



**Foods that you need to KNOW
and TRY!**

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Enjoy these recipes that include the foods that you need to KNOW and TRY!!!

Butternut Squash

Cage Free Eggs

Almond Butter

Bok Choy

Unsweetened Shredded Coconut

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Enjoy!

Questions?

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Roasted Butternut Squash Harvest Bowl

4 servings

40 minutes

Ingredients

5 cups Butternut Squash (diced into cubes)
1 tbsp Extra Virgin Olive Oil (divided)
1/2 cup Quinoa (uncooked)
1 cup Water
8 cups Kale Leaves (finely chopped)
1 tbsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
1/2 cup Pumpkin Seeds
1/4 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	358
Fat	11g
Carbs	55g
Fiber	11g
Protein	12g

Directions

- 1 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 2 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 3 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 4 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 5 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash, Use sweet potato, carrots or beets instead.

Save Time, Use frozen bagged butternut squash.

Leftovers, Keeps well in the fridge up to 3 - 4 days.

Extra Flavour, Toss the butternut squash in cinnamon before roasting.



Breakfast Salad with Soft Boiled Egg

1 serving
15 minutes

Ingredients

- 1 Egg
- 2 cups Baby Kale
- 1/2 Cucumber (sliced)
- 1/4 Avocado
- 1/2 tsp Extra Virgin Olive Oil
- 1 tsp Lemon Juice
- 1/8 tsp Sea Salt
- 1/8 tsp Paprika
- 1 1/2 tsps Almonds (chopped)

Nutrition

Amount per serving	
Calories	263
Fat	18g
Carbs	19g
Fiber	8g
Protein	13g

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
- 2 Add the kale, cucumber and avocado to a plate. Drizzle with extra virgin olive oil, lemon and sea salt.
- 3 Peel the eggs and add to the salad. Sprinkle paprika and almonds on top. Serve and enjoy!

Notes

Leftovers, Store leftover unpeeled eggs in the fridge for up to two days.

Nut-Free, Use sunflower seeds instead of almonds.

More Flavor, Add parsley, cilantro or basil to your salad.

Make it Vegan, Use chickpeas or tofu instead of eggs.



Almond Oatmeal Breakfast Bars

8 servings

35 minutes

Ingredients

1 cup Oats (rolled)
1/4 cup Almond Flour
1/4 tsp Baking Soda
1/4 tsp Baking Powder
1/4 tsp Sea Salt
2 tsps Coconut Oil (melted)
2 Egg
1/4 cup Maple Syrup
1/4 cup Almond Butter
1/2 tsp Vanilla Extract
1/4 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	206
Fat	12g
Carbs	20g
Fiber	2g
Protein	6g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking pan with parchment paper.
- 2 In a large bowl, combine the oats, almond flour, baking soda, baking powder and sea salt. Mix well.
- 3 Add the melted coconut oil to a medium bowl along with the eggs, maple syrup, almond butter, and vanilla extract. Mix well. Pour the wet ingredients into the dry ingredients and mix until combined. Fold in the chocolate chips.
- 4 Pour the mixture into the pan and bake for 20 to 25 minutes.
- 5 Remove from the oven and let cool completely before slicing. Enjoy!

Notes

Baking Pan Size, Use an 8x8 inch baking pan if making the standard 8 servings.

No Almond Butter, Use sunflower seed, cashew or peanut butter instead.

Gluten-Free, Use certified gluten-free oats.

Flour, This recipe was developed and tested using almond flour only. We have not tested other flours and can only guarantee results if the recipe is made as written.

Leftovers, Store in an airtight container in the fridge for 5 to 6 days. Freeze for up to 3 months.

Serving Size, One serving is equal to one bar.



One Pan Honey Garlic Salmon with Bok Choy

4 servings

20 minutes

Ingredients

- 1 tbsp Raw Honey
- 2 tbsps Tamari (sub coconut aminos if needed)
- 3 Garlic (cloves, minced)
- 1 1/2 tsps Chili Powder
- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Bok Choy (halved)
- 1 tsp Sesame Oil
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tsps Sesame Seeds

Nutrition

Amount per serving	
Calories	254
Fat	11g
Carbs	8g
Fiber	1g
Protein	31g

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
- 3 Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
- 4 Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
- 5 Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

Notes

No Salmon, Any fish fillet will do. Baking time will vary depending on thickness.

No Bok Choy, Use asparagus, green beans or broccoli instead.

Make it on the Grill, Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

Leftovers, Store in an airtight container in the fridge for two to three days. Enjoy cold or reheat in the microwave or oven.



Coconut Chickpea Blondies

16 servings

45 minutes

Ingredients

3/4 tsp Coconut Oil
2 cups Chickpeas (cooked)
1/2 cup Almond Butter
1/4 cup Maple Syrup
1/2 tsp Cinnamon
1/4 tsp Sea Salt
1/4 tsp Baking Powder
1/4 tsp Baking Soda
1/3 cup Unsweetened Shredded Coconut (plus extra for garnish)

Nutrition

Amount per serving	
Calories	108
Fat	6g
Carbs	11g
Fiber	3g
Protein	4g

Directions

- 1 Preheat oven to 350°F (177°C) and brush a baking dish with coconut oil (use an 8x8 pan for 16 blondies).
- 2 Add all ingredients to a food processor and process until smooth.
- 3 Spread the batter evenly into the pan. (The batter will be very sticky, so brushing a spatula with coconut oil first will help.) Sprinkle extra coconut over the top and press in gently.
- 4 Bake for 20 to 25 minutes or until toothpick comes out clean and edges are slightly browned. Let cool for 20 minutes, then cut into squares. Enjoy!

Notes

Leftovers, Store in the fridge for 5 days or freeze in an airtight container.

No Maple Syrup, Use honey instead.

Nut-Free, Use sunflower seed butter instead of almond butter.



Apple Dips

2 servings

15 minutes

Ingredients

1/2 cup Plain Greek Yogurt
2 tbsps Unsweetened Shredded Coconut
2 tbsps Hemp Seeds
1/4 tsp Cinnamon
1 Apple (sliced)

Nutrition

Amount per serving	
Calories	182
Fat	10g
Carbs	18g
Fiber	3g
Protein	9g

Directions

- 1 Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
- 2 Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
- 3 Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

Notes

Kid-Friendly, Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

Make it Sweeter, Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

No Coconut, Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

No Yogurt, Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.