

Osinga NUTRITION
REGISTERED DIETITIAN
fresh · practical · scientific

Desserts With Root Veggies

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Breakfast

- [ ] **1/2 cup** Almond Butter
- [ ] **3/4 cup** Maple Syrup

Seeds, Nuts & Spices

- [ ] **2 tsps** Cinnamon
- [ ] **1/4 tsp** Nutmeg

Vegetables

- [ ] **2 cups** Beet
- [ ] **1 cup** Carrot
- [ ] **3** Parsnip

Baking

- [ ] **1 tsp** Baking Powder
- [ ] **1/4 tsp** Baking Soda
- [ ] **1/3 cup** Brown Sugar
- [ ] **1/4 cup** Cocoa Powder
- [ ] **1/3 cup** Dark Chocolate Chips
- [ ] **2 1/4 tsps** Instant Yeast
- [ ] **3/4 cup** Oat Flour
- [ ] **4 1/4 cups** Unbleached All Purpose Flour
- [ ] **1 tbsp** Vanilla Extract

Bread, Fish, Meat & Cheese

- [ ] **1/3 cup** Vegan Butter

Condiments & Oils

- [ ] **2 tbsps** Avocado Oil

Cold

- [ ] **1/3 cup** Plain Greek Yogurt
- [ ] **1 1/8 cups** Soy Milk
- [ ] **1/2 cup** Vegan Cream Cheese

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Carrot Cake Baked Donuts

8 servings
25 minutes

Ingredients

1/3 cup Plain Greek Yogurt (sub in vegan yogurt if desired)
1/4 cup Soy Milk
2 tbsps Maple Syrup
2 tbsps Avocado Oil
1 tsp Vanilla Extract
1 cup Carrot (From Gwillimdale Farms (finely grated))
1 cup Unbleached All Purpose Flour
1/4 cup Oat Flour
1 tsp Cinnamon
1/4 tsp Nutmeg
1 tsp Baking Powder
1/4 tsp Baking Soda
1/4 cup Vegan Cream Cheese
1 tbsp Maple Syrup
1 tbsp Soy Milk
1/2 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	159
Fat	7g
Carbs	20g
Fiber	1g
Sugar	5g
Protein	4g
Cholesterol	9mg
Sodium	143mg
Vitamin A	53IU

Directions

1. Preheat oven to 350°F (175°C). Lightly grease a 6-cavity donut pan.
2. In a large bowl, whisk together yogurt, maple syrup, milk, oil, and vanilla.
3. Stir in the grated carrots.
4. In a separate bowl, combine flours, cinnamon, nutmeg, baking powder and baking soda.
5. Gently fold dry ingredients into wet ingredients until just combined.
6. Transfer batter to a piping bag or zip-top bag with the corner snipped off. Pipe into donut cavities, filling approximately ¾ full.
7. Bake for 15–18 minutes, until a toothpick inserted comes out clean. Cool completely before glazing.
8. Whisk glaze ingredients together (vegan cream cheese to vanilla) until smooth, then spread over each donut.

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Vitamin C	1mg
Calcium	86mg
Iron	0mg

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Fudgy Beet Brownies

10 servings
1 hour

Ingredients

2 cups Beet (From Gwillimdale Farms)
1/2 cup Almond Butter
1/4 cup Maple Syrup
1/4 cup Cocoa Powder
1/2 cup Oat Flour
1/3 cup Dark Chocolate Chips
1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	187
Fat	10g
Carbs	20g
Fiber	3g
Sugar	11g
Protein	5g
Cholesterol	0mg
Sodium	24mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	62mg
Iron	1mg

Directions

1. Preheat oven to 350°F (175°C). Line an 8 × 8-inch baking pan with parchment paper.
2. Steam or roast beets until fork-tender. Allow to cool, then blend until completely smooth.
3. In a bowl, combine beet purée, almond butter, maple syrup, melted chocolate, and vanilla.
4. Stir in cocoa powder, oat flour, baking powder, and salt until just combined. Fold in chocolate chips. Spread batter evenly into the prepared pan.
5. Bake for 25–30 minutes, until the edges are set and the centre is still slightly soft.
6. Cool completely before slicing. Refrigerate for 30 minutes for an even fudgier texture.

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Maple Parsnip Cinnamon Rolls

9 servings
2 hours 30 minutes

Ingredients

- **3** Parsnip (From Gwillimdale Farms)
- **3/4 cup** Soy Milk
- **2 1/4 tsps** Instant Yeast
- **3 tbsps** Vegan Butter
- **3 tbsps** Maple Syrup
- **3 1/4 cups** Unbleached All Purpose Flour
- **3 tbsps** Vegan Butter
- **1 tsp** Cinnamon
- **1/3 cup** Brown Sugar
- **1/4 cup** Vegan Cream Cheese
- **2 tbsps** Maple Syrup
- **1 1/2 tbsps** Soy Milk
- **1/2 tsp** Vanilla Extract

Nutrition

Amount per serving	
Calories	359
Fat	7g
Carbs	71g
Fiber	6g
Sugar	18g
Protein	6g
Cholesterol	7mg
Sodium	104mg
Vitamin A	169IU
Vitamin C	14mg
Calcium	106mg
Iron	1mg

Directions

1. Prepare the parsnips: Peel, chop, and steam until very tender. Blend until completely smooth and allow to cool.
2. Make the dough: Combine milk, yeast, maple syrup, butter, parsnip purée, cinnamon, and flour. Knead for 8–10 minutes, adding flour gradually until the dough is soft and slightly tacky.
3. First rise: Cover and let rise for 60–90 minutes, until approximately doubled.
4. Roll and fill: Roll into a 12 × 16-inch rectangle. Spread with the remaining butter and sprinkle with cinnamon and brown sugar.
5. Shape: Roll tightly and cut into 9–12 rolls.
6. Second rise: Arrange in a greased baking dish and let rise for 30–45 minutes until puffy.
7. Bake: At 350°F (175°C) for approximately 25–30 minutes, until golden and cooked through.
8. Glaze: Mix glaze ingredients (cream cheese, maple syrup, vanilla extract and milk) and spread over slightly cooled rolls.