




fitnessunlimited
HEALTH CLUB FOR WOMEN

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NUTRITION

Winter Recipes

Fitness Unlimited Nutrition Team

<http://www.fitnessunlimited.com>



Banana Chocolate Protein Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/4 cup Plain Greek Yogurt
1 tbsp Chia Seeds
2 tbsps Hemp Seeds
1/4 cup Oats
1 tbsp Cocoa Powder
1 Banana (frozen)
2 tbsps Pitted Dates

Directions

1

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Pitted Dates: One serving is equal to approximately two to three dates.

Gluten-Free: Use Gluten-Free oats.

Dairy-Free: Use coconut yogurt instead.

Nut-Free: Use coconut or oat milk instead of almond milk.

More Flavor: Add a pinch of cinnamon.

Make it Vegan: Use a vegan yogurt.



Sweet Potato Soup

4 servings

50 minutes

Ingredients

- 1/2 Yellow Onion (large, chopped)
- 3 Garlic (large cloves, minced)
- 1 1/2 tbsps Ginger (fresh, minced or grated)
- 7 cups Water (divided)
- 1 tsp Sea Salt
- 1 1/2 tsps Turmeric
- 2 Sweet Potato (large, peeled and cubed)
- 1/2 head Cauliflower (small, cut into florets)
- 2 Carrot (medium, peeled, and chopped)

Directions

- 1 Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for five to six minutes until the onions begin to soften. Stir in the salt and turmeric and continue to cook for another minute.
- 2 Add the sweet potato, cauliflower, carrot, and the remaining water to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender.
- 3 Remove the pot from the heat and use an immersion blender to blend until smooth. Season the soup with additional salt if needed. Divide the soup between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately equal to two cups of soup.

More Flavor: Use vegetable broth instead of water. Add other dried herbs and spices.

Sweet Potato: Two large sweet potatoes yields approximately five cups of sweet potato cubes.

Cauliflower: Half a small cauliflower yields approximately three cups of florets.



One Pan Brussels Sprouts & Sausage with Honey Mustard

4 servings

40 minutes

Ingredients

4 cups Brussels Sprouts (trimmed, halved)
4 Yellow Potato (quartered)
3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper
1 lb Pork Sausage (scored)
2 1/2 tbsps Dijon Mustard
1 1/2 tbsps Honey

Directions

- 1 Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
- 2 Scatter the brussels sprouts and potatoes in an even layer on the baking sheet. Toss with 3/4 of the oil and season with salt and pepper. Add the sausage to the baking sheet. Place in the oven for 20 minutes.
- 3 Meanwhile, in a small bowl, whisk together the mustard, honey, and remaining oil.
- 4 Remove the baking sheet and drizzle the honey mustard dressing over everything. Return the baking sheet to the oven and bake for 15 minutes more, until everything is cooked through. Divide onto plates and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days.

Serving Size: One serving is approximately one cup of brussels sprouts, one yellow potato, and four ounces of sausage.

Gluten-Free: Use a gluten-free sausage.

More Flavor: Use a mix of dijon mustard and a grainy mustard.