



Your Health Matters

FABULOUS

FALL

RECIPE BOOK

Delicious Plant Based
Gluten Free Recipes

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Your Health Matters Fabulous Fall Recipe Book

Delicious Plant Based, Gluten Free Recipes

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Your Health Matters Nutrition class series contact Nancy
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This book has been written and produced for informational purposes, and in no way should be used as a substitution for consultation with health-care professionals. You should not consider educational material to be a practice of medicine or to replace consultation with a physician or other medical practitioner. The author is providing you with information in this work so you can have the knowledge and can choose, at your own risk, to act on that knowledge. The author also urges all readers to be aware of their health status and to consult health care professionals before beginning any health program.

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Introduction

Autumn ushers in shorter days, cooler weather and the tendency to eat more. Fall into healthy eating habits by implementing recipes from the Your Health Matters Cookbook and Resource Guide and The Your Health Matters Seasonal Cookbooks. There's nothing like getting in the kitchen and creating delicious plant based meals that heal, strengthen and nurture our bodies. Our comfort foods are a lot different than they used to be and we truly prefer our new healthful comfort foods because they not only support our health and taste great but they are also more sustainable to our planet.

I hope you enjoy the Your Health Matters *Fabulous Fall Recipe Book* and learning how good nutritious foods support and heal the body.

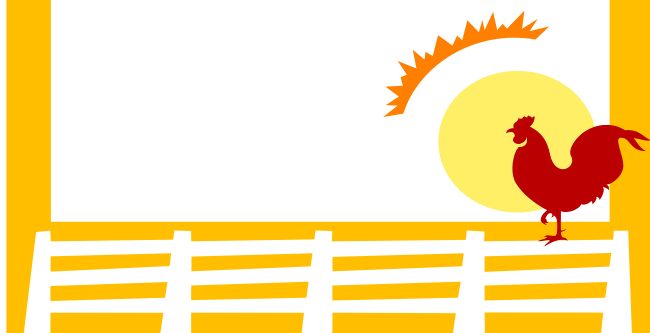
May Happy, Healthy Living Be Yours

Nancy Stilson-Herzog

Your Health Matters Fabulous Fall Recipe Book

Delicious Plant Based, Gluten Free Recipes

Breakfast 😊



Pumpkin Spice Muffins

Makes 10 muffins

These moist and delicious fat-free, low sugar muffins are great anytime.

2 cups whole-wheat flour

1/2 cup brown sugar

1 tbsp. baking powder

1/2 tsp. baking soda

1/2 tsp. salt

1/2 tsp. cinnamon

1/4 tsp. ground nutmeg

1 15-ounce can solid-pack pumpkin

1/2 cup water

1/2 cup raisins

Preheat oven to 375 °F

Mix flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a large bowl.

Add pumpkin, water, and raisins. Stir until just mixed.

Options include: add 1/2 cup vegan chocolate chips, pecans or walnuts to the batter, or sprinkle with raw pumpkin or sesame seeds.

Spoon batter into muffin cups that have been sprayed with nonstick cooking spray, filling to just below tops. Best results use rubberized flexible muffin and bread pans (no spray needed), and muffins turn out more moist.

Note: adding any of the options does increase the fat content of the muffin.

Bake 25 to 30 minutes, until tops of muffins bounce back when pressed lightly. Remove from oven and let stand 5 minutes in pan. Remove muffins from pan and cool on a rack. Store cooled muffins in an airtight container.

Peach - Spinach Smoothie

Gluten Free

6 peaches

1 banana

2 handfuls spinach

Water

1 tbsp. Brewers Yeast

Spiru-tein mix (optional)

Blend peaches, banana, water, thoroughly until smooth, add spinach, brewers Yeast and Spiru-tein, blend until smooth.

Amaranth - Millet Hot Cereal

Gluten Free

1/2 cup amaranth

1/2 cup millet

2 1/2 cups water

2 tbsp. sliced almonds

2 tbsp. turbinado or raw sugar

1 tsp. almond extract

In a saucepan over medium heat, bring millet and water to a boil. Reduce heat to a simmer and cook for 20 minutes. Add amaranth and cook another 25 minutes or until water is absorbed.

Add fresh or dried fruit of choice to cereal. Top with nut milk or maple syrup.

Almond Meal Pancakes

Gluten Free

3/4 cup almond flour

1/8 tsp. sea salt

1/4 tsp. baking soda

2 egg whites or, 1 tbsp ground flax seed + 3 tbsp. water

1 1/2 tbsp. water

1 - 2 tbsp. agave nectar or maple syrup

Non-stick cooking spray

Heat pancake griddle to 375°F.

When hot, spray griddle with spray. Mix the almond flour, salt, and baking soda in a medium-sized bowl. Add egg or flax mixture, combine thoroughly. Spoon batter onto hot griddle. Cook until bubbly on top (takes longer than a traditional pancake recipe). Serve with syrup and fruit.

The pancakes can be easily frozen and easily re-heated in a toaster for a quick treat any time.

Morning Glory Whole Grain Hot Cereal

This is a bulk recipe. It can be stored up to 6 months in the pantry.

6 cups whole wheat or Amaranth

6 cups regular oats

2 cups raisins

1 cup whole flax seed

1 cup sesame seeds

1 cup sunflower seeds

1 cup almonds or walnuts

Grind wheat in blender, food processor, or coffee grinder – it does not need to be totally ground. Omit the grinding step if amaranth is used. In a large mixing bowl, mix all ingredients together. Store in a glass jar.

To make 1 serving:

1/2 cup cereal

1 cup water or plant milk

Pinch of sea salt

1/8 tsp. cinnamon

Stir together, bring to a boil and simmer for 15 minutes or until liquid is dissolved.

Serve with your favorite fruit, maple syrup or plant milk.

Salads



Waldorf Salad

Gluten Free

Makes about 6 cups

2 crisp, tangy apples (Fuji, honey crisp, granny smith, or similar)

1 large carrot, julienned or grated

1/2 cup raisins

1/4 cup chopped walnuts

1/3 cup Vegannaise (vegan mayonnaise)

3 tbsp. seasoned rice vinegar

Scrub and dice the apples, then place in salad bowl. Add carrots, raisins, walnuts, Vegannaise, and vinegar. Stir to mix. Chill before serving, if possible.

Beet / Apple Salad

Gluten Free

1 can cut beets or, 5 steamed, peeled, cut beets

2 diced apples

1/2 sweet onion chopped

3 tbsp. chopped walnuts

Dressing:

3 tbsp. honey

3 tbsp. apple cider vinegar

Combine all ingredients. Serve.

Kamut and Wild Rice Salad

Gluten Free

1 cup cooked kamut

1 cup cooked wild rice

2 clementine's diced

1/2 cup dried cranberries

1/2 cup orange juice

1/4 cup sweet onion

1/4 cup chopped Italian parsley

1/4 cup pine nuts

1 tbsp. thyme

Mix all ingredients together.

Special note: Kamut is a dense and chewy grain. It may not absorb all of the cooking liquid at the end of the time and it may not seem "done" because of its density. If in doubt cook 10 more minutes, drain and add to the salad.

Spinach Salad

Gluten Free

10 oz. bag spinach

1/4 cup kalamata olives

1/3 cup julienned sundried tomatoes

1 pint halved grape tomatoes

1/4 diced sweet onion

Toss all ingredients and serve with Thousand Island dressing (page 38)

Simple Spicy Slaw

Gluten Free

1 package prepared slaw

1 jalapeno seeded and minced (or 3 tbsp. canned, chopped)

3 scallions sliced (include the greens)

1/4 cup bottled roasted red pepper strips

Dressing:

1/4 cup apple cider vinegar

1 tbsp. agave nectar

1/8 tsp. cayenne

Sea salt to taste (optional)

Combine the vegetables in a mixing bowl. Whisk together the vinegar, agave, and cayenne. Pour the dressing over the vegetables and toss to combine. Salt to taste if using. Chill.

Add Optional Ingredients to increase nutrients:

1/3 cup grape tomatoes, 1/3 cup seeded grapes.

Thai Cucumber Salad

Gluten Free

2 English cucumbers peeled, seeded and chopped

4 scallions sliced, include greens

2 - 3 tbsp. capers

Dressing:

1/4 cup rice vinegar

1 1/2 tsp. agave

Combine cucumbers, scallions and capers in a mixing bowl. Whisk together the vinegar and sweetener. Pour the dressing over the vegetables and toss to combine. Chill.

Main Dish



Easy Quinoa Lasagna

Gluten Free

2 large zucchini, cut lengthwise into 12 1/4 inch thick slices

1 tsp. sea salt

2 cups low sodium vegetable broth

1 cup quinoa, rinsed and drained

4 oz. chopped mushroom

1/2 cup tomato sauce

1/4 cup finely chopped onion

1 tsp. oregano

1/4 cup fresh basil leaves, chopped

1/4 cup fresh parsley leaves, chopped

1 25 oz. jar of Muir Glen Marinara Sauce

1/2 cup shredded daiya cheese (vegan cheese)

2 tbsp. vegan pesto

3 tbsp. Kalamata Olive Tapenade

Preheat oven to 400°F

Place zucchini slices on bed of paper towels. Sprinkle with salt, cover with paper towels and let stand to release moisture while preparing quinoa. Bring broth, quinoa, tomato sauce, mushrooms, onion, and oregano to a boil in a saucepan. Cover, reduce heat to medium low, and simmer 25 minutes, or until all liquid is absorbed. Remove from heat, and stir in basil and parsley. Add pesto and tapenade to marinara sauce. Spoon 1/3 cup marinara sauce over

oil sprayed bottom of 8 inch-square baking dish. Blot remaining moisture from zucchini slices and lay 4 zucchini slices. Spoon 1/2 the quinoa mixture over the zucchini slices. Repeat, and then top with zucchini slices and remaining marinara sauce.

Bake covered about 30 minutes, pull cover and top with daiya cheese and bake 10 more minutes. Zucchini should be tender and top bubbly.

Very Quick Black Bean Chile

Gluten Free

1 large onion chopped

2 - 3 cloves garlic chopped

2 15 oz. cans black beans, drained and rinsed

1 16 oz. jar salsa

1 bunch green onions, white and green parts, chopped

1 16 oz. pkg. frozen corn (2 cups)

1 cup chopped cilantro

Stir fry onion over medium heat until soft and beginning to brown. Add garlic and continue to cook 1 minute longer. Add beans, salsa, and onions. Cover and cook over medium heat about 10 minutes, stirring occasionally. Add corn and cook, stirring until heated. Add cilantro just before serving.

Vegan and Gluten Free Eggplant Parmesan

Gluten Free

1 Eggplant peeled and sliced 1/4 - 1/3 inch thick

2 tbsp. ground flax seeds

1/2 cup water

1/3 cup almond meal

1/3 cup nutritional yeast flakes

1/4 tsp. sea salt

1/8 tsp. cayenne pepper

1 cup jarred pasta sauce

1/3 cup daiya vegan mozzarella, divided

3 - 4 tsp. Earth Balance buttery spread, divided

Preheat oven 350 °F.

In blender, add ground flax meal and water until frothy. Pour mixture in shallow dish. In a separate dish, mix together almond meal, nutritional yeast and salt. Individually dip eggplant slices into the flax water mixture, turning to cover both sides. Transfer slices to the almond meal mixture and press into mixture, turning to coat both sides. Shake off any excess coating.

Heat 1 tsp. of buttery spread over non-stick skillet on medium high or, 400°F griddle. Add eggplant slices and cook each side 4-5 minutes or until outsides are golden brown. Repeat with remaining slices.

Heat sauce in saucepan

In 1 quart baking dish, spread a thin layer of sauce over eggplant. Place slices in dish. Sprinkle daiya over eggplant. Place dish in oven for 5 - 7 minutes or until cheese has melted.

Garden Vegetable Soup

Gluten Free

2/3 cup carrot

1/2 cup chopped onion

2 cloves garlic

3 cups fat-free broth

1 1/2 cups prepared cabbage

1/2 cup green beans

1/2 zucchini chopped

1 12 oz. can diced tomatoes

1/2 tsp. dried basil

1/4 tsp. dried oregano

1/4 tsp. sea salt

1/2 cup cooked rice or pasta noodle (can use gluten free pasta noodle)

In large saucepan sprayed with non-stick cooking spray, sauté the carrot, onion, and garlic until softened. Add broth, beans, cabbage, tomatoes, and seasonings, bring to a boil. Lower heat and simmer, covered about 15 minutes or until green beans are tender. Stir in zucchini and heat 3 - 4 minutes. Add in cooked rice or pasta. Salt and Pepper to taste.

Avocado / Spinach Sandwich

Gluten Free

2 avocados, halved and thinly sliced

1/2 cup julienned, sun-dried tomatoes drained and rinsed

2 tbsp. sliced sweet onion

2 cups lightly packed baby spinach

8 whole grain bread slices or gluten free bread

2 tbsp. vegan Pesto

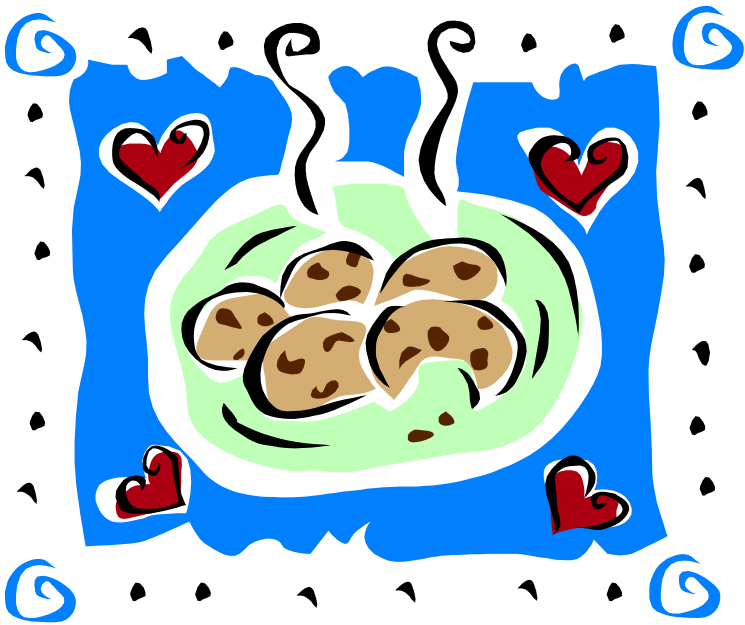
5 tbsp. Kalamata Olive Tapenade

Mix together the pesto and tapenade. Lightly spread mixture on bread slices.

Layer sliced avocado, tomatoes, onion, and 1/2 cup spinach on a bread slice. Top with other bread slice to make a sandwich. Lightly spray the outside of the sandwich with cooking spray.

Heat griddle or pan over medium heat. Place sandwiches on griddle weighted with an unopened can covered in foil to press sandwich. Cook 2 minutes, remove weight. Flip sandwich, replace weight, and cook 1 1/2 – two minutes more or until bread is golden brown.

Occasional Treats



Teff Flour Peanut Butter Cookies

Gluten Free

Yield: 24 cookies

1 1/2 cups teff flour

1/2 tsp. sea salt

1/2 cup maple syrup

1/2 cup applesauce

1 cup peanut butter or almond butter

1 tsp vanilla (almond extract if almond butter is used)

Preheat oven to 350°F.

Set aside an ungreased cookie sheet. In a large bowl combine dry ingredients, set aside. In a food processor blend all wet ingredients. Add the wet ingredients to the dry ingredients, blend well. Shape dough into walnut sized balls. Place on cookie sheet and flatten gently with the tines of a fork. Bake about 13 - 15 minutes. Cool on a wire rack.

Almond Chia Seed Truffles

Gluten Free

1 1/2 cups pitted dates

1/2 cup unsweetened cocoa powder

1/3 cup chia seeds

1/2 tsp. vanilla extract

1 cup almond meal

2 tbsp. maple syrup

1/4 cup unsweetened coconut, finely shredded

Place dates in food processor and pulse until dates are chopped. Add remaining ingredients except the coconut and pulse until well mixed. Scoop 2 tsp. into your hands and form a ball. Roll ball in shredded coconut. Refrigerate 30 minutes.

Plum Cobbler

Gluten Free

2 lb. fresh pitted and halved plums

6 oz. firm organic tofu (1/2 pkg.)

1 tbsp. cider vinegar

2/3 cup sugar

1 1/2 tsp. vanilla extract

1/2 tsp. almond extract

1 cup quinoa flour

2 tbsp. cornstarch

1 1/2 tsp. baking powder

1/2 tsp. baking soda

1/4 tsp. salt

Preheat oven to 350°F.

Coat deep-dish glass or ceramic pie dish, or 9-inch square glass baking dish with cooking spray.

Arrange fruit in double layer in prepared dish.

Blend tofu in blender or food processor 2 minutes, or until smooth, scraping sides if necessary. Add vinegar and 1/4 cup water, and blend until smooth.

Add sugar and extracts; puree 1 minute. Add flour, cornstarch, baking powder, soda, and salt, and blend 2 minutes, or until a smooth, thick batter forms.

Spread batter over fruit in baking dish. Bake 30 - 40 minutes, or until top is golden-brown and toothpick inserted in center comes out clean.

Let stand 15 minutes before serving.

Superfood Puffed Kamut Snack Mix

Gluten Free

8 cups puffed kamut cereal

2/3 cups mixture of raw nuts & seeds

1/2 cup flaked unsweetened coconut

1 tbsp. cinnamon

1/2 cup brown rice syrup

2 tbsp. Earth Balance (vegan “butter”)

After the baking process add in 3 - 4 tbsp. of any or as many of the following: goji berries, chopped dates, raisins, cacao nibs, mulberries, black currants, golden berries.

Preheat oven to 375°F.

Mix top 4 ingredients into a large mixing bowl. In a small saucepan, add brown rice syrup and earth balance. Simmer for 3 - 5 minutes and pour over snack mixture, stirring immediately to coat well. Spread on lightly sprayed cookie sheet and bake for 20 minutes (or slightly golden). Toss at 10 minutes, then at 5 minutes. Cool 15 - 20 minutes. Break up the mix, add in the superfood add-ins. Place in ready to go snack containers.

Díps, Dressíngs & Toppíngs



Whole Plant “Sour Cream”

Gluten Free

This recipe is very versatile and can be used as a base for soups and dips.

**1 cup soaked raw macadamia or cashew nuts for
2 - 4 hours**

1 large lemon juiced

Sea salt, large pinch

**1 probiotic capsule, opened and powder sprinkled
in mixture**

Water

Combine the softened drained nuts and other ingredients in a blender adding water as needed to achieve desired consistency. Transfer to a bowl, cover with a cotton towel and leave on the counter for 12 hours to ferment. Put the soured cream into an airtight container. Keeps well in the fridge for several days.

Indian Spiced Spinach Dip

Gluten Free

1 tsp. curry powder

1 tsp. ground cumin

1 tsp. onion powder

1/4 tsp. turmeric

1/8 tsp. cayenne pepper

3 tsp. olive oil

1 clove garlic minced

2 cups baby spinach, loosely packed

Add “soured cream” (above recipe)

Sea salt and red pepper to taste

Add all ingredients to a food processor or blender whirl until creamy. The dip becomes more flavorful when it has been refrigerated and covered for a few hours.

Thousand Island Dressing

Gluten Free

1/3 cup Vegannaise (low fat if available)

2 tbsp. natural ketchup

1 tbsp. prepared horseradish

1 tbsp. chopped sweet pickle

2 tsp. chopped onion

Dash of hot pepper sauce

Salt and red pepper to taste

Whisk all ingredients together. Serve on your favorite lettuce salad, vegetable sandwich or wrap.

Roasted Red Pepper Bruschetta

Gluten Free

Makes about 20 slices

1 cup boiling water

10 sun-dried tomato halves

2/3 cup chopped (jarred) roasted red peppers

1 clove garlic

3 scallions finely diced

1/2 cup fresh basil

1/8 tsp. cayenne pepper

1 small baguette, cut into 1/2 inch slices
(or gluten free baguette)

Pour boiling water over tomatoes and set aside until softened. Drain tomatoes.

Pulse vegetables and spices in a food processor until finely chopped. Let stand 30 minutes.

Toast both sides of bread slices under broiler until golden brown. Spread mixture on toasted bread and serve.