

Pumpkin Energy Bars + a Smoothie

- 1) Preheat oven to 350 degrees. Spray a 9×13 baking dish with non-stick spray.
- 2) Combine all dry ingredients in a stand mixer or a bowl and use a handheld mixer. Add in all the wet. Mix until all combined.
- 3) Bake for 20-25 minutes. Remove from oven and let cool completely in pan. Once cooled cut into 15 pieces.
- 4) Wrap individually and store in freezer.

Pumpkin Pie Smoothie

Ingredients:

- 1 scoop Sunwarrior Vanilla Protein Powder
- 1 cups baby spinach
- 1 teaspoons pumpkin pie spice*
- 1/2 cups pumpkin puree
- 1 cup unsweetened almond milk

Instructions:

- 1) Blend all the ingredients together and enjoy.
- Feel free to add a 1/4 of an avocado to the blender as well.
- *Add more spice if you LOVE pumpkin.

Recipes by Kristin

I love Halloween! I hate the dressing up part and haunted houses but I still like Halloween. I don't know how that makes sense lol. Halloween means pumpkins (you thought I was going to say candy! HAHAAH) I never really liked pumpkin until I met my husband, Neil. He loves pumpkin. While I can't say that I love all things pumpkin, I do like it here and there. Pumpkin is an excellent source of fiber as well as an excellent source of potassium. A little extra potassium after a workout is good to restore electrolytes lost after a hard workout and to help keep muscles functioning at their best.

The energy bars are a good snack to have on hand for those times when you get stuck and need something quick and handy. Freeze them after cutting them into bars. Drink the smoothie while trick or treating and it will help keep those candy demons away!

xoxoxo

Kristin