



September Recipe Book 2024

Created by EpicLuv



Roasted Cauliflower, Squash & Apple Salad

10 ingredients · 35 minutes · 4 servings



Directions

1. Cook the farro according to the package directions and set aside.
2. While the farro is cooking, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Add the squash and cauliflower to the baking sheet. Drizzle half of the oil all over and season with salt and pepper. Toss to coat the veggies, then spread them out into an even layer. Roast for 20 to 25 minutes, turning halfway through, or until they are golden brown and fork tender.
4. Add the remaining oil, lemon juice, garlic, parsley, dill, salt, and pepper to a jar. Close the lid and shake until emulsified. Set aside.
5. Add the cooked farro, roasted veggies, and apple to a large bowl. Shake the jar of dressing again before pouring it over the salad. Toss to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

Additional Toppings

Top with feta cheese.

No Farro

Use rice, quinoa, or another grain of choice.

Ingredients

- 1/2 cup Farro (uncooked, rinsed)
- 2 Honeynut Squash (small, seeds removed, chopped)
- 1/2 head Cauliflower (small, cut into small florets)
- 1/4 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (medium, juiced)
- 1 Garlic (clove, minced)
- 3 tbsps Parsley (chopped)
- 1 tbsp Fresh Dill (chopped)
- 1 Apple (medium, chopped)

Nutrition

Amount per serving

Calories	338	Vitamin A	1067IU
Fat	15g	Vitamin C	70mg
Carbs	50g	Calcium	106mg
Fiber	7g	Iron	2mg
Sugar	7g	Vitamin D	0IU
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	85mg
Sodium	36mg	Zinc	1mg
Potassium	1049mg	Selenium	2µg

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Blackberry & Granola Kefir Parfaits

3 ingredients · 10 minutes · 2 servings



Directions

1. In glass containers or bowls, layer the granola, berries, and kefir until all ingredients are used up. Serve and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is 2/3 cup of kefir, 1/2 cup of blackberries, and 1/2 cup of granola.

Make it Vegan

Use coconut kefir.

Additional Toppings

Hemp seeds and/or cacao nibs.

Ingredients

1 cup Granola

1 cup Blackberries

1 1/3 cups Plain Kefir

Nutrition

Amount per serving

Calories	422	Vitamin A	498IU
Fat	17g	Vitamin C	17mg
Carbs	51g	Calcium	334mg
Fiber	9g	Iron	3mg
Sugar	27g	Vitamin D	67IU
Protein	17g	Vitamin B12	0.8µg
Cholesterol	6mg	Magnesium	117mg
Sodium	130mg	Zinc	3mg
Potassium	826mg	Selenium	16µg

One Pan Lemon Chicken with Broccoli & Rice

8 ingredients · 45 minutes · 2 servings



Directions

1. In a ziplock bag or a bowl, add the chicken breast, half of the Mediterranean spice, and half of the lemon juice. Season with salt and pepper. Let the chicken sit in the marinade for about 15 minutes.
2. Preheat the oven to 400°F (205°C). In an oven-safe pan, add the chicken and bake in the oven for about 10 minutes.
3. Remove the pan from the oven. Remove the chicken from the pan and place on a plate. Add the rice, water, broccoli, tomatoes, and the remaining Mediterranean spice to the pan. Stir and season with salt and pepper. Place the chicken back in the pan. Cover the pan with a lid or foil and bake in the oven for 20 to 25 minutes or until chicken and rice are cooked through.
4. Squeeze the remaining lemon juice on top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 2 1/2 cups.

No Chicken Breast

Use chicken thighs, fish fillets, or pork chops instead.

More Flavor

Add red onion and bell pepper.

No Basmati Rice

Use brown rice or jasmine rice instead.

Make Ahead

Marinate the chicken the night before and refrigerate overnight.

Ingredients

- 12 ozs Chicken Breast
- 1 tbsp Mediterranean Spice Blend (divided)
- 1 Lemon (juiced, divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Basmati Rice (dry)
- 1/2 cup Water
- 1 1/2 cups Broccoli (florets, chopped)
- 1 cup Cherry Tomatoes

Nutrition

Amount per serving

Calories	425	Vitamin A	1098IU
Fat	5g	Vitamin C	80mg
Carbs	49g	Calcium	55mg
Fiber	4g	Iron	1mg
Sugar	4g	Vitamin D	2IU
Protein	45g	Vitamin B12	0.4µg
Cholesterol	124mg	Magnesium	73mg
Sodium	404mg	Zinc	2mg
Potassium	983mg	Selenium	40µg

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Farro, Squash & Apple Salad

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Cook the farro according to package directions and set aside in a large bowl to let cool slightly.
3. Place the squash on the baking sheet and drizzle with 1/4 of the oil and season with salt and pepper. Transfer to the oven and bake for 25 to 30 minutes, flipping halfway through, until cooked through and browned.
4. In a small bowl, whisk together the remaining oil, lemon juice, mustard, and maple syrup. Season with salt and pepper.
5. Add the apple, pecans, farro, squash, and kale to the bowl. Pour the dressing over top and toss to combine. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is about 1 1/2 cups.

More Flavor

Cook the farro in broth instead of water.

Additional Toppings

Top with parsley, goat cheese, shaved parmesan, or feta cheese.

Ingredients

- 1 cup Farro (uncooked, rinsed)
- 3 cups Butternut Squash (peeled, seeds removed, cubed)
- 1/4 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Lemon Juice
- 1 tsp Dijon Mustard
- 2 tsps Maple Syrup
- 2 Apple (medium, chopped)
- 3/4 cup Pecans (chopped)
- 3 cups Kale Leaves (chopped, massaged)

Nutrition

Amount per serving

Calories	529	Vitamin A	11979IU
Fat	28g	Vitamin C	44mg
Carbs	63g	Calcium	133mg
Fiber	10g	Iron	2mg
Sugar	16g	Vitamin D	0IU
Protein	10g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	69mg
Sodium	38mg	Zinc	1mg
Potassium	613mg	Selenium	1µg

Raspberry Beet Smoothie Bowl

7 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients except the shredded coconut and slivered almonds in a blender. Start by blending on low and working your way up to high, tampering as needed, until a thick consistency is achieved.
2. Scoop into bowls and top with shredded coconut, slivered almonds, and more raspberries if desired. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cups.

Make it Vegan

Use coconut milk or any alternative yogurt instead of Greek yogurt.

Additional Toppings

Chocolate chips or cacao nibs.

Ingredients

- 1 cup Frozen Raspberries (plus more for garnish)
- 1/2 Beet (medium, chopped, frozen)
- 2 tbsps Pitted Dates
- 1/4 cup Hemp Seeds
- 1/2 cup Plain Greek Yogurt
- 1 tbsp Unsweetened Shredded Coconut
- 1 tbsp Slivered Almonds

Nutrition

Amount per serving

Calories	545	Vitamin A	748IU
Fat	31g	Vitamin C	34mg
Carbs	48g	Calcium	348mg
Fiber	12g	Iron	6mg
Sugar	28g	Vitamin D	50IU
Protein	29g	Vitamin B12	0µg
Cholesterol	17mg	Magnesium	330mg
Sodium	112mg	Zinc	5mg
Potassium	991mg	Selenium	1µg

Pressure Cooker Pot Roast

10 ingredients · 1 hour 30 minutes · 8 servings



Directions

1. Turn the pressure cooker to "sauté" mode. Once hot, add the oil and the meat. Sear the roast on all sides until browned then season with the steak spice seasoning.
2. Add the broth, Worcestershire sauce, onion, garlic, and thyme. Close the lid and set to "sealing". Press manual/pressure cooker and cook for 45 minutes on high pressure. When the cook time is up, let the pressure to release naturally for 10 minutes and then do a quick release.
3. Stir in the potatoes and the carrots. Close the lid and set to "sealing". Press manual/pressure cooker and cook for 10 minutes on high pressure. When the cook time is up, let the pressure to release naturally for 10 minutes and then do a quick release.
4. Transfer the roast to a cutting board and use two forks to shred the meat into chunks.
5. Place the shredded meat on a serving platter. Add the vegetables and drizzle with the sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to three months.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Try adding a slurry (equal parts cornstarch and water, whisked together) to the sauce to make a gravy. Once everything is cooked and meat and vegetables are removed from the pot, turn the pressure cooker to "sauté" mode, stir in the slurry and cook till thickened.

Additional Toppings

Parsley, fresh thyme.

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 3/4 lbs Chuck Roast (boneless)
- 2 tbsps Steak Spice Seasoning
- 2 cups Beef Broth
- 2 tbsps Worcestershire Sauce
- 1 Yellow Onion (large, chopped)
- 4 Garlic (cloves, minced)
- 1 tbsp Dried Thyme
- 4 cups Mini Potatoes
- 4 cups Baby Carrots

Nutrition

Amount per serving

Calories	540	Vitamin A	11519IU
Fat	35g	Vitamin C	22mg
Carbs	24g	Calcium	86mg
Fiber	4g	Iron	6mg
Sugar	6g	Vitamin D	0IU
Protein	30g	Vitamin B12	5.5µg
Cholesterol	115mg	Magnesium	47mg
Sodium	539mg	Zinc	9mg
Potassium	834mg	Selenium	27µg

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Artichoke, Olive & Sun Dried Tomato Pesto Pizza

6 ingredients · 20 minutes · 1 serving



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
2. Spread the pesto evenly over the naan. Top with half the mozzarella, artichokes, and olives. Then add the remaining mozzarella.
3. Return to the oven and bake for six to eight minutes, or until the cheese has melted and the crust is crispy. Cut into slices, sprinkle with parsley, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add mushrooms and bell peppers.

Gluten-Free

Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free

Use vegan cheese instead.

No Sun Dried Tomato Pesto

Use regular pesto or tomato sauce instead.

Naan

One piece of naan is 3.2 oz or 90 grams.

Ingredients

- 1 piece Naan
- 1 tbsp Sun Dried Tomato Pesto
- 1 1/2 ozs Mozzarella Cheese (shredded, divided)
- 1/4 cup Artichoke Hearts (from the can, drained, sliced)
- 2 tbsps Black Olives (pitted, sliced)
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving

Calories	441	Vitamin A	854IU
Fat	16g	Vitamin C	10mg
Carbs	51g	Calcium	293mg
Fiber	6g	Iron	5mg
Sugar	6g	Vitamin D	0IU
Protein	19g	Vitamin B12	0µg
Cholesterol	39mg	Magnesium	27mg
Sodium	1045mg	Zinc	1mg
Potassium	135mg	Selenium	25µg

Orange Cantaloupe Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Make It Vegan

Omit collagen powder and use plant-based protein powder.

Additional Toppings

Add spinach, hemp seeds, or chia seeds to your smoothie.

Ingredients

- 1/4 Cantaloupe (small, chopped)
- 1/2 Navel Orange (peeled)
- 1/2 cup Water
- 1/2 cup Canned Coconut Milk
- 2 tbsps Unsweetened Coconut Yogurt
- 2/3 oz Collagen Powder
- 5 Ice Cubes

Nutrition

Amount per serving

Calories	370	Vitamin A	4840IU
Fat	22g	Vitamin C	92mg
Carbs	25g	Calcium	132mg
Fiber	3g	Iron	1mg
Sugar	18g	Vitamin D	0IU
Protein	20g	Vitamin B12	0.3µg
Cholesterol	0mg	Magnesium	31mg
Sodium	99mg	Zinc	0mg
Potassium	670mg	Selenium	8µg

Hot Honey Chicken Bowls

10 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
2. Place the chicken thighs in a bowl and season with salt and pepper. Add the tamari, vinegar, and half the oil. Mix to combine and then transfer to the baking sheet.
3. Add the broccoli to a second baking sheet. Toss with the remaining oil and season with salt and pepper. Transfer both baking sheets to the oven and bake for 25 to 30 minutes or until the chicken is cooked through and the broccoli is tender.
4. Meanwhile, cook the quinoa according to the package directions.
5. In a small saucepan, combine the honey, sriracha, and garlic over low heat. Bring to a low simmer and let the mixture bubble and thicken for two to four minutes and then remove from the heat.
6. Divide the quinoa, chicken, and broccoli evenly between bowls. Add hot honey sauce over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Keep the honey mixture separate and drizzle on top after heated through.

Serving Size

One serving is approximately 1/3 cup of cooked quinoa and one cup of broccoli with chicken.

More Flavor

Add garlic and/or onion powder to the chicken. Let it marinate for a few hours. Add a touch of sesame oil to the hot honey sauce.

Additional Toppings

Top with chopped cilantro or green onion.

Ingredients

- 12 ozs Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1 tbsps Tamari
- 1 tsp Rice Vinegar
- 2 tbsps Avocado Oil (divided)
- 2 cups Broccoli (chopped into florets)
- 1/3 cup Quinoa (dry, rinsed)
- 1/4 cup Raw Honey
- 2 tsps Sriracha
- 1 Garlic (clove, large, minced)

Nutrition

Amount per serving

Calories	599	Vitamin A	779IU
Fat	23g	Vitamin C	83mg
Carbs	60g	Calcium	74mg
Fiber	5g	Iron	4mg
Sugar	35g	Vitamin D	2IU
Protein	41g	Vitamin B12	1.0µg
Cholesterol	160mg	Magnesium	119mg
Sodium	834mg	Zinc	4mg
Potassium	905mg	Selenium	44µg

Pressure Cooker Apple Cinnamon Oatmeal

8 ingredients · 25 minutes · 2 servings



Directions

1. Add the steel cut oats, water, milk, half of the cinnamon, and salt to your pressure cooker and close the lid. Set to "sealing," then press manual/pressure cooker. Cook for five minutes on high pressure. Once it is done, press cancel and let the pressure release naturally for ten minutes. Do a quick release for any remaining pressure.
2. Remove the lid carefully and add the maple syrup.
3. Add the oatmeal to a bowl and top with the chopped apple, walnuts, and remaining cinnamon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Add the toppings just before enjoying.

Serving Size

One serving is approximately 3/4 cup.

More Flavor

Add vanilla.

Ingredients

- 1/2 cup Steel Cut Oats
- 3/4 cup Water
- 1/2 cup Unsweetened Almond Milk
- 1/4 tsp Cinnamon (divided)
- 1/8 tsp Sea Salt
- 1 tbsp Maple Syrup
- 1 Apple (medium, chopped)
- 2 tbsps Walnuts (chopped)

Nutrition

Amount per serving

Calories	300	Vitamin A	175IU
Fat	9g	Vitamin C	4mg
Carbs	52g	Calcium	162mg
Fiber	7g	Iron	1mg
Sugar	17g	Vitamin D	25IU
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	25mg
Sodium	192mg	Zinc	0mg
Potassium	324mg	Selenium	0µg