
EXOS[®]

FUEL WITH PURPOSE

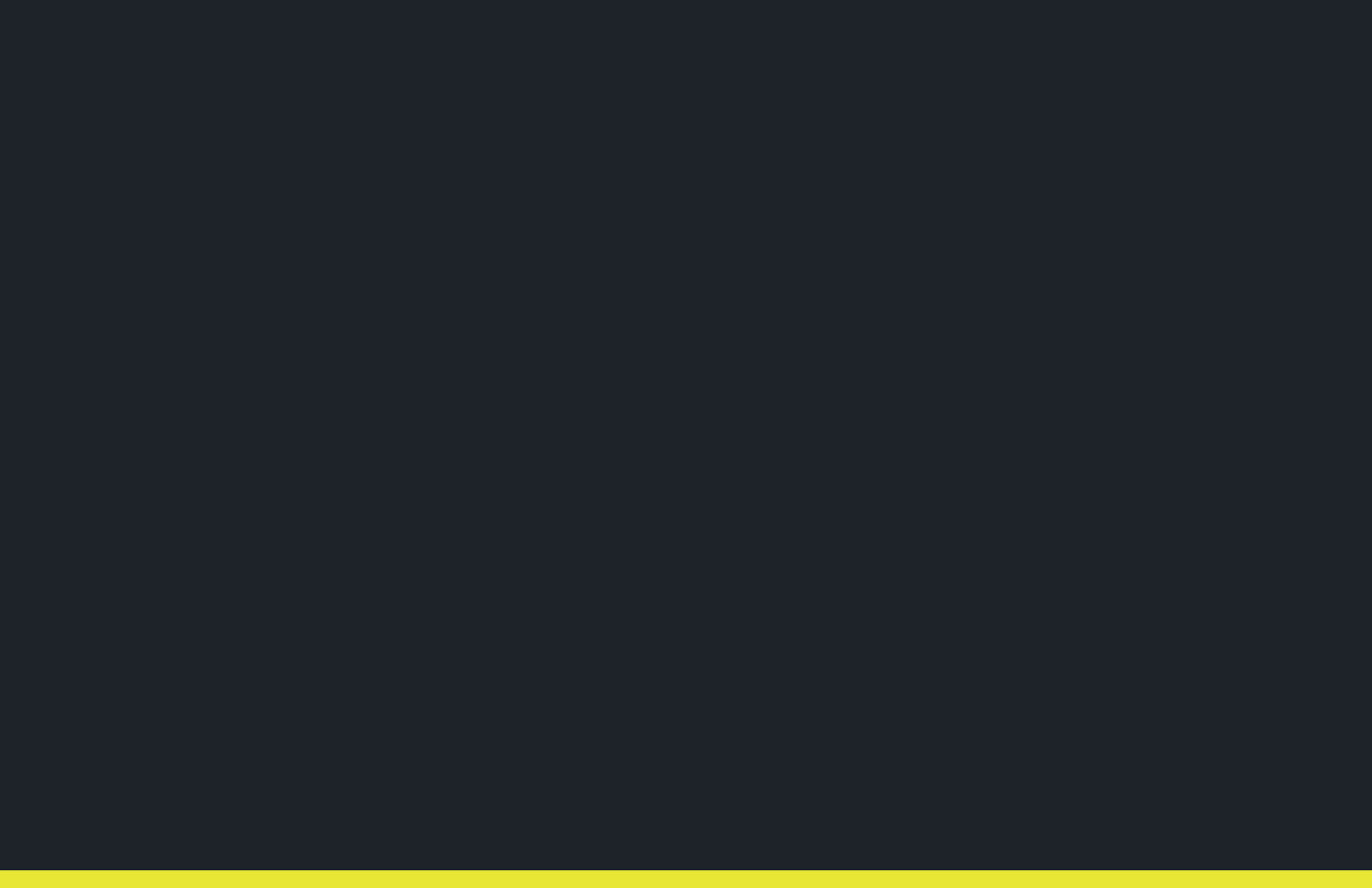
RECIPE BOOK

IT'S THAT TIME OF YEAR AGAIN -

when family and friends come together to give thanks and celebrate. As we all know, amazing food makes a great party, but that doesn't mean you have to throw your nutrition game plan out the window.

Take a balanced approach by making **healthy food choices 80 percent of the time** and leaving room for **treats or less healthy options up to 20 percent of the time**. That's what you'll find in our Fuel with Purpose Recipe Book – healthy, fresh meals with a few treats mixed in, all recommended by your EXOS dietitians. Whether you're hosting or making your way around as a VIP on the holiday party circuit, EXOS is here to help you impress.





CONTENTS

BREAKFAST 01

LUNCH 07

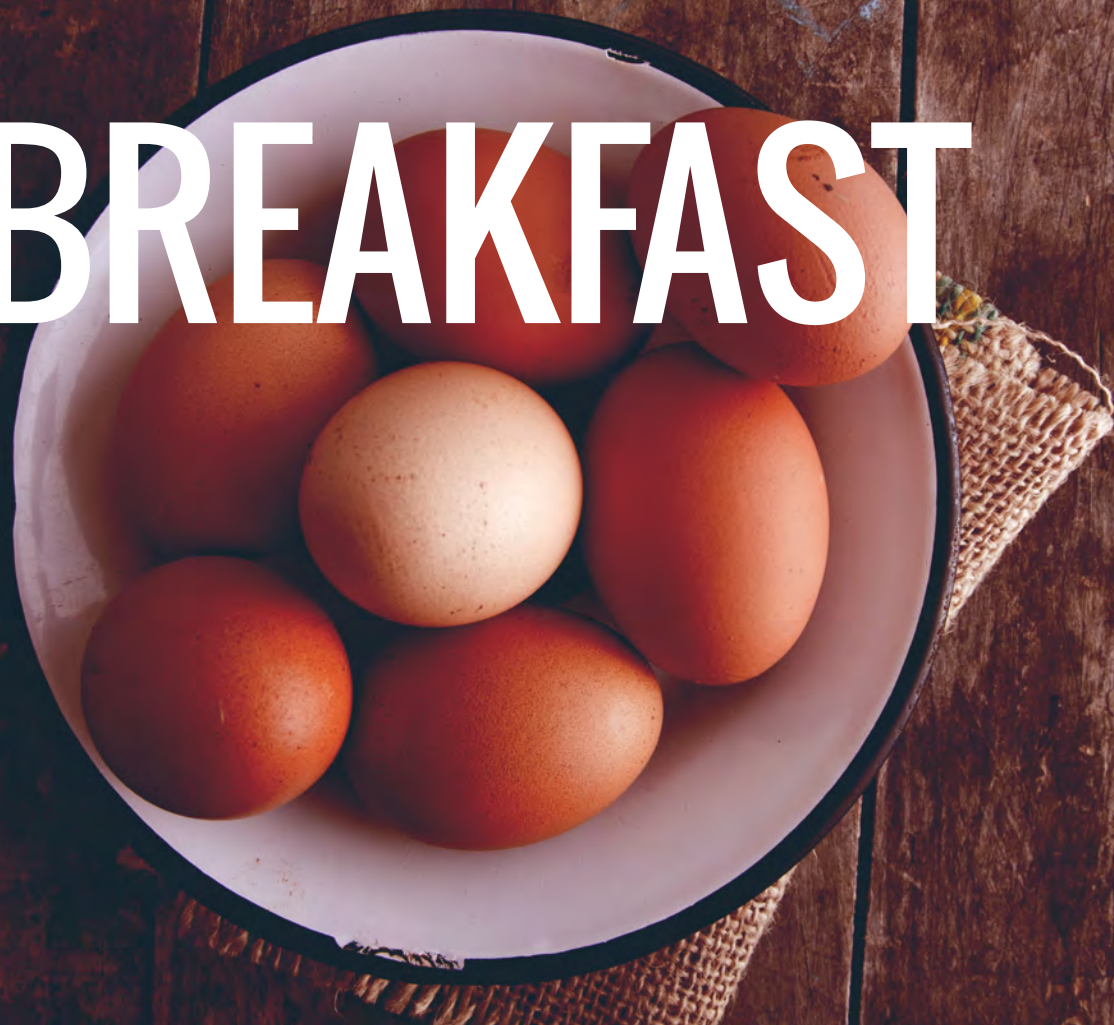
DINNER 15

SIDES 25

DESSERT 33

NUTRITIONAL INFO 38

BREAKFAST



SERVES
2-4

INGREDIENTS

- + 1 cup dry quinoa, rinsed and drained
- + 1 ½ cups almond milk, divided
- + ½ cup pumpkin puree
- + 1 tsp. cinnamon
- + ½ tsp. ginger
- + ⅛ tsp. cloves
- + ⅛ tsp. sea salt
- + 2 tbsp. ground flaxseeds
- + 2-3 tbsp. raw honey or maple syrup,
more as desired
- + ¼ cup chopped walnuts

PUMPKIN QUINOA PORRIDGE

INSTRUCTIONS

1. In a pot, add 1 cup of water and 1 cup of almond milk. Bring to a boil and add the quinoa, pumpkin puree, cinnamon, ginger, cloves, and salt. Turn down the heat to a simmer and cook for 10-12 minutes or until the liquid has evaporated.
2. Once the liquid has evaporated, take off the heat and stir in the ground flaxseeds. To serve, place some of the porridge in a bowl and add about ¼ cup almond milk or desired amount. Top with the walnuts, honey or maple syrup and coconut if using.

SERVES
1

INGREDIENTS

- + ½ cup 100% pure pumpkin puree
- + ½ cup unsweetened vanilla almond milk
- + ½ banana, frozen
- + ½ tbsp. organic honey
- + ½ tsp. pumpkin pie spice
- + ½ tsp. vanilla
- + 1 scoop vanilla protein powder

OPTIONAL

- + Chopped pecan pieces

PUMPKIN PIE SMOOTHIE

INSTRUCTIONS

1. Blend all of the ingredients together until smooth.
2. Garnish with optional chopped pecans.

NOTES:

If using fresh fruit instead of frozen, add 1 cup of ice cubes. Adjust ice or liquid accordingly for desired consistency.



YUM!

**PUMPKIN
PIE SMOOTHIE**

SERVES
4

INGREDIENTS

- + ½ cup extra-virgin olive oil
- + 3 tbsp. fresh lemon juice
- + ½ cup fresh cilantro, coarsely chopped
- + Coarse salt and freshly ground pepper
- + 1 small onion, minced (1 cup)
- + 2 cloves garlic, minced (1 tbsp.)
- + ½ medium butternut squash or 1 whole acorn squash (1 + ¼ lbs.), halved, seeded, peeled, and cut into ½-inch pieces (3 ½ cups)
- + 10 oz. carrots, peeled and cut into ½-inch pieces (1 ½ cups)
- + 2 cups packed, coarsely chopped kale
- + 4 large eggs

SQUASH HASH WITH KALE AND BAKED EGGS

INSTRUCTIONS

1. Preheat oven to 425 degrees. In a small bowl, whisk together ¼ cup plus 2 tbsp. oil, lemon juice, and cilantro, then season with salt and pepper.
2. Heat remaining 2 tbsp. oil in a large, straight-sided, ovenproof skillet (preferably cast iron) over medium-high heat. Add onion and garlic and cook for 3 minutes, stirring occasionally.
3. Add squash and carrots, season with salt and pepper, and transfer to oven. Roast, stirring once, until golden and tender (20-25 minutes).
4. Stir kale into squash mixture, along with ¼ cup cilantro mixture. Return to oven for 7 minutes.
5. Make 4 wells in vegetables and crack an egg into each. Season eggs with salt. Return to oven and bake until whites are set but yolks are still runny (4-6 minutes).
6. Serve, drizzled with more cilantro dressing.

SERVES
6

INGREDIENTS

- + 1 ½ cups steel cut oats (no substitutes)
- + ½ cup quinoa
- + 4 ½ cups water or almond milk
- + 4 tbsp. brown sugar
- + 2 tbsp. real maple syrup
- + 1/4 tsp. salt
- + 1 ½ tsp. vanilla extract

OPTIONAL

- + ¼ tsp. cinnamon
- + Fresh berries
- + Splash of milk
- + Additional sugar for topping

SLOW COOKER OVERNIGHT QUINOA & OATS

INSTRUCTIONS

1. Spray your slow cooker with non-stick spray. In a mesh strainer, rinse the quinoa well.
2. Combine steel cut outs, rinsed quinoa, water or almond milk, brown sugar, maple syrup, salt, vanilla extract, and cinnamon (if desired) in the slow cooker.
3. Stir well and cook on low for 6-7 hours.
4. If you're ready to serve, transfer to breakfast bowls with a splash of milk, fresh berries, and additional brown sugar if desired. If you're not ready to serve, transfer to another dish.

NOTES:

Don't leave the mixture in your slow cooker once it's done cooking. This creates a mushy texture and might even burn along the edges.

LUNCH



**SERVES
6-8**

INGREDIENTS

- + 12 cups water
- + 1 ½ cups quinoa, rinsed
- + 5 pickling cucumbers, peeled, ends trimmed, and cut into ¼-inch cubes
- + 1 small red onion, cut into ¼-inch cubes
- + 1 large tomato, cored, seeded, and diced
- + 1 bunch Italian parsley leaves, chopped
- + 2 bunches mint leaves, chopped
- + ½ cup extra-virgin olive oil
- + ¼ cup red wine vinegar
- + 1 lemon, juiced
- + 1 ½ tsp. salt
- + ¾ tsp. fresh ground black pepper
- + 4 heads endive, trimmed and separated into individual spears
- + 1 avocado, peeled, seeded and diced, for garnish

QUINOA SALAD

INSTRUCTIONS

1. Bring the water to a boil in a large saucepan. Add the quinoa, stir once, and return to a boil. Cook uncovered, over medium heat for 12 minutes.
2. Strain and rinse well with cold water, shaking the sieve well to remove all moisture. When dry, transfer the quinoa to a large bowl.
3. Add the cucumbers, onion, tomato, parsley, mint, olive oil, vinegar, lemon juice, salt, and pepper and toss well. Spoon onto endive spears, top with avocado, and serve.

SERVES
6

INGREDIENTS

- + ¾ lb. cooked turkey meat
- + 2 stalks celery
- + 2 green onions
- + ½ red bell pepper
- + 3 tbsp. low-fat mayonnaise
- + 2 tbsp. Dijon mustard
- + 1 tbsp. cider vinegar
- + 1 tsp. sugar
- + ¼ tsp. salt

TURKEY SALAD

INSTRUCTIONS

1. Chop 2 stalks of celery, 2 green onions, and ½ red bell pepper. Place chopped ingredients in a large bowl. Add ¾ pound of cooked, chopped turkey meat.
2. Create sauce by tossing in 3 tbsp. of low-fat mayonnaise, 2 tbsp. Dijon mustard, 1 tbsp. of cider vinegar, 1 tsp. of sugar, and ¼ tsp. salt. Toss thoroughly, refrigerate, then serve.

SERVES
4

INGREDIENTS

- + ¼ cup low-fat cream cheese
- + 8 slices whole wheat bread
- + ½ cup chopped walnuts
- + 12 oz. cooked turkey slices
- + ½ cup whole cranberry sauce
- + 4 slices low-fat Swiss cheese
- + 4 leaves lettuce

TURKEY CRANWICH

INSTRUCTIONS

1. Divide a ¼ cup of low-fat cream cheese between four slices of bread. Sprinkle each slice with ⅛ cup of walnuts, and then top with 3 oz. of turkey each.
2. Layer each slice of bread with ⅛ cup of cranberry sauce. Top with low-fat Swiss cheese, lettuce, and the other slice of bread.
3. Serve with your choice of side.

SERVES
6

INGREDIENTS

- + 2 ½ lb. chicken
- + 1 tbsp. vegetable oil
- + 3 medium jalapeños
- + 3 poblano chiles
- + 1 can Anaheim chile peppers
- + 2 medium onions
- + 6 cloves garlic
- + 2 tbsp. cumin
- + 1 ½ tsp coriander
- + 2 cans cannellini beans (15 oz. each)
- + 3 cups low-sodium chicken broth
- + 3 tbsp. lime juice
- + ½ cup cilantro leaves
- + 4 scallions
- + 1 tsp. salt
- + Pepper

SPICY CHICKEN CHILI

INSTRUCTIONS

1. Dice and shred chicken. Season chicken with salt and pepper to taste.
2. Heat 1 tbsp. vegetable oil in large Dutch oven over medium-high heat until just smoking. Add the chicken, and cook for 6-8 minutes (or until skin is brown). Turn chicken and lightly brown on the other side for about 2 minutes. Transfer chicken to a plate and set aside.
3. Remove and discard ribs and seeds from jalapeños. Mince the flesh.
4. In food processor, process poblano chiles, Anaheim chile peppers, and onions until you get a salsa-like consistency.
5. Pour off all but 1 tbsp. of fat from Dutch oven, and reduce heat to minimum. Add minced jalapeños, the chile-onion mixture, garlic (diced), cumin, coriander, and salt. Cover and cook, stirring occasionally, until vegetables soften (about 10 minutes). Remove pot from heat.
6. Transfer 1 cup of cooked vegetable mixture to the empty food processor. Add 1 cup beans and 1 cup broth. Process until smooth (about 20 seconds).
7. Add vegetable-bean mixture, remaining 2 cups broth and chicken to Dutch oven. Bring it to a boil over medium-high heat.
8. Reduce heat to medium-low and simmer, covered. Stir occasionally until chicken reaches appropriate internal temperature of 160 degrees (30-35 minutes).



POW!

**SPICY
CHICKEN
CHILI**

SERVES
4

INGREDIENTS

- + 1 medium sweet potato, chopped into 1-inch cubes
- + Drizzle of olive oil
- + 1 zucchini, chopped
- + 1 tsp. dried harissa spice (see note below)
- + 2 pitas, sliced in half
- + 1 small avocado, diced
- + Salad greens (i.e., baby arugula)
- + Salt & pepper

OPTIONAL

- + Pickled onions
- + Hemp seeds
- + Red chili flakes

HARISSA SPICED VEGGIE PITAS

INSTRUCTIONS

1. Preheat oven to 400 degrees. Toss chopped sweet potato cubes with olive oil, salt, and pepper and arrange on a baking sheet with parchment. Roast until golden brown (25-30 minutes).
2. Meanwhile, chop zucchini into 1-inch pieces. Place on a towel to dry out a bit before you roast. Halfway through the sweet potato roasting time, toss zucchini with olive oil, salt, and pepper and pop it into the oven. Roast the zucchini until golden brown and tender but not mushy (about 15 minutes).
3. Meanwhile stir together the ingredients for the yogurt sauce. Set aside.
4. Remove sweet potatoes and zucchini from the oven, and toss them together with some of the dried harissa spice.
5. Warm pitas (in the oven, toaster, or microwave), then fill with the veggies, avocado, hemp seeds, and serve the yogurt sauce on the side.

Yogurt Sauce

1 tbsp. olive oil, 1 tsp. dried harissa spice, ½ cup Greek yogurt, Squeeze of lemon, Salt & pepper to taste

SERVES
4-6

INGREDIENTS

- + ¼ cup extra virgin olive oil
- + 3 garlic cloves, chopped
- + 1 tsp. fresh rosemary, minced
- + 2 cups dried navy beans or other white beans
(or 6 cups canned beans)
- + 2 cups vegetable broth (more or less
depending on your desired consistency)
- + 1 tsp. salt (more to taste)
- + Ground black pepper taste
- + 1 small bunch fresh parsley, chopped
- + Thick slices of crusty bread, toasted

WHITE BEAN SOUP

INSTRUCTIONS

1. If using dried beans, prepare the night before by soaking and cook until just tender. If using canned beans, measure 6 cups.
2. Put the oil, rosemary and chopped garlic in a soup pot and turn on the heat to medium.
3. Cook the garlic, stirring it, until it's golden in color. Add the drained cooked or canned beans, a teaspoon of salt, and some fresh ground pepper.
4. Cover and simmer gently for 5 to 6 minutes. Add the vegetable stock – more if you like it soupy, less if you like it thick.
5. Using an immersion blender, blend the beans for just a couple seconds, creating a creamy consistency. Simmer for another 5 to 6 minutes, add salt and pepper to taste.
6. Serve soup over toasted bread slices and top with fresh parsley.

DINNER



SERVES
6-8

INGREDIENTS

- + 1 chicken
- + 1 onion
- + 5 carrots
- + 3 cups chicken broth
- + 1 tsp. salt
- + 1 tsp. pepper
- + 1 tsp. paprika

CROCK-POT ROASTED CHICKEN

INSTRUCTIONS

1. Pour chicken broth into the bottom of the Crock-Pot (be sure it covers about 1 inch of the Crock-Pot). Chop onion and place it in with the chicken broth.
2. Wash whole chicken and clean fully (remove neck, insides, etc.). Place cleaned chicken in the Crock-Pot.
3. Add chopped carrots. Season with salt, pepper, and paprika. Cook for 6-8 hours on low.

SERVES
4

INGREDIENTS

- + 1 cup prepared barbecue sauce
- + 2 racks baby back ribs, each about 2 pounds

RUB

- + 1 tbsp. kosher salt
- + 2 tsp. paprika
- + 2 tsp. granulated garlic
- + 2 tsp. dried thyme
- + ½ tsp. fresh ground black pepper

FOIL-WRAPPED BABY BACK RIBS

INSTRUCTIONS

1. Soak the wood chips in water for at least 30 minutes.
2. Prepare the grill for direct cooking over medium heat (350° to 450°F).
3. In a small bowl mix the rub ingredients.
4. Remove the membrane from the back of each rack of ribs. Cut each rack crosswise in the middle to create two smaller racks.
5. Season each half rack evenly with the rub. Using eight 18-by-24-inch sheets of heavy-duty aluminum foil, double wrap each half rack in its own packet.
6. Brush the cooking grates clean. Place the ribs on the grill over direct medium heat and cook for 1 hour, with the lid closed, occasionally turning the packets over for even cooking, making sure not to pierce the foil.
7. Remove the packets from the grill and let rest for about 10 minutes. Carefully open the foil packets, remove the ribs, and discard the rendered fat and foil.
8. Drain. Grill over direct medium heat, with the lid closed as much as possible, until they are sizzling and lightly charred, 10 to 12 minutes, turning and basting once or twice with the sauce. Remove from the grill and let rest for about 5 minutes. Cut into individual ribs and serve warm with any remaining sauce.

SERVES
4

INGREDIENTS

- + 2 cups whole milk
- + 1 cup fat-free, lower-sodium chicken broth
- + $\frac{3}{4}$ cup uncooked polenta
- + 3 oz. -less-fat cream cheese, softened
- + 6 tbsp. balsamic vinegar
- + 1 $\frac{1}{2}$ tsp. fresh rosemary, chopped
- + $\frac{1}{4}$ tsp. kosher salt
- + $\frac{1}{2}$ tsp. fresh ground black pepper
- + 2 large garlic cloves, minced
- + 4 (4 oz.) boneless center-cut pork chops, trimmed

BALSAMIC-GLAZED PORK CHOPS & POLENTA

INSTRUCTIONS

1. Bring 2 cups milk and broth to a simmer in a medium saucepan over medium heat. Gradually add polenta. Cook for 20 minutes or until thick and bubbly, stirring frequently with a whisk; remove from heat. Stir in cream cheese. Keep warm.
2. Place vinegar in a small saucepan over medium-high heat. Bring to a boil, and cook until reduced by half (about 5 minutes).
3. Place a grill pan over medium-high heat. Combine rosemary, salt, pepper, and garlic; rub mixture over pork. Place pork in pan; cook for 5 minutes on each side or until desired degree of doneness, basting with vinegar. Let stand 5 minutes before slicing. Serve with polenta.

SERVES
24

INGREDIENTS

- + 12 lb. turkey
- + 1 carrot
- + 2 stalks celery
- + 1 onion
- + 1 orange
- + 2 sprigs rosemary
- + 6 sprigs thyme
- + ½ cup extra virgin olive oil
- + Salt and pepper

STUFFED TURKEY

INSTRUCTIONS

1. Preheat oven to 325 degrees. Clean out the turkey cavity.
2. Chop carrot, celery, and onion into cubes. Quarter 1 orange.
3. Salt and pepper the turkey cavity, and stuff with cubed veggies, rosemary, thyme, and salt and pepper. Tie the legs together, and tuck the wing tips.
4. Rub the entire turkey with ½ cup of extra virgin olive oil. Sprinkle turkey with salt, pepper, and dried thyme.
5. Place turkey breast side up on a roasting rack. Cook for 3-4 hours or until internal temperature reaches 180-185 degrees in the thigh or 170-175 degrees in the breast.
6. Remove vegetables from the cavity. Let stand turkey stand for 20 minutes before carving.



JUICY!

**STUFFED
TURKEY**

SERVES
15-18

INGREDIENTS

- + 4 tbsp. unsalted butter
- + 1 cup onions, chopped
- + ½ cup celery, chopped
- + 6 cups cubed bread
- + 1 tsp. poultry seasoning
- + ½ tsp. dried thyme
- + ½ tbsp. fresh sage, chopped
- + ½ tbsp. fresh rosemary, chopped
- + ½ tbsp. fresh thyme, chopped
- + 2 cups vegetable stock

STUFFING WAFFLES

INSTRUCTIONS

1. Melt butter in a skillet over medium heat. Add onion and celery, cook for approximately 10 minutes, stirring occasionally, until soft.
2. Place cubed bread and herbs in a large mixing bowl. Add cooked onion and celery to the mixing bowl, and pour the stock over the top.
3. Mix until combined. The stuffing should be very soft and malleable to the touch.
4. Lightly oil your waffle maker and add the mixture one serving at a time. A mini waffle should take only 4-5 minutes to cook through. Serve immediately.

NOTES:

Making these waffles with leftover stuffing? Add ½ cup of stock at a time to your already made stuffing, until the mixture is wet but not liquid. You should be able to roll the stuffing into a ball and have the shape hold. Then cook on your waffle maker as directed above.

SERVES
4

INGREDIENTS

- + 1 (14.5 oz.) can stewed tomatoes
- + 1 (14.5 oz.) can fat-free, reduced-sodium chicken or vegetable broth
- + ½ tsp. dried Italian seasoning
- + 3 cups frozen cheese ravioli or fresh cheese tortellini (about 12 oz.)
- + 1 small zucchini, sliced
- + ¼ tsp. fresh ground pepper

TOMATO-CHEESE RAVIOLI SOUP

INSTRUCTIONS

1. Combine stewed tomatoes, chicken or vegetable broth, and Italian seasoning in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
2. Add ravioli, zucchini, and pepper; bring to a boil. Cover, reduce heat, and simmer 7 to 8 minutes or until pasta and zucchini are tender.

SERVES
8

INGREDIENTS

- + 2 cups dry brown lentils
- + 1 small yellow onion
- + 2 cloves garlic
- + 2 tbsp. olive oil
- + 1 packet taco seasoning
- + 1 tsp. salt
- + 16 small corn tortillas
- + 8 oz. sour cream
- + 2 small avocados
- + Salsa

LENTIL TACOS

INSTRUCTIONS

1. In a skillet over medium heat, lightly toast corn tortillas on both sides. Tortillas should be lightly browned in some spots but still pliable.
2. Sort and rinse lentils. Bring 3 cups of water to a rolling boil in a medium pot, add the lentils.
3. Let the pot return to a boil, reduce the heat to low, and cover. Allow lentils to simmer for 20 minutes. After 20 minutes, taste the lentils to test the texture. They should be tender but not mushy. Drain the lentils in a colander.
4. Dice onion, mince garlic, and cook with olive oil in a large skillet over medium heat until tender.
5. Add drained lentils, taco seasoning, and about $\frac{1}{2}$ cup water. Stir and cook over medium heat until the mixture has thickened (about 3-5 minutes). Season to taste with salt.
6. Build the tacos, using about $\frac{1}{4}$ cup of seasoned lentils per taco, one slice of avocado, a small amount of salsa, and sour cream.

SERVES
4

INGREDIENTS

- + 2 tbsp. vegetable oil, divided
- + 8 - 10 oz. mushrooms (white or cremini),
diced
- + ½ white onion, diced
- + 1 large carrot, diced
- + 1 stalk celery, diced
- + ½ green bell pepper, diced
- + ¾ cup cooked lentils
- + ½ - ¾ cup ketchup
- + 1 tsp. vegetarian Worcestershire sauce
- + ½ tsp. mustard
- + Sea salt and black pepper to taste
- + 4 whole wheat buns

VEGETARIAN SLOPPY JOES

INSTRUCTIONS

1. In a large skillet, heat 1 tbsp. vegetable oil over medium-high heat. Sauté the mushrooms until they are browned. Remove from pan and set aside.
2. Add the remaining 1 tbsp. of oil to the pan and sauté the onion until translucent. Add carrots, celery, and bell pepper and cook over medium heat for 5 minutes.
3. Place the mushrooms back in the pan and add lentils, ketchup, Worcestershire sauce, and mustard. Turn heat to low and stir. Season to taste with salt and pepper.
4. Serve sloppy joe mixture between buns.

NOTES:

For more flavor, add ½ a vegetable bouillon cube to the pan with the onions.

SIDES



SERVES
4

INGREDIENTS

- + 2 lbs. asparagus
- + 4 oz. turkey bacon
- + 1 tbsp. extra virgin olive oil
- + 2 cloves garlic, sliced thin
- + 1 cup yellow onion, sliced thin
- + ½ tsp. salt

ADDICTIVE ASPARAGUS

INSTRUCTIONS

1. To trim the asparagus, hold each end and bend in half until it snaps. Discard the bottom end of the asparagus and reserve the tops for later.
2. Heat your saute opan over medium heat. Add the bacon, oil, garlic, and onions to the pan. Stir the mixture occasionally until the bacon starts to get crispy and the onions are tender (about 10 minutes).
3. Add the reserved asparagus stems and salt to the pan. Stir the asparagus into the other ingredients and let cook until asparagus is tender (about 5 minutes).
4. Transfer everything in the pan to a serving dish and serve hot.

SERVES
8

INGREDIENTS

- + 6 ears fresh corn
- + 2 ¼ cups water
- + 1 tbsp. olive oil
- + 3 oz. crumbled feta cheese
- + ½ tsp. salt
- + ¼ tsp. ground black pepper

CREAMED CORN

INSTRUCTIONS

1. Shuck the corn, removing leaves and the silk from the cob. Use a sharp knife to remove the tip and stem of the cob of corn.
2. Stand the corn on its flat end and use a very sharp knife or serrated knife to strip the kernels from the cob.
3. Put the kernels in a small sauce pot and cover with water. Bring pot to a boil and then reduce heat to low. Cook the kernels for 12 minutes on low heat.
4. Pour the kernels and the cooking liquid into a blender and blend for 3-4 minutes until smooth.
5. Return blended kernels to the saucepan and cook on low heat for 10-15 minutes. It's ready when the mixture thickens to the consistency of mashed potatoes.
6. At this point, stir in the olive oil, feta cheese, salt, and pepper. Cook on low for 2 minutes.

SERVES
8

INGREDIENTS

- + 2 lbs. carrots, peeled, sliced, ¼ inch
- + 2 fl. oz. maple syrup
- + ½ tsp. salt
- + 2 fl. oz. orange juice
- + 1 cup water

MAPLE GLAZED CARROTS

INSTRUCTIONS

1. Put all ingredients together in your saucepan and stir with a wooden spoon to combine.
2. Put the pot on the stove over high heat. When the liquid starts to boil, reduce the heat to low.
3. Let the carrots cook until the liquid is almost entirely reduced, stirring occasionally.
4. If you want the carrots to be a little firmer, start with ½ cup water, if you want them to be more mushy, start with 1 ½ - 2 cups water.
5. When the liquid starts to get close to the consistency of syrup, remove the pot from heat, pour into a serving bowl and serve immediately.

SERVES
4-6

INGREDIENTS

- + 3 pounds Brussels sprouts, trimmed, halved (quartered if large)
- + 5 tbsp. olive oil
- + 2 tsp. kosher salt
- + ½ tsp. fresh ground black pepper

ROASTED BRUSSELS SPROUTS

INSTRUCTIONS

1. Preheat oven to 450 degrees.
2. Toss Brussels sprouts, oil, salt, and pepper on a rimmed baking sheet. Roast, tossing occasionally, until tender and browned (35–45 minutes).



ZESTY!

**ROASTED
BRUSSELS
SPROUTS**

SERVES
2

INGREDIENTS

- + 3 sweet potatoes, peeled, diced
- + 1 tsp. unsalted butter
- + 1 tsp. brown sugar
- + Salt
- + Pepper

MASHED SWEET POTATOES

INSTRUCTIONS

1. Place peeled and diced sweet potatoes and water (make sure water covers potatoes) in a pot over high heat.
2. Cover the pot and bring the water to a boil.
3. Once the water boils, open the lid slightly and leave it that way until the sweet potatoes soften. Drain the water.
4. Add brown sugar, unsalted butter, salt, and pepper. Mash the sweet potatoes to the desired consistency and serve.

SERVES
2-4

INGREDIENTS

- + 1 acorn squash
- + 2 sprigs fresh rosemary
- + 1 tsp. fresh thyme
- + Olive oil
- + Sea Salt
- + Fresh ground black pepper

ROASTED ACORN SQUASH

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Cut the squash in half lengthwise. Scoop out the center of the squash, removing all the seeds then cut in pieces.
3. Place the squash in an unlined baking dish. Drizzle with olive oil. Season with fresh thyme, rosemary, sea salt, and fresh ground black pepper.
4. Bake for 30 minutes, or until fork tender.

DESSERT



16
COOKIES

INGREDIENTS

- + 2 large old bananas
- + 1 cup oats (quick or regular)

OPTIONAL MIX-INS

- + Chocolate chips
- + Crushed walnuts
- + Cinnamon
- + Raisins

TWO INGREDIENT COOKIES

INSTRUCTIONS

1. Preheat oven to 350 degrees. Grease your cookie sheet.
2. Mix bananas and oats together.
3. Add additional mix-ins that sound yummy to you or leave them plain.
4. Bake at 350 degrees for 15 minutes.

NOTES:

Because all bananas are different sizes, the needed measurements can vary. If it seems too runny and the cookies would flatten out too much, add in more oatmeal. Make sure to not add in TOO many mix-ins as the cookies won't hold together very well.

SERVES
2

INGREDIENTS

+ 1 large ripe banana

OPTIONAL MIX-INS

+ Spoonful of peanut butter

+ Drizzle of honey

+ Chocolate chips

+ Almonds

+ Nutella

+ Cookie butter

+ Tbsp. cocoa powder

+ ½ tsp. cinnamon, cardamom, or ginger

ONE-INGREDIENT BANANA ICE CREAM

INSTRUCTIONS

1. Peel ripe bananas and cut them into coins.

2. Put the bananas in an airtight container and freeze for at least 2 hours, but ideally overnight.

3. Blend the frozen banana pieces in a small food processor or powerful blender. At first the banana pieces will look crumbled or smashed. Scrape down the food processor.

4. Keep blending — the banana will look gooey. Scrape down the food processor.

5. Keep blending — the banana will look like oatmeal. It will get smoother but still have chunks of banana in it. Scrape down the food processor.

6. Watch the magic happen! Suddenly, as the last bits of banana smooth out, you'll see the mixture shift from blended banana to creamy, soft-serve ice cream texture. Blend for a few more seconds to aerate the ice cream.

7. Add mix-ins or leave plain.

8. Transfer to an airtight container and freeze until solid. You can eat the ice cream immediately, but it will be quite soft. You can also transfer it back into the airtight container and freeze it until solid, like traditional ice cream.

Equipment

Knife, cutting board, airtight, freezer-safe container, small food processor, spatula



MMM!

**BANANA
ICE CREAM**

SERVES
9

INGREDIENTS

- + 1 cup all-purpose flour
- + ½ cup packed light brown sugar
- + 1 cup regular oats
- + ¼ tsp. ground cinnamon
- + ¼ cup chilled butter or stick margarine,
cut into small pieces
- + 3 tbsp. chopped walnuts
- + 7 cups sliced peeled Rome apple
(about 3 pounds)
- + ¼ cup maple syrup
- + ½ tsp. ground cinnamon

MAPLE-WALNUT APPLE CRISP

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, sugar, oats, and ¼ tsp. cinnamon in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly. Stir in walnuts.
3. Combine apple and remaining ingredients in a large bowl; toss well. Spoon apple mixture into an 8-inch square baking dish or 1 ½-quart casserole dish. Sprinkle with crumb mixture.
4. Bake at 375° for 45 minutes or until golden brown. Serve warm.

INGREDIENTS

- + 2 ½ cups all-purpose flour
- + 1 tsp. baking powder
- + 1 tsp. baking soda
- + 2 tsp. ground cinnamon
- + ½ tsp. ground nutmeg
- + ½ tsp. ground cloves
- + ½ tsp. salt
- + ½ cup butter, softened
- + 1 ½ cups white sugar
- + 1 cup canned pumpkin puree
- + 1 egg
- + 1 tsp. vanilla extract
- + 2 cups confectioners' sugar
- + 3 tbsp. milk
- + 1 tbsp. melted butter
- + 1 tsp. vanilla extract

ICED PUMPKIN COOKIES**INSTRUCTIONS**

1. Preheat oven to 350 degrees. Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt; set aside.
2. In a medium bowl, cream together the ½ cup of butter and white sugar. Add pumpkin, egg, and 1 tsp. vanilla to butter mixture, and beat until creamy. Mix in dry ingredients.
3. Drop on cookie sheet by tablespoonfuls; flatten slightly. Bake for 15-20 minutes.
4. Meanwhile, make glaze. Combine confectioners' sugar, milk, 1 tbsp. melted butter, and 1 tsp. vanilla. Add milk as needed, to achieve drizzling consistency.
5. Cool cookies, then drizzle glaze with fork.

NUTRITIONAL INFO

Pumpkin Quinoa Porridge

Calories: 314; Total Fat: 10.3g; Protein: 11.9g; Total Carbohydrates: 45.3g;
Dietary Fiber: 5.7g; Sodium: 107mg

Pumpkin Pie Smoothie

Calories: 270; Total Fat: 3.1g; Protein: 25.2g; Total Carbohydrates: 38.1g;
Dietary Fiber: 5.2g; Sodium: 78mg

Squash Hash with Kale & Baked Eggs

Calories: 377; Total Fat: 30.4g; Protein: 9g; Total Carbohydrates: 21.5g;
Dietary Fiber: 4.2g; Sodium: 107mg

Slow-Cooker Overnight Quinoa & Oats

Calories: 173; Total Fat: 2.2g; Protein: 4.7g; Total Carbohydrates: 33.4g;
Dietary Fiber: 3.1g; Sodium: 182mg

Quinoa Salad

Calories: 430; Total Fat: 20.8g; Protein: 13.8g; Total Carbohydrates: 54.7g;
Dietary Fiber: 18.4g; Sodium: 182mg

Turkey Salad

Calories: 137; Total Fat: 5.5g; Protein: 17.1g; Total Carbohydrates: 3.9g;
Dietary Fiber: 0.6g; Sodium: 696mg

Turkey Cranwich

Calories: 548; Total Fat: 27.4g; Protein: 47.0g; Total Carbohydrates: 27.4g;
Dietary Fiber: 5.4g; Sodium: 507mg

Spicy Chicken Chili

Calories: 475; Total Fat: 8.9g; Protein: 65.8g; Total Carbohydrates: 31.2g;
Dietary Fiber: 10.9g; Sodium: 559mg

Harissa Spiced Veggie Pitas

Calories: 287; Total Fat: 17.4g; Protein: 5.2g; Total Carbohydrates: 30.2g;
Dietary Fiber: 5.9g; Sodium: 182mg

White Bean Soup

Calories: 383; Total Fat: 10.3g; Protein: 19.8g; Total Carbohydrates: 55.2g;
Dietary Fiber: 17.6g; Sodium: 785mg

Crockpot Roasted Chicken

Calories: 449; Total Fat: 8.8g; Protein: 80g; Total Carbohydrates: 7.6g;
Dietary Fiber: 1.9g; Sodium: 996mg

Foil-Wrapped Baby Back Ribs

Calories: 558; Total Fat: 27.9g; Protein: 60g; Total Carbohydrates: 12.4g;
Dietary Fiber: 0.6g; Sodium: 1383mg

Balsamic-Glazed Pork Chops & Polenta

Calories: 407; Total Fat: 13.3g; Protein: 38.4g; Total Carbohydrates: 30.7g;
Dietary Fiber: 1.0g; Sodium: 387mg

Stuffed Turkey

Calories: 428; Total Fat: 15.6g; Protein: 66g; Total Carbohydrates: 1.6g;
Dietary Fiber: 0g; Sodium: 162mg

Stuffing Waffle

Calories: 71; Total Fat: 3.6g; Protein: 1.4g; Total Carbohydrates: 8.4g;
Dietary Fiber: 0.8g; Sodium: 135mg

Tomato-Cheese Ravioli Soup

Calories: 342; Total Fat: 6.4g; Protein: 14.1g; Total Carbohydrates: 57.6g;
Dietary Fiber: 1.6g; Sodium: 334mg

Lentil Tacos

Calories: 475; Total Fat 21.2g; Protein: 18g; Total Carbohydrates: 57g;
Dietary Fiber: 21g; Sodium: 334mg

Vegetarian Sloppy Joes

Calories: 384; Total Fat 9.5g; Protein: 16.5g; Total Carbohydrates: 60.5g;
Dietary Fiber: 14g; Sodium: 740mg

Addictive Asparagus

Calories: 126; Total Fat: 4.7g; Carbohydrate: 12.0g; Protein: 10.9g;
Fiber: 5.4g; Sodium: 516mg

Creamed Corn

Calories: 87; Total Fat 4.4g; Protein: 2.9g; Total Carbohydrates 11g;
Dietary Fiber: 1.3g; Sodium: 121mg

Maple-Glazed Carrots

Calories: 76; Total Fat: 0.0g; Carbohydrate: 18.7g; Protein: 1.0g;
Fiber: 2.8g; Sodium: 227 mg

Roasted Brussels Sprouts

Calories: 238; Total Fat: 14.9g; Carbohydrate: 24.9g; Protein: 9.3g;
Fiber: 10.3g; Sodium: 998mg

Mashed Sweet Potatoes

Calories: 288; Total Fat 2.3g; Protein: 3.5g; Total Carbohydrates: 64g;
Dietary Fiber: 9.2g; Sodium: 34mg

Roasted Acorn Squash

Calories: 62; Total Fat: 0.4g; Carbohydrate: 15.7g; Protein: 1.2g; Fiber: 2.6g;
Sodium: 18mg

Two Ingredient Cookies (with no mix-ins)

Total Fat: 0.4g; Carbohydrate: 6.8g; Protein: 0.4g; Fiber: 1g;
Sodium: 0mg

One Ingredient Banana Ice Cream (with no mix-ins)

Total Fat: 0.2g; Carbohydrate: 15.5g; Protein: 0.7g; Fiber: 1.8g;
Sodium: 1mg

Maple-Walnut Apple Crisp

Calories: 188; Total Fat: 7.1g; Carbohydrate: 31.5g; Protein: 1.8g; Fiber: 2.8g;
Sodium: 41mg

Iced Pumpkin Cookies

Calories: 144; Total Fat: 3.8g; Carbohydrate: 27g; Protein: 1.4g; Fiber: .6g;
Sodium: 108mg

SOURCES

www.foodbabe.com

www.marthastewart.com

www.skinnymom.com

www.chelseasmessyapron.com

www.coreperformance.com/knowledge/recipes

www.foodnetwork.com

www.loveandlemons.com

www.earthyfeast.com

www.weber.com

www.myrecipes.com

www.jjbegonia.om

www.budgetbytes.com

www.spicysouthernkitchen.com

www.food.com

www.allrecipes.com

www.bonappetit.com

www.mycleankitchen.com

www.thekitchn.com

www.theburlapbag.com



WANT TO LEARN MORE ABOUT OUR
SERVICES AND SIMPLE STRATEGIES?

CONNECT WITH EXOS TODAY!