



ENHANCING  
the PATIENT  
EXPERIENCE

# FALL INTO WELLNESS: EATING WITH THE SEASON IN MIND

RECIPES BY JULIA ELLIOTT



**Daily Greens Smoothie**

- 1 cup spinach
- 1/4 avocado
- 1/2 ripe banana (frozen)
- 1/2 cup frozen blueberries
- 1 tbsp hemp hearts or almond butter
- 1 cup nut milk (I use almond)
- pinch of cinnamon

1. In a blender, combine all ingredients and blend until smooth.
2. Add more milk if it is too thick.



**Veggie Frittata**

- 6 large eggs, use 8 eggs for a 12-inch skillet
  - 1/4 cup unsweetened almond milk, or any milk
  - 2 garlic cloves, minced
  - 1/4 tsp sea salt, plus more for sprinkling
  - Freshly ground black pepper
  - Extra-virgin olive oil, for drizzling
  - 6 scallions, chopped
  - 2 cups chopped broccoli or broccolini
  - 1/8 tsp paprika
  - 1/4 cup crumbled feta cheese
1. Preheat the oven to 400°F.
  2. Whisk the eggs, milk, garlic, and salt until well combined. Set aside.
  3. Heat 1 tablespoon olive oil in a 10 or 12-inch cast-iron skillet over low/medium heat. Add the scallions, broccoli, and a pinch of salt and pepper and cook, stirring occasionally, until the broccoli is tender but still bright green, 5 to 8 minutes.
  4. Stir in the smoked paprika, then add the egg mixture and gently shake the pan to distribute.
  5. Sprinkle with the feta and bake 15 to 20 minutes or until the eggs are set. Season to taste and serve.

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RECIPES BY AMY NOORDZIJ

## Beet Berry Bowl

Serves 1

- 1 small beet (2oz.), cooked and peeled\*
- 1 date, pitted
- 1/2 cup frozen raspberries
- 1 frozen banana, cut into pieces
- 1 tbsp hemp seeds
- 1/4 cup orange juice\*\*
- 2 ice cubes



1. Blend, pour into a bowl and layer with desired toppings
2. Top with unsweetened coconut, fresh berries, granola or a drizzle of honey

\*To cook beets:

1. Preheat the oven to 350°F.
2. Scrub beets clean and take greens off but leave the stem intact.
3. Place the number of beets you would like to cook in a glass baking dish and fill with water so that just the bottom of the beets are sitting in the water.
4. Tightly cover with aluminum foil and bake for 25-35 minutes or until easily pierced through. This time frame is dependent on the size of the beets.
5. When cooled the skin should slip off or use a peeler. Beets will stay fresh in the refrigerator for up to 4 days.

\*\* For added fiber, replace the orange juice with 1 small, seeded, and peeled orange – might need to add 1/4 cup water to blend easily.

## Winter Squash Porridge

Serves 2

- 2 cups of water
- 1/2 cup of butternut squash, cooked\*\*\*
- 1 tbsp peanut butter or almond butter
- 1 tsp honey
- pinch of sea salt
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- generous pinch of nutmeg
- small pinch of cloves
- 1 cup ancient grain cereal
- toppings below\*\*\*\*



1. In a large saucepan combine and whisk the water, squash, peanut butter, spices, honey, and salt and bring to a boil.
2. Reduce heat to low and add the grains, stir to combine and simmer about 5-10 minutes until grains have absorbed most of the liquid and are soft.

\*\*\*Fresh pumpkin is another way to add a vegetable to this breakfast meal instead of the butternut squash. Steaming squash is the best way to prepare the squash for this recipe. To really get ahead of your meal prep, steam a peeled and cut butternut squash and portion out 1/2 cup amounts and freeze for later use.

\*\*\*\*Topping ideas:

- chopped nuts
- dried fruit
- unsweetened shredded coconut
- crunchy granola
- chopped apple and plums or fresh raspberries
- a drizzle of honey or maple syrup

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