

Air Fryer Apples

INGREDIENTS:

- 2 red apples, pink lady, honey crisp, or gala, peeled, cored, and cut into 1-inch bite-sized cubes
- · 2 Tbsp. real maple syrup, divided
- 1 Tbsp. melted coconut oil, refined has no taste
- 1tsp. cinnamon

DIRECTIONS:

- 1. Preheat your air fryer to 380°F and lightly spray with non-stick spray.
- 2. Add the peeled apple cubes into a bowl and toss with 1 Tablespoon maple syrup, coconut oil, and cinnamon.
- 3. Add apple cubes to the heated air fryer basket. Make sure they don't overlap too much, or else they will not cook properly.
- 4. Air fry for 10 14 minutes, tossing halfway through. They should be golden, slightly crispy on the outside, and tender on the inside.
- 5. Remove from the air fryer and toss the warm apples in 1 Tablespoon of maple syrup.
- 6. Enjoy warm with vanilla ice cream, oatmeal, or on its own!

Boursin Pasta Recipe

INGREDIENTS:

- 3 C. dried pasta
- · 1 box of Boursin cheese, use any flavor of choice, we used garlic and herbs
- ½ C. Parmesan cheese grated
- 1/3 C. sun-dried tomatoes chopped
- · 1Tbsp. butter
- 1/2 C. yellow onions finely chopped
- 2 large garlic cloves chopped
- Salt and Pepper to tast
- Fresh Lemon

DIRECTIONS:

- 1. Boil the pasta according to the packet instructions in salted water until al dente and reserve some pasta water (about a cup). While the pasta is boiling, start making the cream sauce.
- 2. Melt butter and olive over medium-high heat then sauté finely chopped onions and garlic until fragrant, soft, and translucent. Add chopped sun-dried tomatoes and stir to combine, continue to cook for another minute. Stir frequently to prevent burning.
- 3. Add Boursin cheese and grated Parmesan cheese into the sautéed veggies and stir in some pasta water (in small amounts) to make it a creamy consistency.
- 4. Add the drained pasta to the sauce, stir or toss to combine (add more pasta water if need be). Remove from heat and serve immediately with more Parmesan cheese, garlic bread and fresh lemon juice. Enjoy!

Pickle Wrap Dip

INGREDIENTS:

- 1-8 Oz. pkg. cream cheese softened
- 1-8 Oz. container sour cream
- · 1tsp. onion powder
- · 1C. minced dill pickles
- · 6 Oz. dried beef chopped
- · chips or crackers for dipping

DIRECTIONS:

- 1. Stir cream cheese in a large bowl until smooth.
- 2. Add the sour cream, onion powder, pickles and beef; stir until combined.
- 3. Refrigerate until ready to serve.
- 4. Serve with tortilla strips, crackers, etc.

Sheet Pan French Toast DIRECTIONS:

INGREDIENTS:

- · 8 slices whole grain bread
- 5 large eggs
- · ground cinnamon to taste
- · maple syrup



- 1. Preheat oven to 350°F and generously spray a baking sheet with non-stick cooking spray. Set aside.
- 2. Next, whisk eggs and almond milk together in a medium mixing bowl.
- 3. Carefully dip 1 slice of bread into the egg mixture. Make sure bread is fully submerged in the egg mixture. Let excess egg mixture drip from the bread and then place bread onto the baking sheet. Repeat until you have dipped all pieces of bread.
- 4. Season French toast with ground cinnamon, to taste.
- 5. Place the baking sheet in the oven and bake at 350°F for around 10 minutes.
- 6. Then flip each piece of bread and bake for an additional 4-6 minutes. *We suggest spraying the baking sheet as you flip, just to be safe!
- 6. Remove from the oven and serve with maple syrup.

Build Your Own Butter Board

BASE INGREDIENTS:

Toppings

- 1 lb Salted Butter
 - French Bread

ADDITIONAL INGREDIENT IDEAS:

- Flaky Sea Salt • Chili Oi • Hot Honey • Thyme
 - Fruit Jam
 - Maple Syrup Chives Balsamic Glaze

BUTTER, FIG JAM, WALNUT, HONEY

- Salted Butter
- Fig Jam or Fig Butter
- Chopped Walnuts
- Honey
- Dates (optional)
- Balsamic Glaze (optional)

BUTTER, CRANBERRIES. **PISTACHIOS, HONEY, ORANGE ZEST**

- Salted Butter
- **Dried Cranberries**
- Pistachios
- Honey
- Orange Zest
- Fresh Rosemary (optional)

BUTTER, ROASTED GARLIC, ITALIAN SEASONING, FRESH BASIL, RED CHILI **FLAKES**

- Salted Butter
- Roasted Garlic
- Fresh Basil
- Red Chili Flakes
- Italian Seasoning

BUTTER, HONEY. ALMONDS. POMEGRANATE

- Salted Butter
- Hot Honey
- Almonds, Slivered or Sliced
- · Pomegranate Seeds

BUTTER, BERRY JAM, FRESH LEMON ZEST

- Salted Butter
- Berry Jam
- Fresh Lemon Zest

Cinnamon Pecan Roasted Butternut Squash

INGREDIENTS:

- 1 butternut squash
- 1/2 C. Better Butter Cinnamon Butter
- 3 Oz. pecan halves
- 1/2 tsp. salt
- 1/4 tsp. pepper

DIRECTIONS:

- 1. Preheat oven to 425°.
- 2. Peel, seed and cut squash into bite size cubes.
- 3. Toss squash and pecans with melted cinnamon butter.
- 4. Lay out on a baking sheet, making sure not to overlap.
- 5. Sprinkle salt and pepper over top.

Roast in 425° oven for 20 minutes. Place fork into one of the pieces to make sure it is well

6. Serve warm or cold.

Sausage & Spinach Tortellini Soup

INGREDIENTS:

- 16 Oz. Jimmy Dean ground pork sausage roll
- 4 C Tomato broth made from Caldo de Tomate; however, chicken broth can be substituted
- · 20 Oz. Rotel tomatoes 2 small cans
- · 1 tsp. Garlic powder
- · 1 tsp. Italian seasoning
- · 8 Oz. Cream cheese cut into small chunks
- 19-20 Oz. Frozen cheese tortellini
- · 2 C. Spinach fresh

DIRECTIONS:

- 1. Brown sausage in large pot.
- 2. Drain sausage and return to pot.
- 3. Add the 4 cups of tomato broth or chicken broth, the undrained tomatoes, and the spices.
- 4. Bring to a boil.
- 5. Turn heat down to medium and allow covered pot to simmer for about 10 minutes.
- 6. Add the chunked cream cheese to the pot and stir until the cheese is mostly melted and blended.
- 7. Cover the pot and cook for 10 minutes.
- 8. Add the tortellini and allow the soup to cook, uncovered, for about 5 to 7 minutes or until the tortellini begins to bob around the top of the pot. Add the two cups of fresh spinach and allow to cook for 2 minutes longer.
- 9. Serve with crackers or cornbread.

Cranberry Almond Slaw with Apple Cider Vinaigrette

VINAIGRETTE INGREDIENTS:

- 6 Tbsp. Extra Virgin Olive Oil
- · 2 Tbsp. Apple Cider Vinegar
- · 2 Tbsp. Maple Syrup
- · 2 tsp. Dijon Mustard
- 1 small clove Garlic, minced
- ½ tsp. Kosher Salt
- 1/4 tsp. Black Pepper

CRANBERRY ALMOND SLAW INGREDIENTS:

- 1/2 head Green Cabbage
- 1/2 small Red Onion
- 1 C. Dried Cranberries
- 1 C. Sliced Almonds
- 1/2 C. Flat Leaf Parsley optional

DIRECTIONS:

Make the Apple Cider Vinaigrette

- 1. Layer the vinaigrette ingredients in a small mason jar. Screw the lid on tight. Shake, shake, shake.
- 2. Refrigerate until ready to serve. Can make 1-2 days in advance.

Prep the Cranberry Almond Slaw

- 3. Cut the cabbage into 4 equal wedges. Remove the core and thinly slice the cabbage. Thinly slice the red onion. Chop the parsley.
- 4. Layer the red onion, parsley, cranberries, and almonds on top of the cabbage in a large bowl.
- 5. Cover and refrigerate until ready to serve. Can make this up to 1 day in advance.

Serving the Cranberry Almond Slaw

- 6. Toss the cabbage, red onion, cranberries, and almonds together until combined.
- 7. Shake the vinaigrette and pour over the slaw. Toss to combine. Serve immediately or refrigerate up to 1 hour.

