



Integrative Nutrition's
GLUTEN-FREE
HOLIDAY RECIPE GUIDE

Introduction

With an increasing number of people experiencing an **intolerance or sensitivity** to gluten (a substance prevalent in foods made from **wheat, barley, or rye**), it's good to know that the possibilities for **delicious gluten-free** foods are endless.

gluten-free holiday meal planning

endless possibilities

If you're following a gluten-free diet, or know someone who is, then this **recipe guide** is the perfect resource for your healthy **holiday meal planning** - and beyond!

All of the recipes in this guide were submitted by **IIN students and graduates** who are passionate about sharing health and happiness through **wholesome and nutritious foods**. No matter what your dietary preference or restriction, you're sure to find a delectable dish to **suit your needs** and satisfy your taste buds.

satisfy your taste buds

Interested in learning more about how **food** affects your **health**?

Find out what **Integrative Nutrition** has to offer.



integrativenutrition.com

Breakfast





Pumpkin Pie Oatmeal



Katie Flores

Class of 2012

www.katiefloreshealthblog.com

Ingredients (Serves 2-3)

- 1 cup gluten-free rolled oats, rinsed
- 1 cup pumpkin puree
- 1 cup coconut milk
- 2 cups water
- 1 Tbsp vanilla
- 2 tsp pumpkin pie spice
- 1/4 cup honey or maple syrup

Instructions

- 1 **Mix** all the ingredients except the honey and pumpkin pie spice in a saucepan.
- 2 **Cook** on medium-low, periodically mixing, until the oatmeal becomes the desired consistency.
- 3 Transfer the oatmeal into bowls. **Stir in** the honey and sprinkle the pumpkin pie spice on top.



Sweet & Savory Buckwheat Crepes



Diana Chaplin

Class of 2012

www.livingbodywellness.com

Ingredients (Serves 4)

- 1 1/4 cup milk or milk substitute
 - 2 eggs
 - 1 Tbsp melted salted butter
 - 1 tsp sugar
 - Pinch sea salt
 - 1/3 cup buckwheat flour
 - 1/3 cup regular gluten-free flour
 - 1 Tbsp ghee approx. per crepe
(can substitute coconut oil for sweet preparation)
- Special tools: a very thin metal spatula

Suggested Sweet Toppings

- Sliced bananas with almond butter, raw cacao powder, & hemp hearts
- Mixed berries with lemon curd

Suggested Savory Toppings

- Sautéed spinach, mushrooms, & garlic
- Salmon lox, brie, & pine nuts.
- Mozzarella, tomato, & fresh basil
- Sour cream, caviar, & dill
- Scrambled eggs, blanched kale, & caramelized onions

Instructions

- 1 **Beat** eggs.
- 2 **Combine** eggs with sugar in a large bowl.
- 3 **Slowly add** milk, and then melted butter.
- 4 **Mix** flours and salt separately and then add to wet ingredients, a little at a time, while whisking.
- 5 Melt ghee over medium heat, and when the (ideally 9-inch) pan has warmed up, lift it away from the heat as you **ladle your batter** into the center of the pan and rotate it in a circular motion so that there is a thin layer of batter lining the pan.
- 6 When ends of the crepe have browned and the batter at the top is solid, gently slide spatula under crepe where it is separating from the pan easily and **flip the crepe**.
- 7 Add more ghee if needed, and **cook** the second side.
- 8 When both sides are nicely browned and the batter is cooked through, **transfer crepe** to a waiting dish, and place the dish into a low-heated oven to keep warm until done with the batch.
- 9 Let your pan cool slightly before adding more ghee and starting again.



Granola with Popped Amaranth



Kerry Bajaj

Class of 2008

www.kerrybajaj.com

Ingredients

- 1/4 cup amaranth seeds
- 4 Tbsp Earth Balance™
- 1/4 cup raw honey
- 1 tsp vanilla extract
- 1/4 tsp sea salt
- 1/4 tsp cinnamon
- 1/2 cup walnuts, chopped
- 1/2 cup unsweetened coconut flakes
- 1 cup old-fashioned oats
- 1/3 cup dried cranberries

Instructions

- 1 Preheat oven to **350° F**.
- 2 **Heat pan** over medium heat. When pan is hot, add the amaranth and cover. Seeds will begin popping like popcorn kernels.
- 3 Shake the pan continuously until about half of the **seeds have popped**, about 1 to 2 minutes. Transfer the seeds to a large bowl.
- 4 **Combine** butter and honey in a small saucepan, place over medium heat, and stir until butter has melted. Bring to a boil and cook until slightly thickened, about 5 minutes.
- 5 Remove from heat. **Stir in** vanilla, salt, and cinnamon, and set aside.
- 6 **Add** sugar mixture, walnuts, coconut, and oats to reserved amaranth and stir until mixture is moist throughout.
- 7 Evenly spread mixture on a baking sheet. Bake until toasted and lightly browned, about **10 minutes**.
- 8 **Stir** and continue to bake until lightly browned all over, about 5 minutes more.
- 9 Remove from the oven and place on a wire rack to cool completely. **Stir** in cranberries and serve.



Apple Cinnamon Muffins



Susan Cancian

Class of 2012

www.healthy-homestead.com

Ingredients (Serves 10)

- 2 cups almond flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 Tbsp cinnamon
- 1/4 tsp nutmeg
- 1/4 cup grapeseed oil
- 1/2 cup maple syrup
- 1 tsp vanilla
- 2 medium apples, peeled & diced
- 1/4 cup arrow root powder
- 1 large egg

Instructions

- 1 Preheat oven to **350° F**.
- 2 **Line** muffin tins with paper liners, or grease tins.
- 3 Combine all the **dry** ingredients in a large bowl.
- 4 Combine all the **wet** ingredients in a medium bowl.
- 5 **Add** the wet ingredients to the dry ones, and mix into a batter.
- 6 **Fold** the diced apples into the batter.
- 7 **Spoon** the batter into greased muffin tins or paper muffin cups.
- 8 Bake for **30 minutes**.



Pumpkin Stir-in Muffins



Colleen Brunetti

Class of 2013

www.willowtreewellnessct.com

Ingredients (Serves 18)

2 cups gluten-free flour blend

1 cup oats

1 cup non-dairy milk

1 cup pumpkin puree

1/3 cup brown sugar

1/3 cup white sugar

1/4 cup coconut oil - melted

1 tsp cinnamon

1/4 tsp nutmeg

Stir-ins: raisins, cranberries, chopped nuts, mini dark chocolate chips (optional)

Instructions

- 1 Preheat oven to **350° F**.
- 2 **Warm milk** in a saucepan and pour over oats - set aside to soak.
- 3 In separate bowl, **combine** melted coconut oil and pumpkin puree and stir well.
- 4 **Mix in** remaining dry ingredients.
- 5 **Stir in** oats/milk (oats will have soaked up milk).
- 6 **Add** stir-ins of choice.
- 7 **Line** muffin tin with paper liners and **fill** $\frac{3}{4}$ to the top.
- 8 **Bake for 20 minutes** or until tops are lightly browned and toothpick inserted comes out clean.



Pumpkin Pancakes



Andrea Tepfer
Class of 2013
www.productivegirl.com

Ingredients (Serves 2)

- 1/2 cup gluten-free oats
- 3 Tbsp egg whites
- 1/2 cup almond milk (can substitute any milk)
- 1 cup brown rice flour
- 4 Tbsp pumpkin puree
- 1/2 cup water
- 1 tsp baking powder
- 1/4 cup organic honey (optional)
- nonstick coconut spray or regular coconut oil

Instructions

- 1 **Mix** all ingredients except the nonstick spray in a bowl.
- 2 **Spray** or oil your pan, and turn it on to medium heat.
- 3 Take a large **spoonful of batter** and place it in the pan. Watch the pancakes closely, as brown rice flour tends to burn much quicker than regular flour.
- 4 **Continue** until all the batter is gone.

A close-up photograph of a fresh green salad. The salad consists of a mix of leafy greens, including spinach and arugula. It is topped with sliced avocado, roasted almonds, and dried cranberries. Small black seeds, likely flax or chia, are scattered throughout. The salad is presented on a white plate, and a pair of silver tongs is visible in the upper left corner. A red decorative frame with a white border is overlaid on the top portion of the image, containing the word "Salads" in a white cursive font.

Salads



Fall Harvest Spinach Salad



Brittany Mullins
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Ingredients (Serves 2-4)

- 4 cups fresh baby spinach, chopped
- 1 1/2 cups cooked quinoa
- 3/4 cup butternut squash, chopped
- 1 medium apple, peeled and chopped
- 1/3 cup pumpkin seeds
- 3 Tbsp dried cranberries

For Dressing

- 2 Tbsp tahini
- 2 Tbsp apple cider vinegar (or water)
- 2 Tbsp lemon juice
- 2 Tbsp liquid aminos (can tamari/soy sauce)
- 4 Tbsp nutritional yeast
- 2 tsp minced garlic (1 – 2 cloves of garlic)
- 2 tsp maple syrup

Instructions

- 1 **Peel** squash, cut in half, scrape out the seeds and cut into half-inch cubes.
- 2 Place squash on a lightly oiled baking sheet and roast at **400° F for 30-40 minutes**, turning once or twice, until all the pieces are tender and browned.
- 3 While roasting the squash, **toss together** spinach, cooked quinoa, apple, pumpkin seeds, and cranberries in a large bowl.
- 4 Prepare dressing by placing all ingredients in a blender and **blend** until smooth.
- 5 Once the butternut squash is done roasting, allow it to cool and then **add** into the salad bowl with the other ingredients.
- 6 **Pour** the dressing over the salad and toss to coat. Serve immediately.



Smashed Kale Salad



Maria Marlowe

Class of 2012

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Ingredients (Serves 4-6)

- 1 bunch kale, stem removed, torn into bite size pieces
- 1/4 cup red onion, chopped
- 1 ripe avocado, chopped
- 2 Tbsp chopped fresh cilantro
- 1/2 lime
- 1/4 cup seeds (sunflower, pumpkin, hemp, or mixture of all 3)
- salt to taste
- red pepper flakes to taste

Instructions

- 1 **Add** kale, red onion, avocado, cilantro, and salt to a large bowl.
- 2 **Squeeze** the juice of the lime into the bowl as well.
- 3 Use your hands to **“massage”** and rub the avocado into the kale for 1-2 minutes. (Your hands will get messy, but it won't taste the same if you just mix it with utensils). The kale will shrink in size and appear darker. This is how you know it's ready.
- 4 **Top** salad with seeds and red pepper flakes, toss, and enjoy!



Greens "ala Genovese"



Laurie Chicha
Class of 2013
www.yoganimity.me

Ingredients (Serves 2-4)

- 2 cups green beans
- 3 zucchini
- 1 shallot, minced
- 1 garlic clove, grated
- 1 bunch fresh basil
- 2 Tbsp pine nuts, toasted
- 2 Tbsp olive oil
- 1 Tbsp hazelnut oil (optional)
- grated or shaved parmesan cheese (optional)
- salt and ground pepper to taste

Instructions

- 1 **Cook** the beans in boiling water until just tender (about 4 minutes). Allow to cool.
- 2 **Cut** beans into small pieces.
- 3 **Peel** the outer zucchini into ribbons with a vegetable peeler (do not use the heart of the zucchini). Place in a bowl with the beans.
- 4 **Add** the minced shallot and grated garlic.
- 5 **Toss** with the oils and top with fresh basil, toasted pine nuts, and parmesan shavings.
- 6 **Add** salt and pepper to taste.



Metamorphosis Beet Salad



Debbie Barbiero

Class of 2010

www.debshealthyplate.com

Ingredients (Serves 2-4)

- 4 medium size beets, quartered
- 1/3 cup chopped walnuts
- 2 Tbsp red onion, chopped
- 1 orange
- 1 green apple
- 1/4 cup white balsamic organic vinegar
- 1/2 cup extra virgin olive oil

Instructions

- 1 Place beets in a sauce pan. Fill with enough water to cover the beets. Bring to a boil and **cook 20 to 30 minutes**. Check for tenderness. Drain and cool.
- 2 **Squeeze** the juice of one orange into a small bowl.
- 3 Add the oil and vinegar to juice and **whisk** together.
- 4 Peel the apple and **chop** into small pieces.
- 5 **Cut** the beets into 1" pieces.
- 6 **Mix** all ingredients together into a pretty serving bowl.
- 7 **Optional:** Serve the salad over greens and top with one ounce of goat cheese.



Marinated Cauliflower Salad



Andrea Saunder
Class of 2012
www.lifeafterbread.co.uk

Ingredients (Serves 2-4)

- 4 raw cauliflower florets, cut into bite size pieces
- 1 large orange
- 1 apple, cored & chopped into bite size pieces
- 1 shallot, finely sliced
- 1 clove garlic, finely sliced
- 4 Tbsp olive oil
- juice of 1 lemon
- handful of walnuts, roughly chopped
- handful of fresh herbs of your choice

Instructions

- 1 Carefully **peel** the orange over the bowl you will be using to marinate your salad to catch all the orange juice.
- 2 Peel off as much of the pith as you can, and then **cut** between the orange segments to remove the juicy flesh from the segment skin.
- 3 When you have cut out all the orange segments, **squeeze** the remaining orange 'skeleton' to extract all the remaining juice, then discard the rest.
- 4 In the serving bowl, **cut** the orange segments into smaller, bite size pieces.
- 5 **Add** all the remaining ingredients to the bowl and mix thoroughly, making sure the oil and citrus juices combine with all the other ingredients.
- 6 Cover the bowl and allow to **marinate** for at least 4 hours and as long as 2 days. If you are marinating for use the next day, pop it in the fridge.



Entrées



Sweet Potato, Kale & Sage Skillet With Quinoa



Sherrie Scaglione Castellano

Class of 2013

www.withfoodandlove.com

Ingredients (Serves 4-6)

- 2 cups cooked quinoa
- 1/2 cup shallot, chopped
- 1 Tbsp fresh sage, chopped
- 2 sweet potatoes
- 4 cups tuscan kale, shredded with ribs removed
- 2 Tbsp coconut oil
- 1/2 tsp paprika
- sea salt and coarse ground pepper, to taste

Instructions

- 1 Preheat the oven to **400° F**.
- 2 **Scrub** & dry your sweet potatoes and pierce a few times each with a knife (don't cover in foil).
- 3 Place your sweet potatoes on the top shelf of the oven, and put a cookie sheet on the shelf beneath it to catch the drippings. **Roast** for about 45 minutes, or until soft and tender.
- 4 Cool almost completely, peel off skins, **chop** into small bites and set aside.
- 5 In a medium-large frying pan or cast iron skillet heat the coconut oil over low heat and **sauté** the shallots for about 5 minutes or until they start to turn translucent.
- 6 **Add** in the sage, paprika, sea salt and pepper, and cook for a few more minutes.
- 7 **Add** in the shredded kale and the remaining tablespoon of coconut oil, combine well, and sauté for another 3-5 minutes.
- 8 Toss the chopped sweet potatoes and cooked quinoa into the skillet and **mix together** to heat all the way through. Serve and enjoy!



Spaghetti and Lentil "Meat" Balls



Nicole Smith

Class of 2012

www.morebeetsplease.com

Ingredients (Serves 4)

- 1 cup dry lentils
- 2 cups vegetable broth (or water)
- 1 egg
- 1 tsp salt
- 1 tsp pepper
- 2 cloves garlic
- 1 tsp dried oregano
- 1/2 cup gluten-free bread crumbs
- 1 pkg brown rice pasta
- 1 jar pasta sauce
- shredded parmesan cheese to top (optional)

Instructions

1. Preheat oven to **350° F**.
2. Bring the vegetable broth and lentils to a boil and **cook** over medium heat for 15-20 minutes, or until lentils are tender.
3. **Combine** egg, salt, pepper, garlic and oregano in a food processor. When the lentils are done, add those as well. Pulse until blended well. Fold in the bread crumbs. If the mixture is too dry, add another egg. If it's too wet, add more bread crumbs (you want these a little more on the wet side).
4. **Line** a cookie sheet with parchment paper.
5. Roll the mixture (with wet hands) into **1-inch balls**. You can also use a small ice cream scoop. Place on sheet.
6. **Bake** the lentil "meat" balls for 20 minutes or until they start to get golden brown.
7. While the lentil balls are baking, **cook your pasta** according to the directions on the package.
8. **Heat** the pasta sauce.
9. Drain pasta and **divide into bowls**. Top with a few lentil "meat" balls, some pasta sauce, and parmesan cheese.



Asparagus and Truffle Oil Risotto



Julia Dzafic

Class of 2009

www.lemonstripes.com

Ingredients (Serves 2-4)

- 4 cups vegetable or chicken broth
- 2 Tbsp olive oil
 - 4 green onions, chopped
- 1 cup brown rice, cooked
 - 1 large bunch asparagus, cut into 2-inch pieces
- 2 Tbsp unsalted butter
- 1 tsp freshly ground black pepper
- 1 Tbsp truffle oil
- 1/2 cup grated parmesan cheese (optional)

Instructions

- 1 Bring broth to a **boil** in a small saucepan, lower heat and cover, maintain a simmer.
- 2 **Heat** olive oil in a large saucepan over medium heat.
- 3 **Add** cooked brown rice and green onions.
- 4 **Cook** for 5 minutes, stirring once or twice.
- 5 Begin **adding broth**, 1/2 cup at a time and cook for 20 minutes, stirring constantly.
- 6 Make sure that all broth is **absorbed** into the rice and risotto becomes creamy.
- 7 With the last 1/2 cup of broth, **add** the asparagus, butter, and black pepper.
- 8 **Stir** in truffle oil and parmesan and serve.



Cranberry Walnut Stuffed Squash



Andrea Hood
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Ingredients (Serves 2-4)

- 2 sweet dumpling squashes
- 1/2 cup brown rice
- 1 cup baby portobello (cremini) mushrooms
- 1 small onion
- 2 cloves garlic
- 1 cup cranberries
- 1/4 cup raw walnuts
- 2 tsp balsamic vinegar
- 2 tsp pure maple syrup
- sea salt and pepper to taste
- extra virgin olive oil for brushing onto squashes before roasting
- optional: 1/3 lb. of ground pork, turkey, or chicken

Instructions

- 1 **Soak** the brown rice in water for 6-8 hours before cooking, to increase digestibility.
- 2 Preheat oven to **375° F**.
- 3 **Cut** the tops off of the squash and remove seeds.
- 4 Put the squash on a cookie sheet, cut side up, and drizzle with extra virgin olive oil. Sprinkle with a pinch of sea salt and black pepper. Put cookie sheet into the oven and **cook** for 40 minutes.
- 5 While the squash is roasting, **cook** rice according to package directions.
- 6 **Dice** the onions, garlic, mushrooms, and cranberries.
- 7 Coat a large skillet with nonstick spray or olive oil, and **cook** the mushrooms until soft, about 5 minutes. Add onions and garlic and cook until translucent, about 10 min. If you are using meat in your dish, add now and cook through about 5 min. Once rice is cooked, add it to the skillet with the cranberries. Turn heat to low and allow the flavors to combine until squash is done.
- 8 When the **squash is done** - when you can stick a fork easily into the flesh - take out of the oven.
- 9 **Fill** the squash halves with the rice mixture.
- 10 Put the squash back into the **oven** for an additional 7-10 minutes.
- 11 In a small prep dish, **combine** the balsamic vinegar and maple syrup.
- 12 When the squash is ready, take it out of the oven and **drizzle** each with 1 tsp. of the balsamic mixture.



Kale & Turmeric Squash



Diana Chaplin

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Ingredients (Serves 2-4)

- 1 medium butternut squash, peeled and chopped into 1/4-inch chunks
- 1 bulb of garlic, peeled (slice in half if pieces are too big)
- 6 cups kale, chopped
- 2-3 stalks of scallions
- 1/4 cup pine nuts
- 1/3 tsp ground turmeric
- 2 Tbsp ghee or coconut oil
- pinch of sea salt
- black pepper
- olive oil

Instructions

- 1 **Melt** the ghee in a pan, then combine in a bowl with the squash, garlic, sea salt, black pepper, and turmeric so everything is thoroughly mixed.
- 2 Bake at **350° F** for 35-40 minutes on a baking sheet, mixing every once in a while so the squash cooks evenly.
- 3 Spread out the pine nuts on a separate baking sheet and **bake** with a bit of sea salt on the top rack for 5 minutes only, so the pine nuts begin to turn a golden brown.
- 4 As you approach the end of the bake time for the squash mix, **blanch** the kale for 2-3 minutes in water or vegetable stock, strain it, and sprinkle with a bit of olive oil.
- 5 When ready to serve, **combine** the squash mixture, kale, pine nuts, and some chopped scallions.



Butternut Squash Soup



Hailey Miller

Class of 2014

www.onthesideblog.com

Ingredients (Serves 4-6)

- 2 Tbsp extra virgin olive oil
 - 1 stalk of celery, diced
 - 1 large carrot, peeled, diced
 - 1 white onion, diced
- 1 tsp fresh thyme
- 4 cups vegetable stock
- 4 cups butternut squash, cubed
- salt and pepper to taste

Instructions

- 1 **Heat** oil in a large soup pot.
- 2 **Add** celery, carrot, and onion, and cook for about 4 minutes or until translucent.
- 3 **Add** thyme, stock and butternut squash.
- 4 Bring to a **boil** and then reduce heat.
- 5 **Cook** until squash is tender, about 30 minutes.
- 6 Remove from heat and use emulsion blender to **blend** until smooth.

Dessert





Honey & Coconut Oil Roasted Figs



Sherrie Scaglione Castellano
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Ingredients (Serves 4-8)

- 8 figs
- 2 Tbsp honey
- 1 Tbsp coconut oil
- 1/2 tsp vanilla extract

Instructions

- 1 Preheat oven to **375° F**.
- 2 Wash and dry the figs, then **cut** off their tops and score them in quarters.
- 3 Combine the honey, coconut oil, and vanilla together (you might have to warm them slightly to mix) and **drizzle** the mixture over the figs.
- 4 **Roast** in the oven for about 25 minutes. When they come out they'll look like beautiful flowers.



Gluten-Free Molten Lava Chocolate Cake



Cindy Santa Ana

Class of 2013

www.unlockbetterhealth.com

Ingredients (Serves 6)

- 4 Tbsp unsalted grass-fed butter, plus more for greasing the ramekins
- 1 Tbsp gluten-free flour, plus more for ramekins
- 1/3 cup bittersweet chocolate chips
 - 1 large egg (yolk and white)
 - 1 large egg yolk (white removed)
- 2 Tbsp sucanat

Instructions

- 1 Preheat oven to **450° F**.
- 2 Butter 2 6-oz **ramekins** and dust with gluten-free flour.
- 3 Place the butter and chocolate in a double broiler and **stir until melted**.
- 4 Using an electric mixer, beat the egg yolk and sucanat in a medium bowl until thick, about 1 minute. Add the melted chocolate and flour and **beat until smooth**.
- 5 Divide the batter between the prepared ramekins. **Bake** until edges are set and center is still jiggly, about 8-10 minutes.
- 6 **Let stand** for 15 seconds and then run a knife around the edges. Invert onto a small plate.
- 7 Serve with small **berries** or make a sauce with crushed berries and drizzle on top.

You can prepare these ahead of time by placing the batter in the ramekins in the fridge for 1 day. Bring to room temp before baking.



Baby Brownies Worth Celebrating



Jayne Gonzales
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Ingredients (Serves 10)

- 1 cup sunflower seeds (or almonds)
- 1/4 cup hemp seeds
- 1/4 tsp baking soda
- 1/4 tsp aluminum-free baking powder
- 2 Tbsp cacao powder
- 2 tsp vanilla essence
- 3 Tbsp water
- 1 1/4 Tbsp melted coconut oil
- 1/4 cup coconut sugar

Instructions

- 1 Preheat oven to **350° F**.
- 2 In a medium bowl, **combine** the vanilla essence, water, coconut oil, and coconut sugar. Stir until the sugar starts to dissolve. Set aside.
- 3 In a high powered blender or food processor, **combine** the remaining ingredients until they look powdery.
- 4 Gently **fold** the dry ingredients into the wet ingredients with a spatula until just blended.
- 5 Divide your thick, sticky batter between 10 mini muffin cups and **cook** for 18-22 minutes.
- 6 **Cool** for 15 minutes before removing and try not to eat them all in one go!

You can prepare these ahead of time by placing the batter in the ramekins in the fridge for 1 day. Bring to room temp before baking.



Pumpkin Pie Lucuma "Ice Cream"

Christine Cherpak
Class of 2013
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Ingredients (Serves 4-6)

- 1 cup pumpkin puree
- 1 cup coconut milk
- 1/2 cup maple syrup
- 2 tsp pumpkin pie spice
- 1/2 tsp sea salt
- 1/2 tsp vanilla extract
- 1/2 tsp lucuma

Instructions

- 1 At least 3 hours before you're ready to serve, **freeze** the pumpkin puree in small-medium chunks on a sheet of wax paper and the coconut milk in an ice tray.
- 2 When ready to serve, remove the pumpkin puree and coconut milk from the freezer and allow to **soften** slightly for a few minutes.
- 3 **Blend** the frozen ingredients with the rest of the ingredients until there is a smooth consistency.
- 4 **Scoop** and serve with your favorite toppings.



Pumpkin Cookie Dough Balls



Kristina Beck
Class of 2013
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Ingredients (Serves 4)

- 1/2 cup pumpkin puree
- 1/3 cup coconut flour
- 4 tsp coconut sugar
- 3 tbsp maple syrup
- 1 1/2 tsp pumpkin pie spice
- 2/3 cup walnuts

Instructions

- 1 Preheat the oven to **350°F**.
- 2 Crush the walnuts and **mix** all ingredients in a bowl.
- 3 Mold into balls and **bake** on a parchment lined baking sheet for 15-20 minutes.



Key-Lime Custard Pie



Kendall Scott
Class of 2009
www.thekickingkitchen.com

Ingredients (Serves 10)

For Crust

- 1/2 cup raw almonds
- 1/2 cup pumpkin seeds
- 1 tsp unrefined coconut oil, melted
- 1 Tbsp maple syrup
- 1/4 tsp salt

For Pie Filling

- 1 1/2 cups raw cashews
- 3/4 cup coconut milk
- 1/3 cup unrefined coconut oil, melted
- 3/4 cup lime juice
- 3/4 cup maple syrup
- 1/2 tsp lime zest
- 1/2 tsp lemon zest

Instructions

- 1 **Mix** the crust ingredients in a food processor for one minute or until they are ground into crust dough.
- 2 Use your fingers to firmly **press** the dough into a pie plate.
- 3 To **make the pie filling**, first add the cashews to the food processor and process for one minute until finely ground. Add the coconut milk, coconut oil, lime juice, maple syrup, lime and lemon zest, and process one to two minutes or until smooth.
- 4 **Scoop** the pie filling into the crust; use a spoon to spread evenly.
- 5 **Refrigerate** for two hours or overnight. Remove from the refrigerator and let the pie sit at room temperature for five to ten minutes to soften slightly before serving.

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Healthy Homemade Hot Chocolate



Andrea Hood
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www.andreahood.com

Ingredients (Serves 1-2)

- 1 can coconut milk
- 2 Tbsp raw cacao powder (or unsweetened cocoa powder)
- 2 Tbsp pumpkin puree
- 2 Tbsp pure maple syrup
- 1/4 tsp pumpkin pie spice

Instructions

- 1 Put all ingredients into a blender or food processor and **blend** until combined and smooth, about 30 seconds.
- 2 Pour into a medium-sized sauce pan and **heat** over medium heat setting, stirring occasionally, until warm (approximately 5 minutes).



This guide was created by the Institute for Integrative Nutrition®

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