



# Fall into Pumpkin Soup

## *Soup Base*

- 2 Tablespoons Vegan Butter
- 2 Tablespoons Shallots, minced
- 1 Clove Garlic, minced
- 1/2 teaspoon Cinnamon
- 1/4 teaspoon Black Pepper
- 1/4 teaspoon Nutmeg
- 1/4 teaspoon Cayenne Pepper
- 1 Can Pumpkin Puree, 15 oz.
- 3 Cups **Unsweetened Vanilla Milkadamia Milk**

## *Soup Base*

1. Sautee shallots and garlic in butter over medium heat.
2. Add pumpkin puree and stir.
3. Add in Milkadamia milk and cream and blend to smooth.
4. Add in spices, syrup and brown sugar.
5. While soup is simmering make candied pecans.

- 1/4 Cup **Unsweetened Vanilla Milkadamia Creamer**
  - 2 Tablespoons Maple Syrup
  - 1 Tablespoon Brown Sugar
- ## *Candied Pecans*
- 1 Tablespoon Vegan Butter
  - 1/4 Cup Brown Sugar
  - 1/2 Cup Pecans
  - 1/2 teaspoon Salt
  - Pinch Cayenne Pepper
  - Pinch Cinnamon

## Instructions

## *Candied Pecans*

6. Melt vegan butter.
7. Add brown sugar, salt, cayenne pepper, cinnamon.
8. Stir until combined.
9. Add pecans and coat.
10. Cool before serving.
11. Pour soup into bowls and top with pecans.



# Roasted Butternut Squash with Avocado Milkadamia Crema & Toasted Pepitas

## *Butternut Squash*

- 1 Butternut Squash
- 1 Tablespoon Macadamia Oil
- 1/2 teaspoon Cumin
- 1/2 teaspoon Smoked Paprika
- 1/2 teaspoon Coriander
- 1/2 teaspoon Chili Powder
- 1/2 teaspoon Cayenne Pepper
- 1/2 teaspoon Oregano

## *Avocado Crema*

- 1/2 Avocado

- 2 Tablespoons **Unsweetened Milkadamia**
- 2 Tablespoons Lime Juice
- 1/2 teaspoon Salt
- 1/2 teaspoon Pepper
- Cilantro Leaves for garnish

## *Toasted Pepitas*

- Pepitas
- Cumin
- Salt

## Instructions

### *Butternut Squash*

1. Preheat oven to 400 degrees F
2. Peel and dice butternut squash then combine with macadamia oil and mix thoroughly in a large bowl.
3. Add all spices and mix well until coated.
4. Spread squash evenly on a cookie sheet and bake until golden brown, approximately 30 minutes.

### *Avocado Crema*

5. Combine all ingredients in a food processor and pulse until smooth and

evenly combined. Store in refrigerator until the squash is ready.

### *Toasted Pepitas*

6. Heat a skillet with macadamia oil over medium high heat and add 1/4 cup raw pepitas. Season with salt and cumin and toast for approximately 5 minutes until fragrant.
7. Plate squash and crema on dish and garnish with micro greens and toasted pepitas.





# Spectacular Gin & Tonic and Q Tonic Mocktail

## *Spectacular Gin & Tonic*

- 2 oz Premium Gin
- **Q Tonic Water**

## *Q Tonic Mocktail*

- 3 oz **Q Tonic Water**
- 1 oz Gum Syrup
- 0.5 oz Fresh Pressed Lime Juice
- 4 Raspberries
- 3 Dashes of Rose Water

## Instructions

### *Spectacular Gin & Tonic*

1. Pour gin in highball glass over ice
2. Add tonic water and stir.
3. Garnish with lim wheel & serve!

### *Q Tonic Mocktail*

4. Muddle raspberries in bottom of mixing glass.
5. Add the gum syrup, fresh pressed lime juice, rose water, ice.
6. Cap and shake.
7. Strain over fresh ice in Collins glass.
8. Top with Q Tonic water and stir.
9. Garnish with raspberries and rose petal.
10. Serve & enjoy!



## Savory Dipping Sauce

- ½ Cup Tahini
- 1-2 Cloves Garlic
- 1 Cup Basil
- 1 Cup Nutritional Yeast
- Juice of 1 Lemon (2-3 Tablespoons)
- 2 Scoops **NeoCell Super Collagen**
- ¼ Cup Olive Oil
- ¼ Cup Water
- Salt & Pepper to taste

### Instructions

1. Add tahini and garlic to a blender and blend to pulverize garlic.
2. Add basil and pulse a few times to start breaking it down.
3. Add nutritional yeast and pulse to combine.
4. In a small bowl, combine lemon juice and NeoCell Super Collagen. Stir to combine for about 30 seconds.
5. Add lemon/collagen mix to food processor and pulse to combine.
6. Turn the food processor on and slowly stream in olive oil.
7. Once olive oil is combined, add water slowly with food processor running. For thinner sauce, add more water until you have desired consistency.
8. Add salt and pepper to taste and serve in bowl with fresh veggies or chips.





## Collagen Berry Chia Pudding

- 14 oz Vanilla Coconut Milk
- 4 Scoops **NeoCell Super Collagen**
- 6 Tablespoons White Chia Seeds
- 2 Tablespoons Maple Syrup
- 1 teaspoon Vanilla Extract
- 8 oz Fresh Berries
- Coconut Flakes (for garnish)
- Almonds (for garnish)

### Instructions

1. Combine the coconut milk, NeoCell Super Collagen, chia seeds, maple syrup, and vanilla extract in medium bowl.
2. Whisk well until pudding is smooth.
3. Set aside for 2-12 hours to thicken.
4. Layer as parfait with berries, coconut flakes, almonds, and choice of toppings.