INGREDIENTS
- 1½ C almond milk
- ½ C all natural pumpkin puree
- 3 Tbsp maple syrup or raw honey
- 2 Tbsp chia seeds
- 1 C uncooked steel cut oats
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger
- ¼ tsp ground clove
- 1 tsp vanilla extract

DIRECTIONS
1. In a medium bowl, mix together pumpkin puree, maple syrup, vanilla, spices, and almond milk until well combined. Stir in oats, and chia seeds.
2. Pour equally into mason jars and place in the refrigerator overnight. (Makes 2-3 servings)
3. Serve with coconut yogurt and pecans.
Recipes

ASIAN INSPIRED PEAR & PECAN SALAD

INGREDIENTS

- 8 cups baby greens
- 2 semi-firm pears, cored and cut into thin wedges
- 1/2 cup chopped pecans, lightly toasted
- 3-4 green onions, diced
- 2 Tbsp seasoned rice vinegar
- 1 tsp dijon mustard
- 1 Tbsp toasted sesame oil
- Salt & pepper to taste
- Dried cranberries for garnish

DIRECTIONS

1. Place greens in a large, shallow salad bowl. Scatter sliced pears, pecans, and green onions.
2. Whisk together the rice vinegar, mustard, sesame oil, salt, and pepper.
3. Pour the dressing over the salad, toss lightly, and serve on four individual plates.

*Optional: Add 1 lb. of diced chicken or tofu and serve on the bed of greens.

Nutrition Facts

4 servings per recipe

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<td>Total Fat 12.7g</td>
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<td>Saturated Fat 1.3g</td>
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<tr>
<td>Sodium 23.9mg</td>
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<tr>
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<tr>
<td>Sugar 11.9g</td>
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<tr>
<td>Fiber 4.5g</td>
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<tr>
<td>Protein 2.7g</td>
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Nutrients

- Potassium 324.7mg
- Manganese 0.7mg
- Vitamin A 315mcg
- Vitamin B2 0.7mg
- Vitamin B5 0.2mg
- Copper 0.3mg
- Calcium 35.7mg
- Zinc 0.9mg

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.
QUINOA SALAD WITH PECANS & CRANBERRIES

INGREDIENTS
- 1 cup dry quinoa
- 1 1/2 cups low-sodium vegetable stock
- 1 Tbsp chopped fresh parsley
- 1 Tbsp chopped fresh chives
- 1/3 cup chopped pecans
- 1/3 cup dried cranberries
- 2 Tbsp freshly squeezed lemon juice
- 2 Tbsp olive oil
- Salt & pepper to taste

NUTRITION FACTS
Servings: 4

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DIRECTIONS
1. Place quinoa in medium sauce pot with the vegetable stock/broth.
2. Cover the pot, bring to a full boil, then reduce to low and simmer for 15 minutes.
3. Remove from heat and set aside to cool.
4. Combine all other ingredients in a bowl. Pour on top of quinoa and mix together.
5. Serve immediately or cover and chill in the fridge. Enjoy!
*Optional: Add cubed chicken or tofu and serve atop a bed of greens
Bring a large pot of water to a boil. Add chicken and cook, 10-15 minutes, until fully cooked through. Remove from heat. Remove chicken from water and allow to cool completely. Cut into 1/2-inch cubes and place in a large bowl.

Add cole slaw mix, green onions, cilantro and peanuts to large bowl and toss to combine.

In a separate small bowl, whisk together peanut butter, soy sauce, lime juice, brown sugar, sesame oil, garlic and red pepper flakes until smooth. Pour sauce over dry ingredients and toss to coat completely.

Place 4-5 lettuce leaves on bottom half of each tortilla. Top each with a few heaping tablespoonfuls of chicken salad mixture. Fold over sides of tortilla, then roll up from bottom to top. Repeat with remaining tortillas. Cut tortillas in half and serve.