

INGREDIENTS LIST

Sweet Potato Kale & Pomegranate Salad

- 3 cups baby kale
- 2 medium sweet potatoes
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon cinnamon
- 1 cup pomegranate arils
- 1/2 cup crumbled goat cheese
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 teaspoon garlic powder
- salt & pepper

Wild Rice Stuffing

- 1 1/2 cups wild rice
- 2 1/4 cups low sodium chicken broth
- 2 tablespoons olive oil
- 1 small onion, chopped
- 8oz mushrooms, chopped
- 3 cloves garlic, minced
- 2 stalks celery, finely chopped
- 1 large carrot, diced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon rosemary
- 1 tablespoon chopped fresh sage
- 1/4 cup slivered almonds
- 1/4 cup dried cranberries
- 1/4 cup freshly grated parmesan cheese (optional)

Baked Pears with Walnuts & Honey

- 2 large ripe pears
- 1 teaspoon ground cinnamon
- 1 tablespoon honey
- 1/4 cup crushed walnuts
- 1/3 cup low fat Greek yogurt (optional)

Pumpkin Pie Smoothie

- 1 frozen banana
- 1/3 cup pumpkin puree
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1/4 cup oats
- 1/3 cup skim milk

Hydrating Apple Cider Punch

- 5 cups apple cider
- 12oz ginger beer
- 1/2 cup lemon juice
- 5 cups sparkling water
- 2 apples
- 2 oranges