

# Pumpkin White Bean Dip

*A recipe from Amanda Liptak, RDN, CLT, CA*

## What You Need

- 1 - 15 ounce can pumpkin puree
- 1 - 15 ounce can white beans
- 2 TBSP olive oil
- 2 cloves garlic, minced
- 1 TBSP fresh rosemary finely chopped or 1 tsp dried
- Juice of one lemon
- 1/4 tsp ground cumin
- 1/4 tsp smoke paprika
- Sea salt and pepper to taste
- Pumpkin seeds for garnish

## How To Prepare

1. In a food processor, combine all ingredients except for the pumpkin seeds. Blend until smooth and creamy.
2. Season with salt and pepper to taste. Pulse to mix.
3. Transfer to a serving bowl and garnish with drizzled olive oil, dash paprika and pumpkin seeds.
4. Refrigerate until ready to serve, then serve with whole grain crackers or fresh veggies; carrots, celery, bell pepper slices.

# Cranberry Kombucha Winter Sparkler

*A recipe from Amanda Liptak, RDN, CLT, CA*

## What You Need

- 1/2 cup cranberry kombucha
- 1/4 cup sparkling water (LaCroix Cran-Raspberry or equivalent)
- 1 TBSP 100% orange juice
- 1 tsp pure maple syrup
- Fresh cranberry garnish
- Rosemary spring garnish
- Cinnamon stick garnish
- Orange slices garnish

## How To Prepare

- Combine all ingredients in a cocktail shaker.
- Pour in a festive glass.
- Garnish with rosemary, cinnamon stick and whole cranberry seeds.
- Enjoy!

## Nutrition/Notes

- Makes 1 - 8 ounce drink
- Calories: 45
- Total Sugar: 6 grams
- Added Sugar: 4 grams

### **Try these popular probiotic brands:**

- Poppi in Raspberry Rose
- Culture Pop Wild Berry

# Roasted Butternut Squash Bites with Goat Cheese

*A recipe from Amanda Liptak, RDN, CLT, CA*

## What You Need

- 1 small butternut squash
- 2 TBSP olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup crumbled goat cheese
- 1/4 cup pomegranate seeds
- 1 TBSP balsamic glaze
- Fresh rosemary garnish

## How To Prepare

- Preheat oven to 400 degrees F. and line baking sheet with parchment paper.
- With a potato peeler, peel the skin off the butternut squash, then cut into medium size cubes 1-1.5 inches thick. Squash cubes should resemble small disks or “hockey” disks”.
- Toss cubes in olive oil, salt and pepper. Spread evenly on the baking sheet and roast for 25-30 minutes, or until slightly tender and caramelized.
- Allow to cool then place on serving tray. Top each cube with approximately 1 tsp goat cheese and a few pomegranate seeds.
- Drizzle with balsamic glaze and garnish with rosemary sprigs. Serve with toothpicks.