PUMPKIN PIE SMOOTHIE

Yields: 2 servings



INGREDIENTS
1 Cup Organic Seminole or Butternut Squash
1 Cup Water
2 Tbsp Organic Oat Bran
1 Tbsp Organic Pumpkin Seeds, soaked overnight
4 Organic Almonds, soaked overnight (or 1 tsp almond butter)
1 Tbsp Organic. Coconut Butter
Spices: 1/8 tsp Pumpkin Pie spice, Cinnamon powder, Nutmeg powder, Vanilla bean powder
Dairy Free CocoWhip, or Unsweetened coconut flakes to garnish

PREPARATION

1. Wash, peel, and cut into cubs squash.
2. Place all ingredients except CocoWhip in high speed blender.
3. Puree until creamy and smooth.

Top with So Delicious Dairy Free CocoWhip, or Unsweetened coconut flakes

All seeds must be soaked before consumed to eliminate anti nutrients, enzyme inhibitors. Simply place desirable amount into a glass jar and top with pure water. Soak overnight. Drain the water next morning, rinse well. Transfer back to the glass jar. Keep refrigerated. Use within 7 days.

Pumpkin is a highly nutrient-dense food. It is rich in vitamins and minerals but low in calories. The bright orange winter vegetable is loaded with a pre-cursor to vitamin A called beta-carotene, found in most orange and yellow vegetables. Vitamin A is critical for vision, healthy skin and brain function.

Pumpkin seeds

Crunchy, delicious Pumpkin seeds are a powerhouse of vitamins, minerals health promoting antioxidants. They are packed with protein and fiber, which acts as a broom to your intestines, has beneficial effect on blood glucose, insulin sensitivity and cholesterol levels

Almonds

Almonds are world's healthiest foods. They are one of the few alkalizing nuts to the digestive tract Essential for the brain, heart, digestive tract health. The body needs fat for a proper absorption of fat-soluble vitamins A and D. They are also a good source of trace minerals phosphorus, magnesium, calcium for building and maintaining healthy teeth and bones.

Coconut Butter

Coconut Butter is a ground up coconut meat that has a butter like consistency. It is a star of superfoods, metabolism and Immune system booster. Lauric acid in coconut butter is antibacterial.

Spices: Cinnamon, Nutmeg, Vanilla, pumpkin spice have anti-inflammatory properties and are powerful antioxidants.

Special thanks to Chef Olga Keller of OKLivingFoods™, Certified Nutritional Coach, Raw Chef, and JOPCO affiliate for the Joseph P Cory Foundation. For more information: 561.501.3538, info@josephpcoryfoundation.org, josephpcoryfoundation.org, or for Olga at: olga@olgakeller.com