ ] **2 cups** Chickpeas
- [ ] **1 1/2 cups** Organic Coconut Milk
- [ ] **6 cups** Organic Vegetable Broth
- [ ] **1/4 cup** Quinoa

Condiments & Oils

- [ ] **1/4 cup** Coconut Aminos
- [ ] **2 1/4 tbsps** Coconut Oil
- [ ] **1 1/8 tbsps** Dijon Mustard
- [ ] **2/3 cup** Extra Virgin Olive Oil
- [ ] **1/4 cup** Rice Vinegar
- [ ] **1/4 cup** Sesame Oil
- [ ] **1/3 cup** Tahini

Seeds, Nuts & Spices

- [ ] **1/2 tsp** Black Pepper
- [ ] **1/8 tsp** Cayenne Pepper
- [ ] **1 1/8 tbsps** Cinnamon
- [ ] **1/2 tsp** Dried Thyme
- [ ] **2 tsps** Garlic Powder
- [ ] **2 tbsps** Ground Flax Seed
- [ ] **1/2 tsp** Ground Sage
- [ ] **1/4 cup** Hemp Seeds
- [ ] **1 1/3 tbsps** Onion Powder
- [ ] **1/4 cup** Pecans
- [ ] **1/3 cup** Pumpkin Seeds
- [ ] **2 1/8 tbsps** Sea Salt
- [ ] Sea Salt & Black Pepper
- [ ] **2 tbsps** Sesame Seeds

Baking

- [ ] **1/4 cup** Almond Flour
- [ ] **1 tsp** Arrowroot Powder
- [ ] **1/4 tsp** Baking Powder
- [ ] **1/4 tsp** Baking Soda
- [ ] **1 1/2 cups** Oats
- [ ] **1/2 cup** Raw Honey
- [ ] **1/3 cup** Unsweetened Shredded Coconut

Cold

- [ ] **3 tbsps** Coconut Butter
- [ ] **4** Egg
- [ ] **3 1/2 cups** Unsweetened Almond Milk

Frozen

- [ ] **1 cup** Frozen Edamame
- [ ] **1 cup** Frozen Peas

Other

- [ ] **3 3/4 cups** Water

One Pan Teriyaki Chicken

12 ingredients 40 minutes 4 servings

Directions

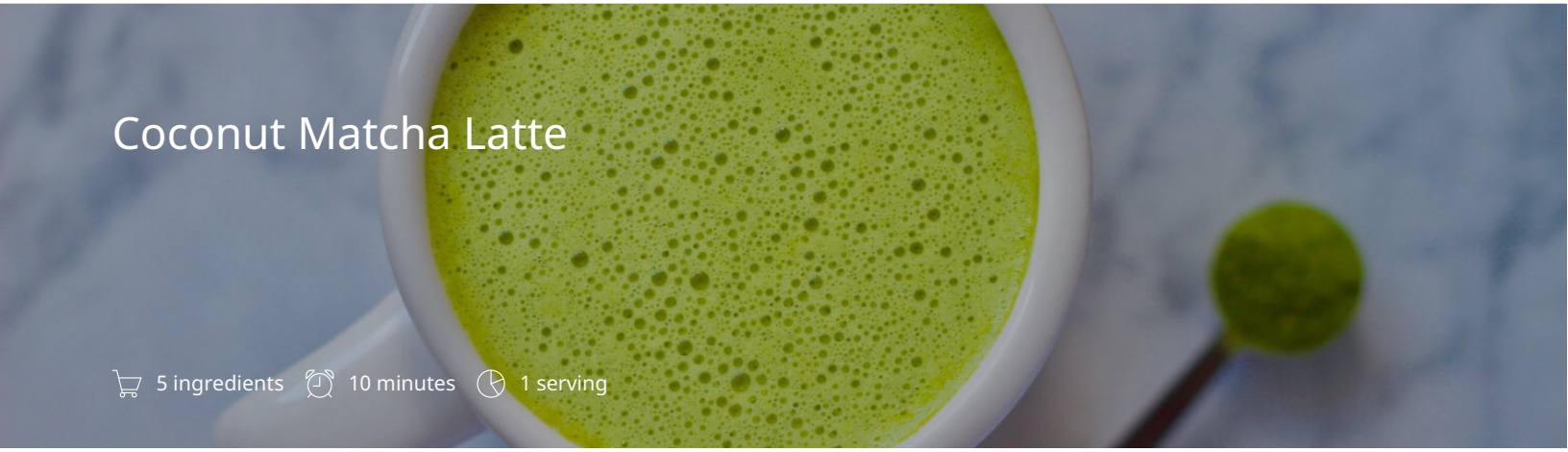
1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
3. In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
4. Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

Notes

Serve it With	Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.
Likes it Spicy	Whisk hot sauce or chili flakes into the teriyaki sauce.
Leftovers	Store in an airtight container in the fridge up to 3 days.
No Coconut Aminos	Use tamari instead.

Ingredients

- **20 ozs** Chicken Breast
- **4 cups** Broccoli (chopped into florets)
- **4** Carrot (medium, sliced on the diagonal)
- **4 cups** Snap Peas
- **1/4 cup** Coconut Aminos
- **1/4 cup** Sesame Oil
- **1** Navel Orange (juiced)
- **1/4 cup** Raw Honey
- **1/4 cup** Rice Vinegar
- **8** Garlic (cloves, minced)
- **2 tbsps** Ginger (peeled and grated)
- **2 tbsps** Sesame Seeds



Coconut Matcha Latte

5 ingredients 10 minutes 1 serving

Directions

1. In your blender, combine the hot water, coconut milk, matcha, coconut butter, and raw honey (if using). Blend until creamy and frothy. Pour into a mug and enjoy!

Notes

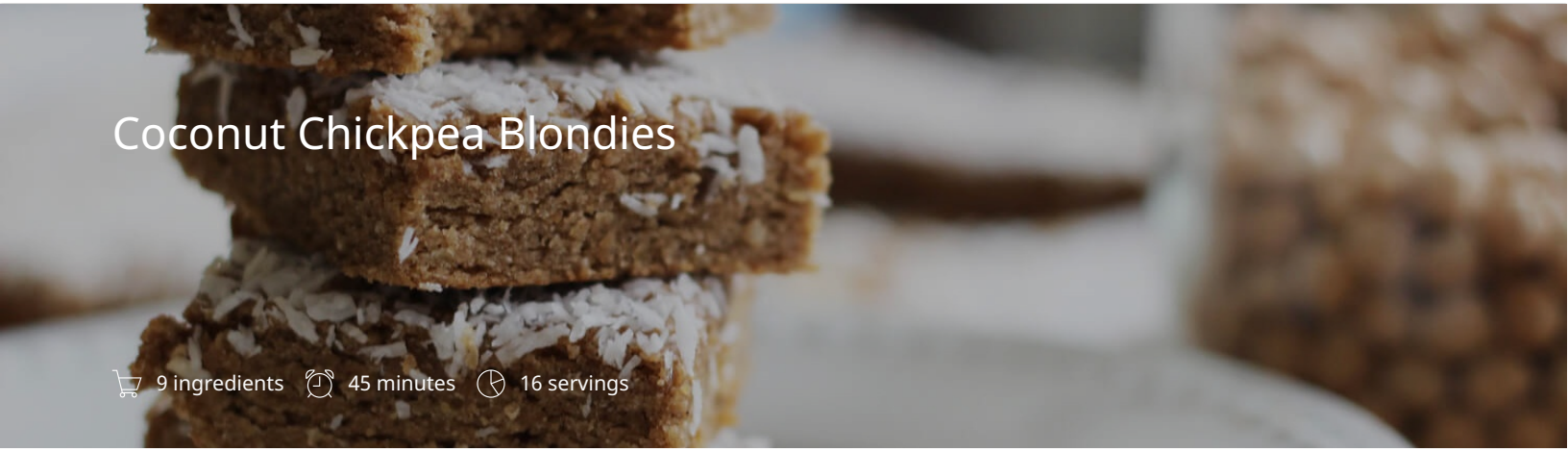
Coconut Butter Made from the ground meat of a coconut, it is sweeter and creamier than coconut oil. It's sold at most grocery stores and health food stores. Alternatively, you can use coconut oil instead.

More Protein Add a scoop of collagen or gelatin protein.

Make it Vegan Use maple syrup instead of honey.

Ingredients

- **1 cup** Water (hot)
- **1/2 cup** Organic Coconut Milk
- **1 tsp** Green Tea Powder
- **1 tbsp** Coconut Butter
- **1 tbsp** Raw Honey (optional)



Coconut Chickpea Blondies

9 ingredients 45 minutes 16 servings

Directions

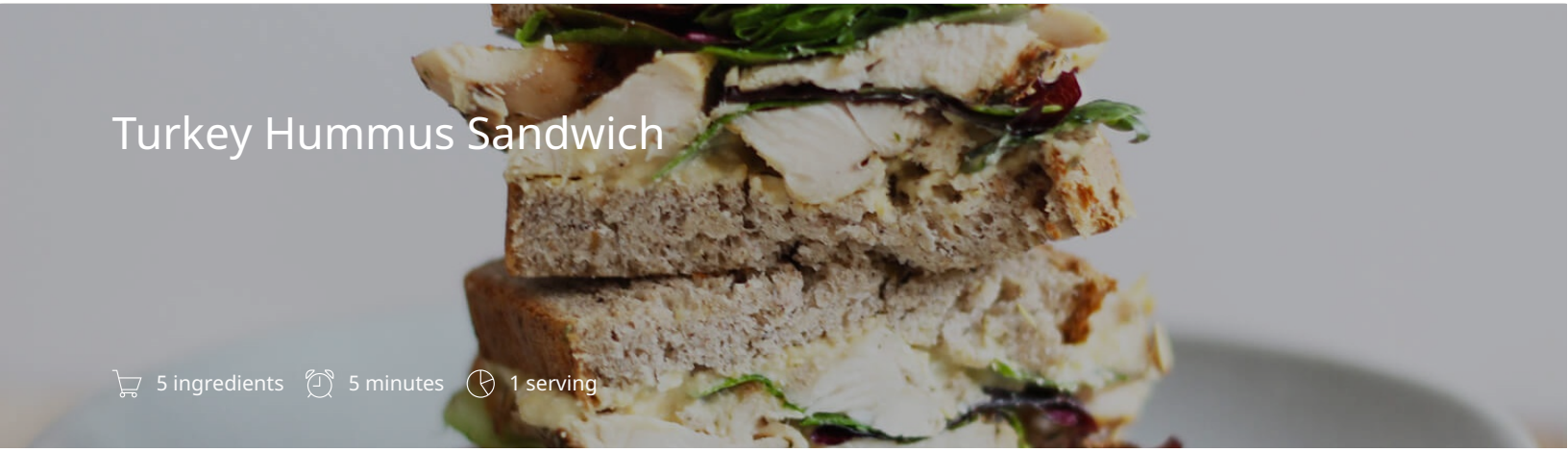
1. Preheat oven to 350 degrees F and brush a baking dish with coconut oil (use an 8x8 pan for 16 blondies).
2. Add all ingredients to a food processor and process until smooth.
3. Spread the batter evenly into the pan. (The batter will be very sticky, so brushing a spatula with coconut oil first will help.) Sprinkle extra coconut over the top and press in gently.
4. Bake for 20-25 minutes or until toothpick comes out clean and edges are slightly browned. Let cool for 20 minutes, then cut into squares. Enjoy!

Notes

Leftovers	Store in the fridge for 5 days or freeze in an airtight container.
No Maple Syrup	Use honey instead.
Nut-Free	Use sunflower seed butter instead of almond butter.

Ingredients

- **3/4 tsp** Coconut Oil
- **2 cups** Chickpeas (cooked)
- **1/2 cup** Almond Butter
- **1/4 cup** Maple Syrup
- **1/2 tsp** Cinnamon
- **1/4 tsp** Sea Salt
- **1/4 tsp** Baking Powder
- **1/4 tsp** Baking Soda
- **1/3 cup** Unsweetened Shredded Coconut (plus extra for garnish)



Turkey Hummus Sandwich

5 ingredients · 5 minutes · 1 serving

Directions

1. Lightly toast the bread.
2. Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey Use chicken breast instead.

Vegan & Vegetarian Use smashed chickpeas instead of turkey.

Ingredients

- **2 slices** Organic Bread (or gluten-free)
- **1/4 lb** Turkey Breast (cooked)
- **1 tbsp** Hummus
- **1 1/2 tsps** Dijon Mustard
- **1/2 cup** Mixed Greens

Eggvocado

2 ingredients 15 minutes 1 serving

Directions

1. Preheat oven to 350 degrees F.
2. Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
3. Crack an egg in each half of the avocado and bake for 10-15 minutes, depending on how runny you like your eggs. Enjoy!

Notes

On The Go Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.

Ingredients

- **1** Avocado
- **2** Egg

Carrots & Guacamole

4 ingredients | 5 minutes | 2 servings

Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice, salt and pepper.
3. Dip the carrots into the guac & enjoy!

Ingredients

- **4** Carrot (medium)
- **1** Avocado
- **1** Lime (juiced)
- Sea Salt & Black Pepper (to taste)

Notes

Spice it Up Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Roasted Winter Vegetables with Tahini Drizzle

12 ingredients | 45 minutes | 5 servings

Directions

1. Preheat oven to 375F. Line two baking sheets with parchment paper.
2. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
3. Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
4. Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
5. Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

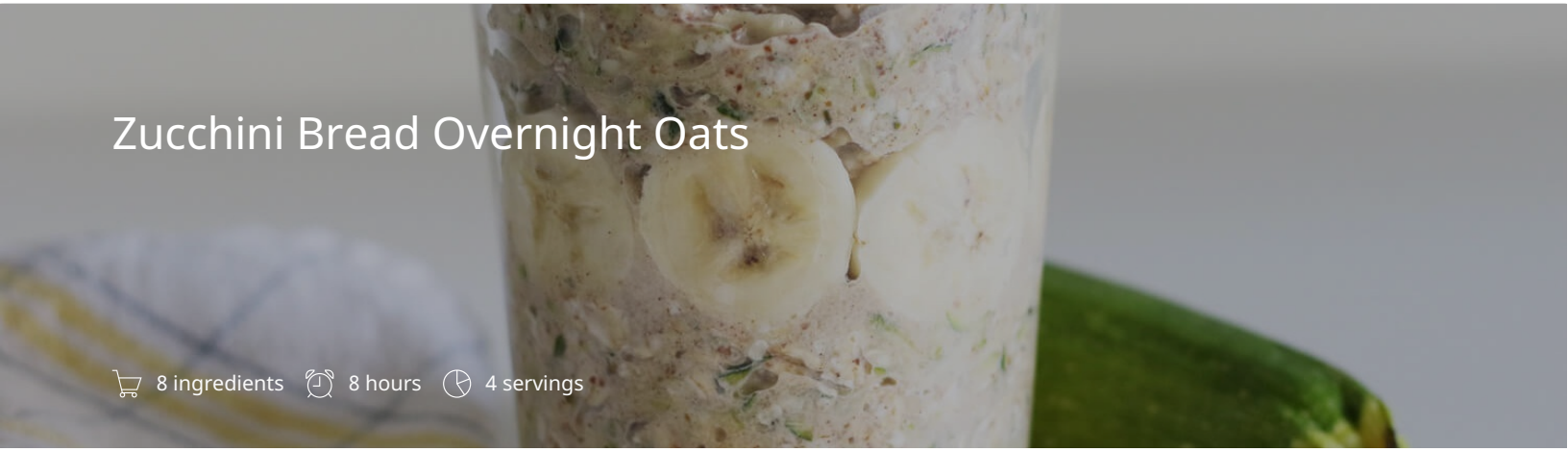
Notes

More Protein Add lentils, chickpeas or diced chicken.

Leftovers Store covered in the fridge up to 2 - 3 days.

Ingredients

- **1 1/4** Delicata Squash (small)
- **3 3/4 cups** Brussels Sprouts (washed and halved)
- **1 1/4 bulbs** Fennel (coarsley chopped)
- **2/3 cup** Red Onion (coarsley chopped)
- **1/3 cup** Extra Virgin Olive Oil (divided)
- **1/3 tsp** Sea Salt
- **1/3 tsp** Black Pepper
- **1/3 cup** Tahini
- **1 1/4** Garlic (clove)
- **1/3 cup** Water
- **2 1/2** Lemon (small, juiced)
- **1/3 cup** Pumpkin Seeds



Zucchini Bread Overnight Oats

8 ingredients 8 hours 4 servings

Directions

1. In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
2. Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Ingredients

- **1 1/2 cups** Oats (quick or traditional)
- **1 1/2 cups** Unsweetened Almond Milk
- **2 tbsps** Ground Flax Seed
- **2 tbsps** Maple Syrup
- **1/2 tsp** Cinnamon
- **1** Zucchini (grated)
- **1/4 cup** Hemp Seeds
- **2** Banana (sliced)

Apple Turkey Burgers with Caramelized Onions and Brie

11 ingredients 45 minutes 4 servings

Directions

1. Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1-2 tbsp of water at a time to deglaze the pan. Set aside.
2. Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
3. In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
4. Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear (or internal temperature reaches 165 F). Remove from grill.
5. Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

BBQ Lover Grill your apple slices too.

No Grill Cook burgers in the oven at 350 for 15 minutes per side.

More Carbs Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers Can be frozen up to 6 months in an airtight container.

Ingredients

- **1 tbsp** Coconut Oil
- **2** Yellow Onion (peeled and finely sliced)
- **2** Apple (green, divided)
- **1 lb** Extra Lean Ground Turkey
- **2 tsps** Dijon Mustard
- **1/2 tsp** Ground Sage
- **1/2 tsp** Dried Thyme
- **1 tsp** Sea Salt
- **1/4 tsp** Black Pepper
- **4 ozs** Brie Cheese
- **1 head** Green Lettuce (separated into leaves and washed)

Creamy Edamame & Mushroom Pasta

12 ingredients 25 minutes 4 servings

Directions

1. Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
3. In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
4. Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
5. Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

Notes

Storage Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.

More Protein Serve with diced chicken breast, shrimp or add extra edamame.

Likes it Spicy Add red pepper flakes.

Ingredients

- **1 cup** Brown Rice Macaroni
- **2 tbsps** Extra Virgin Olive Oil
- **2 cups** Mushrooms (sliced)
- **2 cups** Unsweetened Almond Milk
- **1 1/3 tbsps** Onion Powder
- **2 tsps** Garlic Powder
- **1 tsp** Arrowroot Powder
- **1/4 cup** Almond Flour
- **2 tsps** Sea Salt
- **1 cup** Frozen Peas
- **1 cup** Frozen Edamame
- **4 cups** Baby Spinach (chopped)

Roasted Butternut Squash Soup with Kale Chips

10 ingredients 2 hours 6 servings

Directions

1. Preheat oven to 420. Cut squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender. (Roasting time will depend on the size of your squash.)
2. Remove squash from oven and let cool. Use a spoon to carve out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat and add half of your olive oil. Add the apples, onion and ginger and saute for about 5 minutes or until soft.
4. Add in the vegetable broth, cooked squash, half of the sea salt and cayenne pepper. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
5. Preheat your oven to 350 again and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't over crowd. You will have to bake in a few batches. Place in the oven and bake for 10 to 15 minutes. Remove from oven when crisp and let cool.
6. Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency. Be patient. It might take a bit of blending to reach a creamy consistency!
7. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

Ingredients

- **6 cups** Butternut Squash
- **1 1/2 tsps** Cinnamon (plus extra for garnish)
- **3 tbsps** Extra Virgin Olive Oil (divided)
- **3** Apple (peeled, cored and sliced)
- **1 1/2** Sweet Onion (diced)
- **1 1/2 tbsps** Ginger (grated)
- **6 cups** Organic Vegetable Broth
- **1 tbsp** Sea Salt (divided)
- **1/8 tsp** Cayenne Pepper
- **6 cups** Kale Leaves (cut into large pieces)

Notes

More Protein Blend in a 1 can of cooked red lentils or top with some shredded chicken breast

Storage Divide into 500 mL mason jars leaving at least 1 inch of space at the top. Store in the freezer up to 3 months.

Pear

1 ingredients 5 minutes 1 serving

Directions

1. Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!

Ingredients

- **1** Pear

Apple Quinoa Breakfast Bake

7 ingredients 50 minutes 2 servings

Directions

1. Preheat oven to 350 and lightly grease a pie plate or small casserole dish with coconut oil. In a mixing bowl, combine quinoa, water, maple syrup, cinnamon and apples. Pour into a pie plate and cover with foil. Cook for 35 minutes (or until water is absorbed) and remove from oven.
2. In a small bowl, mix the melted coconut oil with pecans and sprinkle with cinnamon. Mix until evenly coated.
3. Divide the apple/quinoa bake into bowls and top with the pecan mixture. Enjoy it while it's hot!

Ingredients

- **1/4 cup** Quinoa
- **1/2 cup** Water
- **1 tbsp** Maple Syrup
- **1 tsp** Cinnamon
- **2** Apple (cored and diced)
- **1/4 cup** Pecans (chopped)
- **1 tbsp** Coconut Oil (melted)

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Thanksgiving Dinner

Happy Thanksgiving!

Crispy Smashed Potatoes

5 ingredients | 20 minutes | 4 servings

Directions

1. Line a baking sheet with parchment paper.
2. Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10-15 minutes.
3. Preheat oven to broil.
4. Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
5. Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Broil in the oven until crispy, about 3-5 minutes.

Ingredients

- **4 cups** Mini Potatoes (halved)
- **2 tbsps** Extra Virgin Olive Oil
- **2** Garlic (cloves, minced)
- **1 tbsp** Rosemary (chopped)
- Sea Salt & Black Pepper (to taste)

Roasted Carrots with Dill

4 ingredients 25 minutes 6 servings

Directions

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Slice carrots diagonally into 1.5 inch slices. Toss carrots, oil, salt and pepper in a medium bowl. Spread across the baking sheet and roast for 20 minutes, or until slightly tender.
3. Remove the carrots from the oven and transfer to a bowl. Sprinkle the dill over top and serve immediately.

Ingredients

- **12** Carrot (medium, peeled)
- **3 tbsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- **2 tbsps** Fresh Dill (chopped)

Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients 30 minutes 4 servings

Directions

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Ingredients

- **2** Sweet Potato (medium. sliced into 1 inch cubes)
- **4 cups** Brussels Sprouts (washed and halved)
- **1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- **1/4 cup** Tahini
- **1 tbsp** Maple Syrup
- **1/4 cup** Water (warm)
- **1/4 tsp** Cayenne Pepper (less if you don't like it spicy)
- **1/8 tsp** Sea Salt
- **2 cups** Lentils (cooked, drained and rinsed)
- **8 cups** Baby Spinach (chopped)

Roasted Butternut Squash Harvest Bowl

9 ingredients 40 minutes 4 servings

Directions

1. Preheat oven to 420 degrees F and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
2. Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
3. Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 - 5 minutes). Turn off the heat.
4. Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
5. Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Ingredients

- **4 cups** Butternut Squash (diced into cubes)
- **2 tbsps** Extra Virgin Olive Oil (divided)
- **3/4 cup** Quinoa (uncooked)
- **1 1/4 cups** Water
- **8 cups** Kale Leaves (finely chopped)
- **1 tbsp** Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- **1/2 cup** Pumpkin Seeds
- **1/2 cup** Dried Unsweetened Cranberries

Pumpkin Pie Tarts with Coconut Whipped Cream

13 ingredients 2 hours 12 servings

Directions

1. Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
2. Preheat oven to 350 and line a muffin tray with parchment cups.
3. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
4. Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2-3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
5. Gently press each cut-out into a parchment cup to form the crust. Set aside.
6. Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
7. Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
8. In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
9. Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
10. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Ingredients

- **1 cup** Almonds
- **1 cup** Cashews
- **1** Egg
- **1/4 cup** Coconut Oil (melted and divided)
- **1/3 cup** Maple Syrup (divided)
- **1 tsp** Vanilla Extract
- **1 tsp** Cinnamon
- **1/2 tsp** Sea Salt
- **2 1/4 cups** Pureed Pumpkin
- **1/3 cup** Unsweetened Almond Milk
- **2 1/2 tbsps** Arrowroot Powder
- **2 tsps** Pumpkin Pie Spice
- **1 1/2 cups** Organic Coconut Milk (full fat, refrigerated overnight)

Turkey Rolls with Cranberry Sauce

10 ingredients 1 hour 4 servings

Directions

1. Preheat oven to 425.
2. Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
3. Use a meat mallet or a heavy frying pan to pound the turkey breasts into a thin layer. This will make them easier to roll.
4. Place a large piece of parchment paper across your counter. Cut 8 long strings of twine and lay them in pairs across the parchment paper, about 1 inch apart. Place each turkey breast across two pieces of twine. Season the turkey with sea salt and black pepper.
5. Spread your goat cheese across each turkey breast leaving a 1/2 inch border all the way around. Top the goat cheese with your wilted spinach. Starting with the edge closest to you, begin tightly rolling up each turkey breast. Once it is rolled, tie the twine around it into a tight knot. Trim the excess twine and discard. Season the turkey with sea salt and pepper again.
6. Add organic vegetable broth to a baking dish so it covers the bottom. Set the rolled turkey breasts inside. Place in the oven and bake for 35 - 45 minutes or until cooked through. (If you have a meat thermometer, it is cooked when it has an internal temperature of 160 degrees F.)
7. Meanwhile, start your cranberry sauce by combining cranberries, the juice of your navel orange and honey in a sauce pan. Place over medium heat and stir occasionally for about 15 minutes or until berries burst and sauce thickens. Reduce heat to low and cover until ready to serve. (Note: You may need to add a few splashes of water if the sauce becomes too thick.)
8. When you remove the turkey from oven, let rest for 10 minutes before removing twine and slicing into 2 inch thick medallions. Drizzle with cranberry sauce and serve!

Ingredients

- **1 1/2 tsps** Extra Virgin Olive Oil
- **4 cups** Baby Spinach
- **2 lbs** Turkey Breast
- **1/2 cup** Goat Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- **1/2 cup** Organic Vegetable Broth
- **2 cups** Frozen Cranberries (diced)
- **1** Navel Orange (juiced)
- **1 tbsp** Raw Honey
- Twine