



FIBER FALL FEST



with the Doc & the Dietitian!

Thank you for kicking off Fall with us! We hope you enjoy a few new seasonal recipes that are packed with the power of plants as well as whole food plant based nutrition education throughout.

AGENDA:

Introduction & Objectives

Apple Spice Steel Cut Oats

Dietitian Addie's Pumpkin Pancakes

Fall Buddha Bowl

Pumpkin Crusted Tofu

Creamy Butternut Squash Soup

Gingerbread Loaf

Q&A

Please visit our website for information about our one of a kind plant based wellness practice:

DoctorDulaney.com

Dr. Dulaney & Dietitian Addie will be answering questions for 1 week following the conference. You can reach them at:

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Instant Pot Steel Cut Apple Spice Oats

Ingredients:

- 2 1/2 cups water
- 1 cup plant milk
- 1.5 cup steel cut oats
- 3 granny smith apples
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- Sprinkle of clove
- 4 dates, chopped
- 2 Tbsp chia seeds
- 1 tsp vanilla
- *optional pumpkin seeds to garnish

Directions:

1. Peel and chop apples, add to instant pot on sauté mode with 1/2 cup water while you prep your other ingredients.
2. Add remaining ingredients to instant pot, stirring to combine well.
3. Cancel the sauté function, lock lid into place and select the manual function.
4. Set the timer for 6 minutes.
5. Allow pressure to naturally release.
6. Open instant pot and stir the oatmeal well. (some sticking to the bottom may occur – simply scrap and mix in).
7. Serve immediately and garnish with optional pumpkin seeds. If you like your oats a creamier consistency, you can always add a little plant milk of choice to top off your bowl.

*This recipe is also a great option for batch cooking breakfasts for your week. Simply place in airtight containers in your refrigerator and you have a fiber rich breakfast ready to start your day!

4 servings:

404 Calories – 7 g Fat – 25 mg Sodium – 13 g Fiber – 11 g Protein

*71% calcium, 18% iron, 3% vitamin A

Pumpkin Spice Pancakes

Ingredients:

- 2 cups flour (whole wheat or 1:1 gluten-free blend)
- 2 tsp baking powder
- 2 tsp cinnamon
- 2 tsp ginger
- 1/2 tsp nutmeg
- 1/4 tsp clove
- 1-1/2 cups plant milk plus 2 Tbsp apple cider vinegar
- 1 cup pumpkin puree
- 2 tsp vanilla extract
- 1 Tbsp maple syrup OR molasses
- 1/2 cup water

Directions:

1. Combine plant milk and vinegar in a medium-sized mixing bowl and set aside to curdle.
2. Combine all dry ingredients in a large mixing bowl.
3. Add all other wet ingredients to plant milk mixture.
4. Pour wet ingredients into dry ingredients, blending well.
5. Heat a nonstick griddle/pan on medium high heat.
6. Once pan is hot, pour about 1/3 cup batter onto the pan in a pancake shape.
7. Pancakes are ready to flip when bubbles begin to form in the center.

6 servings:

179 Calories - 2 g Fat - 75 mg Sodium - 6 g Fiber - 6 g Protein

*96% vitamin A, 16% calcium, 11% iron, 3% vitamin C

Fall Buddha Bowl

Ingredients:

- 2 sweet potatoes boiled or microwaved al dente and cubed
- 2 cups of quinoa cooked (*2 cups quinoa to 4 cups water*)
- 1 bunch of kale (*stems removed and chopped fine*)
- 1 tablespoon chopped sage
- 1 - 8 oz. box mushrooms, chopped fine
- 1 cup of pomegranate seeds or cranberries
- 2 cloves of garlic, minced
- 2 tablespoons fig balsamic vinegar

Directions:

1. Sauté the kale with the minced garlic, mushrooms, and $\frac{1}{4}$ cup of water until the kale is tender.
2. Cook the quinoa using 2 cups of quinoa to 4 cups of water until the water has been absorbed and the quinoa has popped.
3. In a large bowl mix the sweet potato, greens, mushrooms, and quinoa.
4. Add the vinegar and sage, mix well, stir in the pomegranate seeds

6 servings:

186 Calories - 2 g Fat - 57 mg Sodium - 7 g Fiber - 9 g Protein

*190% vitamin A, 78% vitamin C, 9% calcium, 13% iron

Pumpkin Crusted Tofu

Ingredients:

- ¾ cup raw pumpkin seeds
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground turmeric
- ¼ tsp ground black pepper
- ½ cup soy milk
- 1 Tbsp tahini
- 1 Tbsp low sodium tamari
- 15 to 16 oz. firm tofu

Directions:

1. Preheat oven to 375° and cover baking sheet with parchment paper.
2. Remove tofu from packaging and cut into 4 equal rectangular pieces.
3. In a food processor, grind the pumpkin seeds into a meal. Add onion powder, garlic powder, turmeric, and pepper to the seed mixture and pulse.
4. In a separate bowl, beat the milk and tamari into the tahini, a few tablespoons at a time, with a fork until smooth.
5. Dip each side of the tofu into the tahini sauce and then dip into the pumpkin mixture, making sure the tofu is well coated.
6. Place on baking sheet in a single layer.
7. Bake for 30-35 minutes or until the tofu is nicely browned.

4 servings:

266 Calories - 19 g Fat - 208 mg Sodium - 5 g Fiber - 18 g Protein

*20% calcium, 26% iron

Creamy Butternut Squash Soup

Ingredients:

- 1 medium onion, diced
- 2 cloves garlic, minced
- 6 cups chopped butternut squash (1 small butternut squash yields ~6 cups)
- 1 1/2 Tbsp yellow curry powder
- 1/4 tsp ground cinnamon
- Black pepper to taste
- 2 cups plain almond/soy milk
- 2 water + 1 Tbsp miso paste dissolved in water
- 2 Tbsp maple syrup
- 2 cups of cooked lentils

Directions:

(Stovetop Option)

1. Sauté onion, and garlic in water until soft. Add diced squash pieces.
2. Dissolve miso paste in warm water and add to the pot. Add curry powder, cinnamon, almond milk, and maple syrup.
3. Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes or until butternut squash is fork tender.
4. Add cooked lentils at this time
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(IF using an Instant Pot)

1. Begin by sautéing onions and garlic on the sauté setting in your instant pot. Once soft, unplug Instant Pot to reset cooking settings.
2. Once Instant Pot is reset, add squash and dissolved miso paste (steps 2 & 3 from above).
3. Secure lid and cook with the steamed setting. Once cooked, release pressure but keep on the warm setting. Add in curry powder, cinnamon, almond milk, and maple syrup.
4. Add cooked lentils at this time
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5. Use an immersion blender, or transfer soup to a blender, and purée on high until creamy and smooth. (If using a blender, return soup back to pot)
6. Taste and adjust seasonings as needed. Continue cooking for a few more minutes over medium heat
7. Serve as is or with garnishes like chives or pumpkin seeds.

4 servings:

333 Calories - 3 g Fat - 197 mg Sodium - 9 g Fiber - 16 g Protein

*691% vitamin A, 35% vitamin C, 107% calcium, 33% iron

Gingerbread Loaf

Ingredients:

- 2 cups spelt flour
- 1 tsp baking soda
- 1 ½ tsp ground ginger
- 1 ½ tsp ground cinnamon
- ¼ tsp clove
- ¼ tsp salt
- 1/2 cup pure molasses
- 1/3 cup maple syrup
- ½ cup unsweetened applesauce
- ¾ cup hot water
- 2 flax eggs (2 Tbsp ground flaxseed + 6 Tbsp warm water)
- 1 tsp vanilla

Directions:

1. Preheat oven to 350°F
2. Blend flax egg ingredients in a small dish and allow to congeal while mixing other ingredients
3. Combine all dry ingredients in one bowl, and wet ingredient in another
4. Add wet ingredients & flax egg to dry ingredients and mix well
5. Prepare a 9x5" bread pan
6. Pour batter into bread pan and bake for 60 minutes
7. Remove from oven, cool and enjoy!

8 servings:

237 Calories - 2 f Fat - 186 mg Sodium - 4 g Fiber - 4 g Protein

*13% vitamin C, 21% calcium, 12% iron