



TASTEFUL
TIDBITS

fall favorites

SIMPLE FALL RECIPES
TO GET YOU STARTED IN THE KITCHEN

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fall favorites

To Do List

- Decorate for fall
- Go apple picking
- Take a fall foliage drive
- Bake pumpkin bread
- Drink spiced cider
- Attend a fall festival
- Visit a corn maze
- Rake & play in leaves
- Jump on hay bales
- Go for a sail
- Football/Tailgating
- Go on a hike
- Take fall pictures
- Carve a pumpkin
- Roast pumpkin seeds
- Go on a hayride
- Go camping
- Build a bonfire
- Take a picnic
- Cuddle
- Watch a film
- Be Thankful



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Autumn Fruit & Veggie Guide

- Apples
- Bananas
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cranberries
- Garlic
- Ginger
- Grapes
- Green Beans
- Herbs
- Kale
- Kiwifruit
- Lemons
- Lettuce
- Limes
- Mangos
- Mushrooms
- Onions
- Parsnips
- Pears
- Peas
- Pineapples
- Potatoes
- Pumpkin
- Radishes
- Raspberries
- Rutabagas
- Spinach
- Sweet Potatoes & Yams
- Swiss Chard
- Turnips
- Winter Squash
- EAT SEASONALLY/LOCALLY



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- Roasted Garlic, Rosemary & Pumpkin Hummus

Main Course~

- Harvest Chili
- Roasted Spaghetti Squash Spaghetti



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Spiced Cider

Ingredients:

- 4 cups apple cider
- 1-4 cups water (optional)
- 1 tsp. Dried ginger (or 1 Tbsp fresh ginger)
- 3-4 star anise pods
- 2-3 whole cinnamon sticks
- 1 tsp cloves
- 1 tsp orange or lemon peel
- ½ tsp. allspice



Directions:

1. Put all the ingredients into a pot and bring to a boil.
2. Reduce the heat to a simmer, for 1-3+ hours. The longer you cook the cider the more pronounced the healing spices.

Tidbits~

What is a decoction? The process of extracting the essence of something by boiling or heating, and then simmering. Stronger than an infusion as you are continually heating the plants to draw out their healing constituents.

- ★ Decoct dried spices, fungi, roots, seeds & berries
- ★ Allspice is a berry that contains eugenol (infection fighter, antiseptic, anti-inflammatory)
- ★ Star Anise is a seed pod rich in shikimic acid (anti-viral, anti-fungal), used for Epstein Barr Virus (EBV).
- ★ Cloves are dried flower buds from an evergreen tree that can be used as a pain relieving anesthetic.
- ★ Cinnamon, the inner bark of a tree, used for warming the kidneys and balancing blood sugar.



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Pumpkin Smoothie

(Gluten free, Vegan, Paleo, Dairy free)

Ingredients:

1 banana (frozen is great)

¼ cup Pumpkin Puree

1 cup Almond, Oat, or Coconut Milk Full Fat (unsweetened)

1 Tbsp Almond butter

1 Tbsp Molasses (can use maple syrup or honey)

¼ tsp nutmeg

½ tsp cinnamon

¼ tsp cardamom

Dash of cloves

Directions:

Blend in a mixer, garnish with a dash of cinnamon & enjoy.

*spices can be altered to suit your taste





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Spiced Sweet Potato Quick Bread

Time: 1 hour Provides: 1 loaf or 12 muffins Gluten-free

Ingredients:

- 2 tablespoons coconut oil
- 2 large sweet potatoes, peeled and thinly sliced (pumpkin can sub)
- 1/2 cup coconut flour
- 1/2 cup chopped nuts (pecans or walnuts)
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon sea salt
- 4 large eggs
- 1/2 cup almond butter
- 4 tablespoons unsalted, grass-fed butter, melted
- 1 teaspoon organic almond extract



Directions:

1. Preheat the oven to 350°F. Grease a 9- by 5-inch loaf pan with the coconut oil. Cut a piece of parchment paper to fit in the bottom of the pan and lay the parchment in the pan.
2. Place the sweet potato slices in a medium saucepan and cover with about 1 inch filtered water. Bring to a boil over high heat and cook until tender, about 5 minutes. Drain the potatoes in a colander, then return the slices to the saucepan. Using a potato masher, mash the potatoes until smooth and allow to cool to room temperature.
3. In a bowl, combine the coconut flour, cinnamon, nutmeg, mace, baking soda, baking powder, and salt.
4. In a large bowl, whisk the eggs until combined. Add the mashed sweet potatoes and the almond butter, melted butter, and almond extract and whisk gently until well combined. Add the coconut flour mixture and mix with a rubber spatula until evenly moistened. Pour the batter into the prepared loaf pan and bake until a toothpick inserted into the center comes out clean, 50 to 60 minutes.
5. Invert the bread out of the pan onto a wire rack and allow to cool completely. Cut the loaf into 1-inch slices and serve. Store tightly wrapped in plastic wrap at room temperature for up to 4 days.



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Cabbage & Apple Salad with Ginger Dressing

Ingredients:

- ½ head cabbage (any color)
- 1 apple, seeded and sliced into thick matchsticks
- ¼ cup parsley, chopped
- ¼ cup extra virgin olive oil
- 1 tbsp. apple cider vinegar or rice vinegar
- 1 tsp. ginger juice (made from fine grating fresh ginger)
- 1 tsp. raw honey
- 1/8 tsp. sea salt
- 1/4 cup roasted chopped nuts (pecans, walnuts, or almonds)
- 1/4 cup dried cranberries (optional)

Directions:

1. Shred the cabbage or slice it thin and place into a large mixing bowl.
2. Add the apple and parsley.
3. Whisk the oil, vinegar, ginger juice, honey and salt.
4. Pour over salad and toss to coat.
5. Top with roasted crushed almonds.

Enjoy!



Homemade Applesauce

A simple healthful snack or side



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Directions:

1. Peel & core apples (any color, size, or amount)
2. Place apples in a small saucepan over medium heat with lid.
3. Cook for 10 minutes, until soft.
4. Mash or puree in a blender. Enjoy!

Tidbits:

- 1-2 med-large apples is equal to 1 serving
- Peeling is not essential but typically preferred.
- Add ½ tsp cinnamon, cardamom, lemon zest or allspice for extra flavor.
- No sugar required but different varieties have varying sweetness.

Tidbit: When applesauce is cooled it becomes a prebiotic food. This means it is food for the good bacteria in your gut! Good gut health is wealth! There really is a lot of meaning to an apple day keeps the doctor away!



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Bacon Wrapped Dates

Time: 30 minutes Serves: 4 (2 each)

Ingredients:

- 8 dates
- 2 sliced of good quality bacon (organic & grass fed)

Cooking:

- 2 slices of good quality bacon, quartered (8 pieces), sliced at a diagonal angle.
- Wrap each piece of cut bacon around the date, the seam should be on the bottom. Cut the bacon slices on an angle into quarters & then wrap the fruit.)
- Place on a baking sheet and bake at 375° for 20 minutes (until bacon is gold and crispy).



Tidbits:

- Just double the recipe if you want more.
- You can use this recipe with dates or figs.
- These make great hostess snacks!



TASTEFUL TIDBITS

Fizzled Chickpeas

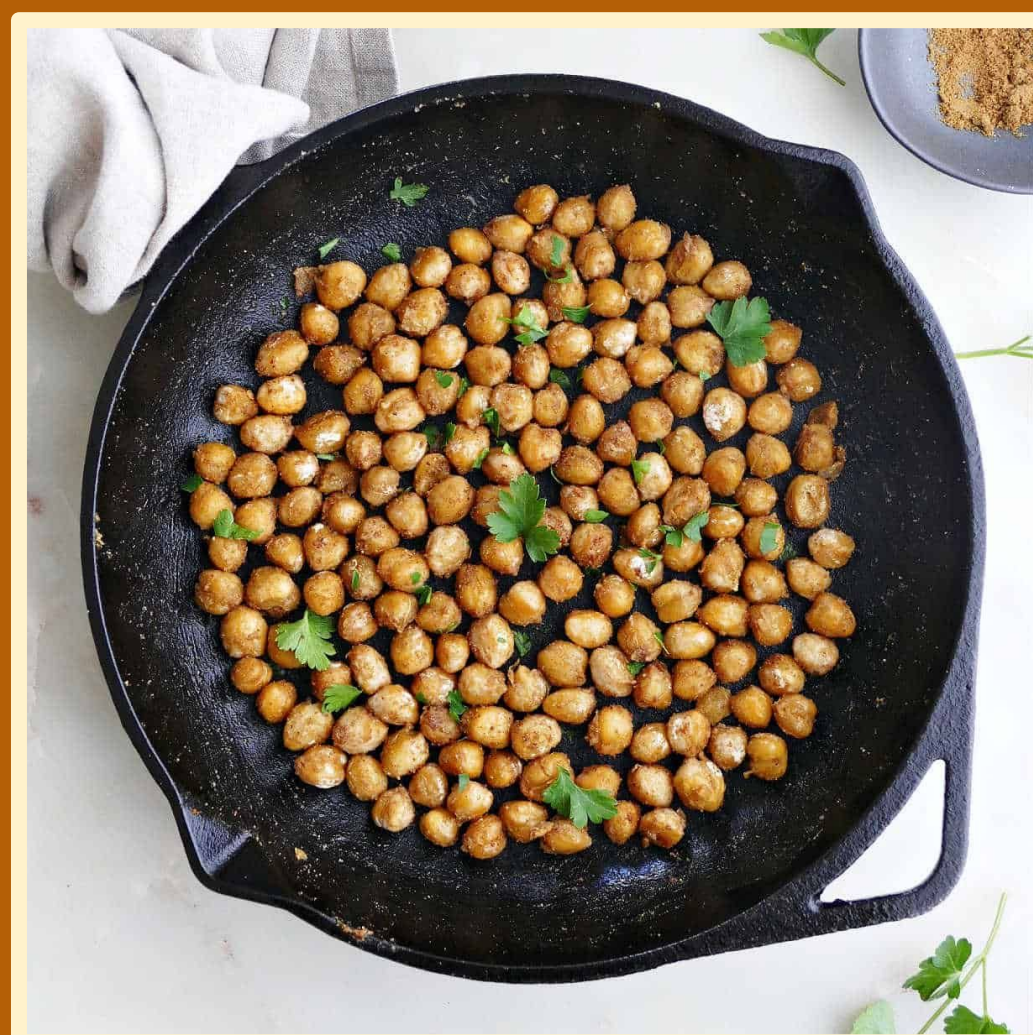
Serves 4-6 Cook 15-20 minutes

Ingredients:

- ❑ 2 (15oz) cans chickpeas, drained & rinsed
- ❑ 1 med-lg sweet onion, diced
- ❑ 5 cloves garlic, minced
- ❑ Sea Salt & Black pepper to taste
- ❑ 1 tsp oregano
- ❑ 1/3 cup Avocado oil
- ❑ Optional: crumbled feta cheese (omit if dairy free)

Directions:

1. Heat the avocado oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are translucent, about 5 minutes.
2. Add the chickpeas, garlic & oregano leaves. Season with salt & pepper to taste. Continue to cook, shaking skillet occasionally to prevent sticking & coating the chickpeas with oil. Cook until chickpeas are fizzling in the pan & golden brown.





TASTEFUL TIDBITS

Roasted Garlic, Rosemary & Pumpkin Hummus

Serves: 6-8

Ingredients:

- 3-4 cloves roasted garlic (see #1)
- 2 tablespoons olive oil
- 2 tablespoons water
- 1 can chickpeas, drained and rinsed
- 2/3 cup pumpkin puree
- 1 tablespoon pure maple syrup or raw honey or blackstrap molasses
- 1/2 teaspoon finely ground fresh rosemary
- 1/2 tsp Turmeric ground
- Himalayan Pink Sea Salt & Pepper to taste



Directions:

1. To roast the garlic, I like to cut the top off a whole head of garlic. Pura smidge of Olive Oil over the top of the exposed cloves. Wrap in aluminum foil & squeeze closed. Bake at 350F for 20 min. Remove from foil & squeeze the cloves into a jar. *Reserve 3-4 cloves & Refrigerate others for later use.
2. Puree all ingredients in a blender or food processor until smooth. Add more oil or water as needed.
3. Serve with apple slices and/or vegetables (carrots, cucumbers, cherry tomatoes, celery).
4. Garnish with seeds & nuts (optional)

Enjoy!



TASTEFUL TIDBITS

Harvest Chilly

Cook Time: 30 minutes Serves: 6

Ingredients:

- 3 Tbsp. Extra Virgin Olive Oil
- 1 chopped medium onion (we used a sweet onion)
- 3 stalks of chopped celery
- 3 carrots peeled and chopped
- 3 diced garlic cloves
- 1 15oz can of unsweetened pumpkin puree
- 1 15oz can of drained cannellini beans
- 1 lb. of quality sausage or ground turkey (organic)
- 3 cups of broth (any kind, homemade is best) or substitute 3 cups of water & 1 heaping Tbsp. of Better than Bullion
- 1 tsp of thyme
- 1 tsp of sage
- ½ tsp of rosemary
- 1 Tbsp of paprika
- 1 tsp of cumin
- ½ tsp cinnamon



Cooking:

1. In a large pot, start by sauteing all the vegetables until al dente and add meat, cook until browned.
2. Add all the herbs/spices, pumpkin, beans and broth.
3. Stir together and bring to a simmer.

Tidbits:

Add extra broth if you have people with big appetites.



TASTEFUL TIDBITS

Journey with me here at Tasteful Tidbits. It's important to educate our minds so our bodies can be healthy and less stressed. I'm hopeful my tidbits of advice, recipes, and support will encourage you to be the best you can be. My goal is to develop a therapeutic partnership with you to provide explanations of why you hurt, how you heal, and how you can function at your best.

If you are in need of a Functional Nutrition & Lifestyle Practitioner to help guide you, CHECK OUT my website www.TastefulTidbits.com to apply as a client or for a Free 15 minute phone consultation.

