

Fall is Here – Bnourished by Health Coach Katie McDonald

September is like a crisp, white sheet of a blank notebook, fresh with potential, on the first day back to school. Similar to our birthdays and New Years, fall provides a chance to reinvent ourselves, set new goals and begin again. Without fail, we know what we need to do to be better versions of ourselves. So often we forget to ask ourselves the question or impatiently disregard the answer because it is not quite as dramatic as we had hoped. So what do you need to do to start fresh, release destructive habits, delight in the days more? Let your unhealthy ways fall like dead leaves off a tree and begin writing the next season of your life.

Apple Sauce

How could I resist apple sauce this time of year? I love this raw version of applesauce since it can be prepared so quickly. The flavor is divine even though the wafting scents of simmering applesauce will not fill your kitchen.

4 apples, sliced into chunks
2 T agave or local raw honey
1/2 tsp cinnamon
1/4 tsp vanilla

Blend in a food processor until smooth. Serve over oatmeal, roasted potatoes or solo.

Kale Salad

This salad, adapted from Kris Carr's Crazy Sexy Diet, is a nutritional and flavor powerhouse which never fails to please any crowd. The dressing is plentiful so apply it in stages until you reach the level of desired saturation. (I use half for this salad and save the rest for steamed veggies, roasted tofu, sautéed greens and wraps.)

2 1/2 bunches kale, any variety will do
1 tsp celtic sea salt
1/4 cup extra virgin olive oil
1/4 cup Nama Shoyu or Braggs Amino Acid or natural soy sauce
1 T agave nectar
1 tsp curry powder
1/2 cup fresh lemon or lime juice
1 cup almond butter or tahini
1 inch ginger, grated
1 cup pumpkin seeds
1 1/2 cups pitted green olives, halved
1 1/2 cups yellow or red bell pepper, diced
1 cup hemp seeds

Chop cleaned kale into bite size pieces. Blend salt, olive oil, soy sauce, agave, curry, citrus juice, almond butter and ginger into a rich dressing. (for a thinner sauce add some warm filtered water to the blend). Place kale in bowl and massage dressing into the greens using your clean hands. Sprinkle pumpkin seeds, olives, peppers and hemp seeds on salad and mix gently. Serve immediately or let sit at room temperature so the flavors can deepen and the kale can soften. Serves 6-8 as a side salad or 4 as an entree. Lasts 2-3 days in fridge.

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Collard Wraps

This sandwich option is ideal for those watching their refined carbohydrate intake or avoiding gluten. I love the portability of the veggies when wrapped in a collard leaf.

2 collard leaves, sturdy, washed, stems cut off at base of leaf

1 avocado, peeled and halved

3 radishes, grated*

2 carrots, grated

2 sweet peppers, julienned

6 cherry tomatoes, halved

1 small red onion, grated

Dressing

Place collard leaf with shinier side down. Smear 1/2 avocado on each leaf. Begin to fill the leaf much as you would a burrito, layering each ingredient in the middle and leaving the sides clear for rolling. Drizzle any desired dressing, including extra from the kale salad above, over the veggies. Gently roll the leaf until all ingredients are held together. Take a hearty bite.

Remember to play with the ingredients by using whatever is in season.

Cabbage leaves work well too.

* Drain the grated veggies if desired to decrease the moisture in your wrap.

Chocolate Pudding

Feel free to resist naming the ingredients until people have tasted this rich and delicious dessert. The decadent taste will overpower their potential resistance to avocado in their treat.

1 avocado

6 Medjool dates, pitted or 3 T agave nectar

1/2 tsp vanilla

4 T cocoa powder

1/2 cup water

Blend all but the water together in a food processor until smooth. Drizzle in water until desired pudding like consistency is reached. Chill for 30 minutes to an hour. Serve with fresh berries and mint.

Katie McDonald is a Holistic Health Coach and Raw Food Chef who absolutely loves the blank pages of new notebooks and all the possibilities that await. Please visit www.bnourished.com for more details about how she can help you define your next steps towards exceptional wellness. Katie can be found at All That Matters in Wakefield, RI where she meets with clients individually and teaches varied classes including self-care, vision boards, digestion, and raw foods.

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