



PUMPKIN RECIPES TO CELEBRATE THE SEASON

CELEBRATE PUMPKIN SEASON
WITH 15 OF OUR FAVORITE
HEALTHY PUMPKIN RECIPES!



VSHRED
FOODIES CLUB



INTRODUCTION

CONGRATS ON PICKING UP THIS MONTH'S EDITION OF THE RECIPE BOOK FOR THE V SHRED FOODIES CLUB!

Congrats on picking up this month's edition of the recipe book for the V Shred Foodies Club!

It's officially Pumpkin Season so we wanted to send you some of our favorite pumpkin recipes that you can indulge in (without the guilt!). Pumpkin is actually one of the healthiest and most versatile ingredients you can cook and bake with as the weather gets colder and you're in search of some tasty comfort food.

This month we're bring you 15 of our favorite pumpkin recipes, including desserts, smoothies, snacks, and meals! From our Pumpkin Curry Bowl to our Pumpkin Spice Energy Bites, you won't get bored with pumpkin anytime soon.

Have fun, and don't forget to join our private FB Group to post your latest creations!

Share Your Recipes and Photos in the V Shred Foodies FB Group Here!



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ROASTED PUMPKIN SALAD



300

CALORIES

22

FAT

23

CARBS

6

PROTEIN

4

SERVINGS

This delicious salad makes for a great lunch or late afternoon snack. It's loaded with healthy fats so it will keep you full and satisfied. Add your choice of protein to turn it into a complete meal!

INGREDIENTS

- 1 small sugar pumpkin (about 2 pounds), peeled, seeded, and cut into 1-inch cubes
- 4 tbsps olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp paprika (optional for added flavor)
- 6 cups mixed salad greens (e.g., spinach, arugula, or kale)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped toasted nuts (e.g., walnuts or pecans)
- 2 tbsps dried cranberries or raisins (optional, for sweetness)
- 1 tbsp balsamic vinegar
- 1 tsp honey or maple syrup
- 1/2 tsp Dijon mustard
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat the Oven: Preheat your oven to 400°F (200°C).
2. Roast the Pumpkin:
3. In a large mixing bowl, toss the pumpkin cubes with 2 tbsp of olive oil, salt, pepper, and paprika if desired.
4. Spread the seasoned pumpkin cubes in a single layer on baking sheet lined with parchment paper.
5. Roast in the preheated oven for about 20-25 minutes or until the pumpkin is tender and slightly caramelized. You can check for doneness by inserting a fork into a piece of pumpkin; it should be soft.
6. Make the Dressing:
7. In a small bowl, whisk together 2 tbsp of olive oil, 1 tbsp of balsamic vinegar, 1 tsp of honey or maple syrup, and 1/2 tsp of Dijon mustard. Season with salt and pepper to taste. Set aside.
8. Assemble the Salad:
9. In a large salad bowl, arrange the mixed greens.
10. Add the roasted pumpkin cubes on top of the greens while they are still warm.
11. Sprinkle the cherry tomatoes, red onion slices, crumbled feta cheese, chopped toasted nuts, and dried cranberries (if using) evenly over the salad.
12. Drizzle the prepared dressing over the salad. Gently toss all the ingredients together to coat them with the dressing evenly. Serve and enjoy!

PUMPKIN CRUST PIZZA

346

CALORIES

22

FAT

10

CARBS

28

PROTEIN

4

SERVINGS

Change things up for pizza night with this delicious, lower-carb version! Pumpkin can be turned into a delicious crispy crust before you put it together with your favorite pizza toppings. And it's a lot easier to make than you think!

INGREDIENTS

1 cup canned pumpkin puree (not pumpkin pie filling)
 1 1/2 cups almond flour
 1/2 cup grated Parmesan cheese
 1 large egg
 1 tsp dried oregano
 1/2 tsp garlic powder
 Salt and pepper to taste
 1/2 cup pizza sauce (look for one with no added sugar)
 1 1/2 cups shredded mozzarella cheese (or dairy-free alternative)
 1 cup sliced bell peppers
 1 cup sliced mushrooms
 1/2 cup sliced black olives (optional)
 Fresh basil leaves for garnish (optional)

INSTRUCTIONS

1. Preheat the Oven: Preheat your oven to 425°F (220°C).
2. In a large mixing bowl, combine the canned pumpkin puree, almond flour, grated Parmesan cheese, egg, dried oregano, garlic powder, salt, and pepper. Mix until a dough forms.
3. Place a sheet of parchment paper on a baking sheet and lightly grease it with cooking spray.
4. Transfer the pumpkin dough to the parchment paper and use your hands to press and spread it into a round or rectangular shape, about 1/4 inch thick.
5. Place the crust in the preheated oven and bake for 15-20 minutes, or until it becomes firm and lightly golden around the edges.
6. Remove the pumpkin crust from the oven and spread the pizza sauce evenly over the crust, leaving a small border around the edges.
7. Sprinkle the shredded mozzarella cheese evenly over the sauce.
8. Add sliced bell peppers, mushrooms, and black olives (if using) as your desired toppings.
9. Return the pizza to the oven and bake for an additional 10-15 minutes, or until the cheese is bubbly and slightly browned, and the toppings are tender.
10. Once the pizza is done, remove it from the oven and let it cool for a few minutes. Slice and enjoy!

GRILLED PUMPKIN AND CHICKEN SKEWERS

374

CALORIES

18

FAT

19

CARBS

35

PROTEIN

4

SERVINGS

Did you know pumpkin can be roasted on a grill? Turn your regular chicken skewers into a harvest season special with this delicious recipe! Make the marinade ahead of time for a get-together or special event to save on time!

INGREDIENTS

- 1/4 cup olive oil
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp paprika
- Salt and pepper to taste
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 1 small sugar pumpkin, peeled, seeded, and cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- Wooden skewers, soaked in water for 30 minutes

INSTRUCTIONS

1. In a bowl, whisk together the olive oil, lemon juice, minced garlic, dried oregano, paprika, salt, and pepper. This will be your marinade.
2. Place the chicken cubes in a separate bowl, and pour half of the marinade over the chicken. Toss to coat the chicken evenly. Cover and refrigerate for at least 30 minutes to marinate. You can save the remaining marinade for basting during grilling.
3. Preheat your grill to medium-high heat (about 375-400°F or 190-200°C).
4. Thread the marinated chicken, pumpkin cubes, red bell pepper pieces, and red onion pieces onto the soaked wooden skewers, alternating the ingredients as you go.
5. Place the assembled skewers on the preheated grill grates.
6. Grill for about 10-15 minutes, turning occasionally, until the chicken is cooked through and the pumpkin and vegetables are tender. Baste the skewers with the reserved marinade during grilling for extra flavor.
7. Once the chicken is cooked and the vegetables are tender, remove the skewers from the grill. Serve and enjoy!

STUFFED PUMPKIN BELL PEPPERS

470

CALORIES

14

FAT

69

CARBS

23

PROTEIN

4

SERVINGS

This might be one of the most filling pumpkin meals you'll ever eat! Save it for a higher carb day or when you need a lot of energy. It's packed with quinoa, pumpkin, and all your favorite bell pepper stuffings. A great recipe for potlucks and get-togethers this season!

INGREDIENTS

4 large bell peppers (any color you prefer)
 1 cup quinoa, rinsed
 2 cups vegetable broth or water
 1 small pumpkin (about 2-3 pounds), peeled, seeded, and diced into small cubes
 1 cup black beans, cooked and drained (canned or cooked from dried)
 1 cup corn kernels (fresh, frozen, or canned)
 1 cup diced tomatoes (canned or fresh)
 1/2 cup diced red onion
 2 cloves garlic, minced
 1 tsp chili powder
 1/2 tsp cumin
 Salt and pepper to taste
 1 cup shredded cheese (cheddar or a dairy-free alternative)
 Fresh cilantro leaves for garnish (optional)

INSTRUCTIONS

1. Preheat your oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds and membranes. If the peppers don't stand up on their own, you can trim a thin slice from the bottom to help them sit flat.
3. In a medium saucepan, bring the vegetable broth (or water) to a boil.
4. Add the quinoa, reduce the heat to low, cover, and simmer for about 15-20 minutes, or until the quinoa is cooked and the liquid is absorbed. Remove from heat and fluff with a fork.
5. In a large skillet, heat some oil over medium heat.
6. Add the diced pumpkin and cook for about 8-10 minutes, or until it becomes tender and slightly browned. Season with a pinch of salt and pepper.
7. Add the diced red onion and garlic to the skillet and sauté for another 2-3 minutes until they soften. Set aside.
8. In a large mixing bowl, combine the cooked quinoa, sautéed pumpkin, black beans, corn, diced tomatoes, chili powder, cumin, salt, and pepper. Mix everything together.
9. Carefully stuff each bell pepper with the quinoa and vegetable mixture, pressing it down gently with a spoon. Fill each pepper to the top.
10. Place the stuffed peppers in a baking dish.
11. Sprinkle the shredded cheese on top of each stuffed pepper.
12. Cover the baking dish with aluminum foil and bake for about 25-30 minutes, or until the bell peppers are tender and the cheese is melted and bubbly. Serve warm and enjoy!

PUMPKIN CURRY BOWL

549

CALORIES

28

FAT

69

CARBS

14

PROTEIN

4

SERVINGS

Add a zesty kick to your Fall menu with this fresh take on the classic spicy curry bowl! This is a hearty meal on its own but you can add your choice of protein to make it even better.

INGREDIENTS

2 tbsp coconut oil
 1 onion, finely chopped
 3 cloves garlic, minced
 1 tbsp fresh ginger, minced
 2 tbsp curry paste (red or green, adjust to your spice preference)
 1 small pumpkin, peeled, seeded, and cut into 1-inch cubes (about 4 cups)
 1 can (14 ounces) coconut milk (full-fat or light)
 1 cup vegetable broth
 2 tbsp soy sauce or tamari (for a gluten-free option)
 2 tbsp maple syrup or coconut sugar
 Salt and pepper to taste
 Fresh cilantro leaves for garnish
 2 cups cooked brown rice or quinoa
 2 cups steamed broccoli florets
 1 cup sliced bell peppers (red, green, or yellow)
 1 cup cooked chickpeas (canned or cooked from dried)
 Lime wedges for garnish (optional)

INSTRUCTIONS

1. In a large pan or skillet, heat the coconut oil over medium heat. Add the chopped onion and sauté for about 3-4 minutes until translucent.
2. Add the minced garlic and ginger to the pan and cook for another 1-2 minutes until fragrant.
3. Stir in the curry paste and cook for a minute, allowing the flavors to bloom.
4. Add the pumpkin cubes to the pan and cook for about 5 minutes, stirring occasionally, until they begin to soften.
5. Pour in the coconut milk, vegetable broth, soy sauce, and maple syrup. Stir well to combine.
6. Reduce the heat to low, cover the pan, and simmer for 15-20 minutes or until the pumpkin is tender and the curry has thickened. Season with salt and pepper to taste.
7. Divide the cooked rice or quinoa among four bowls. Top each bowl with a portion of the pumpkin curry then arrange the steamed broccoli florets, sliced bell peppers, and cooked chickpeas on top of the curry.
8. Serve and enjoy!

HEARTY PUMPKIN & CHICKPEA STEW

266

CALORIES

9

FAT

43

CARBS

9

PROTEIN

4

SERVINGS

Another hearty and nutritious recipe to add to your Fall menu, this pumpkin and chickpea stew will cheer you up on even the cloudiest of days. Add tofu or chicken breast to turn it into a complete meal!

INGREDIENTS

2 tbsp olive oil
 1 onion, chopped
 3 cloves garlic, minced
 1 carrot, diced
 1 celery stalk, diced
 1 red bell pepper, chopped
 1 small sugar pumpkin (about 2 pounds), peeled, seeded, and diced into 1-inch cubes
 1 can (15 ounces) chickpeas, drained and rinsed
 1 can (14 ounces) diced tomatoes
 4 cups vegetable broth
 1 tsp ground cumin
 1/2 tsp ground coriander
 1/2 tsp smoked paprika
 1/4 tsp cayenne pepper (adjust to your spice preference)
 Salt and black pepper to taste
 2 cups chopped kale or spinach
 Juice of 1 lemon
 Fresh parsley or cilantro for garnish
 Greek yogurt or coconut yogurt (optional, for serving)

INSTRUCTIONS

1. In a large pot or Dutch oven, heat the olive oil over medium heat.
2. Add the chopped onion, minced garlic, diced carrot, diced celery, and chopped red bell pepper to the pot. Sauté for 5-7 minutes, or until the vegetables start to soften.
3. Stir in the ground cumin, ground coriander, smoked paprika, cayenne pepper, salt, and black pepper. Cook for an additional 2 minutes to toast the spices, stirring constantly.
4. Add the diced pumpkin and drained chickpeas to the pot. Stir to combine with the sautéed vegetables and spices.
5. Pour in the vegetable broth and add the diced tomatoes (with their juice). Stir well to combine.
6. Bring the stew to a boil, then reduce the heat to low, cover, and simmer for about 20-25 minutes, or until the pumpkin is tender.
7. Stir in the chopped kale or spinach and lemon juice. Cook for an additional 5 minutes, or until the greens are wilted.
8. Taste the stew and adjust the seasoning with salt, pepper, and additional spices if needed.
9. Ladle the Pumpkin and Chickpea Stew into bowls.
10. If desired, serve with a dollop of Greek yogurt or coconut yogurt on top. Enjoy!

PUMPKIN-STUFFED CHICKEN BREAST

348

CALORIES

13

FAT

10

CARBS

51

PROTEIN

4

SERVINGS

Give plain, grilled chicken breast a makeover and boost the nutrition with this version! We use canned pumpkin to make a delicious, spinach and cheese stuffing and these are super easy to make in the oven. Enjoy with cauliflower rice, brown rice, quinoa, and other sides for a complete meal!

INGREDIENTS

For the Pumpkin Stuffing:

- 1 cup canned pumpkin puree (not pumpkin pie filling)
- 1/2 cup fresh spinach, chopped
- 1/4 cup grated Parmesan cheese
- 1/4 cup finely chopped onion
- 2 cloves garlic, minced
- 1/4 tsp dried thyme
- Salt and pepper to taste

For the Chicken:

- 4 boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1 tsp paprika
- Salt and pepper to taste

INSTRUCTIONS

1. In a mixing bowl, combine the canned pumpkin puree, chopped spinach, grated Parmesan cheese, chopped onion, minced garlic, dried thyme, salt, and pepper. Mix well to create the pumpkin stuffing mixture. Set aside.
2. Preheat your oven to 375°F (190°C).
3. Using a sharp knife, carefully make a horizontal slit along the thicker side of each chicken breast to create a pocket. Be careful not to cut all the way through; you want a pocket for the stuffing.
4. Stuff each chicken breast pocket with the pumpkin stuffing mixture, dividing it evenly among the four breasts. Close the pockets as best as you can.
5. Brush the outside of each stuffed chicken breast with olive oil and sprinkle with paprika, salt, and pepper.
6. Heat an ovenproof skillet over medium-high heat. Once hot, add the stuffed chicken breasts and sear for about 2-3 minutes on each side, or until they are lightly browned.
7. Transfer the skillet to the preheated oven and bake for approximately 20-25 minutes, or until the chicken is cooked through and no longer pink in the center. The internal temperature of the chicken should reach 165°F (74°C).
8. Once done, remove the stuffed chicken breasts from the oven and let them rest for a few minutes.
9. Slice the stuffed chicken breasts into medallions or serve them whole. Enjoy!

PUMPKIN & PULLED PORK TACOS

516

CALORIES

15

FAT

67

CARBS

31

PROTEIN

4

SERVINGS

Turn any 'Taco Tuesday' into a pumpkin fest this season with this savory recipe! Sure to be a crowd favorite, these tacos are loaded with flavor and are also a great addition to your healthy meal plan. Try them out on a higher carb day to keep everything on track!

INGREDIENTS

1 pound lean pork tenderloin
 1 tsp smoked paprika
 1 tsp cumin
 1 tsp chili powder
 1/2 tsp garlic powder
 1/2 tsp onion powder
 Salt and pepper to taste
 1 cup low-sodium chicken or vegetable broth
 1/2 cup diced onion
 2 cloves garlic, minced
 1 cup canned pumpkin puree (not pumpkin pie filling)
 1/4 cup barbecue sauce (look for a low-sugar or sugar-free option)
 8 small whole wheat or corn tortillas
 2 cups shredded lettuce
 1 cup diced tomatoes
 1/2 cup diced red onion
 1/2 cup chopped fresh cilantro
 1/2 cup Greek yogurt or low-fat sour cream (optional, for topping)
 Lime wedges for garnish (optional)

INSTRUCTIONS

1. In a small bowl, combine the smoked paprika, cumin, chili powder, garlic powder, onion powder, salt, and pepper. Rub this spice mixture all over the pork tenderloin, coating it evenly.
2. In a large skillet or Dutch oven, heat a bit of oil over medium-high heat. Add the pork tenderloin and sear it on all sides until it's browned, about 2-3 minutes per side.
3. Remove the pork from the skillet and set it aside.
4. In the same skillet, add the diced onion and minced garlic. Sauté for 2-3 minutes until they soften.
5. Pour in the chicken or vegetable broth and scrape up any browned bits from the bottom of the skillet.
6. Stir in the canned pumpkin puree and barbecue sauce. Mix well to combine.
7. Return the seared pork tenderloin to the skillet, nestling it into the pumpkin sauce.
8. Cover the skillet and let the pork simmer over low heat for about 1-1.5 hours, or until the pork is tender and can be easily pulled apart with a fork.
9. Once the pork is done, shred it using two forks and mix it with the pumpkin sauce.
10. Warm the tortillas according to the package instructions.
11. Place a generous portion of the pulled pork and pumpkin sauce mixture onto each tortilla.
12. Top with shredded lettuce, diced tomatoes, diced red onion, and chopped cilantro.
13. Serve with a side of sour cream or Greek yogurt if desired. Enjoy!

PUMPKIN SPICE ENERGY BITES

411

CALORIES

26

FAT

41

CARBS

16

PROTEIN

4

SERVINGS

Give yourself an energy boost without a ton of sugar with these delicious energy bites! Not only are they fun to make but they're also super easy to prepare – no baking required and ready to eat in less than an hour! Make a larger batch for events and parties this season.

INGREDIENTS

1 cup rolled oats (gluten-free if needed)
 1/2 cup canned pumpkin puree (not pumpkin pie filling)
 1/4 cup almond butter or any nut or seed butter of your choice
 1/4 cup honey or maple syrup (for a vegan option)
 1/4 cup ground flaxseed
 1/4 cup chopped nuts (e.g., walnuts, almonds, or pecans)
 1/4 cup dried cranberries or raisins
 1 tsp pumpkin spice blend (or a mixture of cinnamon, nutmeg, and cloves)
 1/2 tsp vanilla extract
 A pinch of salt (optional)
 Additional oats or coconut flakes for rolling (optional)

INSTRUCTIONS

1. In a mixing bowl, combine the rolled oats, ground flaxseed, chopped nuts, dried cranberries or raisins, and pumpkin spice blend. Mix well to combine.
2. Add the canned pumpkin puree, almond butter, honey or maple syrup, vanilla extract, and a pinch of salt (if using) to the dry ingredients. Stir until everything is well combined and forms a sticky mixture.
3. Cover the bowl with plastic wrap or a lid and refrigerate the mixture for about 30 minutes. This will make it easier to shape into energy bites.
4. After chilling, use your hands to scoop out portions of the mixture and roll them into bite-sized balls, about 1 to 1.5 inches in diameter. If the mixture is too sticky to handle, you can dampen your hands with water or dust them with a little extra oats or coconut flakes to prevent sticking.
5. If you like, you can roll the energy bites in additional oats or coconut flakes for a different texture.
6. Place the energy bites on a tray or plate and refrigerate for another 15-30 minutes to firm up.
7. Serve immediately or store them in an airtight container or refrigerator until ready to serve!

PUMPKIN SWIRL DARK CHOCOLATE BARK

542

CALORIES

39

FAT

41

CARBS

8

PROTEIN

4

SERVINGS

Treat yourself to some rich, dark chocolate with a pumpkin twist this season! This homemade bark is perfect for parties and can be made in larger batches if you want to have it around for snacking. This recipe serves 4 but you can break up the bark into smaller pieces for bite-sized servings!

INGREDIENTS

8 ounces dark chocolate (70% cocoa or higher), chopped into small pieces
 1/2 cup canned pumpkin puree (not pumpkin pie filling)
 1/4 cup unsweetened almond butter or any nut or seed butter of your choice
 2 tbsp honey or maple syrup (for a vegan option)
 1 tsp pumpkin pie spice blend (or a mixture of cinnamon, nutmeg, and cloves)
 1/4 cup chopped nuts (e.g., walnuts, almonds, or pecans)
 1/4 cup dried cranberries or raisins
 A pinch of salt (optional)

INSTRUCTIONS

1. In a heatproof bowl, melt the dark chocolate in the microwave in 20-30 second intervals, stirring after each interval until smooth. Alternatively, you can melt the chocolate using a double boiler.
2. In a separate bowl, combine the canned pumpkin puree, almond butter, honey or maple syrup, pumpkin pie spice blend, and a pinch of salt (if using). Mix until everything is well combined.
3. Line a baking sheet or tray with parchment paper. Pour the melted dark chocolate onto the parchment paper, spreading it into an even layer, about 1/4 inch thick.
4. Spoon the pumpkin mixture over the melted chocolate in random dollops.
5. Use a toothpick or a knife to swirl the pumpkin mixture into the dark chocolate, creating a marbled effect.
6. Sprinkle the chopped nuts and dried cranberries or raisins evenly over the chocolate and pumpkin mixture, gently pressing them into the surface.
7. Place the baking sheet in the refrigerator and allow the Pumpkin Dark Chocolate Bark to chill and set for at least 1-2 hours or until completely firm.
8. Once set, remove the bark from the parchment paper and break it into smaller pieces. Enjoy!

PUMPKIN PROTEIN BALLS

380

CALORIES

26

FAT

33

CARBS

17

PROTEIN

4

SERVINGS

This is a no-bake dessert and snack recipe you're sure to fall in love with this season! It's made with protein powder and rolled oats, providing lots of nutrition in every bite. Make a larger batch ahead of time for parties and special events – it's sure to be a hit with healthy and non-healthy eaters alike!

INGREDIENTS

1 cup rolled oats (gluten-free if needed)
 1/2 cup canned pumpkin puree (not pumpkin pie filling)
 1/4 cup protein powder (vanilla or unflavored)
 1/4 cup almond butter or any nut or seed butter of your choice
 2 tbsp honey or maple syrup (for a vegan option)
 1 tsp pumpkin pie spice blend (or a mixture of cinnamon, nutmeg, and cloves)
 1/4 cup chopped nuts (e.g., walnuts, almonds, or pecans)
 1/4 cup dried cranberries or raisins
 A pinch of salt (optional)
 Shredded coconut or cocoa powder for rolling (optional)

INSTRUCTIONS

1. In a mixing bowl, combine the rolled oats, protein powder, canned pumpkin puree, almond butter, honey or maple syrup, pumpkin pie spice blend, and a pinch of salt (if using). Mix well until the mixture becomes a thick and sticky dough.
2. Stir in the chopped nuts and dried cranberries or raisins until they are evenly distributed throughout the dough.
3. Cover the bowl with plastic wrap or a lid and refrigerate the dough for about 30 minutes. This will make it easier to handle and shape into balls.
4. After chilling, use your hands to scoop out portions of the dough and roll them into bite-sized balls, about 1 inch in diameter.
5. (Optional) Roll the protein balls in shredded coconut or cocoa powder for added flavor and texture.
6. Place the protein balls on a tray or plate and refrigerate for another 15-30 minutes to firm up. Enjoy!

LOW CARB PUMPKIN MUFFINS


 LOW CARB!

201

CALORIES

16

FAT

7

CARBS

6

PROTEIN

4

SERVINGS

Wake up to these delicious pumpkin muffins or bake them up for a special brunch this season! They're low in carb but high in flavor. Plus you can mix in some chocolate chips, nuts, or dried fruit to make your own customized version of them. Try this recipe at least once this Fall!

INGREDIENTS

1 cup almond flour
 1/4 cup coconut flour
 1/4 cup granulated erythritol or your preferred low-carb sweetener
 1 tsp baking powder
 1/2 tsp baking soda
 1/2 tsp ground cinnamon
 1/4 tsp ground nutmeg
 1/4 tsp ground ginger
 1/8 tsp ground cloves
 A pinch of salt
 2 large eggs
 1/2 cup canned pumpkin puree (not pumpkin pie filling)
 1/4 cup unsweetened almond milk or any low-carb milk of your choice
 2 tbsp melted coconut oil or butter
 1 tsp vanilla extract
 Chopped nuts or sugar-free chocolate chips for topping (optional)

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Line a muffin tin with paper liners or grease it well.
2. In a mixing bowl, whisk together the almond flour, coconut flour, granulated erythritol (or your preferred sweetener), baking powder, baking soda, ground cinnamon, ground nutmeg, ground ginger, ground cloves, and a pinch of salt.
3. In another bowl, whisk the eggs. Add the canned pumpkin puree, unsweetened almond milk, melted coconut oil (or butter), and vanilla extract. Mix until well combined.
4. Pour the wet ingredients into the dry ingredients and stir until you have a smooth batter.
5. Divide the batter evenly among the muffin cups, filling each about 3/4 full. (Optional) Sprinkle chopped nuts or sugar-free chocolate chips on top of the muffins.
6. Bake in the preheated oven for 18-22 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
7. Allow the muffins to cool in the muffin for a few minutes, then transfer them to a wire rack to cool completely.

LOW CARB PUMPKIN CHEESECAKE BARS

LOW
CARB!

410

CALORIES

37

FAT

8

CARBS

10

PROTEIN

4

SERVINGS

Nobody should get through the Fall season without at least one cheesecake indulgence. And now you can indulge without the guilt with these delicious pumpkin cheesecake bars! These are super low in sugar and carbs, making them the perfect treat anytime of day. Enjoy the following day for an even better flavor and texture!

INGREDIENTS

1 cup almond flour
2 tbsp coconut flour
2 tbsp granulated erythritol or your preferred low-carb sweetener
1/4 cup melted coconut oil or butter
For the Cheesecake Filling:
8 ounces cream cheese, softened (use a low-fat version if preferred)
1/2 cup canned pumpkin puree (not pumpkin pie filling)
1/4 cup granulated erythritol or your preferred low-carb sweetener
1 tsp pumpkin pie spice blend (or a mixture of cinnamon, nutmeg, and cloves)
1 tsp vanilla extract
1 large egg

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Line an 8x8-inch (20x20 cm) square baking pan with parchment paper, leaving some overhang on the sides for easy removal.
2. In a mixing bowl, combine the almond flour, coconut flour, granulated erythritol (or your preferred sweetener), and melted coconut oil (or butter). Mix until it forms a crumbly mixture.
3. Press the mixture into the bottom of the prepared baking pan to form an even crust layer.
4. In a separate mixing bowl, beat the softened cream cheese until smooth.
5. Add the canned pumpkin puree, granulated erythritol (or your preferred sweetener), pumpkin pie spice blend, vanilla extract, and egg. Beat until all the ingredients are well combined and the mixture is smooth.
6. Pour the cheesecake filling over the crust layer in the baking pan.
7. Smooth the top with a spatula.
8. Bake in the preheated oven for 25-30 minutes, or until the edges are set, and the center is slightly jiggly.
9. Remove the pan from the oven and let it cool to room temperature in the pan. Then, refrigerate for at least 2 hours, or until fully chilled and set.
10. Use the parchment paper overhang to lift the cheesecake bars out of the pan.
11. Slice into bars and enjoy!

PUMPKIN PIE PROTEIN SMOOTHIE



244

CALORIES

7

FAT

35

CARBS

11

PROTEIN

4

SERVINGS

Craving pumpkin pie? Try this delicious smoothie recipe to manage that sweet tooth and also give your body a healthy dose of nutrition! It's made with banana, protein powder, and pumpkin puree, making it the perfect breakfast or snack option this season.

INGREDIENTS

- 1 cup unsweetened almond milk (or any milk of your choice)
- 1/2 cup canned pumpkin puree (not pumpkin pie filling)
- 1 medium ripe banana
- 1/4 cup plain Greek yogurt or a dairy-free alternative
- 2 tbsp vanilla protein powder (plant-based or whey)
- 1 tsp pumpkin pie spice blend (or a mixture of cinnamon, nutmeg, and cloves)
- 1 tbsp honey or maple syrup (adjust to your sweetness preference)
- 1/2 tsp vanilla extract
- 1 cup ice cubes (optional, for a colder smoothie)

INSTRUCTIONS

1. In a blender, add the unsweetened almond milk, canned pumpkin puree, ripe banana, plain Greek yogurt, vanilla protein powder, pumpkin pie spice blend, honey or maple syrup, and vanilla extract. If you prefer a colder and thicker smoothie, you can add the ice cubes to the blender as well.
2. Blend all the ingredients until smooth and creamy. You may need to stop and scrape down the sides of the blender or add a bit more almond milk if it's too thick.
3. Taste the smoothie and adjust the sweetness or spice level to your preference. You can add more honey or pumpkin pie spice if desired. Pour the Pumpkin Pie Protein Smoothie into two glasses. Enjoy!

GREEN PUMPKIN SMOOTHIE

244

CALORIES

7

FAT

35

CARBS

11

PROTEIN

2

SERVINGS

Get a good dose of greens, banana, and pumpkin to start your day off right! This tasty smoothie is perfect for adding a boost of nutrition to your day. Add some mixed berries (which are naturally low in sugar!) to the mix for another flavor option!

INGREDIENTS

1 cup unsweetened almond milk (or any milk of your choice)
 1/2 cup canned pumpkin puree (not pumpkin pie filling)
 1 medium ripe banana
 1/4 cup plain Greek yogurt or a dairy-free alternative
 2 tbsp vanilla protein powder (plant-based or whey)
 1 tsp pumpkin pie spice blend (or a mixture of cinnamon, nutmeg, and cloves)
 1 tbsp honey or maple syrup (adjust to your sweetness preference)
 1/2 tsp vanilla extract
 1 cup ice cubes (optional, for a colder smoothie)

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2. Blend all the ingredients until smooth and creamy. You may need to stop and scrape down the sides of the blender or add a bit more almond milk if it's too thick.
3. (Optional) Add some frozen blueberries, strawberries, raspberries and/or blackberries for extra sweetness.
4. Taste the smoothie and adjust the sweetness or spice level to your preference. You can add more honey or pumpkin pie spice if desired.
5. Pour the Pumpkin Pie Protein Smoothie into two glasses.

The background is a dark, textured surface, possibly slate, decorated with various autumn-themed items. In the top left, there's a halved pumpkin with seeds and some red and orange leaves. In the top center is a whole small pumpkin. In the top right is another halved pumpkin. On the left side, there are some green herbs and a purple onion. In the bottom left, there's a pile of brown powder (likely pumpkin spice) and cinnamon sticks. In the bottom center and right, there are more pumpkins and a bunch of red cherry tomatoes.

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