

Julie's Warming Pumpkin Smoothie Bowl

Yield: 1 serving

Prep time: <10 minutes

Total time: <15 minutes

INGREDIENTS

ice cubes | 2-3

organic canned pumpkin | ½ cup

carrot | 1, cut into chunks

spinach leaves | 1 handful

almond butter | 1 Tablespoon

almond milk (nut milk of choice) | ½- 1 cup

date | 1 small

ground flaxseed | 1 Tablespoon

GF oats | ¼ cup

vanilla extract | ½ teaspoon

maca powder** | 1 teaspoon

ginger | ¼ teaspoon

pumpkin pie spice | ½ teaspoon

collagen or plant-based protein powder | 1 scoop

**Select organic ingredients as much as possible*

***Gelatinized maca powder is best digested*



DIRECTIONS

1. Combine ingredients in a nutribullet or blender
2. Pour into your favorite small bowl and enjoy!

ABOUT THIS RECIPE:

Pumpkin – a favorite Fall superfood contains nutrients and antioxidants to boost your immune system, protect your eye sight, lower your risk of certain cancers, and promote heart and skin health!

Gut Friendly Recipe

Gluten free, Dairy Free, SIBO Bi-Phasic Diet Phase I & II, Vegetarian, Anti-Inflammatory

NOTES

- Top with 1 Tablespoon each as desired: toasted nuts/ seeds/ GF granola/ cacao nibs
- Add additional nut milk or water to desired consistency.

Julie's Tip: "Perfect smoothie to get you in the mood for Fall, boost your immune system, help nourish your skin and support your hormones"