



NATALIE ZISES

Fall Recipe E-Book

<https://www.NatalieZises.com/>

Fruits

- 3 Apple
- 2 tbsps Lemon Juice
- 1 Lime

Breakfast

- 1/4 cup Almond Butter
- 2 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 2 tsps Cinnamon
- 1 tsp Cumin
- 2 tbsps Curry Powder
- 1 tsp Dried Basil
- 2 tbsps Ground Flax Seed
- 1 1/3 tbsps Italian Seasoning
- 1/4 tsp Red Pepper Flakes
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Sesame Seeds
- 1/4 cup Sliced Almonds

Vegetables

- 3 cups Asparagus
- 8 cups Baby Spinach
- 1/4 cup Basil Leaves
- 2 heads Cauliflower
- 1/2 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 19 Garlic
- 2 tbsps Ginger
- 3 stalks Green Onion
- 16 cups Kale Leaves
- 120 grams Roasted Red Peppers
- 4 cups Rutabaga
- 1 Spaghetti Squash
- 3 Sweet Potato
- 2 Yellow Onion

Boxed & Canned

- 2 cups Crushed Tomatoes
- 1 cup Jasmine Rice
- 4 cups Lentils
- 1 cup Organic Coconut Milk
- 4 1/4 cups Organic Vegetable Broth

Baking

- 2 cups All Purpose Gluten Free Flour
- 1 tsp Baking Powder
- 1/4 cup Coconut Sugar

Bread, Fish, Meat & Cheese

- 20 ozs Chicken Breast
- 1 lb Lean Ground Pork

Condiments & Oils

- 1 tbsp Coconut Aminos
- 1/2 cup Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 1 tbsp Sesame Oil

Other

- 3/4 cup Water



Maple Roasted Rutabaga

4 servings

1 hour

Ingredients

4 cups Rutabaga (peeled and diced)
2 tbsps Extra Virgin Olive Oil
2 tbsps Maple Syrup

Directions

- 1 Preheat oven to 415F.
- 2 Combine rutabaga, olive oil and maple syrup in a glass baking dish. Toss until evenly coated.
- 3 Roast for 45 minutes or until soft and slightly browned. Flip the rutabaga about halfway through roasting.
- 4 Remove from the oven and enjoy!



Apple Cinnamon Scones

8 servings

40 minutes

Ingredients

- 2 tbsps Ground Flax Seed
- 3/4 cup Water
- 2 cups All Purpose Gluten-Free Flour
- 1 tbsp Baking Powder
- 1/4 cup Coconut Sugar
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1/3 cup Coconut Oil (room temperature)
- 1 Apple (medium, diced)

Directions

- 1 Preheat oven to 400F and line a baking sheet with parchment paper.
- 2 In a mixing bowl, mix the ground flax with water. Set aside to thicken.
- 3 In a separate bowl, combine the flour, baking powder, coconut sugar, salt and cinnamon. Mix well, then add in coconut oil and mash with a fork until it is broken up and distributed evenly. Add flax mixture and diced apple. Stir well until combined.
- 4 Transfer the dough onto your parchment-lined baking sheet. Use your hands to form a round shape, about 1 inch in height. Then use a large wet knife to cut it into 6 or 8 even wedges.
- 5 Sprinkle the top with a bit of coconut sugar and cinnamon (optional) and bake for 25 minutes, or until edges are golden brown.
- 6 Remove from oven, let cool slightly and enjoy immediately.



Warm Apples with Almond Butter

2 servings

15 minutes

Ingredients

- 2 tsps Coconut Oil
- 2 Apple (diced)
- 1 tsp Cinnamon (ground)
- 1/4 cup Almond Butter

Directions

- 1 Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
- 2 Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!



Kale Salad with Roasted Red Pepper Dressing

2 servings

15 minutes

Ingredients

120 grams Roasted Red Peppers (from the jar)
1/4 cup Basil Leaves
1 Garlic (clove, small)
2 tbsps Lemon Juice
1/2 tsp Sea Salt
1/4 cup Extra Virgin Olive Oil (divided)
8 cups Kale Leaves (chopped)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Sliced Almonds

Directions

- 1 To a food processor, add the roasted red pepper, fresh basil, garlic, lemon juice, salt and half of the olive oil. Blend for 15 seconds until mostly smooth. Scrape down the sides of the bowl, then while the food processor is running stream in the remaining olive oil.
- 2 In a large mixing bowl, add the chopped kale. Pour half of the dressing over top of the kale and massage the leaves for about a minute or until the kale is wilted and tender.
- 3 Divide the kale evenly onto plates and top each plate equally with tomatoes and almonds. Drizzle salad with remaining dressing. Enjoy!



Creamy Roasted Garlic and Kale Soup with Cauliflower

4 servings
1 hour 15 minutes

Ingredients

12 Garlic (cloves, peeled and trimmed)
1 Yellow Onion (large, roughly chopped)
1 head Cauliflower (sliced into florets)
3 tbsps Extra Virgin Olive Oil (divided)
1 1/3 tbsps Italian Seasoning
1 tsp Sea Salt
8 cups Kale Leaves (packed)
3 3/4 cups Organic Vegetable Broth (divided)

Directions

- 1 Preheat oven to 400F and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!



Chicken, Asparagus & Sweet Potato

4 servings

30 minutes

Ingredients

3 Sweet Potato (medium, diced)
1 1/2 tbsps Extra Virgin Olive Oil
(divided)
3 cups Asparagus (woody ends
trimmed)
20 ozs Chicken Breast (boneless,
skinless)

Directions

- 1 Preheat the oven to 425 degrees F and line a baking sheet with parchment paper.
- 2 Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
- 3 Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
- 4 While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
- 5 Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!



Spaghetti Squash with Veggie Tomato Sauce

4 servings

1 hour

Ingredients

- 1 Spaghetti Squash (large)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Crushed Tomatoes (canned)
- 2 cups Lentils (canned)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tsp Dried Basil
- 2 cups Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 400 degrees F and line a baking sheet with parchment paper.
- 2 Carefully slice the spaghetti squash in half through its belly and discard the seeds. Place the two halves onto the baking sheet, then brush the flesh with olive oil, and season with sea salt and black pepper to taste. Turn the squash flesh side down onto the baking sheet and bake for 40 minutes.
- 3 Meanwhile, combine the crushed tomatoes, lentils, garlic, sea salt, black pepper and dried basil in a pot over medium heat. Bring to a simmer. Once simmering, add the spinach and stir just until wilted. Turn off the heat.
- 4 Remove the spaghetti squash from the oven. Let cool slightly before carving out the flesh into noodles into a strainer so that the liquid can drain off.
- 5 Divide the spaghetti squash into containers and spoon vegetable tomato sauce over top. Enjoy right away, or let cool completely before covering and storing in the fridge.



Spinach Lentil Curry

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 1/2 cup Organic Vegetable Broth
- 1 cup Organic Coconut Milk (from the can)
- 2 cups Lentils (cooked)
- 1/2 cup Cilantro (optional, roughly chopped)
- 6 cups Baby Spinach
- 1 cup Jasmine Rice (dry)
- 2 tps Maple Syrup

Directions

- 1 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 2 Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
- 3 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
- 4 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
- 5 When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!



Asian Meatballs with Cauliflower Rice

4 servings

40 minutes

Ingredients

- 1 lb Lean Ground Pork
- 1 tbsp Sesame Oil
- 1 tbsp Coconut Aminos
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 3 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 head Cauliflower (medium)
- 1/4 cup Sesame Seeds

Directions

- 1 Preheat your oven to 350F and line a baking sheet with parchment.
- 2 In a mixing bowl, combine the ground pork, sesame oil, coconut aminos, minced garlic, ginger, 1/2 the green onion, salt and pepper. Mix well and roll mixture into 1.5-inch balls.
- 3 Place the meatballs on the baking sheet and place in oven for 30 minutes. While the meatballs are cooking, grate your cauliflower to make cauliflower rice.
- 4 To serve, divide the cauliflower rice between bowls and season with a little extra coconut aminos. Top the cauliflower with meatballs, sprinkle with sesame seeds, and remaining green onion. Enjoy!