

A collage of various fall meal prep items including a tomato-based sauce, broccoli, baked potatoes, granola, and pumpkin muffins, with a central text overlay.

FALL MEAL PREP

Perfect Baked Potatoes

Using simple ingredients, a fool-proof method, and 5 minutes of hands on time, you can make the perfect baked potato right in your own kitchen!



GLUTEN FREE



SOY FREE



NUT-FREE

Prep Time: 10 minutes

Total Time: 1 hour, 10 mins

Serves: 1

1 medium Russet potato

1 teaspoon olive oil

pinch of sea salt

FAITH'S TIP

I recommend baking a bunch of potatoes at once to make for quick and easy meals throughout the week!

- 1.** Preheat your oven to 350F/175C and line a baking sheet with a silicone baking mat or parchment paper (not necessary, but makes for easy clean up).
- 2.** Wash and scrub your potato.
- 3.** Using a small, sharp knife or a fork, poke holes all around your potato.
- 4.** Drizzle one teaspoon of olive oil on top of the potato and use your hands to rub the oil all over the potato. Take a small amount of sea salt in your fingers and rub it all over the potato.
- 5.** Place the potato onto your lined baking tray and place it in the oven to bake for about 60 minutes. Depending on the size of you potato you may need to increase or decrease the amount of time. To know that your potato is ready, it should give a little when pressed with your finger and a knife should be able to cut it easily.
- 6.** Serve your baked potato hot, stuffed with cashew sour cream, vegan pumpkin chili or whatever fillings you desire!

Pumpkin Cornbread Muffins

Made with creamy pumpkin and sweetened with maple syrup, these Vegan Pumpkin Cornbread Muffins are sure to be a hit this holiday season!



SOY FREE



NUT-FREE

Prep Time: 10 minutes

Total Time: 35 minutes

Serves: 12

2 flax eggs*
1 cup pumpkin puree
1 cup non-dairy milk
1/4 cup + 2 tablespoons
 maple syrup
1/4 cup sugar
1 1/4 cup cornmeal
3/4 cup whole wheat flour
1 tablespoon baking powder
1 teaspoon cinnamon
3/4 teaspoon sea salt
1/4 teaspoon nutmeg
1/4 cup neutral oil

FAITH'S TIP

*To make a flax egg, whisk together 1 tablespoon of ground flaxseed and 3 tablespoons of water. Set aside to thicken for 5 minutes.

- 1.** Preheat your oven to 400 degrees and line 12 muffin cups with silicone liners or grease thoroughly.
- 2.** In a small bowl, whisk together 2 tablespoons of ground flaxseed and 6 tablespoons of water to form your flax eggs. Set aside to thicken.
- 3.** In a large bowl mix together the pumpkin puree, non-dairy milk, maple syrup, sugar, and thickened flax eggs.
- 4.** In a separate bowl, whisk together the dry ingredients, from the cornmeal to the nutmeg.
- 5.** Add the wet ingredients and the oil to the dry ingredients and stir until combined.
- 6.** Divide the batter among the 12 muffin cups so that they are filled to the brim.
- 7.** Bake for 20-23 minutes or until starting to turn golden and a toothpick inserted into the center comes out clean.

Maple Pecan Baked Oatmeal

Full of hearty whole grains, crunchy pecans and warming spices, this healthy, vegan Maple Pecan Baked Oatmeal will become a family favorite all year round.



Prep Time: 15 minutes

Total Time: 55 minutes

Serves: 4-6

1 flax egg
2-3 ripe bananas, sliced
1 2/3 cup non-dairy milk
1/3 cup maple syrup
1 teaspoon vanilla extract
2 cups rolled oats
1 teaspoon baking powder
1 1/2 teaspoons cinnamon
1/2 teaspoon sea salt
1/2 cup pecans, chopped

FAITH'S TIP

Use whatever nuts you fancy!

- 1.** Preheat your oven to 375F/190C and grease an 8x8 pan with cooking spray or coconut oil. Place the sliced banana coins in a single layer on the bottom of the pan until the entire pan is covered. Set aside.
- 2.** In a large mixing bowl, whisk together the ground flaxseed and water and allow it to thicken for about 5 minutes.
- 3.** Add the non dairy milk, maple syrup and vanilla to the flax egg and whisk to combine.
- 4.** Lastly add in the dry ingredients, from the rolled oats to half of the chopped pecans, and stir until combined.
- 5.** Pour the batter into your banana lined baking pan and use a spoon to level out the top. Sprinkle over the remaining pecans and gently press them down into the oatmeal.
- 6.** Bake the oatmeal for 35-40 minutes or until set.
- 7.** Cut into pieces and serve with more maple syrup, chopped pecans and fresh fruit!

Vegan Pumpkin Chili

Full of hearty veggies and creamy pumpkin puree, this vegan Pumpkin Chili is a fun spin on traditional chili and is sure to be a crowd pleaser!



SOY FREE



GLUTEN FREE



NUT-FREE

Prep Time: 15 minutes

Total Time: 45 minutes

Serves: 6-8

1 onion, chopped
4 cloves garlic, minced
1 cup chopped carrot
1 cup chopped celery
1 red bell pepper, chopped
2 tablespoons chili powder
2 teaspoons cumin
2 teaspoons sea salt
1/4 teaspoon pumpkin pie spice
Black pepper to taste
2 15 oz. cans chopped tomatoes
2 15 oz. cans kidney beans
1 15 oz. can black beans
1 15 oz. can pumpkin puree
Water to thin

- 1.** In a large pot, sauté the onions, garlic and carrot in a little olive oil or water until softened.
- 2.** Add in the chopped celery and bell pepper and sauté a few minutes more until soft and cooked through.
- 3.** Add in the spices--from the chili powder to the black pepper--and stir until all the veggies are coated in the spices. Continue stirring and cooking the spices for a few minutes.
- 4.** Add in the canned chopped tomatoes, drained and rinsed kidney beans and black beans and pumpkin puree. Stir to combine. Bring the chili to a boil and then reduce the heat to a simmer. Allow the chili to simmer for 10-20 minutes. If you like your chili a bit runnier, add in some vegetable broth or water to thin it out. Towards the end of the cooking process, taste and add more salt and spices to your liking.
- 5.** Once all the flavors have melded together and the chili is warmed through, serve it topped with your favorite garnishes and some Pumpkin Corn Bread Muffins if desired!

FAITH'S TIP

Make sure you use the American-style chili powder blend, not ground chilies!

Cashew Sour Cream

This easy, 5 ingredient vegan sour cream recipe is tangy, creamy and a perfect substitute for regular dairy sour cream!



Prep Time: 5 minutes
Total Time: 10 minutes
Serves: 6

1 cup raw cashews, soaked
1/2 cup water
2 tablespoons lemon juice
1 teaspoon apple cider vinegar
1/4-1/2 teaspoon sea salt

- 1.** Place the cashews into a bowl and cover them with room temperature water. Allow the cashews to soak in the fridge overnight or for about 8 hours.
- 2.** Once your cashews have soaked, drain and rinse them and place them into a blender with the remaining ingredients, starting with just 1/4 teaspoon of salt.
- 3.** Blend until smooth, stopping to scrape down the sides of the blender as necessary.
- 4.** Taste and add more salt for saltiness or lemon juice/apple cider vinegar for a more tangy, sour kick.
- 5.** Pour the sour cream into a jar and seal it with a lid. Store it in the fridge. This sour cream can be stored for in the fridge for 1 week or frozen for up to 1 month. If you plan to freeze the sour cream, I recommend freezing it in smaller portions so you thaw a smaller amount as needed.

FAITH'S TIP

If you have a high speed blender and are short on time, you can skip the soaking process or just let the cashews sit in hot water for 10 minutes.

Other Recipes

Two of the recipes in this video were not my own. I've linked them below!

[Homemade Hot Chocolate Mix](#)

[Instant Pot Lentil Dal](#)