



A Taste of Fall

10 Healthy Recipes You Will Love!

HEALTHY FALL RECIPES

A Taste of Fall

Welcome to a taste of fall! We will be diving right into why eating healthy in the fall is so important. There are several seasonal benefits of healthy eating. In the cooler months, it's essential to nourish the body and warm it from the inside.

In the fall, you might be drawn to warmer foods because they are comforting. In the fall, it's wise to focus on eating nourishing and grounding foods. During this time, despite the cooler temperatures, more superfoods will be available at the grocery store. These foods can balance hormones, boost immunity, and provide energy. All of this together will promote overall health and wellbeing.

Common Swaps

Did you know that your epidermis is the largest organ in your body? The skin on your face is also finer, more sensitive, and more susceptible to damage than other areas, which is why so many dermatologists recommend regular moisturizing and UV protection. Even if you've got a clear, smooth complexion, there's nothing wrong with showing your face a little love with a homemade, holistic, edible facial!

Nourishing Your Body

As you focus on nourishing your body in the cooler months, you might enjoy trying new recipes. As you do this, it's a good idea to make some swaps to the recipes you might find. Even if they are healthy recipes, they might contain ingredients that have healthier alternatives. There are a few easy swaps you can make to better nourish your body.

- **Swap olive oil for vegetable oil.** Olive oil is one of the healthiest options out there when it comes to oils. Olive oil contains good fats. It's easy to use olive oil while cooking, as salad dressing, and more.
- **Swap sweet potatoes for potatoes.** Sweet potatoes are a perfect fall food and there's so much you can do with them. Sweet potatoes are a good alternative

to regular potatoes because they contain more vitamins and minerals. They're also a complex carbohydrate.

- **Swap quinoa for rice.** Quinoa is a gluten-free grain that's similar to rice, but it's much more nutritious. It contains iron, phosphorous, magnesium and zinc. It's also a good source of fiber and plant-based protein.
- **Swap cauliflower for rice, flour, meat, and more.** Cauliflower can be added to a number of recipes to make them more nutritious. Cauliflower is filled with fiber and antioxidants. It also contains many important nutrients.

Healthy Ways to Sweeten Food

Adding sweeteners to your food will only cause you to crave them all day long. There are healthier ways to sweeten your food that will provide health-boosting benefits. Try one of these healthy alternatives to sweeteners.

- **Cinnamon.** Cinnamon helps to regulate your blood glucose and boosts your metabolism too. It also has anti-inflammatory properties and is full of antioxidants.
- **Cardamom.** Cardamom has antioxidant and diuretic properties. It also may help to protect from chronic diseases.
- **Honey.** Honey is known for its antibacterial properties. Along with that, honey has antioxidants, contains some nutrients, and can improve cholesterol.
- **Maple syrup.** Maple syrup helps to protect skin health and can fight off inflammatory diseases. It's also full of vitamins and minerals.

10 Healthy Fall Recipes You Will Love

Here are 10 healthy recipes that are perfect for the autumn season. These recipes are dairy-free, gluten-free, and allergen-free, so they're perfect for nearly anyone. Plus, they're full of nutrients to give you immune support during the cooler months.

Creamy Vegan Cauliflower Soup

Soup is the perfect way to warm up on a brisk fall day. This soup is light, simple, and full of nutrients.

Ingredients (serves 4)

- 2 tbsp. extra virgin olive oil
- 4 cloves of garlic, chopped
- 1/2 chopped onion
- 1 head cauliflower, cut into florets
- 2 cups vegetable broth (500 ml)
- 1 cup unsweetened plant milk of your choice (250 ml)
- 1/2 tsp sea salt
- Pinch of ground black pepper
- 4 tbsp. nutritional yeast (optional)

Instructions

- Heat the oil in a large pot and add the garlic and onion.
- Cook over medium-high heat until golden brown.
- Add the cauliflower, broth and milk and bring it to a boil. Then cook over medium-high heat for about 15 to 20 minutes or until the cauliflower is soft.
- Add the salt, black pepper and nutritional yeast and blend using an immersion or a regular blender.
- Serve with your favorite toppings. We added some peas, toasted almond slices, chopped chives and more ground black pepper.

Source credit [<https://simpleveganblog.com/creamy-vegan-cauliflower-soup/>]

Oat Milk Pumpkin Spice Chai with Vanilla and Ginger

Nix the pumpkin spice latte and make yourself a warm, nutritious drink at home.

Ingredients (serves 2)

- 2 chai tea bags
- ½ teaspoon pumpkin pie spice
- ½ teaspoon fresh ginger, grated
- 1 cup unsweetened oat milk
- ½ teaspoon vanilla extract
- 1 teaspoon honey (feel free to use more if you want a sweet chai)

Directions

Steep 2 tea bags in 1 cup of water for 5 minutes.

- Add pumpkin pie spice, ginger, vanilla, and honey. Remove tea bags, and stir vigorously. Strain tea to catch any clumped pie spice or larger pieces of ginger.
- Pour into 2 cups, and top with hot oat milk. Using a milk frother is recommended, or you can heat the milk in the microwave or in a small pot on the stove.

Source credit [<https://aaptiv.com/magazine/pumpkin-spice-latte-recipes>]

Oven-Roasted Parsnips and Carrots

This recipe is quick and easy, making it a perfect side dish for any meal.

Ingredients (serves 8)

- 1 pound carrots, peeled and trimmed
- 1 pound parsnips, peeled and trimmed
- 3 tablespoons vegetable oil
- Salt
- 3 cloves garlic, finely chopped
- 1 teaspoon dried thyme

Directions

- Preheat oven to 475°F. Line a rimmed baking sheet with foil or parchment paper.
- Cut carrots and parsnips in half lengthwise and into 2-inch or 3-inch lengths and so all pieces are same thickness. Toss carrots and parsnips with 2 Tbsp. oil, season with salt, and spread in a single layer on prepared baking sheet. Roast until vegetables begin to brown, 20 to 25 minutes, shaking pan 2 or 3 times during cooking time.
- Mix remaining oil, garlic and thyme. Remove baking sheet from oven; drizzle mixture over vegetables and toss. Roast until vegetables are well-browned, 5 minutes more.

Source credit [<https://www.myrecipes.com/recipe/oven-roasted-parsnips-carrots>]

Sweet Potato Chickpea Buddha Bowl

This Buddha bowl is flavorful and filling. It's full of a variety of vegetables so you will get all kinds of nutrients.

Ingredients (serves 3)

Vegetables

- 2 Tbsp. olive, melted coconut, or avocado oil
- 1/2 medium red onion (sliced in wedges)
- 2 small sweet potatoes (halved)
- 1 bundle broccolini (large stems removed // chopped)
- 2 big handfuls kale (larger stems removed)
- 1/4 tsp each salt + pepper

Chickpeas

- 1 15-ounce chickpeas (drained, rinsed + patted dry)
- 1 tsp cumin
- 3/4 tsp chili powder
- 3/4 tsp garlic powder
- 1/4 tsp each salt + pepper
- 1/2 tsp oregano (*optional*)
- 1/4 tsp turmeric (*optional*)

Tahini sauce (*optional*)

- 1/4 cup tahini
- 1 Tbsp. maple syrup
- 1/2 medium lemon (juiced)
- 2-4 Tbsp. hot water (to thin)

Directions

- Preheat oven to 400 degrees F (204 C) and arrange sweet potatoes and onions on a bare baking sheet. Drizzle both with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet.
- Bake for 10 minutes, then remove from oven flip sweet potatoes and add broccolini. Drizzle broccolini with a bit of oil and season with a pinch each salt and pepper.
- Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 4-5 minutes then set aside.
- While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings.

- Once hot, add 1 Tbsp. oil (amount as original recipe is written // use half of total amount if altering batch size) and chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat. I found 10 minutes total at slightly over medium heat was perfect.
- Once the chickpeas are browned and fragrant, remove from heat and set aside.
- Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.
- To serve: slice sweet potatoes into bite size pieces. Divide vegetables between 3 serving bowls and top with chickpeas + tahini sauce.
- Best when fresh, though leftovers will keep for a few days in the fridge.

Source credit [<https://minimalistbaker.com/sweet-potato-chickpea-buddha-bowl/>]

Stuffed Acorn Squash

What's a more fitting fall vegetable than acorn squash? You can customize this recipe with your favorite vegetables and spices to make it your own.

Ingredients (serves 6)

- 3/4 cup dry quinoa
- 1 1/2 cups vegetable broth, low sodium
- 3 acorn squashes (medium-sized)
- 2 tablespoons olive oil + more for brushing acorn flesh
- 1 small onion, finely diced
- 1 stalk celery, finely diced
- 1 large apple, diced
- 8 ounces cremini mushrooms, diced
- 1/2 cup cranberries (fresh or frozen)
- 3 cloves garlic, minced
- 1 teaspoon sage
- 1 teaspoon thyme
- 1/2 teaspoon cinnamon
- 1 teaspoon Himalayan salt (or preferred salt), more to taste
- Fresh cracked pepper, to taste
- 2 tablespoons pure maple syrup

Directions

- Preheat oven to 425 degrees F
- Cut a thin slice off the bottom of each squash to create a flat edge, so the squash can stand up (*don't cut too much or it will leave a hole*). Cut stems off the tops if they protrude. Now cut each squash horizontally in half. Scoop out the membranes and seeds inside of the squash & discard. (*photos are in post above)
- Place the squash on a rimmed baking sheet, cut-side up. Brush the inside with olive oil and sprinkle with salt & pepper. (*Optional: *lightly brush with maple syrup to add a subtle sweetness*) Roast the squash for about 35-45 minutes, or until tender (test with a fork).
- Add the quinoa and broth to a medium pot. Bring to a boil and then turn heat down to maintain a low simmer. Cover with lid and cook until liquid is gone and quinoa is fluffy. This usually takes about 15-20 minutes to cook. Remove from heat and fluff with fork. Set aside.
- In a large pan, heat 2 tablespoons of oil over medium heat. Sauté the onion, celery, apples until softened. About 5-6 minutes
- Add the mushrooms, cranberries, garlic, sage, thyme, cinnamon, salt, and pepper. Sauté about 7-9 minutes, or until mushrooms and cranberries are tender (*if food sticks to the pan, you can splash a little vegetable broth or white wine to deglaze*).
- Remove from heat and add the cooked quinoa. Combine well and taste for seasoning, add more as needed.
- When the squash is ready, fill with the stuffing mixture. (*optional: *drizzle/spritz top of stuffing with oil for a crispier top*). Place in oven and bake 10-15 minutes, until the quinoa is lightly browned & crispy.

Source credit [<https://veganhuggs.com/stuffed-acorn-squash/>]

Easy Blender Thai Pumpkin Soup

Want to get in the fall mood? These pretty colors and autumn flavors are exactly what you need.

Ingredients (serves 3)

- ½ large onion, peeled, chopped
- 1 tablespoon olive oil
- 1 tablespoon tomato paste
- 1 tablespoon red Thai curry paste
- 1 15oz can pumpkin puree

- 1 tablespoon minced ginger root
- 1 garlic clove, peeled, chopped
- 1 cup vegetable broth
- 1½ cups coconut milk
- 2 slices of your favorite plain or whole-grain gluten-free bread, diced into chunks*
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon lemon juice

Optional Garnishes

- drizzle of coconut cream
- drizzle of sesame oil
- sprinkle of chili flakes
- sprinkle of pumpkin seeds

Directions

- Heat a pan over medium-high heat.
- Add in olive oil.
- Sauté onion in olive oil until soft.
- Add tomato paste, red curry paste, pumpkin puree, ginger, garlic, vegetable broth, and coconut milk to the pan and stir until thoroughly heated through.
- Transfer soup mixture to a blender and add in lemon juice, salt, pepper, and the bread chunks.
- Blend on low and slowly increase to the highest setting and blend for 30 seconds to 1 minute on high or until completely smooth.
- Divide between 3-4 bowls and garnish each bowl with the optional garnishes.
- Enjoy!

Source credit [<https://nutritioninthekitch.com/blender-thai-pumpkin-soup-vegan-gluten-free-a-vitamix-more-giveaway-from-organic-eats-magazine/>]

Roasted Tomato Soup

Tomato soup is a classic for the colder months. Tomatoes are a great source of vitamin C, potassium, folate, and vitamin K, making this soup both delicious and nutritious.

Ingredients (serves 4-6)

- 3 lbs. tomatoes*, cut in half
- 1/2 onion, cut into chunks
- 3 cloves garlic, minced

- 3 tbsp. olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 2/3 cup dairy free milk of choice (I use "So Delicious Unsweetened Coconut Milk")
- 1 tbsp. maple syrup
- Salt and pepper to taste

Directions

- Preheat oven to 400°F.
- Place tomatoes, onion, and minced garlic on a rimmed sheet tray lined with parchment paper.
- Drizzle olive oil, salt, pepper, basil, and oregano evenly over the tomatoes and stir to coat.
- Roast in the oven for 40-50 minutes or until the tomatoes are starting to brown.
- Place the tomatoes and onions in a high-powered blender and blend until smooth.
- Add dairy free milk and maple syrup to the blender, and blend to combine. Taste and adjust seasonings to your preference.
- Optionally pour the soup through a fine strainer to remove any excess tomato seeds or skin from the soup.

Source credit [<https://www.justwhatweeat.com/creamy-roasted-tomato-soup-gluten-free-vegan/>]

Mediterranean Baked Sweet Potatoes

As mentioned, sweet potatoes are a wonderful substitute for potatoes. These Mediterranean sweet potatoes are full of flavor.

Ingredients

- 4 medium (~1/3 lb. each) sweet potatoes
- 1 15-ounce can chickpeas (rinsed and drained)
- 1/2 Tbsp. olive oil
- 1/2 tsp each cumin, coriander, cinnamon, smoked (or regular) paprika
- 1 pinch sea salt or lemon juice (*optional*)

Garlic Herb Sauce

- 1/4 cup hummus (or tahini)

- 1/2 medium lemon, juiced (1/2 lemon yields ~1 Tbsp. juice)
- 3/4 - 1 tsp dried dill (or sub 2-3 tsp fresh per 3/4-1 tsp dried)
- 3 cloves garlic, minced (3 cloves yield ~1 1/2 Tbsp. or 9 g)
- Water or unsweetened almond milk (to thin)
- Sea salt to taste (*optional* // I didn't need any)

Toppings (optional)

- 1/4 cup cherry tomatoes (diced)
- 1/4 cup chopped parsley (minced)
- 2 tbsp. lemon juice
- Chili garlic sauce

Directions

- Preheat oven to 400 degrees F (204 C) and line a large baking sheet with foil.
- Rinse and scrub potatoes and cut in half length wise. This will speed cooking time. Otherwise leave whole and bake longer (approximately double the time (45 min - 1 hour).
- Toss rinsed and drained chickpeas with olive oil and spices and place on a foil-lined baking sheet.
- Rub the sweet potatoes with a bit of olive oil and place face down on the same baking sheet (or another baking sheet depending on size).
- While the sweet potatoes and chickpeas are roasting, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water to almond milk to thin so it's pourable. Taste and adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor. I found mine didn't need anything else.
- NOTE: If you don't have hummus, tahini will make a great base substitution for the sauce - just adjust the seasonings to accommodate the lack of flavor tahini provides.
- Also prepare the parsley-tomato topping by tossing tomato and parsley with lemon juice and setting aside to marinate.
- Once sweet potatoes are fork tender and the chickpeas are golden brown - roughly 25 minutes - remove from oven.
- For serving, flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, sauce and parsley-tomato garnish. Serve immediately.

Source credit [<https://minimalistbaker.com/mediterranean-baked-sweet-potatoes/>]

Cauliflower Pumpkin Risotto

Risotto is a simple dish that's fairly easy to make, and it seems more complicated than it actually is. It's savory and slightly sweet.

Ingredients (serves 2)

- 1 tbsp. coconut oil (sub avocado oil)
- 1 medium yellow onion, diced
- 2.5 cups cauliflower rice (pre-riced, or riced in the food processor)
- 4 tbsp. pumpkin puree
- 1/4 cup chicken broth
- 1 tsp dried sage
- 1/2 tsp sea salt
- 2 strips cooked bacon, chopped
- 1 tbsp. dried cranberries, unsweetened and not added oils
- 2 tsp parsley, chopped

Directions

- Melt the coconut oil in a deep skillet on medium heat.
- Add the yellow onion and sauté until the soft and transparent.
- Pour in the broth, cauliflower rice, and pumpkin puree and season with salt, and sage. Stir well to combine.
- Reduce heat to medium-low and allow to simmer for 8-10 minutes or until the broth is mostly absorbed by the cauliflower.
- Remove from heat and top with dried cranberries, bacon, and parsley.

Source credit [<https://unboundwellness.com/cauliflower-pumpkin-risotto/>]

5-Minute Smoky Pumpkin Hummus

Hummus makes a perfect side or appetizer because you can dip nearly anything in it. Of course, the pumpkin and cinnamon add a touch of fall flavor.

Ingredients (serves 12)

- 1 15-ounce can chickpeas drained and rinsed
- 1 cup canned pumpkin puree
- 1/4 cup tahini
- 2 garlic cloves
- 1 tablespoon agave (optional)
- 1/2 teaspoon McCormick Chipotle Chile Pepper

- 1/4 teaspoon cinnamon
- 2 tablespoons pumpkin seeds optional

Instructions

- Place all the ingredients (except the pumpkin seeds) into a food processor and blend until smooth. If your hummus is a little thick, thin it out with a little more agave or add a little olive oil or lemon juice.
- Transfer to a serving bowl and garnish with a sprinkle of smoked chipotle powder and pumpkin seeds. Serve with pretzels, popcorn, veggies, pita, etc.

Source credit [<https://theeverykitchen.com/5-minute-smoky-pumpkin-hummus/>]
