

↓ DOWNLOAD OUR FREE E-BOOK

26 **Sweet** & **Savory** HOLIDAY-INSPIRED **Recipes**



nutiva x Coconut Secret™



Contents

Sweet	3
Coconut Manna™ Dipped Gingersnap Cookies.....	4
Graham Cracker Chocolate Mousse Cups.....	6
Baked Oats with Chocolate Hazelnut Drizzle	8
Sweet Charcuterie Board.....	10
Chocolate Hazelnut Crepes with Orange Cranberry Sauce.....	12
Gluten-Free Apple Pancakes	14
Avocado Oil Cake	16
Carrot Cake with Coconut Manna™ Frosting	18
Gluten-Free Banana Bread	20
Cranberry Coconut Manna™ Bark.....	22
Coconut Macarons	24
Spiced Apple Skillet Cookie	26
Pumpkin Donuts.....	28
Savory	30
Crispy Garlic Smashed Potatoes.....	31
Orange Pomegranate Winter Salad	33
Green Goddess Soup	35
Mushroom Miso Vegan Ramen.....	37
Coconut Sweet Potato Casserole.....	39
Kale Delicata Squash & Pomegranate Salad	41
Coconut Butternut Squash Soup.....	43
Roasted Garlic Mashed Cauliflower	45
Easy Ratatouille	47
Savory Autumn Pumpkin Tart.....	49
Gluten-Free Wonton Soup	51
Crispy Focaccia Breadsticks	53
Stir Fried Garlic & Ginger Green Beans	55





Sweet

Recipes



COCONUT MANNA™ DIPPED Gingersnap Cookies



COCONUT MANNA™ DIPPED Gingersnap Cookies

Ingredients

¾ Cup softened butter or room-temperature, softened Nutiva Organic Virgin Coconut Oil

1 Cup granulated sugar

1 large egg, room temperature

¼ Cup molasses

2 Cups all-purpose flour or Bob's Red Mill gluten-free flour

2 Tsp baking soda

1 ½ Tsp ground ginger

1 ½ Tsp finely grated fresh ginger

1 ½ Tsp ground cinnamon

½ Tsp salt

¼ Tsp black pepper

½ Cup additional granulated sugar, for rolling cookies

1 Cup Nutiva Organic Coconut Manna™, for dipping cookies

PREP TIME

10 Min

COOK TIME

15 Min

SERVING

24 Cookies

Instructions

1. Preheat oven to 350°F/180°C. Line two large baking sheets with parchment paper and set aside.
2. In a large bowl, combine the flour, baking soda, ginger, cinnamon, salt and black pepper. combine butter or coconut oil and sugar. Set aside.
3. In another bowl, combine butter or coconut oil and sugar. Using an electric mixer, beat for 2-3 minutes until you get a light, fluffy mixture and the sugar granules have gotten smaller. If using coconut oil, be careful not to beat for too long or the oil might melt. Add the egg and molasses and mix again until combined. Add the flour mixture gradually and mix well.
4. Using a cookie scoop, scoop 1-inch balls out of the mixture and roll in sugar. Place at least 2 inches apart on the lined baking sheets.
5. Bake for 12-14 minutes, or until cookies lightly spring back when touched. Remove and cool completely on wire racks.
6. Dip cookies halfway into the coconut manna and allow excess to drip off. Place on parchment paper and let stand until set.

GRAHAM CRACKER
Chocolate Mousse Cups



GRAHAM CRACKER Chocolate Mousse Cups

Ingredients

1 ¾ Cups cold heavy cream or plant-based alternative

1 Tsp vanilla extract

1 13 oz jar (about 1 ¼ Cups) room temperature Nutiva Organic Hazelnut Spread

1 Cup graham cracker crumbs (about 8-9 graham crackers)

4 large egg whites

1 Cup granulated sugar



PREP TIME

15 Min

COOK TIME

3 Hours

SERVING

4-6 Servings

Instructions

1. In a medium-sized mixing bowl, add the cold heavy cream and vanilla. Whip to stiff peaks using an electric mixer. If needed, soften the chocolate spread in the microwave briefly, but make sure it's not hot or it will melt the whipped cream. Gently fold the spread into the whipped cream, losing as little air from the mousse as possible.
2. Spoon a heaping tablespoon of graham cracker crumbs to the bottom of a small serving glass or jar. Spoon or pipe 1/3 cup of mousse on top, followed by another layer of crumbs and another 1/3 cup of mousse on top. Repeat with remaining ingredients. Chill for at least 3 hours.
3. Before serving, place the egg whites and sugar in a heatproof bowl. Set the bowl over a saucepan with simmering water, making sure the water doesn't touch the bowl. Whisk constantly for 3-4 minutes, until the sugar has dissolved. Remove from heat and beat using a handheld or stand mixer for another 4-5 minutes, or until glossy stiff peaks form.
4. Pipe or spoon the whipped egg whites on top of the mousse. Serve immediately or refrigerate for 1-2 hours. Torch the topping with a kitchen torch just before serving.

Baked Oats WITH CHOCOLATE HAZELNUT DRIZZLE



Baked Oats

WITH CHOCOLATE HAZELNUT DRIZZLE

Ingredients

- 1 Cup rolled oats
- 2 medium-large ripe bananas
- 2 large eggs
- 2 Tbsp honey or maple syrup
- 1 Tsp baking powder
- 2 pinch salt

Extras

- Strawberries, chopped
- Raspberries, chopped
- Almonds, chopped
- Nutiva Organic Hazelnut Spread

PREP TIME

5 Min

COOK TIME

20 Min

SERVING

2 Servings

Instructions

1. Heat oven to 350°F and grease two 8-ounce ramekins with cooking spray.
2. Place all ingredients in the blender and blend until smooth.
3. Transfer to the prepared ramekin and stir in extra additions like nuts, seeds, and fruit.
4. Bake for 20 minutes until puffed up and cooked all the way through.
5. Drizzle with our vegan Organic Dark or Regular Hazelnut Spread. You can heat it up in a small bowl to thin it out for spreading, for just about 5 seconds.
6. Serve hot and enjoy!

* This recipe is adapted from *Savory Nothings*.

SWEET CHARCUTERIE BOARD



SWEET Charcuterie Board

Nut Butter Cups

1 cup roughly chopped dark chocolate or dark chocolate chips

½ Cup smooth nut butter

Date Pecan Balls

1 Cup pitted Medjool dates

1 Cup raw pecans

½ tsp pure vanilla extract or vanilla powder

Extras

½ Cup Nutiva Organic Vanilla Coconut Spread

½ Cup Nutiva Organic Almond Coconut Spread

½ Cup Nutiva Organic Chocolate Coconut Spread

4 Cups berries, such as strawberries, raspberries and/or blueberries

Small bunch grapes

1 Cup nuts of choice

Cookies, crackers or pretzels of choice

SERVING

4-6 Servings

Instructions

- 1 To make the peanut butter cups, melt the chocolate over a water bath or in a microwave in 30 second increments. Line a mini muffin pan with paper liners. Spoon a small amount of chocolate into the bottom of each and brush it up the sides. Refrigerate 10 minutes. Place a spoonful of peanut butter in the center of each, then spoon remaining chocolate on top. Refrigerate 30 minutes or until set.
2. To make the date pecan balls, place all ingredients in a food processor and process until you get a smooth, sticky dough that sticks together when pressed between fingers. Form the dough into 10-12 balls.
- 3 To serve, arrange the spreads, nut butter cups, date pecan balls, berries, grapes nuts and cookies on a large serving tray. Serve immediately.





**Chocolate
Hazelnut Crepes**
WITH ORANGE CRANBERRY SAUCE

Chocolate Hazelnut Crepes

WITH ORANGE CRANBERRY SAUCE

Ingredients

For the Crepes

3 Tbsp Nutiva Organic Coconut Oil, melted, plus 3-4 more Tbsp solid coconut oil for the pan

1 Cup flour

1 Tbsp coconut sugar

Pinch salt

$\frac{3}{4}$ Cup non-dairy milk, at room temperature

$\frac{1}{2}$ Cup water, at room temperature

2 large eggs, at room temperature

1 teaspoon vanilla extract

$\frac{1}{2}$ Cup Nutiva Organic Hazelnut Spread

For the Cranberry Orange Sauce

12 ounces fresh or frozen cranberries

Zest and juice of 1 orange

$\frac{1}{2}$ Cup coconut sugar

Pinch salt

PREP TIME

10 Min

COOK TIME

35 Min

SERVING

4-6 Servings

Instructions

1. Add the melted coconut oil, flour, coconut sugar, milk, water, eggs and vanilla extract to large bowl and whisk until smooth. Cover and chill in the fridge for at least 30-60 minutes and up to 1 day.
2. While the batter chills, make the sauce. Stir all the ingredients together in a pot over medium-high heat. Once the mixture simmers, reduce heat and simmer until the cranberries have burst and the sauce thickens, about 15 minutes. Set aside.
3. Remove the crepe batter from the fridge. The batter will have separated, so whisk to recombine.
4. Heat an 8-10 inch nonstick skillet over medium heat. Add in coconut oil and melt to coat the bottom of the pan. Ladle in a scant $\frac{1}{4}$ cup of batter and swirl the pan to spread out the batter into a thin layer. Cook for 1-2 minutes until the bottom of the crepe is set. Flip and cook for 30-60 more seconds. Repeat with the remaining batter.

GLUTEN-FREE
Apple Pancakes



GLUTEN-FREE Apple Pancakes

Ingredients

For the Apples

2 medium granny smith apples,
diced

1 Tbsp coconut sugar

1 Tbsp Nutiva Organic Virgin
Coconut Oil

For the Pancakes

2 Cups gluten-free oat flour

¼ Cup coconut sugar

2 Tsp baking powder

2 Tsp cinnamon

1 Cup almond milk, at room
temperature

½ Cup applesauce, at room
temperature

¼ Cup melted Nutiva Organic
Virgin Coconut Oil

2 Tsp pure vanilla extract

PREP TIME

12 Min

COOK TIME

20 Min

SERVING

12 Pancakes

Instructions

- 1 Melt the coconut oil in a skillet over medium-high heat. Add in the apples and coconut sugar. Cook, stirring often, until the apples are tender and golden, about 7 - 10 minutes.
2. Meanwhile, whisk together the oat flour, coconut sugar, baking powder and cinnamon. Mix in the almond milk, applesauce, coconut oil and vanilla. Fold the cooked apples into the batter.
3. Heat a skillet over medium heat. Once warm, coat the bottom with a small amount of coconut oil. Using a 1/3 cup measure, form pancakes in the skillet. Cook until golden brown on the underside and the top has darkened in color, about 3 - 5 minutes. Flip, and cook another 2 minutes. Repeat with the remaining pancakes

Avocado Oil Cake



Avocado Oil Cake

Ingredients

1 Cup unsweetened plant milk
¼ Cup fresh lemon juice
1 ½ Tbsp grated lemon zest
⅓ cup unsweetened applesauce
½ Cup plain vegan yogurt
1 Tsp vanilla extract
½ Cup Nutiva Organic Avocado Oil
2 Cups all-purpose flour
1 ½ Cups sugar
1 Tsp baking powder
½ Tsp baking soda
1 Tsp sea salt
2 Tbsp icing sugar, to serve (optional)

PREP TIME

15 Min

COOK TIME

50-60 Min

SERVING

6-8 Servings

Instructions

1. Preheat oven to 350°F/180°C. Line the bottom of a 9-inch cake pan that's at least 2 inches with parchment paper and oil the sides. (If your cake pan is less than 2 inches deep, divide between 2 pans and start checking for doneness at 30 minutes.)
2. In a bowl or jug, whisk the plant milk, lemon juice, lemon zest, applesauce, yogurt, vanilla and avocado oil until smooth. Set aside.
3. In another bowl, whisk the flour, sugar, baking powder, baking soda and salt until uniform. Pour in the wet ingredients and stir/whisk briefly until smooth.
4. Pour the batter into the prepared pan and bake for 50-60 minutes, until the top is golden and a cake tester or toothpick comes out clean. Transfer the cake to a rack and let cool for 30 minutes.
5. Run a knife around the edge of the pan, remove cake from the pan and cool completely.
6. When cool, dust lightly with icing sugar (if using) and serve immediately

A close-up photograph of a slice of carrot cake on a white plate. The cake is layered with a thick, white frosting (Coconut Manna) and a moist, brown cake layer. The cake is studded with walnuts, raisins, and shredded carrots. The slice is presented on a white plate, and the background shows fresh green herbs and a whole carrot. The image is decorated with several blue starburst graphics.

Carrot Cake

WITH COCONUT MANNA™ FROSTING

Carrot Cake

WITH COCONUT MANNA™ FROSTING

Ingredients

For the Cake

3 eggs
¾ Cup coconut sugar
¾ Cup maple syrup
⅓ Cup plus 1 Tsp Nutiva Organic Avocado Oil
2 Tsp cinnamon
1 ½ Tsp baking soda
1 ½ Tsp baking powder
2 Cups gluten free 1-to-1 baking flour
1 ¾ Cup almond flour
2 Cups grated carrots
1 Cup chopped toasted walnuts, divided
½ Cup raisins

For the Frosting

1 (15) oz jar Nutiva Organic Coconut Manna™, softened
½ Cup coconut cream
¼ Cup maple syrup
3 Tbsp lemon juice
1 Tsp vanilla extract

PREP TIME

1 Hour

COOK TIME

1 Hour

SERVING

8-12 Servings

Instructions

1. Preheat the oven to 350°F. Line a greased bread pan with parchment paper.
2. In a large bowl, whisk together the eggs, coconut sugar, maple syrup, and avocado oil. Whisk in the cinnamon, baking powder and baking soda until dissolved.
3. Stir in the gluten free flour, almond flour, and mix until well combined. Fold in the grated carrots, ½ cup of the walnuts, and raisins.
4. Pour the batter into your prepared pan and bake for 60-70 minutes until a toothpick inserted into the center comes out clean. Cool for 10 minutes in the pan, transfer to a wire rack and cool completely, about 2-3 hour.



GLUTEN-FREE
Banana Bread

GLUTEN-FREE Banana Bread

Ingredients

¾ Cup mashed banana
2 eggs
½ Cup organic coconut sugar
½ Cup maple syrup
¼ Cup melted Nutiva Organic All-Purpose Coconut Oil
1 ¼ Cups almond flour
1 ¼ Cups gluten free flour
½ Tbsp cinnamon
1 Tsp baking soda
1 Tsp baking powder
1 banana, sliced in half lengthwise, optional



PREP TIME

20 Min

COOK TIME

60 Min

SERVING

1 Loaf (~12 slices)

Instructions

1. Preheat the oven to 350°F. Grease and line a loaf pan with a parchment paper sling.
2. Whisk together the banana, eggs, coconut sugar, maple syrup, and coconut oil in a medium bowl. In a large bowl, whisk together the almond flour, gluten free flour, cinnamon, baking soda, and baking powder. Add the wet ingredients to the dry ingredients and stir to combine.
3. Pour the mixture into the prepared pan and top with the sliced banana. Bake for 50-60 minutes or until a toothpick inserted into the center comes out clean. Let cool in the baking pan for 10 minutes then transfer to a wire rack to cool completely.

A close-up photograph of several pieces of white chocolate bark on a wooden cutting board. The bark is studded with dried cranberries and shredded coconut flakes. The pieces are irregular and layered. The background is a light-colored surface, possibly a countertop. There are decorative blue starburst graphics scattered around the image.

Cranberry Coconut Manna™ Bark

Cranberry Coconut Manna™ Bark

Ingredients

1 Cup Nutiva Organic Coconut Manna™

2 Tbsp dried cranberries

2 Tbsp coconut flakes



PREP TIME

30 Min

COOK TIME

10 Min

SERVING

8 Servings

Instructions

1. Melt the coconut manna following the directions on the jar. You want the manna to be smooth—the same consistency as nut butter.
2. Line a baking sheet with parchment paper. Spread the coconut manna onto the parchment about 1/4 inch thick.
3. Sprinkle on the cranberries and coconut. Place in the refrigerator, on a flat surface, to set for 30 minutes.
4. Remove from the fridge, break into bark, and serve. Store leftovers in the refrigerator

Coconut Macaroons



Coconut Macaroons

Ingredients

1 ½ Cup sunsweetened shredded coconut

⅓ Cup plus 2 Tbsp blanched almond flour

3 Tbsp organic coconut flour

⅓ Cup maple syrup

¼ cup Nutiva Organic Virgin Coconut Oil

1 Tsp pure vanilla extract



PREP TIME

15 Min

COOK TIME

15 Min

SERVING

15-16 Cookies

Instructions

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside.
2. Add the coconut flakes to a food processor and process until the coconut is starting to stick together, about 2-3 minutes. Add in the almond flour and coconut flour. Pulse a couple times to mix.
3. Add the maple syrup, coconut oil, vanilla extract and process until a wet dough forms, scraping down the sides as needed.
4. Scoop the dough onto the prepared baking sheet using a level 1 tablespoon cookiescoop. Bake for 14-16 minutes until the tops of the cookies are starting to brown and the bottoms look golden.
5. Let cool on the pan for 10 minutes and then transfer to a wire rack to cool completely. Enjoy!

SPICED APPLE
Skillet Cookie



SPICED APPLE Skillet Cookie

Ingredients

3 Tbsp almond butter
2 Tbsp Nutiva Organic Avocado Oil
¼ Cup non-dairy milk
3 ½ Tbsp organic coconut sugar
½ Tsp vanilla extract
⅓ Cup gluten-free all-purpose flour
½ Cup almond flour
½ Tsp ground cinnamon
1 Tsp mixed spice
½ Tsp baking powder
¼ Tsp salt
1 medium apple, cored and chopped, divided
1 Tbsp tahini
1 Tbsp maple syrup
water, as needed
3 ½ Tbsp organic coconut sugar

PREP TIME

10 Mins

COOK TIME

25 Mins

SERVING

4 Servings

Instructions

1. Preheat oven to 390°F/ 200°C. Oil an oven-proof skillet, preferably cast-iron.
2. In a medium-sized bowl, combine the almond butter, avocado oil, milk, coconut sugar and vanilla. Whisk until uniform.
3. Stir in the flour, almond flour, cinnamon, mixed spice, baking powder and salt.
4. Fold in most of the apples, leaving a handful for topping.
5. Pour the mixture into the pan and bake in the oven for 20-25 minutes, until firm to touch and browned.
6. Let cool a bit, then serve with ice cream and tahini caramel. Enjoy!

Pumpkin Donuts



Pumpkin Donuts

Ingredients

½ Cup pumpkin puree
2 Tbsp Nutiva Organic Coconut Oil with Butter Flavor
1 Tsp vanilla extract
1 Cup all-purpose flour
¼ Cup organic coconut sugar
1 Tsp baking powder
½ Tsp salt
1 Tsp pumpkin pie spice
½ Tsp cinnamon

PREP TIME

10 Mins

COOK TIME

18 Mins

SERVING

8 Servings

Instructions

1. Preheat oven to 350°F.
2. In a medium-sized bowl, combine the plant milk, pumpkin puree, coconut oil and vanilla. Whisk until uniform.
3. Add the flour, coconut sugar, baking powder, salt, pumpkin pie spice and cinnamon and fold until even. Add a bit more milk if needed.
4. Place the mixture in a piping bag or zip-lock bag with the tip cut off and pipe into a donut pan.
5. Bake for 12-18 minutes, until a toothpick inserted comes out clean and the edges have browned.
6. Let cool a bit, then remove from mold and dip in cinnamon sugar. Enjoy!



Savory
Recipes



CRISPY Garlic Smashed Potatoes



CRISPY Garlic Smashed Potatoes

Ingredients

2 pounds small potatoes
Kosher salt and black pepper
¼ Cup Nutiva Organic Avocado Oil
¼ Cup Nutiva Organic All-Purpose Coconut Oil
Smashed garlic cloves, to taste for roasting
2 cloves garlic, minced for oil

Toppings

Cilantro or parsley, chopped for garnish
Fresno chilies, chopped for garnish
Lime, squeezed before serving

Coconut Amino Dipping Sauce

Coconut Secret Organic Coconut Aminos
Lime juice
Green onions, chopped
Garlic, finely chopped

PREP TIME

5 Min

COOK TIME

70 Mins

SERVING

4-6 Servings

Instructions

1. Preheat the oven to 400°F.
2. Fill a large pot with cold salted water. Add in all the small potatoes whole and boil uncovered for 20 minutes. Drain and spread across a large baking sheet to cool.
3. After a few minutes, add a second baking sheet to the top of the potatoes and press down until they're just about ½ inch thick. Drizzle the potatoes with avocado oil and sprinkle with 2 teaspoons salt and lots of pepper.
4. Roast the potatoes for 40 minutes until browned and crispy at the edges. Meanwhile, combine the garlic with the all-purpose coconut oil.
5. Once the potatoes are roasted, remove them from the oven and drizzle them with the garlic oil mixture. Return to the oven for another 10 minutes.
6. Once crispy, remove to potatoes from the oven. They should be crisp on the edges and still soft on the inside. Add more salt to taste, and enjoy with our optional toppings and dipping sauce.

* This recipe is adapted from *My Therapist Cooks*.



ORANGE POMEGRANATE
Winter Salad

ORANGE POMEGRANATE Winter Salad

Ingredients

For the Salad

- 8 Cups mixed greens
- 2 Cups chopped purple cabbage
- 2 cara cara oranges, peeled with a knife and sliced into rounds
- 1 Cup thinly shaved fennel
- ½ Cup pomegranate arils
- 2 Cups croutons, recipe follows
- ½ Cup crumbled feta cheese

For the Croutons

- 1 loaf sourdough bread (about 12-16 ounces), cut into 1-inch cubes
- ¼ Cup Nutiva Organic Avocado Oil
- 2 Tsp Italian seasoning
- 1 Tsp garlic powder
- ¾ Tsp salt
- ½ Tsp pepper

For the Dressing

- ½ Cup Nutiva Organic Avocado Oil
- ¼ Cup apple cider vinegar
- 2 Tbsp maple syrup
- 1 clove garlic, minced
- 2 Tbsp whole grain mustard
- ¾ Tsp salt
- ½ Tsp pepper
- ¼ Tsp ground turmeric

PREP TIME

10 Min

COOK TIME

20 Min

SERVING

6-8 Servings

Instructions

1. Preheat the oven to 375°F. Line a sheet pan with parchment.
2. To the sheet pan, spread the bread out into an even layer. Drizzle with avocado oil and sprinkle with Italian seasoning, garlic powder, salt, and pepper. Toss to coat evenly.
3. Bake for 15-20 minutes until golden, stirring halfway through. Let cool.
4. While the croutons cook, whisk together all of the dressing ingredients. Set aside.
5. In a large bowl, combine the mixed greens, radicchio, persimmons, fennel, pomegranate, croutons and feta. Drizzle with the dressing and toss to combine. Garnish with more croutons, feta and pomegranate arils.

Green Goddess Soup



Green Goddess Soup

Ingredients

1 Tbsp Nutiva Organic Virgin Coconut Oil
1 large sweet onion, diced
3 celery stalks, diced
6 garlic cloves, minced
1 ½ Tsp kosher salt, divided
Freshly cracked black pepper to taste
6 Cups vegetable broth
3 Cups of shaved brussels sprouts
2 pounds of cauliflower, cut into small florets
1 Cup raw cashews, soaked in boiling water for 1 hour
3 large handfuls of greens, like spinach or kale
¼ Cup mint leaves, chopped
¼ Cup basil leaves, chopped
½ Cup parsley leaves, chopped
3 Tbsp fresh lemon juice

Toppings

½ Cup canned coconut milk, for swirl
Black sesame seeds
Pine nuts, toasted
Pepitas, toasted
Dill, chopped

PREP TIME

35 Min

COOK TIME

15 Min

SERVING

6 Servings

Instructions

1. Heat a large soup pot over medium-low heat and add the coconut oil. Once shimmering, add the onions and celery and season with ½ teaspoon of the salt and black pepper to taste. Cook until the vegetables until soft, this should take 6-8 minutes. Then add the garlic and cook for a few minutes while stirring.
2. Pour in the vegetable broth and bring to a boil. Then reduce heat and simmer for 10 minutes. Add in the brussels sprouts, cauliflower, and cashews, and bring to a simmer for 10 minutes.
3. Add the soup into a high-powered blender and add in the herbs, remaining salt, lemon juice, and salt and pepper to taste. This may need to be done in batches. Blend the mixture until it becomes a creamy soup. Add more broth if it needs to be thinned out.
4. Pour into serving bowls and garnish with your favorite fresh toppings! We used coconut milk to create a swirl, then added black sesame seeds, pine nuts, pepitas, and chopped dill.

* This recipe is adapted from *Rainbow Plant Life*

MUSHROOM MISO

Vegan Ramen



MUSHROOM MISO

Vegan Ramen

Ingredients

2 Tbsp Nutiva Organic
All-Purpose Coconut Oil

4 green onions, sliced into
1-inch lengths

4 garlic cloves, crushed with
the side of a knife

4 slices ginger

10-15 dried shiitake mushrooms

32 ounces vegetable broth

1 Cup water

2 Tbsp Coconut Secret Organic
Coconut Aminos

1 Tbsp white miso paste

1 Tsp coconut sugar

2 packs ramen noodles

For Serving

Seared tofu, nori sheets, sliced
green onions, bok choy, chilis,
sesame seeds

PREP TIME

7 Min

COOK TIME

23 Min

SERVING

3-4 Servings

Instructions

1. In a large pot, melt the coconut oil over medium-high heat. Add in the green onions, garlic, and ginger. Cook until fragrant, about 2-3 minutes.
2. Stir in the shiitake mushrooms and cook for another 2-3 minutes.
3. Add the vegetable broth, water, coconut aminos, miso, and coconut sugar. Bring to a boil, cover and simmer for 10 minutes.
4. Remove the lid and stir well to ensure the miso has dissolved into the broth. Discard the sliced ginger.
5. Turn the heat up to medium-high, add in the ramen noodles and cook until they are al dente. Divide into bowls and serve with your preferred toppings.

Coconut Sweet Potato Casserole



Coconut Sweet Potato Casserole

Ingredients

2 lbs sweet potatoes, peeled and cut into cubes
½ Cup almond milk
½ Cup softened Nutiva Organic Coconut Manna™
¼ Cup coconut sugar
1 Tsp vanilla extract
½ Tsp salt

For the topping

⅔ Cup rolled oats
½ Cup chopped pecans
½ Cup almond meal
¼ Cup coconut sugar
2 Tbsp Nutiva Organic Hemp Seed
1 Tsp cinnamon
½ Tsp salt
6 Tbsp melted Nutiva Organic Virgin Coconut Oil

PREP TIME

15 Min

COOK TIME

45 Min

SERVING

6-8 Servings

Instructions

1. Preheat the oven to 350°F. Grease a 9x13 inch baking dish with coconut oil.
2. Heat a large pot of water until boiling. Add in the sweet potatoes and cook until fork tender, 15-20 minutes. Drain well and place in a large bowl.
3. While the potatoes are cooking, whisk together the oats, pecans, almond meal, coconut sugar, hemp seeds, cinnamon, and salt. Stir in the melted coconut oil and set aside.
4. Add almond milk, coconut manna, coconut sugar, vanilla, and salt to the sweet potatoes. Mash until smooth. Spoon into the baking dish and spread it out into an even layer. Sprinkle evenly with the topping. Bake for 35 minutes until warm throughout and topping is golden.

A close-up photograph of a fresh salad served on a white plate. The salad consists of dark green, curly kale leaves, roasted yellow squash slices with a slightly charred edge, and bright red pomegranate seeds. The ingredients are tossed together and garnished with a few small white seeds. The background is a light, neutral color, and the overall lighting is bright and natural. There are decorative blue starburst graphics scattered around the image.

Kale Delicata Squash & Pomegranate Salad

Kale Delicata Squash & Pomegranate Salad

Ingredients

For the Squash

1 medium Delicata squash, halved lengthwise, seeds removed and sliced into half moons

2 Tsp Nutiva Organic Avocado Oil

¼ Tsp salt

Pinch pepper

For the Dressing

½ Cup Nutiva Organic Avocado Oil

¼ Cup apple cider vinegar

2 Tbsp maple syrup

1 clove garlic, minced

½ Tbsp Dijon mustard

1 Tsp fresh thyme leaves

1 Tsp kosher salt

½ Tsp pepper

For the Salad

1 bunch kale, destemmed and cut into bite sized pieces

¼ cup pomegranate arils

PREP TIME

10 Min

COOK TIME

25 Min

SERVING

2-4 Servings

Instructions

1. Preheat the oven to 425°F
2. Toss the squash, oil, salt, and pepper together on a sheet pan. Arrange the squash in a single layer. Roast for 20-25 minutes, until fork tender.
3. While the squash is roasting, whisk together all the dressing ingredients.
4. Add the kale to a large bowl and drizzle on 2 tablespoons of the dressing. Using your hands, massage the dressing into the kale until it is lightly wilted and tender.
5. Add in the roasted squash, pomegranate arils, and dressing to taste. Toss and serve.

Coconut Butternut Squash Soup



Coconut Butternut Squash Soup

Ingredients

2 Tbsp Nutiva Organic Virgin Coconut Oil
1 large onion, diced
3 garlic cloves, minced
2 Tsp minced ginger
1 medium butternut squash, peeled and cut into ½ inch cubes
3 Cups vegetable broth
1 Tsp maple syrup
½ Tsp salt
⅛ Tsp cayenne (more to taste)
⅛ Tsp nutmeg
½ Cup coconut milk

PREP TIME

10 Min

COOK TIME

20 Min

SERVING

4 Servings

Instructions

1. Melt the coconut oil in a large Dutch oven or soup pot over medium heat. Add in the onion and sauté, stirring occasionally, until softened, about 5-7 minutes. Add in the garlic and ginger and sauté for 1-2 minutes until fragrant.
2. Add in the squash, broth, maple syrup, salt, cayenne, and nutmeg. Stir and bring to a simmer. Cover and cook for 10 minutes until the squash is fork tender.
3. Transfer the soup to a heat-safe blender and blend until smooth, in batches if needed. Return the soup to the pot, stir in the coconut milk, and cook over medium heat to warm through.
4. Ladle into soup bowls and top with a drizzle of coconut milk, pumpkin seeds, and cayenne, if desired. Enjoy!

Roasted Garlic Mashed Cauliflower



Roasted Garlic Mashed Cauliflower

Ingredients

5 cloves garlic, unpeeled
1 large head cauliflower, cut into florets
2 Tbsp Nutiva Organic All-Purpose Coconut Oil
½ Tsp salt
¼ - ½ cup vegetable broth

For Garnish

Fresh herbs
Vegan parmesan

PREP TIME

5 Min

COOK TIME

25 Min

SERVING

1 Serving

Instructions

1. Preheat the oven to 400°F. Place the garlic cloves, still in their peel, on a parchment lined baking sheet and bake for 10-15 minutes, depending on the size of your garlic, until they are soft to the touch. Once cool enough to touch, remove and discard the peels. Set the garlic aside.
2. Meanwhile, steam the cauliflower in a large pot fitted with a steamer basket, covered, for about 15 minutes until the cauliflower is very tender.
3. Add the cauliflower, peeled roasted garlic, coconut oil, and salt to a food processor. Process until smooth, scraping down the sides as needed. Add in the broth, a little at a time, until your desired consistency is achieved.
4. Serve with fresh herbs and vegan parmesan, if desired.



Easy Ratatouille

Easy Ratatouille

Ingredients

2 Tbsp Nutiva Organic All-Purpose Coconut Oil
1 large onion, chopped
2 garlic cloves, minced
3 Cups diced canned tomatoes
2 Tbsp dried oregano
1 Tsp dried thyme
large handful fresh basil, roughly chopped
2 eggplants, thinly sliced
2 zucchinis, thinly sliced
2 yellow squash, thinly sliced
2-3 red bell peppers, thinly sliced
sea salt, to taste
black pepper, to taste

PREP TIME

20-25 Min

COOK TIME

60 Min

SERVING

4-6 Servings

Instructions

1. Preheat oven to 375°F.
2. Heat oil in a large skillet. Add the onion and cook for 3-5 minutes, until translucent. Add the garlic and cook for a further 2-3 minutes.
3. Add the tomatoes, oregano and thyme. Lower the heat and cook for 10-15 minutes, until thickened.
4. Add the sea salt, black pepper and basil. Remove from heat and ladle into a round baking dish.
5. Arrange the vegetable slices on top in any pattern you wish. Sprinkle with herbs, salt and pepper.
6. Cover with foil and bake for 50-60 minutes, until the vegetables are tender. Let cool a bit and serve



Savory Autumn Pumpkin Tart

Savory Autumn Pumpkin Tart

Ingredients

3 Tbsp Nutiva Organic
Liquid Coconut Oil

2 medium red onions,
thinly sliced

1 small fennel bulb, thinly sliced

1 Tsp dried thyme

1 large vegan puff pastry sheet

¼ small pumpkin, peeled and
sliced into thin wedges

3-4 sage leaves

salt and pepper, to taste

¼ Cup vegan creme fraiche
(optional)

small handful fresh parsley



PREP TIME

20 Min

COOK TIME

25 Min

SERVING

2-4 Servings

Instructions

1. Preheat oven to 200°C/390°F.
2. Heat 1 Tbsp of oil in a medium-sized pan and add the red onion. Cook until slightly softened, about 2-3 minutes, then add the fennel and dried thyme. Cook until soft, then season with salt and pepper. Set aside.
3. Roll the puff pastry out on a sheet of parchment paper to 28x36cm (11x14 inches). Score lightly with a knife to create a 1-inch border on all the sides. Prick the inside with a fork to prevent it from puffing up in the oven, then brush a layer of Organic Liquid Coconut Oil with Garlic over the entire puff pastry.
4. Arrange the onion and fennel mixture on top, then add the sliced pumpkin, sage, salt and pepper. Bake for 20-25 minutes, until the pastry has browned and the pumpkin is cooked. Serve with creme fraiche and fresh parsley.



GLUTEN-FREE
Wonton Soup

GLUTEN-FREE Wonton Soup

Ingredients

For the Wrappers

2 Cups all-purpose gluten-free flour, plus more for sprinkling
1 Tsp sea salt
4 medium-sized eggs, beaten
¼ Cup warm water

For the Wonton Filling

½ pound raw peeled and deveined shrimp
3-4 dried shiitake mushrooms, rehydrated and finely chopped
1 Tbsp finely minced or grated ginger
1 Tbsp finely minced or grated garlic
1½ Tbsp Coconut Secret Organic Coconut Aminos
2 Tsp sesame oil
½ Tbsp cornstarch

For the Broth

2 Tsp sesame oil
3 garlic cloves, minced
1 Tbsp finely minced ginger
5 Cups vegetable broth or chicken broth
2 Tbsp Coconut Secret Organic Coconut Aminos, more to taste
1 Tbsp fish sauce
6 baby bok choy, cut in quarters
2 green onions, thinly sliced, to serve
1-2 Tsp chili sauce, to serve (optional)

PREP TIME

15 Min

COOK TIME


20 Min

SERVING

4 Servings

Instructions

1. To make the wonton wrappers, whisk together the flour and sea salt in a large bowl. In a separate bowl, combine the eggs and water. Slowly stir the egg mixture into the flour and mix with your hands until a sticky dough forms.
2. Dust a clean surface and a rolling pin with flour. Roll the dough out as possible thinly as possible, about 1/8-inch thick, making sure the dough doesn't stick to the surface as you go.
3. Cut the sheet of dough into 3-inch squares with a pizza cutter. Cover with a damp towel while you work on the filling.
4. To make the filling, place the shrimp in a food processor and process until finely minced. Add the rest of the ingredients and pulse 1-2 times until evenly mixed.
5. Heat oil in a medium-sized pot. Add the garlic and ginger and fry briefly. Add the broth, coconut aminos and fish sauce. Simmer for 5-6 minutes.
6. Add the wontons to the pot and boil for 5-6 minutes or until the shrimp are cooked and the wrappers are tender.
7. Remove the wontons with a strainer and divide them into bowls. Add the bok choy to the broth and cook until wilted, about 2-3 minutes.
8. Divide the bok choy and soup between bowls and top with green onions and chili sauce (optional). Serve immediately.



CRISPY
Focaccia Breadsticks

CRISPY Focaccia Breadsticks

Ingredients

For the Dough

2 tsp granulated/instant yeast
 1 ¼ Cups warm water
 3 ¼ Cups bread flour,
 more for dusting
 1/2 Tbsp white sugar
 2 Tsp sea salt
 2 Tbsp Nutiva Organic
 Avocado Oil

For the Garlic Herb Oil

¼ Cup Nutiva Organic
 Avocado Oil
 4 garlic cloves, finely minced
 1 Tbsp finely chopped parsley
 1 Tbsp finely chopped basil
 1 Tsp finely chopped thyme
 1 Tsp finely chopped rosemary
 ¼ Tsp sea salt
 ¼ Tsp freshly-ground black
 pepper

For the Dairy-free Pesto Dip

½ Cup vegan sour cream
 ½ Cup vegan basil pesto
 ½ Tsp garlic powder
 1 Tbsp finely chopped parsley
 1 Tbsp finely chopped basil
 Sea salt, to taste
 Black pepper, to taste

PREP TIME

20 Min

COOK TIME

30 Min

SERVING

16 Pieces

Instructions

1. Add the yeast and water to the bowl of a mixer fitted with a dough hook. Whisk briefly until bubbly. Add the flour and sugar and knead for 6 minutes at medium speed. Add the salt and avocado oil and knead for a further 2 minutes. The dough should be smooth and glossy.
2. Dust a worktop lightly with flour, add the dough and sprinkle a bit of flour on top. Cut the dough with a pizza cutter into 16 even pieces. With lightly floured hands, roll each piece into a ball and place on an oiled baking tray, leaving about 2 inches between the balls. Brush a bit of avocado oil on top, cover with plastic wrap and refrigerate overnight.
3. To make the garlic herb oil, add the avocado oil and garlic to a small saucepan on medium-high heat. Cook for 5-6 minutes, until very lightly browned and fragrant. Remove from heat and let cool to room temperature. Stir in herbs, salt and pepper and set aside.
4. Preheat oven to 480F/250C. Oil a large baking sheet well with avocado oil. joy!
5. Stretch each ball of dough out as thinly as possible, into 9-10 inch long strips. Place on oiled baking tray with 2 inches between each piece (you may need to cook them in 2 batches).
6. Place on the bottom rack of the oven and cook for 5-6 minutes, until lightly browned. Brush the garlic herb oil on top and bake for a further 1-2 minutes, until well browned and crispy. Remove from oven.
7. In a medium-sized bowl, stir together all the dip ingredients until uniform, adding salt and pepper to taste.
8. Serve breadsticks immediately with dip.

STIR FRIED
Garlic & Ginger
Green Beans



STIR FRIED Garlic & Ginger Green Beans

Ingredients

1 pound green beans, trimmed

Salt to taste

1 Tbsp Coconut Secret
Organic Coconut Aminos

1 Tbsp Chinese rice wine
or dry sherry

1 Tbsp minced garlic

1 Tbsp minced fresh ginger

¼ Tsp red pepper flakes

1 Tbsp Nutiva Organic Avocado
Oil

PREP TIME

7 Min

COOK TIME

3 Min

SERVING

4 Servings

Instructions

1. Bring a pot of water to a boil, season with salt and add the green beans.
2. Boil 1 minute, drain and rinse with cold water, then place on a kitchen towel to dry thoroughly.
3. Combine the coconut aminos and wine or sherry in a small bowl and set aside. Place the garlic, ginger and red pepper flakes in another small container.
4. Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Add the avocado oil and swirl around in the pan.
5. Add the garlic and ginger, stir-frying for no more than 10 seconds, then add the green beans and toss together.
6. Add the coconut aminos and sherry and stir-fry for one to two minutes, until the beans are crisp-tender. Remove from the heat and serve.

* Recipe inspired by Stir-Fried Garlic Green Beans by Martha Rose Shulman featured in *NY Times Cooking*

nutiva®

Coconut
Secret™



@nutiva