

## Gluten-Free Pumpkin Bread

This time of year, it's hard to walk into any grocery store or restaurant and not find a dozen pumpkin-flavored varieties of all your favorite foods. And I totally understand why. Pumpkins are full of fiber, beta carotene and potassium — plus, they're just downright tasty. The problem is, most seasonal pumpkin goodies are far from good for you. On the other hand, this recipe for moist, delicious pumpkin bread is everything you want in a quick bread recipe (easy assembly) without the junk you don't. It's made from protein-rich almond flour and high-fiber and metabolism-boosting coconut flour — which means it's free of any grains that could lead to inflammation or digestive distress.

Another bonus? This flavorful loaf is sweetened with maple syrup — the perfect all-natural alternative to refined sugar that complements the recipe's warm spices. Maple syrup provides several key vitamins and minerals, in addition to being lower on the glycemic index and much easier to digest than regular sugar.

Recipe by Dr. Josh Axe & *Food is Medicine*

### Ingredients

1 cup almond flour  
1/4 cup coconut flour  
1/2 tsp sea salt  
1/2 tsp baking soda  
1 tsp cinnamon  
1/2 tsp pumpkin pie spice  
3/4 cup pumpkin  
1/4 cup maple syrup  
1/4 cup coconut oil  
3-4 eggs

### Directions

Preheat oven to 325 degrees F. Grease one loaf pan. Combine all wet ingredients in a bowl. Combine all dry ingredients in another bowl. Mix both bowls together until well incorporated. Pour into the greased loaf pan and bake for 45-60 minutes.

# Choco-Mint Treats

## Ingredients

1 cup walnuts  
1/2 cup almonds  
1 cup pitted dates  
1 tsp vanilla  
1/2 cup cacao powder  
1/2 cup fresh mint



## Directions

Place all ingredients in food processor; pulse and blend well. The mixture should have the consistency of peanut butter. Use your hands or a melon baller to form mixture into one-inch balls and place balls into mini muffin cups in a mini muffin tray (the tray just keeps them from sliding around as you fill the cups!). You can leave the mixture as a round ball or press it into the muffin cups.

Remove the filled muffin cups from the tray and place them in a re-sealable storage container using wax paper in between layers. Place in freezer for at least an hour.

Serve them cold or at room temperature. These are great treats to help you “crowd out” the Halloween candy!

TIP: Don't have time to make them yourself? Try LARABAR Mint Chocolate Truffle Bites!



# Pumpkin Pie Smoothie

## Ingredients

- 1/2 cup pumpkin puree
- 1/2 frozen banana
- 2 pitted medjool dates
- 1/2 tsp pumpkin pie spice (cinnamon, ginger, cloves, nutmeg)
- 1 cup un-sweetened almond or coconut milk
- 1 serving vegan vanilla protein powder
- 1/4 cup crushed iced
- Cinnamon and cinnamon stick for garnish



## Directions

Add all ingredients to blender, blend until smooth.

Sprinkle with cinnamon, add cinnamon stick and enjoy!

