Recipes by Sherry Coleman Collins, MS, RDN, LD, FAND

Pumpkin Pie Overnight Oats

Makes about ~eight ½-cup servings

Ingredients

- 1 cup pureed pumpkin, from fresh or canned
- 1 cup milk of your choice
- 1 Tablespoon of **Hometown Honey**
- 1 ½ teaspoon pumpkin pie spice
- 1 cup whole rolled or quick oats (not instant)
- ¼ cup chia seeds

In a large bowl, mix together pumpkin, milk, honey and pumpkin pie spice until very smooth. Stir in oats and chia seeds. At this point you can divide into 8 containers, cover and refrigerate or cover the bowl and refrigerate now, portioning out later.

Optional: Add a scoop of creamy Greek yogurt for more protein before eating or add pumpkin seeds for added protein, fiber, and crunch.

Dirty Ginger Soda

Ingredients

- Ice
- 4-6 oz **Figment** Ginger Apple Spice Kombucha
- 3 oz of Coconut Milk
- Sprinkle of cinnamon
- Citrus slice, such as lime, for garnish

Place ice in a tall glass and pour in ginger beverage. Very slowly pour over the coconut milk to keep it from sinking into the soda. Sprinkle on the cinnamon and add a slice of citrus to garnish.

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Collard Green & White Bean Salad
with Sweet and Spicy Dressing

Ingredients

- 4 cups shredded or chopped baby collard greens from **Straight from the Backyard Farm**
- ¼ head purple or green cabbage, shredded
- ½ thinly sliced red onion, pickled if available
- 1 persimmon sliced into thin wedges
- 1 large or 2 medium apples from **Georgia Proud Provisions**
- 1 can white beans, drained and rinsed

Salad Dressing Ingredients

- Equal parts **Point Blank Table Sauce** mild or hot and **Strippagio** Lemon Fused Extra Virgin Olive Oil
- 1 tsp dijon mustard
- Salt and pepper to taste

Pour all salad ingredients in a jar, cover, and shake to combine. Mix all salad ingredients in a large bowl and add half of the dressing. Taste and add more dressing if needed. Adjust salt and pepper as needed.

Optional: Add chopped pecans.