



Fall Recipes

easy and simple recipes to try this fall



Simple Crock-pot Chili



ingredients

- *2 cups of broth*
- *1 can of black beans*
- *1 can of pinto beans*
- *1 can of chilli beans*
- *1 can of corn*
- *1 can diced tomatoes*
- *mild chilli*
- *cumin, onion powder, basil, pepper - to taste*

instructions

- *empty all ingredients into pot*
- *cook on high heat for 2 hours*
- *lower to simmer for an hour*
- *serve with a grilled corn bread*

Can add meat or swap out beans for alternative dietary needs



High Protein Carrot Cake Banana Bread



ingredients

- *1 1/2 banana (mashed)*
- *1/3 cup unsweetned applesauce*
- *2 2/3 egg whites*
- *50 grams of protein powder*
- *1 1/3 tbsp of coconut flour*
- *2/3 tsp of ground ginger*
- *2/3 tsp of ground cinnamon*
- *1 1/3 carrots - shredded*
- *2/3 pinch sea salt*
- *1/4 cup coconut flakes*
- *1/4 cup of raisins*
- *1/3 tsp baking soda*
- *1/3 tsp baking powder*
- *2 tbsp of coconut butter*

instructions

- *Preheat oven 350. In large bowl mash bananas. Add egg whites and applesauce*
- *add all dry ingredients into bowl and stir*
- *grate carrot and add directly into dry bowl*
- *add pinch of salt and baking soda and mix well*
- *spray with non-stick to pan. Add batter to baking pan and place in oven for 60 min*
- *top with butter and allow time to cool*

Source: <http://bitesofwellness.com/high-protein-carrot-cake-banana-bread/>



Zucchini Noodles with Avocado Pesto & Shrimp

ingredients

- *5 1/2 zucchini*
- *3/4 tsp sea salt*
- *1 avocado*
- *1 cup fresh basil*
- *1/4 cup of pistachios*
- *2 tsp of lemon juice*
- *1/4 tsp ground black pepper*
- *1/4 cup extra virgin olive oil*
- *2 tsp of extra virgin olive oil*
- *3 cloves of garlic - minced*
- *1 lb of raw shrimp - peeled and deveined, tails left on if desired*
- *1 1/2 tsp old bay seasoning*

instructions

- *spiral the zucchini, make sure to cut out seeds before hand. toss noodles with 1/2 tsp of salt and let drain for 15 min to remove excess water*
- *combine avocado, basil, pistachios, lemon, pepper, and remaining salt in a food processor or blender. pulse until fine add 1/4 cup of olive oil and blend until smooth*
- *heat 1 tbsp of oil in a lg pan over med-high heat. add garlic until fragrant. add shrimp and bay seasoning. cook for 3-4 minutes. and transfer to lg bowl.*
- *add remaining 1 tbsp oil to the pan. add the drained zucchini noodles and gently toss until hot. about 3 minutes. transfer to the bowl add the pesto and gently toss to combine.*



Baked Mustard Lime Chicken



ingredients

- *1 lb of boneless, skinless chicken breast*
- *1/2 cup of lime juice*
- *1/2 cup of cilantro*
- *1/4 cup of dijon mustard*
- *1 tbsp of extra virgin olive oil*
- *1 tbsp of chili powder*
- *1/2 tsp sea salt*
- *1/2 tsp groun black pepper*

instructions

- *combine lime juice, cilantro, mustard, olive oil, chili powder and pepper in blender pulse until combined*
- *rinse chicken, pat dry and place in 7X11 pan*
- *pour marinade over chicken, cover and refrigerate at least 15 min or up to 6 hours*
- *bake 350F for 25-30 min uncovered*
- *serve with cooked sauce spooned over.*



Chai Spiced Oatmeal Pecan Cookies

from @amywilichowski



ingredients

- **Wet Ingredients**
- 1/2 cup slightly softened, cubed butter (exposed to heat for 5 seconds only)
- 1 whole egg
- 1 cup granulated sugar
- 1 tsp vanilla extract
- **Dry Ingredients**
- 1 cup old fashioned rolled oats
- 1 cup all purpose flour
- 2 tsp chai spice
 - 1 tsp ground cardamom
 - 1 tsp ground allspice
 - 1 tsp ground nutmeg
 - 2 tsp ground cinnamon
 - 1 tsp ground cloves
 - 3 tsp ground ginger
- 3/4 tsp baking soda
- 1/4 tsp salt
- 1/2 cup pecan pieces

instructions

- **Preheat the oven to 350 degrees.**
- **Using a hand mixer, cream together the butter, sugar, and eggs. Mix in the vanilla extract.**
- **Sift together all of the dry ingredients except the pecan pieces.**
- **Slowly add the dry mixture to the wet mixture 1/2 cup at a time, beating or mixing constantly. Fold in the nuts.**
- **Roll into balls, arrange evenly apart on a prepared baking sheet, press the tops down with the back of a cup or your hand**
- **bake for 12 minutes. Let cool completely before eating. This made 13 medium-large cookies for me!**