



easy recipes & simple tips for  
**HEALTHY HOLIDAYS**  
from Feel Great in 8





# 8 TIPS FOR *Healthy Holidays*

## 8 TIPS FOR HEALTHY HOLIDAYS

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- 4. Step Up Your Workout**
- 5. Keep Junk Out of Sight**
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*Feel Great in 8*

The holiday season is here and, for many of us who are trying to eat healthy any holiday can be pretty scary. Chocolates on Valentine's, 4th of July BBQs, Halloween candy, Thanksgiving feasts, & Christmas cookies. When you add Birthdays, Anniversaries, family vacations, etc...your healthy diet goals are challenged at least once a month.

It really is possible to enjoy the holidays, not feel super restricted, but still stick with your healthy goals. Here are my favorite tips for staying healthy during, but still enjoying, any holiday or special occasion.

**1. PICK YOUR POISON:** This is the tip that works the best for me. As I am preparing for any special event, I choose ahead of time which special treat is my very favorite and then I indulge in that. For me, it is chocolate covered pretzels on Valentine's, a snickers at Halloween, and pecan pie on Thanksgiving. These are my favorites and "saving myself" for these special treats makes it easier to say no to all the other junk around me. Why waste calories on candy hearts or pumpkin pie when something I'll enjoy so much more is waiting for me?

**2. PLAN AHEAD:** Just like I decide beforehand which treat I will indulge in on a special day, I find it helpful to think through all my food plans ahead of time. Will bringing a veggie or fruit tray, or even just some fruit flavored water, with you to a party help you avoid munching on junk? Have you checked out the online menu for the restaurant you are heading out to so you can make a smart decision before you are hungry and staring at a menu? Maybe even try picturing yourself avoiding junk and making healthier choices. Planning ahead can help you stay on track.

**3. DON'T SKIP MEALS:** Skipping breakfast or lunch before a holiday meal or party may sound like a good idea, but going hungry will just mean you'll make up for all those missed calories and then some. Instead, choose foods that are low in calories, but high in protein and fiber that will leave you satisfied and able to make better choices.

**4. STEP UP YOUR WORKOUT:** Add a little extra time or effort to your workout a few days before and a few days after a holiday. The extra calorie burn means you can indulge on the day of without regret.

**5. Keep Junk Out of Sight:** It's a cliché saying, but "out of sight, out of mind" really works for me when it comes to avoiding junk food. If I decorate for the holiday with a bowl of treats, I will eat them. So, get rid of that decorative jar of candy hearts or m&ms on your counter or desk and replace it with some non-food decor. Remember, you are "saving yourself" for that favorite treat.

**6. SUBSTITUTE HEALTHY FOODS:** Look for ways in planning and preparing your holiday meals that you can substitute healthier options. Replace high calorie drinks with flavored water, chose baked instead of fried options, and add veggies, fruits and whole grains whenever you can. Again, making these substitutions means you can indulge where it really counts. I hope this cookbooks helps give you healthy recipe options to make this possible!

**7. CELEBRATE WITHOUT FOOD:** So much of the celebrating in our country revolves around food. I've been trying to look for traditions I can start in our family for celebrating without food. Choose to give a love letter or flowers instead of chocolates or do a special activity instead of a huge meal.

**8. DON'T OVER STRESS IT:** Nobody is perfect, so please don't let mistakes ruin all your hard work. Even if you slip-up and eat all the junk in sight on Thanksgiving Day, don't let it derail you completely. Don't waste time beating yourself up, just get right back on track. Celebrate the good choices you are making today and don't worry about the ones you didn't make yesterday.

**I HOPE YOU HAVE A WONDERFUL & HEALTHY HOLIDAY SEASON  
AND THAT YOU AND YOUR FAMILY ENJOY THESE RECIPES!  
REMEMBER, YOU CAN FIND MORE HEALTHY RECIPES & TIPS AT  
[WWW.FEELGREATIN8.COM/BLOG](http://WWW.FEELGREATIN8.COM/BLOG)**

 / TIFFANY



## CANDIED PECANS

### INGREDIENTS

- 2 tablespoons unrefined coconut oil (I use Nutiva)
- 3 tablespoons pure maple syrup (This is a good brand)
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 2 cups raw pecans

### DIRECTIONS

- 1 Melt coconut oil in a skillet over medium-low heat. Add maple syrup, vanilla and salt and stir well.
- 2 When mixture is bubbling, add pecans.
- 3 Stir pecans well, so that they're completely coated in the maple syrup mixture. Cook and stir constantly for about 5 minutes, being careful so that they don't burn.
- 4 Take the pan off the heat and transfer the pecans onto a piece of wax paper or parchment paper to cool.
- 5 Serve when cool. Hide the extras in an airtight container so that you don't eat them all in one sitting. :)

### NUTRITION INFORMATION

{serving size = 1/4 cup - recipe makes 8 servings}  
242 calories, 2.6g fiber, 2.5g protein

\*Actual nutrition info may vary based on exact ingredients used. Find this recipe and complete nutrition info on MyFitnessPal as FG8 Candied Pecans.



## Baked Maple Acorn Squash



## BAKED MAPLE ACORN SQUASH

### INGREDIENTS

- 2 whole acorn squash
- kosher salt to taste
- 2 tablespoons butter
- 4 teaspoons pure maple syrup

### DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Carefully cut each squash in half and clean out the seeds. Score the inside of each piece with a knife. Put the pieces flesh side up on a baking sheet and sprinkle with salt. Add 1/2 tablespoon of butter to the center of each and drizzle each piece with 1 teaspoon of pure maple syrup.
3. Pour 2 cups of water into the bottom of the pan. Cover with foil, leaving an opening for the steam to escape. Bake for 30 minutes.
4. Remove foil and bake for another 30 minutes, or until the squash is golden brown. For the last 5 minutes turn on the broiler and let the squash get a little more brown and the liquid bubbly.  
To eat just scrape out the insides and mix all that flavorful juice in. Enjoy!

### NUTRITION INFORMATION

{serving size = 1/4 of a squash – recipe makes 8 servings}  
77 calories, 2.8g fat, 13.5g carbs, 1.5g fiber, 0.8g protein

\*Actual nutrition info may vary based on exact ingredients used. Recipe listed on MyFitnessPal as FG8 Baked Maple Acorn Squash.



# CLEAN EATING PECAN PIE

## INGREDIENTS

- 2 cups almond flour
- 1/4 teaspoon sea salt
- 2 tablespoons coconut oil
- 1 egg
- 1 cup + 1 tablespoon pure maple syrup
- 1/2 cup unrefined coconut sugar
- 2 tablespoons butter
- 3 eggs, lightly beaten
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 1 1/4 cup pecan halves

## DIRECTIONS

1. Preheat the oven to 400 degrees and adjust rack to lower-middle position.
2. Put flour and salt in a food processor or [Blendtec](#) blender. Add coconut oil and egg and pulse until mixture forms a ball. Press dough into 9-inch pie dish. Chill in refrigerator while making the filling.
3. Heat maple syrup in a medium saucepan over medium heat. Simmer until syrup reaches 225 degrees, mine took almost exactly 10 minutes. While syrup is simmering, place coconut sugar and butter in a medium mixing bowl. As soon as the syrup reaches 225 degrees, immediately pour it over the sugar and butter. Let mix sit for 1 minute and then whisk together. Add eggs, vanilla, and sea salt and whisk (the mixture might look a little grainy).
4. Pour filling mixture into the prepared pie crust and top with pecans. Cover crust with a [pie shield](#) or foil. Bake for 15 minutes. Reduce heat to 350 degrees and bake for an additional 15 minutes. The filling will be slightly less set in the center than the edges and it might puff up in the middle a little, but will set as it cools.
5. Serve slightly warm or at room temperature. Enjoy!

## NUTRITION INFORMATION

{serving size = 1/16th of pie – recipe makes 16 servings}  
266 calories, 17g fat, 2.1g fiber, 5.5g protein

\*Actual nutrition info may vary based on exact ingredients used. Recipe listed on MyFitnessPal as FG8 Clean Eating Pecan Pie.





# ARTICHOKE PARMESAN STUFFING

## INGREDIENTS

- 1 pound mushrooms, cleaned & chopped
- 1 tablespoon butter
- 2 small onions, chopped
- 1 cup diced celery
- 1 tablespoon minced garlic
- 2 cups chicken broth
- 1 loaf (1lb) crusty whole wheat bread, cut into 1/2 inch cubes
- 2 jars (6oz each) marinated artichoke hearts, drained and chopped
- 1 cup freshly grated parmesan cheese
- 1 1/2 teaspoons poultry seasoning
- 1 1/2 teaspoons fresh rosemary leaves or 3/4 teaspoon dried
- salt and freshly ground black pepper
- 1 large egg, lightly beaten

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Melt butter in a 12 inch frying pan over medium heat. Add mushrooms, butter, celery, onion, and garlic and cook, stirring often, until vegetables are tender and lightly browned, about 10 minutes). Pour veggies into large bowl.
3. Add chicken broth, bread, artichoke hearts, parmesan, poultry seasoning, and rosemary to the bowl and mix well. Add salt and pepper to taste. Add beaten egg and mix into stuffing.
4. Spoon stuffing into a shallow 3 quart casserole pan. For moist stuffing, cover with foil; for crusty stuffing, do not cover. Bake until at least 150 degrees in the center and lightly browned, about 50 minutes.
5. Enjoy! You can also mix the stuffing up to a day ahead. Cover and chill in the refrigerator and then allow about 1 hour to bake.

## NUTRITION INFORMATION

{serving size = 1 cup – recipe makes 12 servings}  
219 calories, 10g fat, 5.3g fiber, 9.6g protein

\*Actual nutrition info may vary based on exact ingredients used. Recipe listed on MyFitnessPal as FG8 Artichoke Parmesan Stuffing.



## HOMEMADE PUMPKIN PIE SPICE

### INGREDIENTS

4 tablespoons cinnamon  
4 teaspoons ground ginger  
2 teaspoons ground cloves  
2 teaspoons allspice  
2 teaspoons ground nutmeg

### DIRECTIONS

- 1 Measure each ingredient into a bowl or jar. Whisk, stir, or put the lid on a shake the jar to combine.
- 2 Store in an airtight container for up to 1 year.





# PUMPKIN CAKE COOKIES

## INGREDIENTS

- 3/4 cup pumpkin puree
- 1/2 cup unrefined coconut oil, melted
- 6 eggs
- 2 teaspoons vanilla extract
- 1/4 cup pure maple syrup (or honey)
- 1 cup whole wheat flour
- 2-3 teaspoons Homemade Pumpkin Pie Spice
- 1/2 teaspoon baking powder
- 1 cup 70%+ dark chocolate chips (I like this Enjoy Life brand)

## DIRECTIONS

- 1 Preheat the oven to 375 degrees F.
- 2 Combine pumpkin puree, coconut oil, eggs, vanilla and maple syrup in a stand mixer or large mixing bowl and mix well.
- 3 Stir together flour, pumpkin pie spice and baking powder. Add the flour mixture to the wet ingredients and mix well, until all the clumps are gone.
- 4 Fold in chocolate chips and mix to ensure all ingredients are evenly distributed.
- 5 Scoop dough in a large tablespoon onto a parchment lined baking sheet.
- 6 Bake for 12-15 minutes, or until bottoms are slightly brown. These cookies are supposed to be cake-like, so they won't look like normal cookies.
- 7 Serve warm or store in an airtight container for 3 days.

## NUTRITION INFORMATION

{serving size = 1 cookie - recipe makes 18 servings}  
183 calories, 2.9g fiber, 4g protein

\*Actual nutrition info may vary based on exact ingredients used. Find this recipe and complete nutrition info on MyFitnessPal as FG8 Pumpkin Cake Cookies.



## ROASTED CARROTS

*with fresh thyme*



*Feel Great in 8*

# ROASTED CARROTS WITH FRESH THYME

## INGREDIENTS

12 carrots  
2 tablespoons olive oil  
1/4 cup fresh thyme leaves  
salt and pepper

## DIRECTIONS

- 1 Preheat oven to 400 degrees F.
- 2 Wash carrots well, no need to peel. Cut off tops and then slice each carrot lengthwise into fourths.
- 3 Lay carrots out on a baking sheet {I cover mine with aluminum foil for easy cleanup} and drizzle with oil.
- 4 Toss to make sure they are evenly coated and then sprinkle with thyme, salt and pepper.
- 5 Arrange carrots on the pan in a single layer and then pop them into the preheated oven.
- 6 Cook for 35-45 minutes or until carrots are soft, wrinkly, and slightly browned. Flip or just toss them half way through cooking if you want.
- 7 Serve while hot and crave carrots cooked this way forevermore. True story.

## NUTRITION INFORMATION

{serving size = 8 carrot slices, recipe makes 6 servings}  
102 calories, 4.2g fiber, 2.1g protein

\*Actual nutrition info may vary based on exact ingredients used. Find full nutrition info on MyFitnessPal by searching FG8 Roasted Carrots With Fresh Thyme.





# HEALTHY HOMEMADE KETTLE CORN

{makes a great neighbor gift!}

## INGREDIENTS

- 3 tablespoons unrefined coconut oil
- 1/2 cup popcorn kernels
- 1/4 cup coconut sugar
- 3/4 teaspoon salt

## DIRECTIONS

- 1 Line a baking sheet with parchment paper and set it near the stove. You'll pour the popcorn onto this sheet to cool.
- 2 In a small bowl, stir together the coconut sugar and salt. You'll also want to measure the kernels so that both of these will be ready to add when the oil gets hot.
- 3 Measure the coconut oil into a large 4-quart sauce pot with a lid and drop three kernels of popping corn into the oil. These three kernels will let you know when the oil is hot. Cover with the lid and set over medium-high heat.
- 4 When you hear one of the kernels pop, uncover the pot and pour in the rest of the kernels and the sugar/salt mix. Quickly stir everything together to coat the kernels and replace the lid.
- 5 Shake the pan occasionally as the popcorn starts to pop, and then more frequently and vigorously as the popping increases. Rest the pot on the burner every few seconds to maintain the heat.
- 6 Listen closely - when you hear the popping begin to slow to 1-2 seconds between pops, remove the pan from heat. Don't wait for the popping to stop completely or you'll burn the popcorn. Total popping time on my gas stove is right around 3 minutes.
- 7 Immediately after removing from the heat, uncover the pot, give the popcorn a quick stir, and then pour it onto the prepared baking sheet. Use a spoon to spread the popcorn into an even layer to cool.
- 8 Let the kettle corn cool for at least 5 minutes - the popcorn will be crisp as it cools. Eat immediately or store in an airtight container for several days (if you can get it to last that long! :))
- 9 Start cleaning the pan as soon as you dump out the popcorn by filling it immediately with hot water. I just put the pan full of hot water back onto the stove for a few minutes and any cooked sugar cleans off easily.

## NUTRITION INFORMATION

{serving size = 4 cups - recipe makes 4 servings}  
189 calories, 11g fat, 1.6g fiber, 0g protein

\*Actual nutrition info may vary based on exact ingredients used. Find this recipe on MyFitnessPal at FG8 Healthy Homemade Kettle Corn



## SOFT & FLUFFY WHOLE WHEAT ROLLS

{makes 16 rolls}

### INGREDIENTS

2 tablespoons dry yeast  
1/2 cup warm (not hot) water  
1/2 cup butter, softened  
1/4 cup honey  
3 eggs (at room temperature)  
1 1/2 teaspoon salt  
3-4 cups whole wheat flour

### DIRECTIONS

1. In a small bowl, dissolve yeast in warm water. Let sit for 10 min until nice and bubbly.
2. In a large bowl, cream together the butter and honey. Add eggs and beat well. Then add yeast mixture. Mix in salt and flour to form a soft, wet dough. See tips for amount of flour to add.
3. Let rise in a warm/moist location until doubled. I usually give it an hour and a half. Do not knead dough yet, just cover the bowl with a clean towel and let rise.
4. Once it's doubled, then knead on a floured surface for 10 minutes. Let rest for 5 minutes before shaping rolls on a greased pan or cookie sheet.
5. Let rise again until doubled (usually another hour and a half) and then bake at 350 degrees for 15-20 minutes.

**\* SEE NEXT PAGE FOR TIPS FOR GETTING SOFT & FLUFFY ROLLS!**

## TIPS

In my experience, the three keys to making fluffy whole wheat rolls are temperature, moisture, and time.

Pay close attention to the temperature of all your ingredients. You don't want to add anything super hot, or you'll kill the yeast, but you want all the ingredients to be room temperature or a little warmer. I even wait to grind wheat in my Blendtec until right as I get started so I can add it fresh and still warm.

If you forget to leave the eggs out {of course, I've never done that! ;)} let them sit in a bowl of hot water for a while before cracking and adding to the dough.

Be careful not to add too much flour! You want the dough to still be wet and a little sticky. I live in dry Utah, so I only ever use 3 cups of flour. You may need more if you live in a more humid location, but start with less and then add some later if you need it. Dry dough just won't rise as well.

Create a moist/warm environment for the dough to rise each time. Before the first rise, I microwave a cup of water until it boils. Then I put the bowl of dough in with the water and shut the door. Of course, you'd never actually want to microwave the dough, but a just-used microwave and the boiling water create a perfect environment for the yeast. The second time I use the "bread rise" setting on my oven and dump a cup of boiling water into a pan placed on the rack below the rolls.

Don't rush these. You probably noticed that I usually give my rolls a total of 3 hours of rising time. You'll want to check them more often during the second rise so that they don't rise and then fall again, but if you rush and don't give them enough time to rise you'll end up with some new rocks for your yard.

## NUTRITION INFORMATION

{serving size = 1 roll – recipe makes 16 servings}  
160 calories, 7g fat, 21g carbs, 3g fiber, 5g protein





## ROASTED GARLIC ASPARAGUS

{makes 4 servings}

### INGREDIENTS

- 1 pound asparagus
- 2 teaspoons olive oil
- 1 teaspoon minced or pressed garlic
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

### DIRECTIONS

1. Preheat oven to 425 degrees.
2. Wash the asparagus and then remove the bottom inch or two of each stalk. You can either cut them uniformly, or snap each one individually. I read somewhere that they will naturally break where the woody and tough end begins. I usually break one or two and then cut the rest to match those.
3. Once prepared, arrange the asparagus on a cookie sheet in a single layer. In a small bowl, mix together the olive oil, garlic, salt and pepper. Drizzle over the asparagus and then toss to coat.
4. Roast for 10-15 minutes, turning once, or until just tender. Don't over cook – the asparagus will still be bright green and slightly crisp.

### NUTRITION INFORMATION

{serving size = about 5 spears – recipe makes 4 servings}  
35 calories, 2g fat, 3g carbs, 1.5g fiber, 1.5g protein

## Dark Chocolate Fudge Tarts



## DARK CHOCOLATE FUDGE TARTS

### INGREDIENTS

#### CRUST:

- 1 generous cup almonds, ground (I just grind them in my Blendtec blender)
- 6 tablespoons cocoa powder
- 3 tablespoons pure maple syrup
- 3 tablespoons unprocessed coconut oil
- 1/2 teaspoon sea salt

#### FILLING:

- 1 1/2 cups cocoa powder
- 1 cup plus 2 tablespoons pure maple syrup
- 2 tablespoons unprocessed coconut oil
- 1/2 teaspoon sea salt

### DIRECTIONS

- 1 Mix all the crust ingredients together. I use my Blendtec blender, but you could use a food processor or just mix them by hand.
- 2 Divide crust into the 12 cups of a muffin pan. Press each serving onto the bottom and up the sides of the cups. Clean your Blendtec or food processor.
- 3 Add all the filling ingredients to the now clean Blendtec or food processor. Blend until smooth.
- 4 Divide filling among tartlets and spoon into crusts. Place the muffin pan in the refrigerator to chill for at least 2 hours before serving.
- 5 When you are ready to eat, just run a butter knife around the edge of each tartlet and they should pop out without too much trouble.
- 6 We topped ours with fresh raspberries and the combination was to-die-for!

### NUTRITION INFORMATION

{serving size = 1 tart, recipe makes 12 servings}  
255 calories, 6.1g fiber, 5.5g protein

\*Actual nutrition information may vary based on the exact ingredients and brands you use. Find this recipe on MyFitnessPal as FG8 Dark Chocolate Fudge Tarts.



## CRAVEABLE FALL SALAD

### INGREDIENTS

- 1 head romaine, endive, or green leaf lettuce, chopped\*
- 1 pear, diced
- 1/4 cup dried cranberries (I buy ones like [these](#) that are sweetened with apple juice.)
- 1/4 cup crumbled feta cheese
- 1 cup [Candied Pecans](#)
- [Homemade Maple Balsamic Dressing](#)

\*Spinach or arugula would be great too, just use your favorite greens.

### DIRECTIONS

- 1 Assemble the salad by tossing greens, pears and cranberries in a large mixing bowl with dressing.
- 2 Top with crumbled feta and candied pecans.
- 3 Enjoy!

### NUTRITION INFORMATION

{serving size = about 1 cup - recipe makes 6 servings}

322 calories, 6.4g fiber, 4g protein

\*Actual nutrition info may vary based on exact ingredients used. Find complete nutrition info on MyFitnessPal by searching FG8 Fall Salad.





## MAPLE BALSAMIC DRESSING

### INGREDIENTS

1 teaspoon dijon mustard  
2 teaspoons balsamic vinegar  
1/4 cup extra-virgin olive oil  
2 teaspoons pure maple syrup  
kosher salt and freshly ground black pepper

### DIRECTIONS

- 1 Combine the dijon and balsamic vinegar in a large mixing bowl. Slowly drizzle in the olive oil while whisking continually to emulsify.
- 2 Whisk in the maple syrup and salt and pepper, to taste.
- 3 Drizzle over your favorite salad.
- 4 Store leftovers in the fridge and then whisk to combine before using again.

### NUTRITION INFORMATION

{serving size = 1 tablespoon - recipe makes 6 servings}  
94 calories, 0g fiber, 0.1g protein

\*Nutrition info may vary based on exact ingredients used. Find complete nutrition info on MyFitnessPal as FG8 Maple Balsamic Dressing.

# MINI CHOCOLATE CHEESECAKES W/ DARK CHOCOLATE-ALMOND CRUST {NO-BAKE & SUGAR FREE!}



## INGREDIENTS

### CRUST:

- 1 cup raw or unsalted dry roasted almonds (ground in a blender or food processor)\*
- 6 tablespoons unsweetened cocoa powder
- 3 tablespoons pure maple syrup
- 3 tablespoons unrefined coconut oil
- 1/2 teaspoon sea salt
- \*Can substitute 1 1/2 cups almond meal.

### FILLING:

- 8 oz. cream cheese, at room temperature
- 2 cups fat free cottage cheese
- 2 teaspoons vanilla extract
- 2 tablespoons chia seeds
- 1/4 cup cocoa powder
- 4 tablespoons pure maple syrup
- 1 tablespoon lemon juice
- 4 tablespoons unsweetened almond milk

## DIRECTIONS

- 1 In a blender (I use a Blendtec) or food processor, mix together all of the crust ingredients.
- 2 Spoon a heaping tablespoon of the crust mixture into each cup of a muffin tin. Press the mixture evenly along the bottom and up the sides of each cup.
- 3 For the filling, add all ingredients into a high powdered blender and blend for 1-2 minutes or until completely smooth. Spoon into prepared crusts, cover and refrigerate 2-3 hours or until firm.
- 4 Top with fresh strawberries or raspberries and enjoy!
- 5 Refrigerate any leftovers.

## NUTRITION INFORMATION

{serving size = 1 mini cheesecake - recipe makes 12 servings}  
209 calories, 14g fat, 3.5g fiber, 8.7g protein

\*Actual nutrition info may vary based on exact ingredients used. Find this recipe on MyFitnessPal as FG8 Mini Chocolate Cheesecakes.

# HOW TO ROAST PERFECT PUMPKIN SEEDS



## INGREDIENTS

2 cups fresh raw pumpkin seeds  
2 teaspoons olive oil  
sea salt to taste

## DIRECTIONS

1 Clean the seeds. My kids love cleaning the guts out of the pumpkins and pulling off the seeds. Then I just rinse them in a colander. If you don't have happy little pumpkin seed sorters, just put the whole thing in a large bowl of water. Most of the seeds will float to the top and you can just skim them off.

2 Bring a large pot of salted water to a boil. Add the seeds and boil for 8-10 minutes. While seeds are boiling, preheat oven to 350 degrees F.

3 Drain the seeds in a colander and then pat dry with a paper towel. They don't have to be perfectly dry, just try to get rid of some of the moisture.

4 Spread the seeds on a baking sheet. Drizzle with olive oil and then use your hands to make sure they are evenly coated. Make sure the seeds are evenly spread out on the sheet. If the seeds overlap, they won't be as crunchy, so use two baking sheets if needed. Sprinkle generously with sea salt.

5 Roast seeds in the preheated 350 degree oven for 8-10 minutes. Remove from the oven and stir. Then roast for another 5-10 minutes. You'll want to watch them carefully because they can burn easily. If the outsides start to brown the insides will already be burned. 5 minutes into this last roasting time start testing a few seeds. They are ready when the shell is crispy and easy to chew.

6 Enjoy! When they are done, remove from oven, add another sprinkle of salt and eat! They are the best fresh out of the oven, but they will keep in a ziplock baggie for a few days.

7 Consider carving more pumpkins, just so you can roast more seeds. :)

## NUTRITION INFORMATION

{serving size = 1/4 cup - recipe makes 8 servings}  
179 calories, 1g fiber, 7g protein

\*Actual nutrition info may vary based on exact ingredients used. Find complete nutrition info on MyFitnessPal by searching FG8 Homemade Roasted Pumpkin Seeds.





# MAPLE PECAN PUMPKIN GRANOLA

## INGREDIENTS

- 3 cups rolled oats
- 1 cup raw pecans (halves or chopped)
- 1/3 cup shelled hemp seeds (I use [this](#) kind. Amazon Subscribe & Save is the cheapest way I've found to buy them.)
- 3 tablespoons raw coconut sugar (optional)
- 1/4 teaspoon sea salt
- 1 teaspoon [Homemade Pumpkin Pie Spice](#)
- 1/4 cup unrefined coconut oil (I use [this](#) brand. Subscribe & Save makes it a really good deal too.)
- 1/3 cup [pure maple syrup](#)
- 1/3 cup pumpkin puree

## DIRECTIONS

- 1 Preheat oven to 350\* F.
- 2 Mix the oats, nuts, seeds, sugar, salt, and spices together in a large bowl.
- 3 In a small saucepan over medium-low heat, warm the coconut oil, maple syrup, and pumpkin puree and whisk together. Once warmed and mixed well, pour over the dry ingredients and quickly mix until everything is evenly coated.
- 4 Spread the mixture evenly onto two baking sheets and bake for 20-25 minutes, stirring once about halfway. If you prefer chunkier granola, just rotate the pan halfway through instead of stirring.
- 5 Once the granola begins to brown, remove from oven and let cool completely. Don't overcook, it will crisp as it cools.
- 6 Store in an airtight container for up to two weeks. Enjoy with milk, greek yogurt, or on top of oatmeal.

## NUTRITION INFORMATION

{serving size = 1/4 cup - recipe makes 18 servings}  
162 calories, 1.8g fiber, 3.4g protein

\*Actual nutrition info may vary based on exact ingredients used. Find full nutrition info on MyFitnessPal by searching FG8 Pumpkin Granola.



## HEALTHY HOMEMADE CHOCOLATE

{makes about 16 squares}

### INGREDIENTS

1/2 cup + 1 tablespoon unsweetened cocoa powder  
4 tablespoons unrefined coconut oil melted  
1/4 cup 100% pure maple syrup  
4-6 drops wild orange or peppermint essential oil (optional)  
Coarsely ground sea salt (optional)

### DIRECTIONS

Whisk together melted coconut oil and maple syrup. I just put both in a glass measuring cup and microwave them for 20-30 seconds, and then mix them in my Kitchenaid. Add the cocoa powder and whisk until it is completely combined and nice and thick. Add essential oils if you want to change the flavor a bit. I use doTerra oils and it doesn't take much, so be sure to test the flavor as you go.

When it is all mixed, just pour the chocolate into molds. Or, if you don't own any candy molds (like me!) just pour it into a quart size ziplock bag. Squish out any air, zip it tightly closed and then just lay it flat in the refrigerator or freezer until solid. Then just remove the chocolate from the baggie and cut into 16 squares. I love mine sprinkled with a little sea salt. YUM!

### NUTRITION INFORMATION

{servings size = 1 square – recipe makes 16 servings}  
50 Calories, 5 carbs, 4 grams of fat

\*Nutrition info may vary based on exact ingredients used. Recipe in MyFitnessPal as FG8 Homemade Chocolate.



# WHOLE WHEAT PUMPKIN PANCAKES

Yield: 12 pancakes

## INGREDIENTS

- 2 cups milk (I love almond milk in this recipe)
- 2 tablespoons Pure Maple Syrup
- 4 teaspoons melted unrefined coconut oil (I use Nutiva Organic Extra Virgin)
- 2 eggs
- 1/2 cup pumpkin puree
- 1 teaspoon vanilla
- 2 cups whole wheat flour
- 4 teaspoons baking powder
- 1 teaspoon cinnamon
- pinch nutmeg
- 1/4 teaspoon salt

## DIRECTIONS

- 1 Add all ingredients to a high-powered blender. I use and love my Blendtec. Don't forget to add that extra rebellious teaspoon of vanilla. ;) Then blend well. I just hit the batters button.
- 2 Let the batter rest for 5-10 minutes.
- 3 Cook batches on a buttered skillet over medium heat until bubbles form on the surface. Then flip and cook until golden brown.
- 4 Serve warm with butter and pure maple syrup.

## NUTRITION INFORMATION

{servings size = 1 pancake - recipe makes 12 servings}  
119 calories, 3g fiber, 4.1g protein

\*Actual nutrition info may vary based on exact ingredients used. Find this recipe on MyFitnessPal as FG8 Whole Wheat Pumpkin Pancakes.





# ROASTED GARLIC-PARMESAN CAULIFLOWER

## INGREDIENTS

- 1 head cauliflower, cut into bite-size florets (8 cups)
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon kosher salt
- 1/4 cup fresh parmesan, grated

## DIRECTIONS

- 1 Preheat oven to 450 degrees. Cover a cookie sheet with aluminum foil and lightly spray with olive oil.
- 2 Put cauliflower, olive oil and garlic in a bowl or ziplock bag and mix until the cauliflower is completely coated.
- 3 Spread the coated cauliflower on the cookie sheet and season with salt. Bake for 20-25 minutes, stirring occasionally to ensure even roasting.
- 4 Remove from the oven and sprinkle with parmesan cheese and additional salt if needed. Enjoy!

## NUTRITION INFORMATION

{serving size = 1/2 cup - recipe makes 16 servings}  
35 calories, 2.2g fat, 3g carbs, 1.3g fiber, 1.6g protein

\*Actual nutrition info may vary based on exact ingredients used. Find this recipe on MyFitnessPal as FG8 Roasted Garlic-Parmesan Cauliflower.