

Gracefully Grazin'

Wholesome Fall Recipe Pack

Simple, seasonal meals made with real ingredients and grace.

Apple Cinnamon Overnight Oats

Serves: 1–2 | *Prep Time:* 5 minutes (plus overnight chill) | *Cook Time:* —

Ingredients:

½ cup rolled oats

¾ cup unsweetened almond milk (or milk of choice)

½ apple, grated

1 tsp chia seeds

½ tsp cinnamon

1–2 tsp maple syrup or honey (optional)

¼ tsp vanilla extract (optional)

Pinch of sea salt

Toppings: extra grated apple, chopped nuts, almond butter drizzle

Instructions:

1. In a jar, mix oats, chia seeds, cinnamon, and salt.
2. Stir in grated apple, milk, vanilla, and sweetener.
3. Seal and refrigerate overnight (6–8 hrs).
4. In the morning, stir and adjust consistency with extra milk if needed.
5. Top with apple, nuts, and almond butter before serving.

Tip: Keeps 3–4 days in the fridge — perfect for busy mornings!

Sweet Potato + Black Bean Bowl

Serves: 2 | Prep Time: 10 minutes | Cook Time: 25 minutes

Ingredients:

1 large sweet potato, cubed
1 tbsp olive oil
1 cup black beans, drained and rinsed
2 cups chopped kale or spinach
½ avocado, sliced
½ lime, juiced
Sea salt and pepper to taste
Optional: cumin, paprika, or chili powder

Instructions:

1. Preheat oven to 400°F and toss sweet potatoes with oil, salt, and optional spices.
2. Roast for 20–25 minutes until tender.
3. Sauté kale in olive oil until just wilted.
4. Assemble bowls with sweet potatoes, black beans, and kale.
5. Top with avocado and lime juice before serving.

Tip: Add salsa or a drizzle of tahini-lime dressing for extra flavor.

Garlic Herb Steak + Roasted Veggies

Serves: 2 | Prep Time: 10 minutes | Cook Time: 25–30 minutes

Ingredients:

2 grass-fed steaks (sirloin, ribeye, or flank)
1 tbsp butter or tallow
2 garlic cloves, smashed
1 rosemary sprig (or thyme)
Sea salt and black pepper
2 cups carrots, chopped
1 cup beets, cubed
1 cup parsnips, chopped
1½ tbsp olive oil
1 tsp dried thyme

Instructions:

1. Preheat oven to 425°F. Toss root veggies with oil, thyme, salt, and pepper; roast 25–30 min.
2. Pat steaks dry, season well, and heat skillet over medium-high.
3. Add butter, garlic, and rosemary; sear steaks 3–4 min per side, basting with butter.
4. Let rest 5 min before slicing. Serve with roasted veggies and garlic butter.

Tip: Add a side of chimichurri or balsamic reduction for brightness.

Pumpkin Protein Bites

Serves: 10–12 bites | Prep Time: 10 minutes | Cook Time: Chill 30 minutes

Ingredients:

½ cup pumpkin puree
1 cup rolled oats
¼ cup nut butter (almond, peanut, or cashew)
2 tbsp chia seeds
2 tbsp honey or maple syrup
½ tsp cinnamon
¼ tsp pumpkin pie spice (optional)
Pinch of sea salt
Optional: 1 scoop vanilla protein powder

Instructions:

1. Mix pumpkin puree, nut butter, and honey until smooth.
2. Add oats, chia seeds, spices, and salt. Stir to form dough.
3. Add protein powder if using (add a splash of water if dry).
4. Roll into 1-inch balls and chill 30 min before serving.

Tip: Store in fridge up to 1 week or freeze for longer. Roll in coconut or seeds for texture!