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# FREE WINTER WARMER RECIPES

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# APPLE CHIPS

1 apple  
1 teaspoon ground cinnamon

Preheat the oven to 375 degrees, line a cooking sheet with parchment paper. Core an apple and slice it crossways about 1/8 of an inch thick then place slices on a cookie sheet and sprinkle slices with cinnamon. Bake until the apples are dry and crisp about 30-40 mins. Cool and serve.

# APPLE COLESLAW

1/2 small green cabbage,  
chopped 1 apple,  
grated 1 large celery stalk, chopped  
2 large carrots, chopped  
1/4 cup olive oil  
1/4 cup apple cider vinegar  
Juice of 1 lemon  
Dash of sea salt

Toss cabbage, apple, celery and carrots together in a large bowl. In a smaller bowl whisk together the remaining ingredients and then toss over the cabbage mixture.

# APPLE “COOKIE”

1 apple cut into 1 inch slices  
3 tablespoons almond butter  
1 tablespoon shredded coconut  
1/4 cup chopped walnuts  
1/4 cup dark chocolate chips (optional)

Place apple slices on a cookie sheet or plate, with a knife smear ½ tablespoon of almond butter on top of the apple slices. Sprinkle shredded coconut, walnuts and chocolate chips on top of each apple slice.

# APPLE-WALNUT CHICKEN SALAD

4 ounces grilled chicken,  
chopped 2 cups spinach  
1/2 cup walnuts  
1/2 cup apple,  
chopped 1 tablespoon Mayonnaise (see recipe on next page)  
2 tablespoons balsamic vinegar

Place all items in a bowl, toss, and serve.

# PALEO MAYONNAISE

1 large egg  
1 teaspoon lemon juice  
1/4 teaspoon mustard powder  
1/2 cup extra-virgin olive oil  
1 teaspoon apple cider vinegar

Place the egg, lemon juice, and mustard powder in a bowl and whisk until well blended. Add in olive oil and vinegar, and keep whisking until it forms consistency of mayonnaise. Store in refrigerator; will keep up to 5 days.

# APPLE PIE “MUG” CAKE

Coconut oil (for greasing the “mug”)  
1 apple, peeled, cored and finely chopped  
3 Tbsp. almond flour  
2 Tbsp. chopped pecans (or nut of your choice!!)  
1 egg, whisked  
1-2 tsp. raw honey  
1/2 tsp. cinnamon  
Dash of nutmeg  
Dash of Himalayan sea salt  
Dash of ground cloves (optional)

Grease the inside of a microwave safe mug or bowl with the coconut oil. Mix all ingredients in a separate bowl until well combined and then pour into the greased mug or bowl. Use a spatula to get every bit of deliciousness!! Microwave on high anywhere from 1:45-2:00 minutes (cook time will depend on the power of your microwave). Carefully remove from microwave when done (mug will be HOT!) and after it cools for a bit, flip it onto a plate!! Eat it while it's still warm.

# APPLE CINNAMON OAT PANCAKES

1/2 cup gluten free old fashioned rolled oats  
1 apple, grated  
1 egg  
1/4 tsp cinnamon  
1 tbsp unsweetened almond milk  
1/2 tsp baking powder  
1 tsp coconut oil

Place all ingredients into a blender and combine. Pour batter onto a griddle or pan prepared with melted coconut oil. Cook pancakes for at least 2 minutes per side.

## APPLE CHICKEN

2 chicken boneless, skinless chicken breast  
1/4 teaspoon sea salt (optional)  
1/8 teaspoon black pepper, freshly ground  
2 tablespoons coconut oil  
1 large apple  
1/2 teaspoons cinnamon

Dice chicken breasts. Season with sea salt and freshly ground black pepper. Set aside. Heat a medium sauce pan over medium-high heat. Add coconut oil when hot. Add diced chicken and cook until slightly pink. Grate apple into pan, add cinnamon and continue to cook until chicken is done and apple is tender.

# PUMPKIN RISOTTO

1 onion diced  
2 tbsp olive oil  
2 cups arborio rice  
2 cups fresh pumpkin or butternut squash, peeled and diced  
2 L vegetable stock  
1 cup Parmesan cheese, grated  
1/4 teaspoon nutmeg  
1/4 teaspoon cinnamon

In a frying pan, heat oil over medium heat. Add the diced onion and sauté until translucent. Add the rice and pumpkin and then sauté for another 5 minutes. Carefully pour the vegetable stock into the pan and continue to stir the rice. Simmer on low heat until all of the liquid is absorbed stirring every few minutes. Add in cheese, cinnamon and nutmeg and stir till the rice mixture.

# PUMPKIN PROTEIN PANCAKE

1/2 cup of uncooked oatmeal  
5 egg whites  
1/2 teaspoon cinnamon  
1/3 cup canned or pumpkin puree  
1/2 teaspoon vanilla extract  
1 scoop natural vanilla protein powder (optional)

Blend all ingredients in a blender until the mixture makes a batter. Pour batter in a non stick skillet coated in cooking spray over medium heat. Spoon about 1/4 cup of batter per pancake into the heated frying pan, cook each pancake until edges are slightly brown.

# PUMPKIN TURKEY CHILI

1 Tbsp Olive Oil  
1 cup chopped onion  
1 cup green bell pepper chopped  
1 clove of minced garlic  
450grams ground turkey  
1 can 14.5 oz can of diced tomatoes  
1 can 15 oz can of pumpkin puree or freshly made  
2 Tbsp chili powder  
1/2 tsp ground black pepper  
Dash of salt

Heat oil in a large skillet over medium heat. Sauté onion, bell pepper, and garlic until tender. Stir in turkey and cook until browned. Pour mixture into a soup pan or crock pot. Mix in tomatoes and pumpkin. Season with the remaining spices. Cover and simmer for 10-15 minutes OR cook in the crockpot on low for 4-5 hours. Serves 6 people.

# PUMPKIN SPICED LATTE

1 cup coconut milk  
4 tablespoons pumpkin puree  
2 tablespoons cocoa powder  
1 teaspoon pumpkin pie spice  
1 1/2 cups strong coffee or 2 shots espresso

In a small pot over medium heat whisk all ingredients together until desired temperature and serve in 2 mugs.

# PUMPKIN SPICED ALMOND BUTTER

1 cup raw almonds  
2 teaspoons of pumpkin spice

Preheat oven to 350 degrees. Place almonds on a baking sheet and roast almonds for about 10 min in the oven. Remove almonds from the oven and place in a food processor with the pumpkin spice and process until it becomes a creamy consistency.

## PUMPKIN BITES

1 cup pitted Medjool dates  
1/2 cup pecans  
1/3 cup pumpkin puree  
1/4 cup unsweetened coconut flakes  
2 tsp vanilla  
1 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp ground cloves  
Pinch of salt

Place the dates into a small bowl and cover with water. Let soak for 10 minutes, then drain. Place the pecans into a food processor and pulse until finely ground.

Add in the rest of the ingredients, including the soaked dates. Pulse until combined. Adjust the spices to taste. Place into the refrigerator for 30 minutes to chill. Use your hands to form the dough into small balls. Store in the refrigerator in an airtight container.



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