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NTI EATS

# Fall Recipes 2020

A collection of recipes  
rooted in comfort



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# Introduction

We believe that food choices have widespread global, social, ethical, environmental, and health impacts.

We know that every dollar spent and every bite taken can initiate change in the world.

Our curriculum helps lay the groundwork for students to make positive changes for themselves and their families that then expand to their local communities and the greater world.

To find out more about the nutrients in these recipes along with more healthy recipes and other interesting nutrition related articles visit our blog at [ntischool.com](https://ntischool.com).

To read more about a specific recipe in this book click on the title of the recipe to be linked directly to its detailed blog post.



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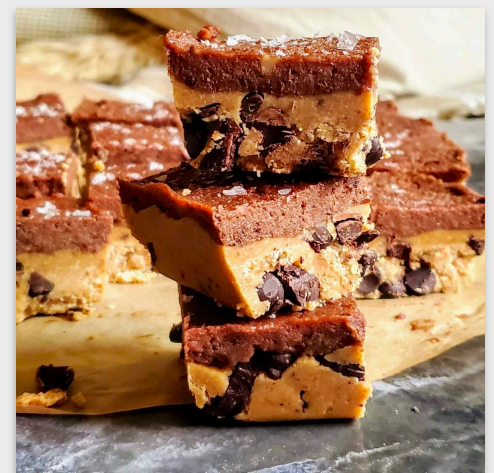
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# Savory



# Dafna's Moroccan Carrot Salad



*Here's a tidbit to go with your salad... once in your body, beta carotene converts to vitamin A, which provides a plethora of goodness for your health.*

## Ingredients:

- 7 medium carrots
- 3 tablespoons of olive oil
- 1 teaspoon of cumin powder
- 2 cloves of garlic (finely chopped)
- 1 lemon juiced
- 1 teaspoon of lemon zest
- 2 tablespoons of parsley
- salt to taste
- crushed chili flakes to taste

## Directions:

1. Cut and steam the carrots until cooked through; when ready, let them cool.
2. Add the cumin, the finely chopped garlic, lemon juice and olive oil to the cooled carrots.
3. Mix well, and add salt and chili flakes, according to taste.

# Grandma Zita's Romanian Eggplant Relish

## Why We Love It:

- Eggplants are high in fiber and low on the glycemic index.
- The recipe's generous dose of extra virgin olive oil provides healthy fat, including oleic acid, which promotes cardiovascular health and improves insulin resistance.
- Because the olive oil is not heated in this method, all of its beneficial polyphenols that can be destroyed by heat remain intact.



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*The eggplants should feel light for their size: light, large eggplants are sweeter. Heavier eggplants can be bitter.*

## Ingredients:

- 2 medium sized purple eggplants
- 8 cloves of garlic (or more)
- 100-200g of olive oil (anywhere from ½ cup to just under 1 cup)
- 2 to 3 lemons, juiced
- Salt and white pepper to taste

## Directions:

1. Roast eggplants on a real barbecue with coals from a wood fire, until their skins are black and starting to peel. Cut each in half, and scrape out the inner meat. Put the eggplant meat in a colander, and let the fluids drain for at least 3 hours.
2. Pound garlic to a fine mince with a wooden mallet or the flat side of a wooden knife.
3. Spread the garlic over the eggplants.
4. Pour about a third of the lemon juice onto the eggplants, and use the wooden knife to mix the garlic and lemon juice in a 'fold-and-chop' movement. From this point on, the technique is to fold and chop with the wooden knife while adding the olive oil and the rest of the lemon juice interchangeably. The objective is to create an emulsion between the olive oil and lemon juice that will tie them to the eggplant. Add the salt and pepper about ⅔ of the way into the process. It should take about 20 minutes to blend the oil and lemon.

# Grain-free, Gluten-free Cornbread

## Ingredients:

- $\frac{2}{3}$  cup arrowroot starch
- $\frac{2}{3}$  cup organic tapioca starch
- 3 large eggs (organic, pasture raised)
- $\frac{1}{4}$  cup butter, melted
- 2 tablespoons honey
- 2 teaspoons baking powder
- 1 teaspoon organic raw apple cider vinegar (with mother)
- $\frac{1}{4}$  teaspoon sea salt

## Directions:

1. Preheat oven to 350° , grease 8×8 square baking pan
2. Combine all ingredients in your blender, and blend until smooth. Spread evenly into your prepared pan.
3. Bake at 350 for 15-20 minutes, or until a toothpick inserted into the center comes out clean.
4. Allow to cool slightly before eating.

*\*Use this recipe to make the Gluten-free, Grain-free Oyster Stuffing on the next page!*



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# Grain-free, Gluten-free Oyster Stuffing

## Ingredients:

- 1 8×8 Square Grain Free Cornbread -cubed (recipe on previous page)
- ¼ cup butter (pasture raised, grass fed)
- 1 large onion chopped
- 3 stalks celery chopped
- 1-2 cloves garlic minced
- 8 ounces mushroom chopped
- 2 8-ounce containers of standard Oysters chopped
- 1 teaspoon organic dried sage
- 2 teaspoons organic dried parsley
- 2 teaspoon celery salt
- 4 large eggs (organic, pasture raised)
- ¾ cup milk
- ½ teaspoon black pepper

*Oysters are high in zinc  
- a crucial nutrient for  
sperm production (great  
to support mens  
fertility)*

## Directions:

1. Preheat oven to 350°. Grease a 8×8 or similar sized casserole dish.
2. In a large skillet over medium heat, cook vegetables in butter until soft. Add oysters and liquid, cook until oysters curl. Remove from heat and allow to cool slightly.
3. Combine eggs, milk and seasonings.
4. In a large bowl, lightly toss bread cubes with cooled vegetables. Add liquids and fold to combine. Be careful not to over mix and/or break apart the bread cubes too much.
5. Transfer to your prepared casserole dish. Bake at 350° for 20-30 minutes, uncovered or until cooked through and brown on top.

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# Wasabi Miso Mashed Sweet Potatoes

*Recipe adapted from the Balanced Plate by Chef Kylee Snyder -*

*Chef Kylee Snyder is a graduate of NTI's Natural Food Chef Program at the Nutrition Therapy Institute. She currently leads nutritional cooking classes and provides holistic health coaching that has been known to cause deep affection towards vegetables.*



Elena Veselova / Shutterstock.com

## Why We Love It:

Coconut Butter is a medium-chain fatty acid (about 60 percent fat) that aids in weight loss, boosting immunity, warding off viruses, helping prevent disease, providing a performance boost for athletes, containing beneficial fiber, giving hair a shine and providing iron.

Sweet potatoes contain a good amount of fiber as well as vitamin A, vitamin C, manganese and several other vitamins and minerals. They are especially high in beta-carotene, which is a powerful antioxidant that can help promote healthy vision, improve respiratory health and even protect your skin. This vitamin is especially important in terms of immunity, it helps stimulate the production of immune cells that fight off disease and infection.

Wasabi, known by some as “Japanese horseradish”, contains high levels of isothiocyanates. These antioxidants help fight and prevent disease by reducing inflammation and eliminating free radicals and harmful bacteria. Regular consumption of wasabi has been shown to benefit heart health, prevent cancer, and treat respiratory conditions and arthritis.

Ginger contains antioxidant and anti-inflammatory compounds including shogaols, gingerols, and 6-dehydrogingerdione (DGE). It has been used throughout history to treat an array of illnesses and is especially known for its ability to fight nausea, the common cold, and pain from from arthritis to headaches to menstrual cramps. (Reinhard, Tonia, MS, RD. (2014). Superfoods: The Healthiest Foods on the Planet, 2nd Edition.)

Like other fermented products, miso contains beneficial bacteria, enzymes, yeasts, and other microorganisms that promote health. The Japanese are devout in their consumption of miso for its nutritional values, such as rebuilding healthy intestinal flora and promoting toxic elimination. (D’Amico, Serge. Fortin, Francois. (1996). The Visual Food Encyclopedia.)

# Wasabi Miso Mashed Sweet Potatoes



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**Serves 4**

## Ingredients:

- 2 sweet potatoes peeled and diced, or whole if baking
- Sea salt
- 2 - 4 Tablespoons wasabi powder
- 3 - 6 Tablespoons filtered water
- 2 Tablespoons ginger - finely grated
- 2 Tablespoons melted coconut butter
- 2 Tablespoons butter, ghee, or olive oil
- 2 Tablespoons white miso

## Directions:

1. Place the sweet potatoes in a saucepan. Cover with filtered water by 2" and add a teaspoon of sea salt.
2. Bring to a boil and cook until easily pierced with a fork, about 10 minutes. Drain. (Alternative - roast whole until tender, 45-55 minutes).
3. Mix the wasabi powder and water to form a paste. Let stand 5 minutes.
4. Mix with the ginger, coconut butter, butter and miso.
5. Mash the sweet potatoes, or use a food processor, and mix in the wasabi-miso mixture.
6. Season to taste with sea salt.

# Butternut Squash Tagine



## Why We Love It:

Like any good stew, this butternut squash tagine is even better the next night. You'll be happy to have leftovers, in other words.

Though orange vegetables such as carrots and butternut squash are not direct sources of Vitamin A, beta carotene is more likely to convert to Vitamin A in the body when cooked in fat (such as olive oil in this recipe). Beta carotene itself is protective against oxidative stress, and you can recognize food sources because it gives vegetables and fruits their deep yellow-orange pigment. When cooked gently with a bit of good fat, beta carotene in vegetables is more easily absorbed by the body.

Layers of flavors are perfectly matched to the bittersweet feelings often brought on by the end of summer and beginning of autumn. Cinnamon, turmeric, cumin, and chili flakes are toasted with the sweet onion, while the lemon is added at the end to cut the sweetness of the squash, honey, and dried apricots.

Canned and cooked tomatoes are a good source of lycopene, which has been shown to reduce the risk of cardiovascular disease, prostate cancer, and macular degeneration. Look for tomatoes sold in glass jars instead of metal, as metal often contains BPA (and even BPA-free cans have often been replaced with a different toxic chemical).

# Butternut Squash Tagine



## Ingredients:

- 2 Tablespoons olive oil
- 1 sweet yellow onion, peeled and diced
- 4 cloves garlic, peeled and thinly sliced
- 2 teaspoons ground cumin
- 1 teaspoon cinnamon
- 2 teaspoons turmeric
- 2 teaspoons dried red chili flakes
- 1 butternut squash, peeled and diced into 1-inch cubes
- 1 28-oz jar chopped tomatoes
- 1 14-oz can chickpeas
- 2 teaspoons honey
- ¼ cup dried apricots, chopped
- Juice from 1 lemon (or 2 preserved lemons, chopped)
- Sea salt and black pepper to taste
- ½ bunch fresh parsley, chopped

## Directions:

1. Add olive oil to a cold soup pot or Dutch oven and heat to medium on the stove.
2. Add diced onions and sliced garlic and sauté, until both are soft.
3. To the onions: add cumin, cinnamon, turmeric, and dried chili flakes.
4. Sauté onion and garlic with spices, until spices are toasted and fragrant.
5. Add chopped butternut squash, tomatoes, and chickpeas to the pot along with 1½ cups of water. Stir and cover pot slightly. Bring up to a simmer and let cook until squash is tender (about 30-35 minutes).
6. Last, add the honey, apricots, and lemon. Stir, taste, and season with salt and pepper. Scatter with fresh parsley and serve with rice.

# Soups



# Black Bean and Lentil Chili



Serves 8-12

## Ingredients:

- 3 tablespoons olive oil
- 1 large sweet onion diced
- 2 stalks celery diced
- 4 large carrots diced
- 4 cloves garlic minced
- 4 tablespoons chili powder
- 1 tablespoons paprika
- 1 teaspoon chipotle chili powder
- 1 teaspoon allspice
- ½ teaspoon cumin
- 1 bay leaf
- 5-6 cups vegetable broth
- 2 cups lentils sorted, soaked and rinsed
- 29 ounce can tomato sauce
- 29 ounce can black beans drained and rinsed (if using dried beans, soak for 8-12 hours and rinse before cooking)
- 1 cup fresh or frozen sweet corn kernels
- 12 ounce jar roasted red peppers diced
- 1-2 teaspoons hot sauce
- 1 tablespoon honey, use pure maple syrup to keep this vegan
- salt and pepper to taste

## Topping Suggestions:

*Hot Sauce, sour cream, avocado cubes, shredded cheddar or jack cheese, a squeeze of lime, cilantro leaves*

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## Directions:

1. In a large heavy pot over medium high heat, add the olive oil, then the onion, celery and carrots. Sauté until the onions have softened, then add the garlic and continue to cook for just one minute.
2. Add the spices next through the bay leaf. Cook for about two more minutes to get them fragrant. Add the broth (start with 5 cups first, you may need an additional cup later to thin the sauce out), lentils and tomato sauce and raise the heat to high, bringing the broth to a boil. Once it boils, reduce the heat to medium low and simmer for about 30 minutes to get the lentils tender.
3. Add the black beans, corn, red peppers, hot sauce and honey and continue to cook for about 20 more minutes. Add the extra cup of broth, if needed.
4. Serve in bowls with the toppings of your choice.

# Autumn Harvest Soup



Sometimes it can feel a bit overwhelming learning about how to 'eat with the seasons'. If that's true for you, you can always ask a **Nutrition Therapist** to guide you through the process. And...if learning how to prepare wonderful, seasonal foods excites you, you will likely enjoy enrolling in a **Natural Food Cooking Program** to learn all the tips and tricks. Heck, this education can also set you up on the road to a new and exciting career, too.

Vladislav Noseek / Shutterstock.com

## Serves 4

### Ingredients:

- 1 medium onion, chopped
- 2 cloves garlic, smashed
- 2 cups of butternut squash, cut in 1-inch cubes
- 2 cups carrots, coarsely chopped
- 2 cups regular or sweet potato (or both), cut in 1-inch cubes
- 1 apple, coarsely chopped (about 1 cup)
- 1 bay leaf
- 4 cups chicken stock, OR vegetable stock, OR water
- 1-2 tbs butter (or oil of choice)
- ½-1 tsp salt, plus more to taste
- ¼-1/2 tsp pepper, plus more to taste

### Directions:

1. Melt butter over medium heat.
2. Add chopped onions and smashed garlic. Sauté for 4-5 minutes until softened, stirring frequently.
3. Add the chopped carrots, squash, sweet potato, apple, and bay leaf.
4. Pour in the chicken stock (or water or vegetable stock).
5. Add the salt and pepper.
6. Cover and increase the temperature to medium-high.
7. Bring to a boil.
8. Reduce temperature to low to maintain a light simmer, and simmer for about 20 minutes or until vegetables are tender.
9. Remove from heat, remove the bay leaf and puree using an immersion blender. (If using a blender to puree the soup, let the soup cool enough to handle safely.)
10. Add more salt and pepper to taste.
11. Divide into 4 hearty bowls.

# Ginger and Lentil Soup

Serves 8

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 large onion, chopped small
- 3 to 6 cloves garlic, minced
- 3 to 4 tablespoons ginger, grated or finely diced
- 3 cups water
- 3 to 4 carrots, sliced
- 1 pound lentils (pick the color you like....or get a medley for more nutrients)
- 6 cups vegetable or chicken broth
- 2 teaspoons ground cumin
- ¼ teaspoon cayenne pepper (or to taste)
- 1 tablespoon fresh lemon juice
- salt and pepper to taste
- grated Gruyere cheese for serving (optional)



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## Directions:

1. Take some time to sift through the lentils. Do it. Sometimes you find little rocks and pebbles. Those are bad for the teeth. I found a rock in my lentils... check through! After picking through the lentils, place in a colander and rinse with cool water. Set aside.
2. Chop onions, garlic and grate ginger and chop carrots.
3. Place a large pot over medium heat. Add oil. When oil is hot, add onions. Cook until transparent and slightly browned.
4. Add garlic, ginger and carrots and and cook, while stirring, for 1 minute.
5. Add cumin and cayenne pepper and cook for 30 seconds.
6. Add the water to the hot pot and scrape the browned bits off the bottom of the pot as the liquid sizzles.
7. Add lentils and broth and simmer for about 45 minutes, until lentils have softened.
8. Taste and season with salt and pepper. Finish with lemon.
9. Serve with grated cheese, optional.
10. Soup will last, in an airtight container in the fridge, for about a week. Soup is also great to keep in the freezer. It's a win.



# Sweet



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# Homemade Masala Chai Tea!



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**Serves 4**

## Ingredients:

- 8 cups water
- 8 peppercorns
- 4 star anise
- 12 cloves (whole)
- ¼ tsp nutmeg
- 1 tsp cardamom
- 1 tsp ginger
- 4 cinnamon sticks
- 4 Tbs honey
- 4 tsp vanilla extract
- 2 cups nut milk

## Why We Love It:

Tired of spending big bucks at your local coffee shop? Try this homemade masala chai tea recipe that won't fray your purse strings; it's packed full of healing herbs to keep you healthy as the seasons change!

## Directions:

1. Crush and roughly chop the star anise, cloves, and cardamom.
2. In a medium saucepan, combine the star anise, cloves, cardamom, fennel seed, cloves, cinnamon stick, ginger root, peppercorns, and water. Boil for 5 minutes.
3. Remove from the heat and steep for 10 minutes.
4. Strain mixture, discard spices and return the tea to the saucepan.
5. Stir in the nut milk and honey (optional)



Image by Daina Rasutis

## Raw Peanut Butter Cookie Dough Superfood Bars

### Why We Love It:

Cacao (or dark chocolate) is a great source of magnesium. To make cacao or chocolate the cacao beans are fermented - this allows the magnesium to become bioavailable.

Maca root powder has a nutty, almost sweet taste (perfect for baked goods!). Maca is considered an adaptogen, meaning it helps the body adapt to stressors. It is best known for its ability to support hormone balance. This includes adrenal support, increasing libido, fertility and improving mood.

Walnuts are a fantastic source of omega-3 essential fatty acids. In this recipe, the walnuts are not heated - this is beneficial because most baked goods with walnuts will be baked in an oven, reducing the wonderful benefits of the healthy fats!

# Raw Peanut Butter Cookie Dough Superfood Bars

*Adapted from Love and Lemons*

**Serves 25**

## Ingredients:

### Cookie Layer:

- ½ cup plus 2 tablespoons creamy peanut butter
- ¼ cup plus tablespoon melted coconut oil
- ¼ cup plus tablespoon maple syrup
- 2 teaspoons vanilla extract
- heaping ½ teaspoon sea salt
- 2½ cups almond flour
- 2½ tablespoons maca powder
- 1 cup chocolate chips or chopped chocolate

### Cacao Layer:

- 1½ cups walnuts
- 2 tablespoons cacao powder
- ¼ teaspoon sea salt
- 10 medjool dates (soaked in warm water for 10 minutes, then drained)
- 2 tablespoons water
- flaky sea salt for sprinkling on top, optional



Image by [Daina Rasutis](#)

## Directions:

1. Line an 8×8 baking pan with parchment paper.
2. In a large bowl, stir together the peanut butter, coconut oil, maple syrup, vanilla, and salt, until combined. Add the almond flour and maca, and stir to combine (the mixture will be thick). Fold in the chocolate chips and press into the pan and place in the freezer so that it firms up a bit while making the next layer.
3. In a food processor, pulse the walnuts, cacao powder, and sea salt, until the walnuts are well chopped. Add the dates and pulse to combine, adding 2 tablespoons water if the blade gets stuck. Process until smooth, then spread onto the cookie layer. Sprinkle with sea salt if desired. Freeze for 30 minutes (this will help them firm up, making them easier to cut). Remove and slice into approximately 25 bars. Or, slice into smaller pieces for bite size treats!
4. Store remaining bars in the fridge or freezer in a sealed glass container.

# Mmmmaple Cinnamon Chia Seed Pudding

Recipe by NFC Graduate Chef Katie Hlavacek

## Ingredients:

- 2 cups unsweetened almond milk or any other nut milk
- ½ cup chia seeds
- ¼ cup maple syrup
- ½ tsp. vanilla extract
- ¼ tsp. cinnamon

## Directions:

1. In a large mason jar, combine all the ingredients and whisk or shake well
2. Place the jar in the fridge for 30 minutes, and stir again so that the chia seeds don't clump together
3. In 4 hours the pudding will be ready to enjoy with your favorite toppings—bananas, nuts, apples, dried fruit, cinnamon, raw honey, coconut or maple syrup.

The chia seed pudding will keep for a week in the fridge in an airtight container.

As a note, if you are not a fan of the texture of chia seeds, you can make this recipe in a blender so that the finished product is smooth!

*Making chia seeds into pudding allows them to soak so that the enzyme inhibitors are neutralized and the body can absorb all of the available nutrients.*



## Why We Love It:

Chia seed pudding is amazing because it has the ability to fill you up and keep you full for hours, and you can flavor it anyway you like. It is also incredibly easy to make, and chia seeds provide a whole host of health benefits.

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# Ginger Molasses Cookies



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## Why We Love Them:

Let's learn about molasses! There are several different types of molasses, determined by the number of times raw sugar was boiled down to remove the sucrose. The lightest is from the first boiling (thus will be the sweetest); the second is the dark molasses and this is the type most commonly used in baking; the last is blackstrap molasses, produced from a third boiling. Although blackstrap molasses is made from the same cane sugar, it is much more nutrient-dense than cane syrup or the light and dark molasses.

Blackstrap molasses provides a significant amount of calcium, iron, magnesium, potassium and vitamin B6. In fact, 1 tablespoon of blackstrap molasses will contain 10% of the daily value of calcium and magnesium, 20% of iron, 8% potassium and vitamin B6. Blackstrap molasses are even considered as a supplement for iron deficiency anemia! With the relatively high amount of calcium per tablespoon, blackstrap molasses can be consumed as a source of dairy-free calcium.

There are numerous health benefits of blackstrap molasses and the nutrients it contains including stabilizing blood sugar levels, helping with PMS symptoms, serving as a natural remedy for depression and ADD/ADHD, and more.

Because blackstrap molasses will be the least sweet of the molasses, they may not work in all recipes. Blackstrap molasses can be a substitute for sugar or syrup in some recipes or can be added to baked goods to boost the nutritional profile (plus molasses are vegan, paleo and AIP friendly!). Blackstrap molasses are also delicious in savory recipes like baked beans or pulled pork.

Sulfur dioxide is used to lighten the color of the molasses or to help extend its shelf life; since it acts as a preservative, un sulphured molasses are the better choice, as indicated in this recipe. If you enjoy the flavor of blackstrap molasses, feel free to substitute blackstrap in this recipe! The coconut sugar will be the main source of sweetness, so if you are looking for a less sweet and more nutrient-rich recipe, blackstrap molasses may be a great option for you.

# Ginger Molasses Cookies

Recipe by Chef Lynda Lacher

## Ingredients:

- 1 cup/256g almond butter (roasted)
- 3 tablespoons/45g unsulphured molasses
- 2 large eggs, room temperature
- 2 teaspoons freshly grated ginger root
- ½ cup/96g coconut sugar
- ¼ cup/30g coconut flour
- 1 teaspoon baking soda
- 1/2 teaspoon ground ginger
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/2 teaspoon sea salt
- A pinch of freshly ground white pepper

**Yield: 2 ½ dozens**

## Directions:

1. Line two baking sheets with parchment paper. Preheat oven to 350 degrees.
2. In the bowl of a stand mixer with a paddle attachment or by hand, beat together the almond butter, molasses, eggs and freshly grated ginger until smooth.
3. Into a medium bowl, mix together coconut sugar, coconut flour, baking soda, ginger, cinnamon, allspice, salt and pepper.
4. Slowly add the sugar and spice mixture to the almond butter mixture while mixing on low until just combined.
5. Drop the dough by the rounded teaspoonfuls about 2 inches apart on the prepared baking sheets, slightly flatten the top.
6. Bake cookies, rotating baking sheets halfway through, until firm around the edges and starting to crack in the center (the cookies will look slightly puffed but will flatten and crackle more as they cool), about 12-15 minutes. Cool 2 minutes on the baking sheets out of the oven then transfer the parchment paper with the cookies to wire racks to cool completely.

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