

PUMPKIN SPICE-CALIFLOWER PROTEIN SMOOTHIE



DIFFICULTY

EASY



TIME

5 MIN



SERVES

1

INGREDIENTS

3/4 cup frozen Butternut Squash pieces, Canned Pumpkin, or leftover Sweet Potato

3/4 cup frozen Cauliflower pieces

1 scoop of Vanilla Protein Powder (*i.e. Tera's Organic Vanilla Whey Powder or a non-dairy, pea protein-based powder*)

8-12 drops Liquid Stevia

1/4 frozen Banana

1 scoop Collagen Powder

1/2 cup non-dairy, unsweetened milk (*i.e. unsweetened coconut milk*)

2 tsp. Pumpkin Pie Spice

1/2 tsp. Vanilla Extract

1/8 tsp. (*or pinch*) of Sea Salt

DIRECTIONS

1. Put all ingredients in blender and process until smooth.

NUTRITION FACTS PER SERVING

Calories: 340 Fat: 15.6g (Saturated Fat: 13.3g) Carbohydrates: 31.6g Fiber: 6.3g Sugar: 11.7g Protein: 24.3g



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LOW SUGAR CRUSTLESS PUMPKIN PIE SQUARES



DIFFICULTY

EASY



TIME

50 MIN



SERVES

9

INGREDIENTS

Cooking Spray or 2 tsp Coconut Oil
2 Large Eggs
½ cup Granular Monkfruit Sweetener
½ cup Canned Full Fat Coconut Milk
1 each 15 ounce Can Pumpkin (not pumpkin pie filling)
¼ tsp Salt
2 tsp Pumpkin Pie Spice
1 tsp Vanilla Extract

DIRECTIONS

1. Preheat the oven to 350
2. Lightly spray or grease an 8 inch by 8 inch pan
3. Whisk together the eggs, monk fruit sweetener, coconut milk, pumpkin, salt, pumpkin pie and vanilla extract. Put the pumpkin mixture into the prepared pan and bake for 40-45 minutes, or until firm. Let the pumpkin "pie" cool and enjoy!

NUTRITION FACTS PER SERVING

Calories: 65 Fat: 4.4g (Saturated Fat: 3.2g) Carbohydrates: 5.2g Fiber: 1.9g Sugar: 2.3g Protein: 2.3g



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SMOKY SWEET POTATO SOUP WITH PUMPKIN SEEDS



DIFFICULTY
EASY



TIME
30 MIN



SERVES
2-3

INGREDIENTS

1 Medium Sweet Potato, peeled and cut into large chunks
¼ of medium Yellow onion, cut into 3 pieces
2 cloves garlic, peeled
Water to cover potato by 1 inch,
2 Tbsp Maple Syrup
1 tsp Chipotle Paste or ¼ tsp dried Chipotle or Chili Powder
1/8 tsp dried Oregano
¼ cup coconut milk or Greek yogurt
1 Tbsp Freshly Squeezed Lime Juice or Apple Cider Vinegar
Salt and Pepper to taste
2 Tbsp roasted Pumpkin Seeds, to garnish
1 each Green Onion, thinly sliced, to garnish

DIRECTIONS

1. Place sweet potatoes, onion and garlic in 4 quart plus-size pot and cover with water.
2. Bring to a to boil and reduce the heat to medium. Cook until potatoes are tender--about 20 minutes.
3. Remove from the heat and cool slightly to make handling easier. This part can be done the day before.
4. Transfer to a blender (in batches). Add the maple syrup and chipotle chiles and puree until smooth. Return mixture to heat and bring up to almost a boiling point. Reduce heat to simmer and add the lime Juice, milk or yogurt, salt and pepper.
5. Garnish each bowl with green onion and pumpkin seeds

NUTRITION FACTS PER SERVING

Calories: 239 **Fat:** 11.3g (Saturated Fat: 7.1g) **Carbohydrates:** 33.1g **Fiber:** 3.6g **Sugar:** 18.2g **Protein:** 4.5g



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