

Spiced Pumpkin Pie Smoothie

Ingredients

1

LeafSide Vanilla Cinn-sation smoothie

4 cups

plant milk
(recommend unsweetened almond/coconut blend)

1 cup

pumpkin puree

1

frozen banana

1 teaspoon

pumpkin pie spice

2 tablespoons

date paste*

Enjoy the mildly sweet & spiced flavors of fall anytime of the year thanks to this wholesome smoothie! How can a meal that tastes like pie be good for you? Rest assured that each sip of this perfectly rich pumpkin concoction is chock-full of vitamins and minerals. Indulge to energize your day and glow from the inside out!

Makes 2 Servings

PREP TIME: 5 minutes • COOK TIME: 0 minutes

soy
free

wheat
free

◇ **Tools Needed:** high speed blender with 64oz minimum carafe (800+ watts power)

1. Pour LeafSide's Vanilla Cinn-sation smoothie into a blender; add plant milk (instead of water).
2. Add pumpkin, banana, pumpkin pie spice, date paste & blend thoroughly.

Other suggested additions: dates, walnuts, pecans, cinnamon, vanilla.

Optional: top with homemade granola & drink with wide straw

15

Unique Whole
Plant Foods



HOMEMADE GRANOLA

topping for smoothies, smoothie bowls, overnight oats or to eat on its own!

1. Preheat oven to 350 & line a baking sheet with a silicone mat or parchment paper.
2. Stir the following in a large bowl: 4 cups rolled oats, 1 cup chopped walnuts, 1/4 cup whole flaxseed (grind just before using for best health benefits; makes approx. 1/2 cup once ground), 4 teaspoons Ceylon cinnamon.
3. Add the following to the dry mixture and stir everything to combine well: 1/2 cup raisins, 1/2 cup unsweetened applesauce, 1/2 cup date paste, 1/8 cup unsalted almond butter, 1 tablespoon vanilla.
4. Spread mixture evenly onto the baking sheet. Bake for 20 minutes, stir, and bake for another 20 minutes or until golden brown & crunchy.
5. Cool & store in an airtight container for up to a month.

NOTE: Feel free to add other nuts, seeds, spices, & fruits per your preferences.

*See Bonus Recipes