



Fall Recipe Collection

Created by Nourished Roots Functional Nutrition



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These delicious fall-inspired recipes are designed with busy women in mind—women who are juggling work, family, and everything in between. At Nourished Roots Functional Nutrition, we believe that eating well shouldn't add stress to your day. Our simple, whole-food, nutrient-dense meals are packed with seasonal flavors like apple, cinnamon, squash, and pumpkin; to nourish your body and keep you feeling energized and ready to take on whatever life throws your way.

****All recipes are gluten free and can easily be made dairy free ****

If you love this guide, then you will love the personalized meal planning that is included as part of our [1:1 Virtual Nutrition Consultations](#). Remember to tag us in your recipe creations @Nourished_Roots_FN on Instagram!

In good health,

Jackie Kosanka

Registered Dietitian and Integrative and Functional Nutrition Certified Practitioner
Nourished Roots Functional Nutrition

Pumpkin Spice Latte

6 ingredients · 10 minutes · 1 serving



Directions

1. Brew your coffee and set aside.
2. In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
3. Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
4. Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
5. Top with a dollop of homemade whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk

Use coconut milk instead.

No Blender

Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

Pumpkin Lover

Add an extra 1 tbsp of pureed pumpkin per serving.

Homemade Pumpkin Spice

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tsp ground allspice. Store in an air-tight container.

Caffeine Free

Replace coffee with additional almond milk.

Ingredients

- 1/2 cup Coffee
- 2 tbsps Pureed Pumpkin
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Pumpkin Pie Spice
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	120	Cholesterol	0mg
Fat	2g	Sodium	129mg
Carbs	24g	Vitamin A	5143IU
Fiber	2g	Vitamin C	1mg
Sugar	19g	Calcium	385mg
Protein	1g	Iron	1mg

Apple & Cinnamon Chia Pudding

7 ingredients · 3 hours · 1 serving



Directions

1. Add the chia seeds, ground flax seed, oat milk, stevia, cinnamon, and half of the apple to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.
2. Stir well before serving. Top with Brazil nuts and the remaining apple. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Chopped walnuts and/or hemp seeds.

Ingredients

- 3 tbsps Chia Seeds
- 1 1/2 tsps Ground Flax Seed
- 1 cup Oat Milk
- 1/4 tsp Stevia Powder
- 1 tsp Cinnamon
- 1 Apple (divided)
- 2 tbsps Brazil Nuts (chopped)

Nutrition

Amount per serving

Calories	518	Cholesterol	0mg
Fat	29g	Sodium	108mg
Carbs	62g	Vitamin A	106IU
Fiber	22g	Vitamin C	9mg
Sugar	26g	Calcium	649mg
Protein	13g	Iron	4mg

Carrot Cake Breakfast Bars

12 ingredients · 40 minutes · 10 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking pan with parchment paper.
2. In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
3. In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
4. Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
5. Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

Notes

Baking Pan Size

Use an 8x8 baking pan if making the standard 10 servings.

Optional Icing Drizzle

For the standard serving size of 10: Melt 3 tablespoons of coconut butter with 1 teaspoon of coconut oil over low heat. Then drizzle on top of the squares once they have completely cooled.

Leftovers

Store in the fridge in a sealed container for up to 5 days. Freeze for longer.

Flour

This recipe was developed and tested using almond flour only. We have not tested other flours with this recipe, but if you try a different flour combination, let us know how it turns out!

Ingredients

- 1 1/2 cups Almond Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Soda
- 3 Egg
- 1/4 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1 1/2 cups Grated Carrot
- 1/2 cup Walnuts (chopped)
- 1/4 Navel Orange (zested)

Nutrition

Amount per serving

Calories	213	Cholesterol	56mg
Fat	17g	Sodium	156mg
Carbs	12g	Vitamin A	2847IU
Fiber	3g	Vitamin C	3mg
Sugar	7g	Calcium	68mg
Protein	7g	Iron	1mg

Butternut Squash, Sage & Kale Frittata

7 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Heat the oil in an oven-safe pan over medium heat. Add the butternut squash and sauté for about five minutes.
3. Add the kale, garlic, sage, salt, and pepper. Sauté for another minute and add the whisked egg into the pan.
4. Transfer the pan into the oven and bake for 12 to 15 minutes or until cooked through. Slice and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A 7-inch (18 cm) round pan was used to make two servings. One serving is roughly half of the frittata.

More Flavor

Add mushrooms and goat cheese.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 1/2 cups Butternut Squash (seeds removed, cubed)
- 1 cup Kale Leaves (chopped)
- 1 Garlic (clove, minced)
- 1 1/2 tsps Fresh Sage (chopped)
- Sea Salt & Black Pepper (to taste)
- 4 Egg (whisked)

Nutrition

Amount per serving

Calories	218	Cholesterol	372mg
Fat	12g	Sodium	152mg
Carbs	14g	Vitamin A	12236IU
Fiber	3g	Vitamin C	32mg
Sugar	3g	Calcium	144mg
Protein	14g	Iron	3mg

Slow Cooker Beef Stew

11 ingredients · 4 hours · 6 servings



Directions

1. Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
2. Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
3. Ladle into bowls and enjoy!

Notes

Leftovers

Store in the fridge up to 3 days or freeze.

More Carbs

Serve it with roasted potatoes, rice or quinoa.

Add Greens

Stir in chopped kale or baby spinach just before serving.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 2 **lbs** Stewing Beef (sliced into bite-size pieces)
- 1/4 **cup** Red Wine Vinegar
- 2 **cups** Baby Carrots
- 1 Sweet Onion (diced)
- 2 1/2 **cups** Mushrooms (sliced)
- 1 **cup** Beef Broth
- 1/2 **tsp** Dried Thyme
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1/4 **cup** Brown Rice Flour

Nutrition

Amount per serving

Calories	311	Cholesterol	95mg
Fat	12g	Sodium	645mg
Carbs	16g	Vitamin A	7681IU
Fiber	3g	Vitamin C	8mg
Sugar	6g	Calcium	64mg
Protein	35g	Iron	4mg

Turkey Stir Fry

10 ingredients · 30 minutes · 2 servings



Directions

1. Make the sauce by mixing the coconut aminos, honey, garlic, and ginger together in a small bowl or jar. Set aside.
2. Heat the oil in a large skillet over medium-high heat. Add the onions and sauté for two to three minutes until softened. Add the turkey, breaking it up as it cooks. Cook for five minutes.
3. Add the coleslaw mix and cook for two minutes or until softened. Add the prepared sauce and cook another two minutes to five minutes, until well combined and the sauce thickens slightly.
4. Remove from the heat and stir in the green onions and the cilantro. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

More Flavor

Use ground chicken or pork in place of turkey.

Ingredients

- 2 **tblsps** Coconut Aminos
- 1 **1/2 tsps** Honey
- 2 **Garlic** (cloves, minced)
- 1 **1/2 tsps** Ginger (fresh, grated)
- 1 **tblsp** Avocado Oil
- 1/2 **Yellow Onion** (large, sliced)
- 12 **ozs** Extra Lean Ground Turkey
- 4 **cups** Coleslaw Mix
- 2 **stalks** Green Onion (chopped thinly)
- 1/4 **cup** Cilantro (chopped, plus more for garnish)

Nutrition

Amount per serving

Calories	417	Cholesterol	126mg
Fat	21g	Sodium	451mg
Carbs	24g	Vitamin A	6739IU
Fiber	5g	Vitamin C	75mg
Sugar	16g	Calcium	139mg
Protein	34g	Iron	4mg

Beet, Fennel & Carrot Slaw

10 ingredients · 10 minutes · 4 servings



Directions

1. Add the cabbage and fennel to a large bowl. Add half of the oil and season with salt. Massage with hands to soften the vegetables.
2. Add the beets, carrots, apples, radishes, and parsley to the bowl. Add the remaining oil and lemon juice. Season with salt and pepper and toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

More Flavor

Add red onion.

Ingredients

- 2 cups Green Cabbage (thinly sliced)
- 1/2 bulb Fennel (medium, thinly sliced)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Beet (medium, peeled, thinly sliced)
- 1 Carrot (medium, peeled, thinly sliced)
- 1 Apple (small, thinly sliced)
- 1/2 cup Radishes (medium, thinly sliced)
- 1/2 cup Parsley (chopped)
- 1/2 Lemon (medium, juiced)

Nutrition

Amount per serving

Calories	125	Cholesterol	0mg
Fat	7g	Sodium	60mg
Carbs	16g	Vitamin A	3546IU
Fiber	5g	Vitamin C	38mg
Sugar	10g	Calcium	58mg
Protein	2g	Iron	1mg

Pumpkin Pie Tarts with Coconut Whipped Cream

13 ingredients · 1 hour 30 minutes · 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°F (177°C) 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 to 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 to 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!

Notes

No Arrowroot Powder

Use tapioca flour instead.

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 Canned Coconut Milk (full fat, refrigerated overnight)

Nutrition

Amount per serving

Calories	281	Cholesterol	16mg
Fat	22g	Sodium	122mg
Carbs	18g	Vitamin A	7187IU
Fiber	3g	Vitamin C	2mg
Sugar	8g	Calcium	78mg
Protein	6g	Iron	2mg

Homemade Pumpkin Pie Spice

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Pumpkin Pie Squares

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.

Apple Crisp

10 ingredients · 1 hour · 8 servings



Directions

1. Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
2. Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
3. Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
4. Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
5. Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
6. Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
7. Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
8. Scoop into bowls and serve with coconut ice cream.

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Homemade Oat Flour

Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.

Ingredients

- 2 Apple (cored and sliced)
- 1/3 cup Maple Syrup (divided)
- 1 tbsp Coconut Flour (or 1 tbsp)
- 1/4 cup Unsweetened Applesauce
- 1 cup Oat Flour
- 3/4 cup Oats
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1/3 cup Coconut Oil
- 1 cup Coconut Ice Cream (optional)

Nutrition

Amount per serving

Calories	302	Cholesterol	0mg
Fat	14g	Sodium	218mg
Carbs	36g	Vitamin A	27IU
Fiber	4g	Vitamin C	2mg
Sugar	18g	Calcium	64mg
Protein	4g	Iron	1mg