

VIRTUAL POTLUCK RECIPE GUIDE

RECIPES FROM
GRADUATES OF THE
CANADIAN SCHOOL OF
NATURAL NUTRITION



@ C S N N A A



Appetizers

*Start your meal off with
nourishing soups,
salads & beverages!*



Autumn squash soup

Ingredients:

6 cups roasted butternut squash (from 2 medium-large butternut squash)

3 Tbsp butter

1/2 cup diced onion

4 cups vegetable broth

Salt, pepper, nutmeg, cayenne pepper\Sauté onion and squash together, add vegetable broth.

Simmer then use the blender arm to puree the soup well until smooth.

Stir well to combine and allow to cook over medium-low heat a few minutes to warm through.



Aisha Beeai R.H.N.

<https://www.instagram.com/aishabeeai/>



Tabbouleh with a healthy twist

Ingredients:

*5 cups of chopped parsley
2 tomatoes
2 green onions
1/2 cup cooked quinoa
3 tbls hemp seeds*

*For the dressing: Lemon, olive oil and
Himalayan salt*



Aisha Beeai R.H.N.

<https://www.instagram.com/aishabeeai/>



Pumpkin Spice Kombucha Recipe

INGREDIENTS:

2 tsp. pumpkin pie spice, or (or 1 tsp allspice, ½ tsp cinnamon, ¼ tsp nutmeg, ¼ tsp cloves). 2 tsp. fresh ginger, 1/2 gallon kombucha

INSTRUCTIONS:

Add spices and ginger to kombucha. Leave about 1/2 inch of headspace. Seal your vessel with a cap or lid..Allow to sit for 1-3 days on the counter to flavour. Strain with cheese cloth in order to remove the ginger and clumps of spices .Put the finished kombucha into bottles or mason jars. Move bottles to refrigeration for storage.



Culture Shock Kombucha

<https://www.cultureshockkombucha.com/>



Miso Soup

Ingredients:

2 Tablespoons of Miso Paste

1-2 cups of chopped vegetables such as broccoli, cauliflower, carrots, celery, mushrooms

1 medium onion chopped

4 or more cloves of garlic chopped or mashed.

2 tablespoons of olive, coconut or avocado oil

3-4 cups of vegetable stock

Rice noodles

Tamari and sesame oil to taste

Directions:

Put oil into a preheated saucepan, add miso paste to warm up. Add chopped onion and sautee for 3-5 minutes. Add garlic and sautee for another minute. Add chopped vegetables and vegetable stock and bring to a boil, then simmer until vegetables are soft. Add tamari to taste. In a separate pot, cook rice noodles, or you can add the noodles right into the soup to cook, the noodles are like sponges however, and they will soak up quite a bit of liquid.



Elizabeth Peters RHN



Leek & Butternut Squash Soup

Ingredients:

1 medium onion
3 large leeks
1 large butternut squash
1/4 cup of butter
2-3 tbs of avocado oil
1 tsp of nutmeg
1 tbs of salt
Pepper to taste
Optional: One organic chicken stock cube

Directions:

Preheat the oven to 400F.

Meanwhile, chop the butternut squash into quarters and place on a lined baking sheet. Drizzle the avocado oil on the squash and season with salt, pepper and a little nutmeg. Pop in the oven and cook for 1 hour, turning the squash at the 30 minute mark.

Optional: You can toast the squash seeds for 10 minutes while the squash is cooking as a yummy snack or soup topper. Just season with a drizzle of avocado oil & salt and pepper. Chop the onion and prepare the leeks. Remove the white ends and long green stems of the leeks. Do not discard. Rinse the body of the leek and chop into half moons. Wash the leek scraps in a colander and ensure all sand is removed. Set aside. In a medium pot, add 8 cups of water.

Add all the veggie scraps and the optional organic chicken stock cube. Bring to a boil and then reduce to medium-low heat for about 30 minutes. This will be your stock. If you do not wish to make your own stock, you can freeze the scraps for future use and use 8 cups of pre-made veggie or chicken stock. Remove the squash and let cool. In a large pot, melt the butter on medium heat. Add the onions and cook for 2 minutes while stirring. Add in the leeks and season lightly with salt and pepper.



Cook another 3-4 minutes. Remove the skin of the squash with a knife. Chop into quarters and add them to the large pot. Add your 8 cups of veggie stock, the remaining nutmeg, salt and pepper. Use a hand blender to combine all ingredients until smooth. You can add more seasoning to your liking. Enjoy this cozy soup with all the fall feels!

<https://healthfullymarried.com>

@healthfullymarried



Dinner Plate

*Pack your Thanksgiving
Plate with the most
nourishing, and
satiating foods, that the
entire family can enjoy.*



Cranberry Roasted Veggies

Ingredients:

3 Parsnips
3 Carrots
2 Beets
4 Cloves Garlic
1 cup Fresh Cranberries
Olive Oil
Salt & Pepper to taste

Directions:

Preheat oven to 350.

Coat your favourite roasting pan with olive oil. Wash the veggies, and chop into medium sized chunks. Drizzle with more olive oil. Sprinkle with salt and pepper, toss well. Chop the garlic, sprinkle evenly through mix.

Add cranberries on top. Bake for 25-40 minutes, until fork tender.

Recipe Notes:

Substitute with sweet potatoes, yams, squash or potatoes based on availability and preference. Try serving with sage infused turkey.



*Recipe by Alyssa Madill, R.H.N.
Feed the Fire Nutrition & Wellness
www.wefeedthefire.com*



SIMPLE & FLAVOUR PACKED GLUTEN-FREE VEGETARIAN STUFFING

Ingredients:

8 cups of gluten-free bread (I used 1 whole loaf)
2 cups vegetable broth
1 carrot large, diced
3 celery stalks diced
1 red pepper large, diced
1 cup spinach chopped and packed (or you can use a frozen greens blend)
½ onion diced
3 garlic cloves minced
2 Tbsp grass-fed butter ghee or coconut oil
2 eggs whisked
3 tsp Herbes de provence
½ tsp sea salt divided ½ tsp black pepper divided

Directions:

Preheat oven 350 F. Cut up or rip the bread into small cubes, and set aside in a large bowl. Prep your veggies. Meanwhile, heat a large skillet over medium. Add butter, onion and garlic and cook for about 30 seconds, until fragrant. Add carrots, pepper, celery, a dash of salt and pepper and cook for about 5-7 minutes. Add greens and cook another 2-3 minutes. Remove from heat and add all of your veggies into your bread bowl and mix. Fold whisked eggs into bread bowl, along with your Herbes de provence and season with salt and pepper accordingly. Take the vegetable broth and slowly add to the bread until the bread is moistened (you may not need to use all of the broth, go slow). *If you add too much broth the stuffing will come out very moist. Add your stuffing to a casserole dish and cover and bake for 35 minutes. Remove the cover and bake for an additional 10-15 minutes, until the bread has dried enough and the top is golden and a bit crispy.



Mirna Sharafeddine

www.naughtynutrition.co

HIGH-FIBER, LOW-CARB KETO BUNS

INGREDIENTS:

*Makes 8 buns
7.5 tbs ground psyllium husk
2 cups almond flour
3 tsp baking powder
1.5 tsp sea salt
3 tsp apple cider vinegar
1.5 cups boiling water
4 Large eggwhites (save the yolks for brownies)
3 tbs sesame seeds for topping (optional)*

DIRECTIONS:

Preheat oven to 350 degrees. Mix dry ingredients together in a stand mixer, then add the egg whites and vinegar and mix well until combined. Pour boiling water over the dough while it is mixing/beating and mix JUST until it is combined (do not overmix). Let dough sit for a few minutes to absorb the water then stir. Grease your hands with olive oil and form 8 balls of dough and place them on a baking sheet lined with parchment. Top with sesame seeds and bake in the oven for 40 minutes or until golden brown and cooked through. ENJOY!



Marla Pietruszko BSc RHNP

www.holisticspring.com

<https://www.instagram.com/marlashealthylife/>



Dessert

*Whether you've got a
sweet tooth or not,
ending your dinner with
a love-filled dessert is
the best finish to any
meal.*



Dairy & Gluten free Paleo Chocolate Zucchini Loaf



Ingredients:

- 1/2 cup of coconut flour
- 1/2 cup of cocoa powder
- 1/2 cup of erythritol
- 1/4 teaspoon of sea salt
- 1/2 teaspoon of vanilla
- 1/2 teaspoon of cinnamon
- 1/2 teaspoon of cloves (powdered form)
- 1 teaspoon of baking powder
- 1 teaspoon of baking soda
- 1/3 cup of grapeseed oil or melted coconut oil
- 4 eggs
- 2 cups of grated zucchini
- 1/2 cup of dairy free/sugar chocolate chips (optional)

Mix all dry ingredients first. Fold zucchini, oil, vanilla and eggs . Bake it at 350° F for approximately 40-50 min. Let it sit in the pan for 10 min before allowing to cool off and slicing it.

www.nutritionforbetterlife.com

Suzane Gibbs

Suzane@nutritionforbetterlife.com



Chocolate Lime Pudding with a Coconut Crumble



Ingredients for Pudding:

4 medium avocados
2/3c. Lime juice
4 tsp. Lime zest
1/8c. Coconut nectar
1/8c. Coconut manna
1/2 tsp. Sea salt

Blend all the pudding ingredients until smooth and creamy. Divide the pudding into bowls and refrigerate overnight.

Coconut Crumble:

1/2c. Pumpkin seed butter
1 tsp. Vanilla extract
2 tbsp. Cacao powder
2 tbsp. Cacao nibs
1c. Shredded coconut
1/8c. Coconut nectar

Pulse all the coconut crumble ingredients in a food processor combined and crumbly. To serve: place desired amount of coconut crumble on top of the chocolate lime pudding and enjoy!

Kim Brideson

Instagram @eatprettyrevolution

Website: eatpretty.ca



Pumpkin Spice Fudge



Ingredients

1/2 cup of coconut oil
1/2 cup of almond butter
3 tbsp maple syrup
3 tbsp pumpkin puree
1/4 cup crushed walnuts
1/2 tsp pumpkin pie spice
1/4 tsp cinnamon

Line a small pan or glass dish with parchment paper.

In a saucepan over medium heat add in all the ingredients except for the 2 spices. Allow to melt and mix together. Once combined, remove from heat and add the spices.

Add your mixture into your dish with parchment paper and freeze for 2-3 hours. Serve out of the freezer. They don't stay super solid for too long, so once you are done with any leftover, store in the freezer.

Emily Manuel

Plant Forward Nutrition

www.plantforwardnutrition.com /

Thanks for downloading our Virtual Potluck Cookbook!



The CSNNAA (Canadian School of Natural Nutrition Alumni Association) is a national incorporated, not-for-profit organization dedicated to the support and advancement of those who have graduated from the Canadian School of Natural Nutrition (csnn.ca).

JOIN US AT THE 13TH ANNUAL
CANADIAN HOLISTIC
NUTRITION CONFERENCE ON
SATURDAY, MAY 2ND.

IN TORONTO, VANCOUVER, CALGARY
OR ONLINE!

THIS YEAR'S TOPIC IS HORMONES: A
BALANCING ACT

LEARN MORE