



Fall Energy Recipes

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Welcome!

On the next pages you will find a collection of delicious recipes with warming, fall ingredients to inspire you as the weather turns cooler (and a fall smoothie for the inevitable hot day!)

Root vegetables, legumes and of course pumpkin are highlighted in these recipes because they are nutrient-dense, slow-burning carbohydrates that will give you the energy you need without the blood sugar crash of refined carbohydrates.

Enjoy!

In health, Jenny

P.S. If you have any questions about these recipes, or would like a meal plan with recipes like these tailored to your health goals and preferences, please reach out to me at info@jennyfowler.com.





No-Bake Pumpkin Protein Bars

8 servings

15 minutes

Ingredients

- 1/2 cup Coconut Flour
- 1/4 cup Vanilla Protein Powder
- 3/4 tsp Pumpkin Pie Spice
- 1/2 cup Almond Butter
- 1/3 cup Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Pureed Pumpkin
- 1 tbsp Unsweetened Almond Milk
- 1/2 cup Dark Chocolate Chips
- 1 tbsp Coconut Butter (melted)

Directions

- 1 Line a pan with parchment paper. (Tip: Use an 8x8 inch pan if making 8 servings.)
- 2 Add the coconut flour, protein powder and pumpkin pie spice into a large mixing bowl and whisk to combine.
- 3 Using a small pot over low heat, add the almond butter and maple syrup and whisk until combined and sticky, then add the vanilla extract.
- 4 Add the wet ingredients to the dry ingredients along with the pureed pumpkin. Stir until it is all combined, then add the milk and chocolate chips. Stir again until well combined. The dough will feel very thick.
- 5 Transfer the dough into your pan and flatten with your hands, applying firm pressure to ensure it is packed. Refrigerate for at least 30 minutes.
- 6 Remove the dough from the fridge and slice into even bars. Drizzle the bars with melted coconut butter. Store in the fridge until you are ready to eat. Enjoy!

Notes

Nut-Free: Use tahini or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

No Coconut Butter: Omit, or use melted chocolate as a drizzle instead.

Storage: Store in the fridge or freezer until ready to eat. They will be too soft at room temperature.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



Kale & Eggs with Pesto Potatoes

2 servings

30 minutes

Ingredients

- 1 Yellow Potato (large, cubed)
- 1/2 Sweet Potato (medium, cubed)
- 1/4 cup Pesto
- 1 tsp Avocado Oil
- 4 Egg
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves (chopped)
- 1/2 cup Cherry Tomatoes

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper and add the yellow potato and sweet potato. Cover the cubes with the pesto until well-coated. Bake for 25 minutes or until fork-tender.
- 2 Add the oil to a pan. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking. Season with salt and pepper. Remove from the pan and set aside.
- 3 In the same pan, add the kale and a splash of water. Cook until the kale is wilted, about three minutes. Add the tomatoes and cook for another two to three minutes.
- 4 Divide the potatoes, eggs, kale, and tomatoes evenly between bowls. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be kept in an airtight container for up to three days.

Nut-Free: Use a seed-based pesto instead. Instead of pesto, roast the potatoes with oil and top with sriracha or tzatziki once cooked.

Make it Vegan: Use tofu, tempeh, or any legume in place of eggs.



Pumpkin Pie Protein Smoothie

2 servings

10 minutes

Ingredients

2 cups Unsweetened Almond Milk
1 cup Pureed Pumpkin
2 Banana (frozen)
1 tsp Vanilla Extract
1 tsp Pumpkin Pie Spice
1/2 cup Vanilla Protein Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



Roasted Tomato, Lentil & Feta Bowl

4 servings

40 minutes

Ingredients

- 1 cup Red Onion (diced)
- 2 cups Cherry Tomatoes
- 1 Green Bell Pepper (chopped)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups Kale Leaves (chopped)
- 2 cups Green Lentils (cooked, drained and rinsed)
- 1 Avocado (sliced)
- 1/2 cup Feta Cheese (crumbled)

Directions

- 1 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20 minutes. After 20 minutes, change the settings on your oven to broil and broil for 7 to 8 minutes or until tomatoes are slightly blackened.
- 3 Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. Heat a large skillet over medium heat and saute the kale until it is wilted. Remove from heat and set aside.
- 4 Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils.
- 5 Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Enjoy!

Notes

Storage: Store in the fridge covered for up to 2 days.

Prep Ahead: Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, saute kale, slice avocado and assemble the bowls.



Tahini, Quinoa & Roasted Veggie Bowl

4 servings

40 minutes

Ingredients

- 1 head Cauliflower (cut into florets)
- 1 Carrot (chopped into 1 inch rounds)
- 1 Beet (chopped into 1 inch pieces)
- 1 Turnip (chopped into 1 inch pieces)
- 1 Parsnip (chopped into 1 inch pieces)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/4 cup Tahini
- 1 tbsp Avocado Oil
- 2 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 4 cups Kale Leaves

Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of avocado oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 3 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 5 Place the kale in a bowl and massage with a bit of avocado oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 6 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 7 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results,



refrigerate the ingredients separately.



Sweet Potato Shepherd's Pie

4 servings

35 minutes

Ingredients

- 2 Sweet Potato (medium, peeled and roughly chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt (divided)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (medium, finely chopped)
- 1 Carrot (medium, finely chopped)
- 1 tbsp Italian Seasoning
- 1 tsp Garlic Powder

Directions

- 1 Place the sweet potatoes in a medium pot with just enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potatoes then mash with the oil and half of the salt. Set aside.
- 2 Meanwhile, add the beef, onion, carrot, Italian seasoning, garlic powder, and remaining salt to a skillet over medium-high heat. Cook for six to eight minutes until the beef is fully browned and the vegetables have softened. Drain any excess liquid.
- 3 Set oven broiler to high or 550°F (290°C).
- 4 Spread the beef filling in a baking dish. Spoon the mashed potatoes on top and smooth them into an even layer. Brush with the remaining oil and broil for 10 to 15 minutes until browned. Divide onto plates and enjoy!

Notes

Leftovers: Store in the refrigerator for up to three days or freeze for up to two months.

Baking Dish: An 8 x 8-inch baking dish was used to create four servings.

No Ground Beef: Use lean ground turkey, chicken, lamb, or pork.

More Flavor: Add other spices or top with fresh herbs. Add chopped mushrooms or cauliflower to the beef filling.

Save Time: Use frozen pre-chopped vegetables.

Serve It With: Green salad or roasted vegetables.



Salmon Chowder

4 servings

40 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 bulb Fennel (sliced)
- 2 cups Celery Root (peeled and cubed)
- 2 cups Rutabaga (peeled and cubed)
- 2 cups Vegetable Broth
- 12 ozs Salmon Fillet
- 1 cup Canned Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1/4 cup Parsley (chopped, optional garnish)

Directions

- 1 In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
- 2 Add the broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
- 3 Add the broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
- 4 Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
- 5 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

Notes

Leftovers: Store covered in the fridge up to three days, or freeze it.

Serving Size: One serving is roughly 1 1/2 cups.

Vegan & Vegetarians: Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.



Slow Cooker Lamb & White Bean Stew

4 servings

5 hours

Ingredients

5 cups Water
14 ozs Lamb Shank
2 cups White Navy Beans (cooked)
1 Yellow Onion (medium, diced)
2 Tomato (diced)
1 Yellow Potato (medium, diced)
2 tsps Turmeric
2 tbsps Apple Cider Vinegar
1 tbsp Tomato Paste
2 tsps Sea Salt

Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size: One serving equals approximately two cups.

Serve it With: Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

More Veggies: Add watercress, kale or spinach before serving.

No Potato: Use cauliflower instead.

Serve as Iranian Abgoosht: Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

Vegan & Vegetarians: Replace the lamb with chickpeas.



Sweet Potato Chocolate Pudding

4 servings

45 minutes

Ingredients

2 Sweet Potato (medium, sliced in half lengthwise)
3/4 cup Unsweetened Almond Milk
1/3 cup Cacao Powder
1/4 cup Pitted Dates
1 tsp Vanilla Extract
1/8 tsp Sea Salt
1/2 cup Strawberries (sliced)
1/4 cup Unsweetened Coconut Flakes (toasted)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the sweet potatoes cut side down and pierce with a fork all over. Bake for 35 to 40 minutes, or until cooked through.
- 2 Remove the sweet potato from the oven. Let cool slightly and peel the skin off. Add the sweet potato along with the almond milk, cacao powder, dates, vanilla, and sea salt to a blender and blend on high until smooth and creamy.
- 3 Divide the pudding into bowls and top with sliced strawberry slices and coconut flakes. Enjoy!

Notes

No Blender: Use a food processor.

Sweet Potatoes: Two medium sweet potatoes are equal to about 1.5 cup of cooked and mashed sweet potato.

Additional Toppings: Chopped fruit, nuts or seeds.

No Dates: Sweeten with maple syrup, honey or coconut sugar instead.