

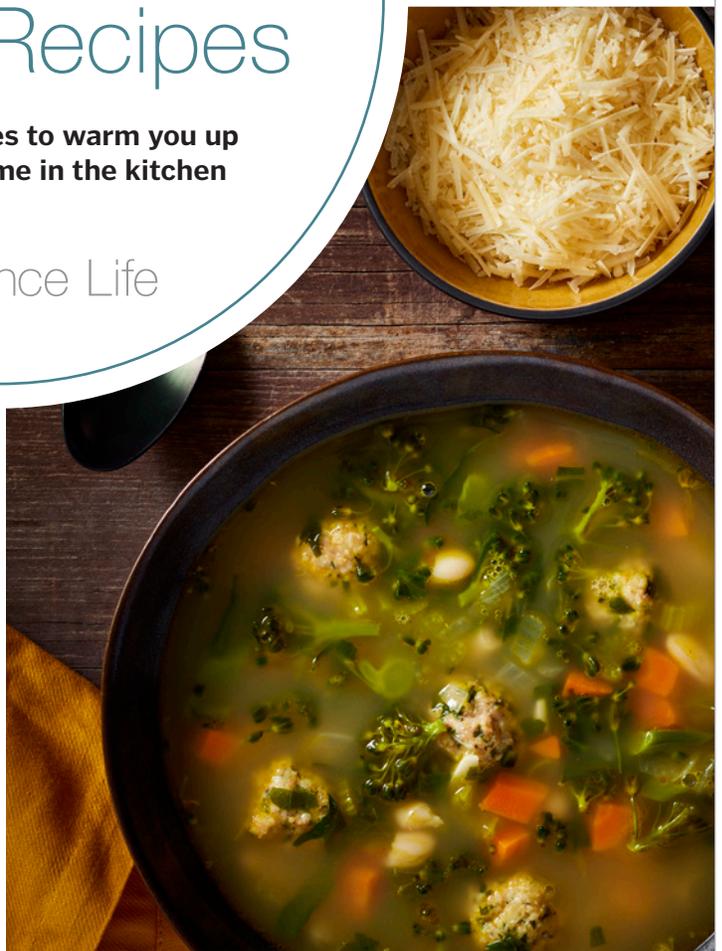


# EASY

## Winter Recipes

Nourishing recipes to warm you up  
and help save time in the kitchen

Experience Life





# Hello — and welcome!

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Thank you for signing up for *Experience Life's* “Easy Winter Recipes” guide.

We want to help you make nourishing recipes that will warm you up — and save you time in the kitchen. In this guide, you'll find recipes for sheet-pan meals, baked oatmeal, plant-based comfort food, winter mocktails, and more.

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Yours in health,  
The *Experience Life* Team





# 4

## Plant-Based Comfort Foods

In the depths of winter, most of us want to eat something warm and cozy. Yet most of the top picks for comfort food are not considered especially healthy. By putting a plant-based spin on some of your favorite home-cooked fare, though, your favorite dishes can still be cozy and satisfying — and nutritious.



# 1 Plant-Based Butternut Mac and Cheese

This creamy — and vegan — macaroni and cheese gets a tangy kick from nutritional yeast, Dijon mustard, and lemon juice.

## INGREDIENTS

- ½ cup raw cashews
- 1 tbs. avocado oil
- 2 cups cubed butternut squash
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 ¼ cups unsweetened nondairy milk
- 1 tbs. lemon juice
- 1 tsp. Dijon mustard
- 2 tbs. nutritional yeast
- 1 tsp. sea salt
- ½ tsp. paprika
- ¼ tsp. turmeric
- 1 lb. brown-rice macaroni, or other pasta of choice
- ½ cup minced almonds or panko breadcrumbs

## DIRECTIONS

1. Place the raw cashews in a heat-safe bowl and cover with boiling water. Let stand for 30 minutes. Lightly oil a 2-quart baking dish.
2. In a large skillet, warm the avocado oil over medium-high heat. Add the squash and onion, and cook until the vegetables start to sizzle, about two minutes. Reduce heat to medium, add the garlic, and cover the pan. Cook, stirring occasionally, until the squash is tender, about 15 minutes. Turn off the heat and let the vegetables cool slightly.
3. Drain the cashews and place in a blender with the nondairy milk, lemon juice, Dijon mustard, nutritional yeast, salt, paprika, and turmeric. Add the cooled vegetables and blend to create a smooth sauce.
4. Preheat oven to 400 degrees F. Bring a large pot of salted water to a boil and cook the macaroni for half the time given on the package directions, typically about four to five minutes. Drain well. Return to the pot, add the sauce, and stir until combined. Transfer the macaroni into the oiled baking dish and smooth the top. Sprinkle with the minced almonds or breadcrumbs and bake, uncovered, until golden brown and bubbling, about 25 minutes. Cool on a rack for 10 minutes before serving.



## 2 Frozen Veggie Stir-Fry

Frozen veggies and frozen cauliflower rice help this stir-fry come together in minutes.

### INGREDIENTS

- 2 tbs. tamari or soy sauce
- 1 tbs. honey
- 1 tbs. rice vinegar
- 1 ½ tsp. sesame oil, divided
- 1 tbs. avocado oil
- 1 tbs. minced fresh ginger
- 2 cloves garlic, chopped
- 5 oz. frozen shelled edamame
- 10 oz. frozen broccoli
- 5 oz. frozen sliced carrots
- Cubed roasted tofu or chopped sautéed chicken (optional)
- 10 oz. frozen cauliflower rice

### DIRECTIONS

1. In a small bowl, whisk the tamari, honey, rice vinegar, and 1 teaspoon of the sesame oil.
2. Place a heavy skillet over high heat for 30 seconds, then add the avocado oil. When the oil is shimmering, add the ginger and garlic and stir for 30 seconds. Add the frozen edamame and cook, stirring constantly for one minute, until the beans no longer look frozen. Add the frozen broccoli and carrots and cook for two minutes, stirring constantly. Whisk the tamari mixture once more and then pour it over the veggie mixture; cook, stirring, until the broccoli and carrots are heated through, about one minute more. If you want to add protein, stir in cubed roasted tofu or chopped sautéed chicken after the veggies are heated through.
3. In a separate large skillet placed on high heat, add the remaining ½ teaspoon sesame oil. When the oil is shimmering, crumble the frozen cauliflower rice into the pan and cook, stirring for four to five minutes, until heated through. Serve the stir-fry over the cauliflower rice.



## 3 Creamy Polenta Bowl

For winter, trade the spring veggies in this polenta bowl for blistered tomatoes, summer squash, and yellow onions.

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### ROASTED VEGETABLES

- 5 large carrots, cut into sticks
- 5 medium radishes, quartered
- 2 leeks, sliced into 1-inch disks
- 2 tbs. extra-virgin olive oil
- 1 tsp. sea salt, to taste
- ½ tsp. freshly ground black pepper, plus more to taste

### POLENTA

- 4 cups vegetable broth or water
- 1 cup medium-grind cornmeal
- 1 tsp. sea salt, plus more to taste
- 1 tsp. freshly ground black pepper, plus more to taste
- 3 tbs. extra-virgin olive oil
- ¼ cup chopped parsley
- ¼ cup chopped basil

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### DIRECTIONS

1. Preheat oven to 425 degrees F. Place the vegetables in a large bowl and toss with olive oil, salt, and pepper. Spread in a single layer on a large baking sheet and roast until fork tender and lightly browned, about 25 minutes.
2. Bring vegetable broth or water to a boil in a medium saucepan. Slowly add the cornmeal, whisking continuously to avoid clumping. Add salt and black pepper and whisk to combine.
3. Reduce the heat to low and cook, stirring frequently, until polenta is creamy and thickened, about 15 to 20 minutes. Add olive oil, parsley, and basil, and stir to incorporate, then remove from heat.
4. Portion polenta into four bowls, then top with veggies and serve.



## 4 Vegan Chocolate Cheesecake

This vegan cheesecake has a walnut and coconut-oil crust and a tofu and coconut-cream filling.

### CRUST

- ½ tsp. melted coconut oil
- ¾ cup walnuts
- 1 tbs. maple syrup
- ¼ tsp. sea salt

### FILLING

- 12 oz. firm silken tofu
- ½ cup coconut cream
- ½ oz. unsweetened baking chocolate, melted
- ¾ cup maple syrup
- ¼ cup unsweetened cocoa powder
- 2 tbs. arrowroot
- 2 tbs. nutritional yeast
- 1 tsp. vanilla extract
- ⅛ tsp. sea salt

### DIRECTIONS

1. Preheat oven to 350 degrees F and lightly oil six 1-cup ramekins. Place the walnuts in a food processor and process until finely ground. Add the maple syrup, coconut oil, and salt, and pulse until just combined. Firmly press about 2 tablespoons into the bottom of each prepared ramekin.
2. Clean the bowl of the food processor, then drain the tofu and transfer to the food processor. Process until smooth, scraping down the sides as needed. Add the coconut cream and melted chocolate, and quickly process before the chocolate hardens. Add remaining ingredients and blend until very smooth. Measure scant ½-cup portions into each ramekin.
3. Bake the cheesecakes until the edges are dry and puffed and the center jiggles slightly but is no longer liquid, about 35 minutes.
4. Place the ramekins on a wire rack and cool to room temperature, about one hour. Refrigerate, uncovered, until cold, at least three hours before serving.

# 3

## Baked Oatmeals

On busy weekdays, a healthy breakfast can be a tall order. Maybe you've been getting by on coffee and counting the minutes until lunch, but you might feel clearer, brighter, and more energetic with some high-quality fuel in your tank.

Want an easy, make-ahead breakfast? Try our baked-oatmeal recipe in three flavors: apple chai, black forest, and carrot cake.

### BASE INGREDIENTS

- 2 cups rolled oats
- ½ tsp. salt
- ½ tsp. baking powder
- 2½ cups milk of choice, room temperature
- 3 tbs. ground flaxseeds or ground chia seeds



			
<b>FLAVOR</b>	Apple Chai	Black Forest	Carrot Cake
<b>SPICES</b>	<ul style="list-style-type: none"> <li>• 1 tsp. ground cinnamon</li> <li>• ½ tsp. ground cloves</li> <li>• ½ tsp. allspice</li> <li>• ¼ tsp. ground cardamom</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup cocoa powder</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tsp. ground cinnamon</li> <li>• ½ tsp. ground cloves</li> <li>• ½ tsp. allspice</li> </ul>
<b>WET INGREDIENTS</b>	<ul style="list-style-type: none"> <li>• ½ cup sweetened applesauce</li> <li>• 2 tbs. avocado oil</li> <li>• 2 tbs. maple syrup (optional)</li> </ul>	<ul style="list-style-type: none"> <li>• ½ tsp. vanilla</li> <li>• 2 tbs. avocado oil</li> <li>• 2 tbs. maple syrup (optional)</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tbs. coconut oil</li> <li>• 1 tbs. grated fresh ginger</li> <li>• 2 tbs. maple syrup (optional)</li> </ul>
<b>MIX-INS</b>	<ul style="list-style-type: none"> <li>• 1 large apple, chopped</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ cups frozen sweet cherries, thawed and drained</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup shredded carrot</li> <li>• ½ cup dried cranberries</li> </ul>
<b>TOPPINGS</b>	<ul style="list-style-type: none"> <li>• ¼ cup chopped almonds</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ cup unsweetened coconut flakes</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ cup chopped almonds</li> </ul>

## DIRECTIONS

1. Preheat oven to 375 degrees F and lightly oil a 9-x-9-inch pan or 2-quart baking dish.
2. In a large bowl, mix the oats, salt, baking powder, and spices for your chosen flavor. In a medium bowl, combine the milk and flaxseeds; allow the mixture to sit until it thickens, about 10 minutes.
3. Add the wet ingredients for your chosen flavor to the milk mixture, then pour the wet mixture over the oat mixture. Add the mix-ins and stir until combined. Transfer to the prepared baking pan and sprinkle with toppings.
4. Bake until bubbling around the edges and the middle is set, about 40 minutes. Let cool on a rack for at least five minutes before serving.
5. If desired, cool completely and store, tightly covered, in the refrigerator for up to a week.



# 5

## Simple Sheet-Pan Dinners

In the home cook's ongoing quest for the easiest, speediest, healthiest weekday dinner option, the sheet-pan meal just might reign supreme. With a single pan and less than an hour, you can enjoy a nutritious, all-in-one meal.

If you follow only one tip, let it be this: Give your food room to breathe. Overcrowding your ingredients will cause them to steam rather than roast, and you'd miss out on the caramelized crust and deep flavor they would otherwise develop.



# 1 Masala Chicken

This Indian-inspired sheet-pan meal combines marinated chicken with sweet potato, cauliflower, and red onion.

## MARINADE

- 1 ½ tsp. ground cumin
- 1 ½ tsp. ground coriander
- 1 tsp. garam masala
- 1 tsp. sea salt
- ½ tsp. ground turmeric
- ¼ tsp. ground ginger
- ¼ tsp. black pepper
- ¼ tsp. cayenne pepper
- ⅛ tsp. cinnamon
- ½ tbs. lime juice
- ¼ cup full-fat plain Greek or almond-milk yogurt

## MASALA CHICKEN

- ½ lb. boneless, skinless chicken thighs or breasts, chopped into 2-inch chunks
- ½ small cauliflower, cut into large florets (about 2 cups)
- 1 cup diced sweet potato (½-inch cubes)
- 1 tbs. extra-virgin olive oil
- ¼ cup sliced red onion

## DIRECTIONS

1. Mix the seasonings together in a small bowl. In a medium bowl, whisk the lime juice into the yogurt, then add about two-thirds of the spice mixture and whisk until combined. Toss with the chicken chunks and marinate for 30 minutes at room temperature or up to six hours in the refrigerator.
2. Preheat oven to 425 degrees F and line a half-sheet pan with parchment paper. Place the cauliflower and sweet potato on the sheet pan in a single layer. Add the olive oil and remaining spice blend, and mix on the pan.
3. Cook for 10 minutes. Remove the pan from the oven and stir in the red onions, then push the vegetables to one side of the pan and add the chicken pieces to the other side. Cook for an additional 15 to 18 minutes, until the chicken is firm to the touch and the vegetables have softened. Serve as desired, with lime wedges, fresh cilantro, cooked grains, or naan.



## 2 Spicy Ginger Shrimp Sheet-Pan Meal

This sheet-pan dinner combines marinated shrimp with green beans, yellow bell pepper, green onions, and sesame seeds.

### MARINADE

- 3 tbs. hoisin sauce
- 1 tbs. extra-virgin olive oil
- 1 tbs. minced fresh ginger
- 1 tbs. rice vinegar
- 1 ½ tsp. honey
- ¼ tsp. black pepper
- ¼ tsp. red-pepper flakes (optional)

### SPICY GINGER SHRIMP

- ½ lb. large raw shrimp, peeled and deveined (thawed if frozen)
- 2 cups green beans, trimmed
- 1 cup chopped yellow bell pepper
- ¼ tsp. sea salt
- ½ tsp. sesame seeds
- 2 green onions, thinly sliced

### DIRECTIONS

1. In a small bowl, whisk marinade ingredients. Pour two-thirds of the marinade into an airtight container, reserving 2 tablespoons for later. Add shrimp to marinade and toss to coat. Marinate shrimp for 30 minutes at room temperature or up to two hours in the refrigerator.
2. Preheat oven to 400 degrees F and line a half-sheet pan with parchment paper. Arrange green beans and bell pepper on sheet pan in a single layer. Add remaining 2 tablespoons marinade plus ¼ teaspoon salt, and mix on sheet pan until thoroughly coated.
3. Place sheet pan in oven and cook for 10 minutes. Remove from oven and stir, then add shrimp. Return to the oven and cook until vegetables have softened and shrimp is pink and opaque, about five to seven minutes. Sprinkle with sesame seeds and green onion, and serve with optional cooked grains.



## 3 Citrus Salmon Sheet-Pan Meal

This complete sheet-pan meal combines salmon, asparagus, and butternut squash with a piquant lemon-garlic sauce.

### CITRUS SALMON

- 1 cup diced butternut squash (½-inch cubes)
- 2 tsp. extra-virgin olive oil, divided
- ½ tsp. sea salt, divided
- ½ tsp. smoked paprika
- ¼ tsp. garlic powder
- ½ tsp. black pepper, divided
- 1 bunch asparagus, trimmed and cut into bite-sized pieces
- 2 6-oz. wild-caught salmon fillets

### LEMON-GARLIC SAUCE

- 1 ½ tbs. extra-virgin olive oil
- 1 ½ tbs. lemon juice
- 1 tbs. minced fresh parsley
- 2 cloves garlic, minced
- 1 tsp. lemon zest
- ½ tsp. sea salt
- ¼ tsp. black pepper

### DIRECTIONS

1. Preheat oven to 450 degrees F and line a half-sheet pan with parchment paper. Place the squash in a medium bowl. Add 1 teaspoon olive oil, ¼ teaspoon sea salt, paprika, garlic powder, and ¼ teaspoon pepper. Mix until the squash is thoroughly coated, then arrange on the sheet pan in a single layer. Place on the middle rack in the oven and roast for 10 minutes.
2. While the squash is roasting, place the asparagus in the same bowl and add remaining 1 teaspoon olive oil, ¼ teaspoon sea salt, and ¼ teaspoon black pepper. Mix until the asparagus is coated. Whisk ingredients for lemon-garlic sauce in a small bowl. Set mixture aside.
3. Take the sheet pan out of the oven and move squash to one side of the pan. Add the asparagus next to the squash, and add the salmon fillets, skin-side down, to the other side of the pan. Brush the fillets with half the lemon-garlic sauce and cook for an additional 10 to 14 minutes, until the vegetables are tender and the salmon is opaque and flakes easily. Drizzle with remaining lemon-garlic sauce. Serve with cooked grains, if desired.



## 4 Steak Fajitas Sheet-Pan Meal

This Mexican-inspired sheet-pan meal combines marinated flank steak with bell peppers and red onion.

### MARINADE

- 2 tsp. chili powder
- 1 ½ tsp. cumin
- 1 tsp. smoked paprika
- ½ tsp. garlic powder
- 1 tsp. sea salt
- ¼ tsp. onion powder
- ¼ tsp. dried oregano
- 2 tbs. extra-virgin olive oil
- 2 tbs. lime juice
- 2 tbs. minced fresh cilantro

### FAJITAS

- ½ lb. flank steak, sliced against the grain into ¼-inch strips
- 2 large bell peppers, sliced into ¼-inch strips
- ½ small red onion, sliced into ¼-inch strips
- 1 tbs. extra-virgin olive oil

### DIRECTIONS

1. To make the marinade: In a small bowl, mix the seasonings together. In a medium bowl, whisk 2 tablespoons olive oil, lime juice, cilantro, and half of spice mixture. Add the sliced steak, toss to coat, and marinate for 30 minutes at room temperature or up to two hours in the refrigerator.
2. Preheat oven to 425 degrees F and line a half-sheet pan with aluminum foil, if desired. Place the pan on the top rack in the oven to preheat.
3. Place the peppers and onion in a medium bowl. Add 1 tablespoon olive oil and remaining spice mixture, and mix until thoroughly coated. Carefully remove the hot pan from the oven. Add the peppers and onion to the pan and arrange in a single layer.
4. Cook for five minutes. Remove the pan from the oven, push the vegetables to one side of the pan, and add the steak to the other side. Cook for an additional eight to 10 minutes, until the vegetables are beginning to soften and the steak has browned on the outside. Serve with warmed tortillas, fresh cilantro, avocado, lime wedges, sour cream, or any preferred toppings.



## 5 Honey-Garlic Tofu Sheet-Pan Meal

This vegan sheet-pan meal combines marinated tofu with red bell pepper, snap peas, green onions, and sesame seeds.

### HONEY-GARLIC TOFU

- 7 oz. extra-firm tofu, drained
- 1 cup chopped red bell pepper
- 1 tsp. sesame oil
- 1 tsp. sea salt
- 2 cups snap peas
- ¼ tsp. black pepper
- 2 green onions, thinly sliced
- 2 tsp. sesame seeds

### MARINADE

- 2 tbs. soy sauce or tamari
- 1 tbs. honey
- ½ tbs. sesame oil
- 1 tsp. rice vinegar
- 1 tsp. chili paste
- ½ tsp. garlic powder

### DIRECTIONS

1. Wrap the tofu in a kitchen towel and place on a cutting board with a weighty object on top. Let stand 10 minutes to press out excess moisture. Unwrap and cut into ½-inch cubes. In a medium bowl, whisk marinade ingredients. Add the tofu cubes and marinate at room temperature for 30 minutes or in the refrigerator for up to four hours.
2. Preheat oven to 400 degrees F and line a half-sheet pan with parchment paper. Add tofu to the pan in a single layer and place on the middle rack in the oven to bake for 10 minutes. While the tofu is baking, place the red peppers in a medium bowl. Add ½ teaspoon sesame oil and ½ teaspoon salt and mix until coated. Remove the sheet pan from the oven, push tofu to one side, and add the peppers to the other side. Cook for 15 minutes.
3. While the tofu and peppers are baking, place the snap peas in a medium bowl. Add ½ teaspoon sesame oil, ½ teaspoon salt, and ¼ teaspoon black pepper, and mix until coated. Remove the sheet pan from the oven and push peppers and tofu to one side of the pan. Add snap peas to the other side. Bake an additional 10 minutes, until the tofu is browned and the vegetables are beginning to soften. Sprinkle with green onions and sesame seeds. Serve as desired, with optional cooked grains.

# 6 DIY Vegan Coffee-Shop Drinks

Hot drinks are a great pick-me-up when the weather turns cold. But many of our winter favorites are loaded with excess sugar and dairy.

Put a healthier, dairy-free spin on your favorite seasonal coffee-shop drink with these recipes.





# 1 Pumpkin Spice Latte

This healthier, dairy-free version of the fall favorite subs in oat milk or coconut milk and uses maple syrup instead of refined sugar.

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## INGREDIENTS

- 1 cup oat milk or coconut milk
- 1 tbs. maple syrup
- ¼ tsp. pumpkin pie spice, plus more for garnish
- ¼ tsp. ground cinnamon
- ½ tsp. vanilla extract
- ¼ cup hot espresso or strong-brewed coffee
- Cinnamon stick for garnish (optional)

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## DIRECTIONS

1. Add milk, maple syrup, pumpkin pie spice, and ground cinnamon to a small saucepan and heat over medium-low heat until warm. Remove from heat and stir in vanilla extract.
2. Froth with a hand frother or immersion blender for 10 to 15 seconds, or until desired foam forms. (Alternatively, use a milk steamer to heat and foam the mixture before stirring in the vanilla extract.)
3. Pour espresso or coffee into a large mug. Top with the frothed milk mixture and an additional pinch of pumpkin pie spice. Garnish with a cinnamon stick if desired.



## 2 Chai-Spiced Hot Cider

Cozy up with this drink that combines the comfort of apple cider and spicy chai.

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### INGREDIENTS

- 1 cup apple cider
  - 1 cinnamon stick
  - ½ tsp. orange zest
  - 1 chai tea bag
  - Cinnamon stick for garnish (optional)
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### DIRECTIONS

1. Add cider, cinnamon stick, and orange zest to a small pot and bring to a boil over high heat.
2. Remove from the heat and add the chai tea bag. Allow to steep for three to four minutes.
2. Remove the cinnamon stick and tea bag and pour liquid into a large mug. Garnish with a cinnamon stick if desired.



## 3 Dark Chocolate Peppermint Mocha

Treat yourself with this smooth, creamy coffee drink that's made with real dark chocolate and steamed oat milk.

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### INGREDIENTS

- 1 cup oat milk
- 1 tbs. raw cane sugar, or sweetener of choice
- ½ oz. dark chocolate, finely chopped
- ½ tsp. peppermint extract
- ¼ cup hot espresso or strong-brewed coffee

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### DIRECTIONS

1. Add milk, sugar, and chocolate to a small pot over medium-low heat. Stir frequently until the chocolate melts and the mixture becomes smooth. Remove from the heat and stir in peppermint extract.
2. Froth with a hand frother or immersion blender for 10 to 15 seconds, or until desired foam forms. (Alternatively, use a milk steamer to heat and foam the mixture before stirring in the peppermint extract.)
3. Pour espresso or coffee into a large mug and top with the frothed milk mixture.



# 4 Vegan Eggnog Latte

This coffeeshop-inspired recipe is rich, creamy, and made with only four ingredients.

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## INGREDIENTS

- 1 cup store-bought vegan eggnog
- ½ cup oat milk
- ¼ cup hot espresso or strong-brewed coffee
- Freshly grated nutmeg, for garnish (optional)

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## DIRECTIONS

1. Add eggnog and oat milk to a small saucepan and bring to a boil.
2. Froth with a hand frother or immersion blender for 10 to 15 seconds, or until desired foam forms. (Alternatively, use a milk steamer to heat and foam the mixture.)
3. Pour espresso or coffee into a large mug and top with the frothed eggnog mixture. Garnish with freshly grated nutmeg if desired.



# 5 Gingerbread Latte

Fresh ginger, cinnamon, and molasses make this seasonal coffee drink the perfect way to warm up on a cool day.

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## INGREDIENTS

- 1 cup coconut milk
- ½ tbs. maple syrup
- 1 tsp. unsulfured molasses
- ½ tsp. ground cinnamon
- ½ tsp. grated fresh ginger
- 1 tsp. vanilla extract
- ¼ cup hot espresso or strong-brewed coffee

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## DIRECTIONS

1. Add coconut milk, maple syrup, molasses, cinnamon, and fresh ginger to a small saucepan over high heat. Bring the mixture to a boil, then lower the heat to simmer until the spices are very aromatic, about two minutes. Remove from heat and stir in the vanilla extract.
2. Froth with a hand frother or immersion blender for 10 to 15 seconds, or until desired foam forms. (Alternatively, use a milk steamer to heat and foam the mixture before stirring in the vanilla extract.)
3. Pour espresso or coffee into a large mug and top with frothed milk mixture.



## 6 Iced Sugar Cookie Latte

This seasonal, iced coffee drink features the buttery, nutty flavor of a sugar cookie.

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### INGREDIENTS

- ¼ cup hot espresso or strong-brewed coffee
- ½ tsp. butter
- 1 cup ice
- 1 cup oat milk
- 1 tbs. raw cane sugar, or sweetener of choice
- ¼ tsp. almond extract
- ¼ tsp. vanilla extract
- Pinch of sea salt

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### DIRECTIONS

1. Pour a shot of espresso over butter to melt, or melt butter in the microwave for 5-8 seconds and combine with ¼ cup of strong coffee.
2. Fill a serving glass with ice. Add milk, sugar, extracts, and salt, and stir well to combine.
3. Top with butter-espresso mixture.

A top-down view of four white bowls filled with different types of grain bowls, arranged on a dark wooden surface. The bowls contain ingredients like quinoa, farro, and wild rice, along with various vegetables such as mushrooms, kale, and pumpkin. A central white circle with a thin blue border contains the title and introductory text. Scattered around the bowls are some grains, seeds, and small red berries.

# 4 Veggie Grain Bowls

These bowls are full of seasonal produce and hearty ingredients to keep you warm as the weather turns cooler. You can even prep the ingredients ahead and enjoy healthy lunches throughout the week.

Our recipes feature quinoa, kamut, farro, and wild rice, but feel free to mix up the grains — and the veggies — to your liking.



# 1 Farro and Roasted Broccolini Bowl With Mushrooms and Sage

This cozy grain bowl combines nutty, chewy farro with lots of veggies and Parmesan cheese.

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## INGREDIENTS

- 4 cups water
- 1 ½ cups farro, rinsed and drained
- 2 bunches broccolini
- 4 tbs. extra-virgin olive oil
- 1 ½ tsp. sea salt
- 4 tbs. chopped fresh sage
- 20 oz. white button or cremini mushrooms, sliced
- 2 large shallots, diced
- Shaved or grated Parmesan cheese, to taste

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## DIRECTIONS

1. Preheat oven to 425 degrees F. Bring water to a boil in a medium saucepan. Add farro, reduce heat to low, cover, and simmer until the grains are tender, about 10 minutes. Drain excess liquid and allow to cool.
2. Place broccolini in a medium bowl. Drizzle with 1 tablespoon olive oil and ½ teaspoon sea salt, and toss to coat. Spread on baking sheet and roast until just fork tender, about five to seven minutes.
3. Place a pan over medium heat and add remaining 3 tablespoons olive oil. Add sage to the pan and sprinkle with remaining 1 teaspoon sea salt. Cook until aromatic, about one to two minutes, stirring frequently. Add half of the sage, salt, and oil mixture to the farro and stir to combine. Leave remaining half in the pan. Add mushrooms and shallots to that pan and cook, stirring frequently, until mushrooms are tender and shallots are translucent, about five to seven minutes.
4. Divide the farro, broccolini, and mushroom-shallot mix between six bowls and top with Parmesan.



## 2 Kale and Cranberry Quinoa Bowl With Rosemary Dressing

This hearty veggie grain bowl is dressed with a garlic-honey-rosemary vinaigrette.

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### INGREDIENTS

- 3 cups water
- 1 ½ cups quinoa, rinsed and drained
- 1 bunch of kale, any variety
- 1 tbs. extra-virgin olive oil
- ½ cup fresh cranberries, thinly sliced

### DRESSING

- 3 large sprigs fresh rosemary
- 2 tbs. honey
- ½ cup extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tsp. sea salt
- ½ tsp. freshly ground black pepper

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### DIRECTIONS

1. Bring water to a boil in a medium saucepan. Add quinoa, reduce heat to low, cover, and simmer until the quinoa has absorbed all the water, about 15 minutes. Fluff with a fork and allow to cool.
2. Remove kale stems and roughly chop the leaves. Place kale in a large bowl and drizzle with olive oil. Use your fingers to massage kale for about one minute, until the leaves appear wilted and darker in color.
3. Strip the rosemary leaves from their stems and mince them. Whisk dressing ingredients together until combined.
4. Divide quinoa, kale, and cranberries between six bowls. Toss ingredients together or leave separate as desired. Drizzle with dressing. Enjoy warm or chilled.



# 3 Spiced Pumpkin and Kamut Bowl With Garlic-Thyme Dressing

Kamut, an ancient wheat grain, is the base of this hearty bowl, which is topped with toasted cinnamon pumpkinseeds.

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## INGREDIENTS

- 3 cups water
- 1 cup kamut, rinsed and drained
- 1 small pie pumpkin and its seeds
- 2 tbs. extra-virgin olive oil
- ¼ tsp. cinnamon
- 1 tsp. sea salt

## DRESSING

- 6 sprigs fresh thyme
- ½ cup extra-virgin olive oil
- 4 cloves garlic, minced
- 2 tsp. salt
- ½ tsp. freshly ground black pepper

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## DIRECTIONS

1. Preheat oven to 425 degrees F. Bring water to a boil in a medium saucepan. Add kamut, reduce heat to low, cover, and simmer until the grains are tender, about 50 minutes. Drain excess liquid and allow to cool.
2. Meanwhile, peel pumpkin skin with a sharp knife or vegetable peeler. Slice pumpkin in half and scoop out seeds and pulp. Reserve seeds for later. Cube pumpkin and place on a baking sheet. Drizzle with olive oil, cinnamon, and ½ teaspoon sea salt. Roast for 15 minutes. Once pumpkin is roasted, remove from the oven and lower the heat to 325 degrees F.
3. While the pumpkin roasts, rinse the seeds thoroughly to remove the stringy pulp. Bring a pot of water to a boil and boil the seeds for 20 minutes. Strain pumpkinseeds and spread them on a dish towel, gently patting the seeds to dry them. Once the seeds are dry, sprinkle them with remaining ½ teaspoon sea salt, and transfer to a baking sheet. Bake until toasted, about 20 to 30 minutes more, stirring halfway through.
4. Strip the thyme leaves from their stems and mince them. Whisk dressing ingredients together until combined.
5. Divide kamut, pumpkin, and pumpkinseeds between six bowls. Drizzle with dressing. Enjoy warm.



## 4 Beet and Wild Rice Bowl With Zesty Citrus Dressing

We use golden beets in this veggie grain bowl, but feel free to sub in any beets you like.

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### INGREDIENTS

- 4 ½ cups water
- 1 ½ cups wild rice, rinsed and drained
- 4 medium golden beets
- 2 tbs. extra-virgin olive oil
- ½ tsp. sea salt
- ½ cup pomegranate seeds

### DRESSING

- 4 tbs. extra-virgin olive oil
- 4 tbs. fresh squeezed orange juice
- 1 tsp. orange zest
- 1 tsp. sea salt
- ¼ tsp. freshly ground black pepper

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### DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Bring water to a boil in a medium saucepan. Add wild rice, reduce heat to low, cover, and simmer until rice is done to your liking, between 25 and 45 minutes depending on your preference and the age of the rice. You can tell it's done when most of the grains have popped open. Drain excess liquid and allow to cool.
3. While the rice cooks, remove the beet greens and root tips from each beet. Wash the beets and peel the skin with a vegetable peeler. Cube beets and place on a baking sheet. Drizzle with olive oil and sprinkle with salt. Roast for 20 minutes.
4. Whisk dressing ingredients until combined.
5. Divide wild rice, beets, and pomegranate seeds between six bowls. Toss ingredients together or leave separate as desired. Drizzle with dressing. Enjoy warm.

# 4

## Adaptogenic Recipes

Adaptogens have been used for years in Ayurveda and Traditional Chinese Medicine to help relieve stress and support your immune system — which is key during cold and flu season.

Try these recipes to get more of these healing herbs — such as cordyceps, matcha, and ashwagandha — in your diet.





# 1 Banana Berry Smoothie With Cordyceps

Power up your workout with cordyceps, a type of dried mushroom that reduces inflammation.

---

## INGREDIENTS

- 15 oz. can full-fat coconut milk
- 1 gram dried cordyceps
- 2 medium bananas, frozen
- 1 cup frozen mixed berries
- 1 ½ cups water

---

## DIRECTIONS

1. Add coconut milk and cordyceps to a small saucepan and bring the mixture to a boil. Boil for two to three minutes, then remove from heat and allow the cordyceps to steep for an additional 15 minutes.
2. Strain the coconut milk and pour it into an ice-cube tray. Freeze completely.
3. Add the banana, berries, water, and frozen coconut-milk cubes to a blender and blend until smooth.



## 2 Matcha and Goji Berry Energy Bites

These bites are perfect for a midday boost since matcha and goji berries help with focus and energy.

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### INGREDIENTS

- 1 cup rolled oats
- $\frac{3}{4}$  cup almond butter or cashew butter
- $\frac{1}{3}$  cup honey
- $\frac{1}{2}$  cup unsweetened shredded coconut, plus more for rolling
- $\frac{1}{2}$  cup goji berries
- 2 tbs. chia seeds
- 2 tbs. matcha powder

---

### DIRECTIONS

1. Place all ingredients in a large bowl and mix until well combined.
2. Roll the mixture into 24 balls (about 1 heaping tablespoon each). Roll each ball in additional shredded coconut until coated and transfer to a plate or baking sheet.
3. Refrigerate for at least 30 minutes before enjoying. Store the energy bites in an airtight container in the fridge.



## 3 Evening Ashwagandha Latte

This recipe is inspired by Ayurvedic golden milk. It includes calming ashwagandha and anti-inflammatory turmeric, making it a great nightcap.

---

### INGREDIENTS

- 1 cup water
- 1 bag chamomile tea
- ½ cup canned full-fat coconut milk
- 1 tbs. honey (or to taste)
- ½ tsp. ashwagandha
- ¼ tsp. turmeric

---

### DIRECTIONS

1. Bring water to a rolling boil. Remove from heat and pour into a large mug. Add the chamomile tea bag and steep, covered, for four to six minutes.
2. Remove the tea bag and stir in coconut milk, honey, ashwagandha, and turmeric.

*Notes: Froth the coconut milk before adding it to the tea, if desired. Turmeric and ashwagandha may settle over time.*



## 4 Reishi and Maca Overnight Oats

This oatmeal recipe includes reishi and maca to help support your immune system.

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### INGREDIENTS

- $\frac{3}{4}$  cup milk of choice
  - $\frac{1}{2}$  cup rolled oats
  - 2 tbs. maple syrup (or to taste)
  - 1  $\frac{1}{2}$  tbs. cocoa powder
  - 1 tsp. reishi mushroom powder
  - 1 tsp. maca powder
  - 1 scoop chocolate or vanilla protein powder (optional)
  - $\frac{1}{2}$  large banana, sliced
  - $\frac{1}{4}$  cup chopped walnuts
  - 2 tbs. cacao nibs
- 

### DIRECTIONS

1. In a large mixing bowl, combine milk, oats, maple syrup, cocoa powder, reishi mushroom powder, maca powder, and, if desired, protein powder. Mix until well combined and refrigerate overnight.
2. Just before serving, top with banana, walnuts, and cacao nibs.

# 4

## Winter Mocktails

Drinks are a big part of wintry celebrations, but they're usually loaded with sugar, dairy, alcohol, and other add-ins that can leave you feeling anything but festive the next day. To give you some healthier options, we've come up with a few fun alternatives that everyone can enjoy. These mocktails offer a twist on seasonal favorites. Cheers!

(Note: If you decide you want to add alcohol, we've made suggestions for ways to include some spirits.)





# 1 Elderberry Fizz

Known for its antiviral and immune-boosting properties, elderberry syrup is used as a tonic during cold-and-flu season. Its flavor is reminiscent of a good red wine with dark-fruit undertones, providing a sweet-yet-sophisticated quality to this mocktail. This recipe makes two servings.

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## INGREDIENTS

- ¼ cup elderberry syrup (substitute 100 percent elderberry juice for a less-sweet option)
- ½ lime, cut into 4 slices
- 8 oz. chilled sparkling water or sparkling fruit juice

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## DIRECTIONS

1. Pour 2 tablespoons elderberry syrup or juice into each glass.
2. Squeeze a slice of lime into each and fill with sparkling water or sparkling fruit juice.
3. Garnish with remaining lime slices.

**Suggested spirit:** Substitute sparkling wine for the sparkling water or fruit juice.



## 2 Cozy Tea Toddy

Traditionally, a hot toddy is a warm drink made with whiskey, lemon, and cinnamon, taken to relieve a cold or flu. This version features tulsi, also known as holy basil, as well as immune-boosting spices. This recipe makes eight servings.

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### INGREDIENTS

- 8 cups boiling water
- 8 bags tulsi (holy basil) tea, or 1/3 cup loose dried tulsi
- 4 thin (about 1/8 in.) slices fresh gingerroot
- 12 cardamom pods
- 2 cinnamon sticks
- 3 whole star-anise pods
- 1 lemon, thinly sliced
- Honey, to taste

---

### DIRECTIONS

1. Pour boiling water over the tea bags in a slow cooker.
2. Add the ginger, cardamom, cinnamon, star anise, and lemon slices.
3. Allow to steep for at least 30 minutes.
4. Remove the spices with a mesh skimmer or straining ladle and set the cooker on the low or warm setting as guests help themselves; add honey to taste.

**Suggested spirit:** Top off with a splash of whiskey.



## 3 Mulled Cider With Hibiscus

This warm beverage features health-boosting aromatic ingredients, including allspice, cinnamon, cloves, and orange peel. Hibiscus adds vitamin C. This recipe makes eight servings.

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### INGREDIENTS

- 2 qts. apple cider
- 4 to 6 bags hibiscus tea
- 2 tbs. mulling-spice blend
- 8 orange slices or  $\frac{3}{4}$  cup cranberries for garnish

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### DIRECTIONS

1. In a slow cooker or a large saucepan on the stove, add apple cider, tea bags, and spices.
2. Simmer on low heat for at least 20 minutes.
3. Remove tea bags and use a mesh skimmer or straining ladle to remove mulling spices; float orange slices or cranberries on top.

**Suggested spirit:** Pour a little brandy into individual servings, or substitute red wine for half of the apple cider to spike the whole batch.



## 4 Fennel-Ginger Digestif

Ginger and fennel are well known for their digestion-supporting powers, making them a great choice for this warming after-dinner drink. This recipe makes eight servings.

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### INGREDIENTS

- 2 cups apple cider
- 1 ½-in. piece fresh gingerroot, minced (about 2 tbs.)
- 2 whole star-anise pods
- 2 tbs. whole fennel seeds
- 3-in. piece orange or lemon peel
- 6 to 8 fresh sage leaves
- 1 bag hibiscus tea
- ½ tsp. ground turmeric powder
- ⅛ to ¼ tsp. freshly ground black pepper (or to taste)

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### DIRECTIONS

1. Simmer all ingredients over low or medium-low heat in a small saucepan for 15 to 20 minutes, until the liquid is reduced to 1½ cups.
2. Allow the mixture to cool, then strain into a bottle or jar.
3. Serve at room temperature.
4. Leftovers will keep for a week in the refrigerator.

**Suggested spirit:** A little brandy or cognac complements this digestif.



# 5

## Cozy Winter Soups

Soup season is one of our favorite times of year. A one-pot meal full of fresh veggies, simmering away on the stovetop, plus the promise of leftovers? It's just about the coziest thing we can imagine.

That's why we've reached back into the *Experience Life* archives to offer you a selection of our favorite soups from our more than 20 years of publishing. If you're looking for a meal that'll warm you up (and not stress you out), look no further: One of these simple, wholesome recipes is sure to fit the bill.



# 1 Egg Drop Soup

Egg Drop soup doesn't have to be gloopy and bland. Simply adding vegetables and other greens ramps up the flavor and comfort quotient.

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## INGREDIENTS

- 6 cups chicken or vegetable broth
- 2 tbs. mirin (rice wine)
- 1 tbs. minced fresh ginger
- 1 carrot, sliced into thin rounds
- 8 snow peas, sliced thinly
- 1 cup shredded napa cabbage
- 1 cup shredded cooked chicken breast or 1 cup thinly sliced shiitake mushrooms
- 2 tbs. potato starch or cornstarch (optional)
- 1 tbs. tamari or soy sauce
- 1 tsp. toasted sesame oil
- 3 large eggs, well beaten
- 2 scallions, finely chopped, or ½ cup chopped watercress

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## DIRECTIONS

1. Bring the broth to a simmer with the mirin and ginger.
2. Add the carrot, snow peas, cabbage, and chicken or mushrooms, and simmer until vegetables are just cooked.
3. If using the potato starch or cornstarch, mix it with ¼ cup cold water and stir into the simmering soup. Simmer until slightly thickened.
4. Add the tamari and sesame oil and then stir in the eggs. The egg will cook into thin “ribbons.”
5. Cook for one to two minutes more and then serve topped with chopped scallions or watercress.



## 2 Italian Wedding Soup With Chicken Meatballs and Parsley

This veggie-packed take on Italian Wedding Soup has more greens than the traditional version.

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### FOR THE SOUP BASE:

- 1 tbs. extra-virgin olive oil
- 1 cup chopped yellow onion
- 2 carrots, peeled and chopped (about 1 cup)
- 2 stalks celery, chopped
- 4 cloves garlic, thinly sliced
- 8 cups chicken stock
- 1 bunch broccoli rabe, coarsely chopped (about 4 cups)
- 1 ½ cups chopped fresh parsley
- 1 15-oz. can cannellini beans, drained and rinsed

- Sea salt and freshly ground black pepper, to taste
- Parmesan cheese, to garnish

### FOR THE MEATBALLS:

- ½ lb. ground chicken
- 1 egg
- ¼ cup whole-grain breadcrumbs
- ½ cup grated Parmesan cheese
- ½ cup chopped fresh parsley
- ½ tsp. sea salt
- Freshly ground black pepper, to taste

---

### DIRECTIONS

1. Preheat oven to 375 degrees F. Heat a large soup pot over medium heat, then add the olive oil. Add the onion, carrots, celery, and garlic, and sauté until al dente. Add the chicken stock and simmer until the vegetables are tender.
2. Make the meatballs by mixing the ground chicken with the egg, breadcrumbs, cheese, and parsley, and season with salt and pepper. Shape into small balls and arrange on a baking sheet lined with parchment paper. Bake for 10 to 15 minutes, until the meatballs are cooked through. Add to the simmering soup. Add the broccoli rabe, parsley, and cannellini beans, and simmer five minutes to heat through.
3. Season with salt and pepper to taste and serve with a fresh grating of Parmesan cheese.



# 3 Cozy Lentil Soup With Delicata Squash

This easy, comforting soup is packed with warming spices like cumin, turmeric, coriander, and cinnamon.

---

## INGREDIENTS

- 2 tbs. extra-virgin olive oil
- 1 yellow onion, diced
- Sea salt
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 medium delicata squash, peeled, seeded, and cut into ½-in. cubes
- 1 tsp. curry powder
- ½ tsp. each ground cumin and ground turmeric
- ¼ tsp. each ground coriander and ground cinnamon
- Pinch of red-pepper flakes
- 1 cup dried green lentils, rinsed well
- 8 cups [Classic Magic Mineral Broth](#) or organic vegetable broth
- 1 cup stemmed and thinly sliced kale, tightly packed

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## DIRECTIONS

1. Heat the olive oil in a Dutch oven or heavy soup pot over medium heat. Add the onion and a pinch of salt, and sauté until translucent. Add the carrots, celery, squash, and another pinch of salt, and sauté until all of the vegetables are just tender, about five minutes.
2. Add the curry powder, cumin, turmeric, coriander, cinnamon, ¼ teaspoon salt, and red-pepper flakes, and stir. Add the lentils and stir to coat. Pour in ½ cup of the broth, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.
3. Add the rest of the broth. Increase the heat to high and bring to a boil.
4. Decrease the heat to low, cover, and simmer until the lentils are tender, about 20 to 25 minutes. You may want to add a pinch more salt to taste.
5. Stir in the kale and cook until it's tender, about three minutes, and serve.



# 4 Pear-Parsnip Soup

This cozy recipe blends cooked pears, parsnips, and potatoes with vegetable broth, nutmeg, and thyme for a creamy, vegan soup.

## INGREDIENTS

- Extra-virgin olive oil, for the pot
- 2 cups chopped yellow onions (about two large)
- 9 cups chopped, peeled parsnips (about 4 ½ pounds)
- 4 cups chopped, peeled pears (about six medium)
- 2 cups diced, peeled Yukon gold potatoes (about ½ pound)
- 8 to 9 cups vegetable stock
- 1 tsp. freshly grated nutmeg
- 2 tsp. chopped fresh thyme
- 1 tsp. sea salt
- ½ tsp. white pepper

## DIRECTIONS

1. Heat a medium soup pot over medium-high heat, then add enough olive oil to cover the bottom of the pot.
2. Add the onions, parsnips, pears, potatoes, and sea salt. Cook until the onions have softened, about two minutes.
3. Add the broth and bring to a boil. Reduce heat and simmer until parsnips and potatoes are soft, 15 to 20 minutes.
4. Stir in the nutmeg and thyme.
5. Carefully ladle the soup into a blender and blend until smooth. Strain the soup through a fine-mesh strainer or a colander lined with cheesecloth to remove any pulp. Return the strained soup to the pot and heat until hot.
6. Season with the white pepper and add salt to taste.



## 5 Laurie David's Sunday Soup

Here's the perfect way to use up those vegetables languishing in your fridge.

### INGREDIENTS

- Olive oil, for the pot
- 3 cooked Italian sausages, your favorite kind, sliced
- 3 leeks (white and light-green parts), chopped and rinsed thoroughly
- 2 small carrots, chopped (unpeeled if organic)
- 2 celery stalks, chopped
- 2 big handfuls sturdy greens (kale, cabbage, or chard), chopped or torn
- 1 ½ cups chopped tomatoes, fresh or canned
- 4 (or more) garlic cloves, chopped
- ½ cup green (French) or brown lentils, rinsed
- 8 cups vegetable or chicken broth (organic, if possible)
- Salt
- Vinegar, any type (optional)
- Red-pepper flakes (optional)

### DIRECTIONS

1. Get out your big Sunday soup pot and heat it over medium-high heat, then drizzle in enough olive oil to cover the bottom of the pot. Throw in the sausage (if using) and cook until nice and browned. Transfer to a plate with a slotted spoon.
2. Add the leeks to the pot and cook, stirring, until they have softened a bit, 5 to 6 minutes.
3. Add the carrots, celery, greens, tomatoes, and garlic. Stir for a few minutes until all the vegetables have gotten acquainted and are starting to soften.
4. Add the lentils, broth, and sausages (if using).
5. Let your soup simmer for 30 minutes while you read the Sunday paper.
6. Taste and adjust the seasonings—does it need salt? A splash of vinegar? A few hot-pepper flakes? Make it taste perfect for you.



# You got this!

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## Thank you so much for being part of our community.

We hope that our guide has given you ideas and inspiration for quick and delicious winter meals and beverages.

If you would like more recipes from *Experience Life*, feel free to visit the [recipes page on our website](#), sign up for any of our [other newsletters](#), [subscribe to our print magazine](#), or follow us on our social channels (below).

Thanks again for journeying with us.

Yours in health,  
The *Experience Life* Team



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