

october menu

liquid heat // eat on the clock
brace against the wind //
soak before you cook // favor steady sweetness

breakfast

My Adaptogenic Date Shake

Enjoy at room temp - not cold!
Customize your adaptogens!

Baked Carrot Cake Custard Oats

Make ahead + make mornings cozy.

Pumpkin Eggs in Purgatory

Hearty, warm, savory + steady.

Cinnamon Amaranth Porridge w/Caramelized Apples

A lovely start to porridge season!

lunches + dinners

Superfast Sweet Potato + Red Lentil Curry

One of members FAVORITE recipes!

Life-Changing Pressure Cooker Chicken + Bone Broth

Not an exaggeration. The
EASIEST most powerful meal!

Something Like Spicy Korean Noodles w/Pork + Broccoli

Send noods.

Warm Squash, Chickpea + Fennel Salad

The best of the season, in
a single bowl.

Pumpkin Coconut Soup

The best of the season, in
a single bowl.

snacks + treats

Rooibos Chai Pumpkin Bread

Hide the pumpkin here.

Sesame-Halva Chocolate Chunk Cookies

Hide the zucchini here.

Tahini-Honey Ladoos

A mid-afternoon snack.

Maple-Butter Flapjacks

Just say NO to cardboard
pack snacks.

Secret-Stash Candy Bars

No tricks, all treats.

drinks

Hazelnut Cacao Harvest Milk

Traveler's Tea

Magic Trick Ginger Tea

In-Between Tea

Immunity Boosting Fire Cider

Better Pumpkin Spice

find the recipes at lentinealexis.com