

## Pumpkin Pie Smoothie

This superfood smoothie is loaded with good nutrition including over 100% of disease-fighting vitamin A from delicious pumpkin.

### Ingredients

- ½ cup vanilla yogurt (use light for less calories)
- ½ cup pumpkin puree (not pie filling)
- 1 cup unsweetened vanilla almond milk
- ¼ to ½ teaspoon of pumpkin pie spice
- 2 teaspoons of maple syrup (optional)



### Preparation

1. Place all ingredients into blender and blend until smooth.

For a vegan smoothie, use a plant-based yogurt. But, since most plant-based dairy substitutes have very little protein, if you want to use this smoothie as a meal substitute, add a plant-based vanilla protein powder, too.

Nutrition: 231 calories per recipe; 3 gm fat, 0 gm saturated fat; sodium 255 mg; potassium 630 mg; total carb 43 gm (17 gm added sugar); 3 gm dietary fiber; protein 8 g; vit A 120% DV, calcium 55% DV, iron 4% DV.



## Raspberry Overnight Oats

*Overnight oats are an easy “no cook” breakfast that's full of healthy fiber and whole grain goodness. Add raspberries and your breakfast is also packed with anti-oxidant polyphenols. Substitute plain kefir for half the milk to add probiotics for gut health. Up the protein content with a tablespoon of chopped nuts. It only takes 5 minutes to make a superfood breakfast for an on-the-go morning!*

### Ingredients

- 1/2 cup rolled oats (not instant)
- 1 cup milk, regular or plant-based (or substitute 1/2 cup of plain kefir and 1/2 cup milk)
- 1-2 tsp honey or maple syrup, or any other sweetener of choice (optional)
- 1 tablespoon of raisins or dried cranberries or other dried fruit (I love chopped dates)
- 1 tablespoon of chopped nuts (walnuts or pecans are yummy)
- 1/4 tsp ground cinnamon
- 1/2 cup raspberries - fresh or frozen

### Instructions (makes 1 serving)

1. Combine all of the ingredients except the raspberries. Scoop into a jar or other lidded
2. container. Top the mixture with the raspberries - if they're frozen they will have time to defrost.
3. Put the lid on your container and place in the fridge for at least four hours, or preferably overnight. When ready, simply stick a spoon in and enjoy. You can also add extra crunchy toppings (chopped nuts) or a dollop of yoghurt or nut butter as well.
4. Note: if you use plant-based milk your breakfast will contain only about 4 grams of protein; add more nuts or stir in a tablespoon of nutbutter to make a more protein complete breakfast.

Nutrition Facts: 320 calories, 9 g total fat, 3 g saturated fat, 66 mg sodium, 283 mg potassium, 50 g total carbohydrate, 8 g dietary fiber, 21 g sugars (6 g added sugar as honey/syrup), 13 g protein, 16% DV vitamin C, 73% DV calcium, 7% DV iron.

## Spiced Baked Apples with Fruit and Nuts

### Ingredients

2 tablespoons raisins, dried cranberries, or chopped dried cherries  
2 tablespoons chopped walnuts or pecans  
6 tablespoons firmly packed brown sugar  
1/2 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
4 medium apples (Rome, Braeburn, Golden Delicious are best)  
1/2 cup boiling water (or 1/2 water and 1/2 apple juice)  
Butter or margarine



### Directions

Preheat the oven to 375 F.

In a small bowl, toss together brown sugar, cinnamon and nutmeg until all the ingredients are evenly distributed. Set aside.

Core the apples with an apple-corer or use the scoop end of a potato-peeler or grapefruit spoon. Be careful not to pierce through the bottom of the apple.

Fill the cavity of each apple with about one tablespoon of brown sugar mixture, pressing the mixture gently into each cavity. Add 1/2 teaspoon each dried fruit and chopped nuts to each apple cavity. Press gently and finish with 1/2 tablespoon of brown sugar mixture, pressing gently again. Arrange the apples upright in a covered baking dish just large enough to hold them. Dot the tops with butter or margarine. Pour the water (or juice and water) into the pan. Add any leftover brown sugar to the water.

Cover the pan—or if you don't have a covered casserole dish cover your pan snugly with aluminum foil. Bake until the apples are tender when pierced with a knife, 50 to 60 minutes.

Transfer the apples to individual bowls, slice in half and drizzle with the pan juices. (If the pan juices are too thin, boil for a minute or two in a saucepan to thicken). Serve warm or at room temperature. Top with a dollop of vanilla or coconut yogurt if desired.



### Nutritional Analysis (per serving)

Serving size: 1 apple			
Calories	171	Carbohydrate	42 g
Protein	1 g	Fiber	5 g
Total fat	2 g	Saturated fat	0 g