

What I'm Cooking This Week

December 23, 2019

GINGERBREAD BAKED OATMEAL

rolled oats, unsweetened almond milk, banana, maple syrup, molasses, coconut oil, flaxseed, vanilla, baking powder, cinnamon, cloves, ginger, salt, walnuts

SLOW COOKER BLACK BEAN CHILI

black beans, olive oil, yellow onions, garlic, mushrooms, chili powder, chipotle powder, salt, vegetable broth, crushed tomatoes, cashew cream

SHREDDED BRUSSELS SPROUT SALAD

shredded brussels sprouts, manchego cheese, pecans, pomegranate, bacon, olive oil, shallot, apple cider vinegar, apple butter, thyme, orange, salt, pepper

SEARED SALMON

salmon filets, olive oil, salt, pepper

GROUND TURKEY ENCHILADA BAKE

ground turkey, black beans, spinach, enchilada sauce, Siete Foods tortillas, shredded cheese, avocado, red onion, sour cream (optional)

BONUS: HEALTHIER PB BALLS

medjool dates, oats, peanut butter, chocolate chips, coconut oil

Emily, RD