

White Bean Dip

olive oil
garlic
fresh thyme
fresh rosemary
2-15 oz cans cannellini beans
red wine vinegar
optional toppings- pine nuts, red pepper flakes

Chicken & Zucchini Poppers

1 lb chicken breasts
2- zucchini
green onions
cilantro
garlic
cumin
olive oil

Blackened Shrimp Avocado Cucumber Bites

creole seasoning
1 lb raw shrimp, peeled and deveined
cucumber
avocado
green onions
cilantro
lemon
cayenne pepper

Crispy Golden Eggplant Fries

1 medium Eggplant
1 egg
almond milk
almond flour
garlic powder
Italian seasoning
olive oil

Cauliflower Rice Stuffing

Cauliflower
onion
celery
garlic
parsley
poultry seasoning
sage
chicken broth (1/2 c)

Healthy Sweet Potato Casserole

2 lbs sweet potatoes
coconut oil
unsweetened apple sauce
cinnamon
nutmeg
1 cup pecans

Italian Roasted Mushrooms and Veggies

1 lb cremini mushrooms
2 lbs cauliflower
2 cups cherry tomatoes
bulb garlic
Italian seasoning
parsley

Gluten Free Stuffing Recipe

1 large butternut squash
olive oil
1 1/2 brussel sprouts
small onion
celery stalks
chicken sausage
1 large apple
cinnamon
dried rosemary
nutmeg
garlic powder
2/3 c dried cranberries
1/2 c pecans
parsley

Gluten Free Stuffing Recipe

large head of cauliflower
1 sweet onion
2 cups fresh baby spinach
garlic powder

5 Ingredient Coconut Chocolate Bars

2 1/2 c. of coconut unsweetened flakes or shreds
coconut oil
1 15 oz can coconut cream
Maple syrup
1/2 cup worth of Isa Delights

4 Ingredient Flourless Protein Brownies

3 over-ripe bananas (or 1 cup)
almond butter
cocoa powder
Italian protein powder