

A top-down view of a white bowl filled with a light-colored soup, garnished with purple onions. The bowl sits on a light-colored surface. In the background, there is a whole orange pumpkin on the left, a sprig of green herbs in the center, and a sliced lemon on the right. A folded beige napkin and a silver spoon are visible on the right side of the bowl.

Your Fitness Chick Fall Favorites Recipe Bundle

ENJOY THE COZY SEASON WITH
THESE TASTY SEASONAL
FAVORITES

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A top-down view of a white bowl filled with a light green soup, topped with white coconut flakes. The bowl is on a light grey surface. A silver spoon is placed to the right of the bowl. Fresh green basil leaves are scattered around the bowl: a small sprig in the top left, and a few individual leaves in the bottom left and bottom right. A semi-transparent white rectangular box is centered over the bowl, containing the title and subtitle text.

Your Fitness Chick Fall Favorites Breakfast

KICKSTART YOUR DAY

Green Smoothie Bowl with Pumpkin Seed Crunch



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [30 g] Spinach
- 0.5 medium [59 g] Banana
- 0.5 cup [82.5 g] Frozen Mango
- 1 scoop [20 g] Protein Powder
- 1 tbsp [12 g] Chia Seeds
- 2 leaves [1 g] Basil
- 1 dash [0.63 ml] Kosher Salt
- 1 individual serving (4 oz) [113 g] Plain Coconut Yogurt
- 1 tbsp [7 g] Pumpkin Seeds
- 1 tbsp [6 g] Unsweetened Shredded Coconut

DIRECTIONS

1. In a high-speed blender, combine spinach, banana, frozen mango, protein powder, chia seeds, basil leaves, salt, and coconut yogurt. Blend until smooth and creamy. Add a splash of water if needed to adjust consistency.
2. Pour into a bowl and top with pumpkin seeds and optional coconut flakes for added texture and flavor.

NUTRITION INFO

Energy : 527 Cal

Fat : 29.8 g

Carbs : 38.6 g

Protein : 31 g

Fiber : 11.4 g

Sugar : 20.7 g

Pumpkin Protein Cottage Bowl



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.75 cup [169.5 g] Cottage Cheese (4% milk fat)
- 2 tbsp [32 g] Pumpkin Puree
- 3 tbsp [18 g] Rolled Oats Gluten Free
- 1 scoop [20 g] Collagen Powder (*Vanilla*)
- 1 tbsp, ground [6.5 g] Flaxseeds
- 0.25 tsp [0.42 g] Pumpkin Pie Spice
- 1 tbsp, chopped [8 g] Pecans
- 2 tsp [10 g] Maple Syrup
- 1 medium [180 g] Apples (*Chopped*)

DIRECTIONS

1. In a bowl, stir together cottage cheese, pumpkin purée, maple syrup, pumpkin pie spice, rolled oats, and collagen until well combined.
2. Mix in the ground flaxseed and let sit for about 10–15 minutes to soften the oats.
3. If storing in the fridge overnight, toss the chopped apple with a small squeeze of lemon juice, then fold it into the mixture.
4. Top with chopped pecans and an optional dash of cinnamon before serving.

NOTES

1. **Make-Ahead Option:** Prepare the base (cottage cheese, collagen, pumpkin, oats, flaxseed, maple syrup, & pumpkin pie spice) and refrigerate overnight. Add chopped apple and pecans just before serving to maintain crunch and freshness.

NUTRITION INFO

Energy : 497 Cal

Fat : 17.3 g

Carbs : 55.7 g

Protein : 36.3 g

Fiber : 9.5 g

Sugar : 33 g

Pumpkin-Spice Breakfast Porridge with Collagen



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.5 cup [125 g] Pumpkin Puree
- 0.5 cup [45 g] Rolled Oats Gluten Free
- 1 cup [240 ml] Coconut Milk Unsweetened (Carton)
- 2 scoop [40 g] Collagen Powder
- 0.5 tsp [0.85 g] Pumpkin Pie Spice
- 1 tsp [7.1 g] Honey
- 1 tbsp [10 g] Flaxseed Meal
- 1 tbsp, chopped [8 g] Pecans
- 1 tbsp [16 g] Almond Butter

DIRECTIONS

1. In a small saucepan, combine the pumpkin, oats, milk, and pumpkin pie spice. Bring to a gentle boil over medium heat, then reduce to a simmer. Cook for 5–7 minutes, stirring frequently, until the oats are soft and the mixture is thick and creamy.
2. Stir in collagen, maple syrup, and flaxseed.
3. Before serving, stir in almond butter until fully melted and incorporated.
4. Serve topped with chopped pecans.

NUTRITION INFO

Energy : 575 Cal

Fat : 28.2 g

Carbs : 52.1 g

Protein : 35.2 g

Fiber : 13.2 g

Sugar : 11 g

Pumpkin Breakfast Muffins



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 cup [90 g] Rolled Oats Gluten Free
- 0.25 cup [28 g] Almond Flour
- 6 tsp [24 g] Monk Fruit Sweetener
- 0.5 tbsp [6 g] Chia Seeds
- 0.25 tsp [0.57 g] Cinnamon
- 0.25 tsp [0.45 g] Ginger (Ground)
- 2 tbsp [14 g] Pumpkin Seeds
- 0.5 cup [125 g] Pumpkin Puree
- 1 tsp [4.2 g] Vanilla Extract
- 2 large [100 g] Egg

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, mix the rolled oats, almond flour, monk fruit sweetener, chia seeds, cinnamon, ground ginger, and pumpkin seeds.
3. Mix in the remaining ingredients until well combined.
4. On a baking sheet create 3-4 round cookies per serving. Bake for 15-17 minutes.

NUTRITION INFO

Energy : 409 Cal

Fat : 19.9 g

Carbs : 49.6 g

Protein : 20.4 g

Fiber : 9.4 g

Sugar : 4.3 g

Pumpkin Overnight Oats



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.5 cup dry [48 g] Old Fashioned Oats
- 0.25 cup [60 ml] Organic Unsweetened Almond Milk
- 0.25 cup [62.5 g] Pumpkin Puree
- 1 tsp [4.2 g] Vanilla Extract
- 0.5 tsp [2 g] Monk Fruit Sweetener
- 0.5 scoop [12 g] Organic Pea Protein
- 1 tbsp [7 g] Pumpkin Seeds
- 2 large [100 g] Egg (*Hard boiled*)

DIRECTIONS

1. Mix almond milk, pumpkin puree, oats, monk fruit sweetener, pea protein, and vanilla extract in a bowl and mix until combined. Refrigerate overnight.
2. Serve pumpkin overnight oats topped with pumpkin seeds and a hard-boiled egg.

NUTRITION INFO

Energy : 472 Cal

Fat : 19.8 g

Carbs : 43 g

Protein : 28.5 g

Fiber : 5.5 g

Sugar : 4.8 g

Paleo Pumpkin Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.25 cup [28 g] Almond Flour
- 0.25 cup [35 g] Organic Coconut Flour
- 0.5 tsp [0.85 g] Pumpkin Pie Spice
- 0.25 tsp [1.15 g] Baking Soda
- 1 dash [1 g] Himalayan Pink Salt
- 2 large [100 g] Egg
- 3 tbsp [42 ml] Organic Unsweetened Almond Milk
- 0.25 cup [62.5 g] Pumpkin Puree
- 0.5 tbsp [10 g] Maple Syrup
- 0.25 tsp [1.2 g] Apple Cider Vinegar
- 1 tsp [4.2 g] Vanilla Extract
- 1 tbsp [13.6 g] Coconut Oil
- 3 tbsp [48 g] Almond Butter
- 0.5 cup [61.5 g] Raspberries

DIRECTIONS

1. Mix all ingredients together until well blended.
2. Heat oil in a large skillet over medium heat. Pour pancake batter into the skillet making 3 inch circles. When pancake lifts easily from the skillet using a spatula, flip the pancake and cook until center is no longer gooey.
3. Top pancakes with warm almond butter.

NUTRITION INFO

Energy : 501 Cal

Fat : 35.5 g

Carbs : 29.2 g

Protein : 14.6 g

Fiber : 12.4 g

Sugar : 9.2 g

Pumpkin Pancakes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 large [50 g] Egg
- 0.33 cup [82.5 g] Pumpkin Puree
- 0.5 scoop [12 g] Organic Vegan Protein Powder
- 0.25 cup [60 ml] Organic Unsweetened Almond Milk
- 1 tsp [4.6 g] Baking Powder
- 1 tsp [1.7 g] Pumpkin Pie Spice
- 1 dash [0.4 g] Salt
- 0.5 cup [56 g] Almond Flour
- 2 tbsp [42 g] Honey
- 1 tbsp [13.6 g] Coconut Oil
- 1 medium [118 g] Banana

DIRECTIONS

1. Mix the dry first in a bowl, sift flour, baking powder, pumpkin spice, protein powder, and salt.
2. Next crack an egg in separate bowl add milk, honey and pumpkin puree.
3. Combine dry ingredients together.
4. Heat a skillet to medium low and add coconut oil, pour pancake mix onto the skillet (approximately 1/4 cup at a time) and cook on each side for 4-5 minutes.
5. Top with banana.

NUTRITION INFO

Energy : 420 Cal

Fat : 23.2 g

Carbs : 41.9 g

Protein : 16 g

Fiber : 7.1 g

Sugar : 28 g

Pumpkin Muffins with Blueberries



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 22 MINUTES

INGREDIENTS

- 0.75 cup [84 g] Almond Flour
- 0.5 tsp [2.3 g] Baking Soda
- 1 tsp [2.3 g] Cinnamon
- 0.25 tsp [0.53 g] Cloves (Ground)
- 0.25 tsp [0.55 g] Nutmeg (Ground)
- 1 dash [0.4 g] Salt
- 2 large [100 g] Egg
- 3 tbsp [60 g] Maple Syrup
- 0.5 cup [125 g] Pumpkin Puree
- 4 tbsp [64 g] Almond Butter
- 1 cup [145 g] Blueberries

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl mix together almond flour, baking soda, cinnamon, ground cloves, nutmeg, and salt.
3. In a separate bowl whisk together eggs, maple syrup, and pumpkin puree.
4. Combine wet and dry ingredients until well blended.
5. Coat muffin pan with oil or paper liners.
6. Fill muffin tins (each cup half full). Bake in the oven for 20 - 22 minutes or fork that pierces the center comes out clean.
7. Spread with almond butter and a side of blueberries when serving.

NUTRITION INFO

Energy : 340 Cal

Fat : 21.7 g

Carbs : 26.2 g

Protein : 12 g

Fiber : 5.7 g

Sugar : 16.9 g

Pumpkin Muffins



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1.5 cup [168 g] Almond Flour
- 1 tsp [4.6 g] Baking Soda
- 1 tsp [2.3 g] Cinnamon
- 0.5 tsp [1.05 g] Cloves (Ground)
- 0.25 tsp [0.55 g] Nutmeg (Ground)
- 4 large [200 g] Egg
- 0.75 cup [187.5 g] Pumpkin Puree
- 0.25 cup [80.5 g] Maple Syrup
- 1 tsp [4.2 g] Vanilla Extract
- 1 dash [0.4 g] Salt
- 4 tablespoon [64 g] Almond Butter

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Lightly grease 8 muffin tins (or line with paper liners)
3. Mix all ingredients (except for the almond butter) together in a large bowl until well blended.
4. Divide mixture into 8 muffin tins.
5. Bake for 22 - 24 minutes (when pierced with a fork, the fork comes out clean).
6. Serve warm with almond butter.
7. Option to store left overs in the freezer and reheat in the microwave when ready to eat.

NUTRITION INFO

Energy : 495 Cal

Fat : 33.4 g

Carbs : 30.8 g

Protein : 20.9 g

Fiber : 8.3 g

Sugar : 17.8 g



Your Fitness Chick Fall Favorites Lunch

RE-FUEL AND RE-ENERGIZE

Pumpkin Soup



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 2 **tbsp** [28 g] Olive Oil
- 4 **clove** [12 g] Garlic (*Minced*)
- 0.5 **medium** [55 g] Yellow Onions (*Chopped*)
- 3 **cup** [750 g] Pumpkin Puree
- 0.5 **tsp** [1.1 g] Nutmeg (Ground)
- 2 **leaf** [1.2 g] Bay Leaf
- 0.5 **tsp** [1.15 g] Cinnamon
- 0.5 **tsp** [1.05 g] Paprika
- 0.13 **tsp** [0.26 g] Cloves (Ground)
- 1 **dash** [0.63 ml] Kosher Salt
- 1 **dash** [0.1 g] Black Pepper
- 3 **cup** [720 ml] Vegetable Broth
- 0.5 **cup** [120 ml] Coconut Milk (from a can)

DIRECTIONS

1. Heat the olive oil in a large pot over medium heat.
2. Add the garlic and cook for 1–2 minutes, or until fragrant.
3. Add the onions and cook for 5 minutes, or until softened.
4. Add the pumpkin puree, nutmeg, bay leaves, cinnamon, paprika, cloves, salt, pepper, and vegetable broth to the pot. Reduce the heat to low and simmer for 15 minutes.
5. Stir in the coconut milk and cook for 1–2 minutes until heated through.
6. Remove and discard the bay leaves, then serve warm.

NUTRITION INFO

Energy : 416 Cal

Fat : 29.5 g

Carbs : 38.2 g

Protein : 5.6 g

Fiber : 12 g

Sugar : 15.4 g

Slow Cooker Pumpkin Sweet Potato Soup



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 280 MINUTES

INGREDIENTS

- 1 **medium** [114 g] Sweet Potato (*Peeled and diced*)
- 1.5 **cup** [375 g] Pumpkin Puree
- 0.25 **medium** (approx 2-3/4" long, 2-1/2" dia) [28.5 g] Red Bell Pepper (*Diced*)
- 0.25 **small** [37 g] Red Onions (*Diced*)
- 2 **cup** [480 ml] Vegetable Broth
- 2 **head** [60 g] Garlic (*Minced*)
- 1 **tsp** [2 g] Ginger
- 1 **tsp** [1.2 g] Kosher Salt
- 2 **tsp** [3.4 g] Pumpkin Pie Spice
- 2 **cup** [452 g] Light Coconut Milk (Canned)
- 3.5 **scoop** [84 g] Organic Vegan Protein Powder (*Unflavored*)

DIRECTIONS

1. Add the sweet potatoes, pumpkin puree, red onions, bell peppers, vegetable broth, garlic, ginger, salt, and pumpkin pie spice to a slow cooker.
2. Cover and cook on low for 6 hours or on high for 4 hours.
3. Remove everything from the slow cooker and add it to a blender. Puree until smooth.
4. Add the protein powder and puree again until there are no clumps and the protein powder is fully incorporated. Return the puree to the slow cooker.
5. Add the coconut milk to the slow cooker and stir until combined. Cover and cook for 30 minutes on low.

NUTRITION INFO

Energy : 482 Cal

Fat : 23.2 g

Carbs : 44.6 g

Protein : 31.5 g

Fiber : 10.3 g

Sugar : 12.4 g

Slow Cooker Sweet Potato Pumpkin Bisque



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 360 MINUTES

INGREDIENTS

- 0.5 cup [120 ml] Organic Unsweetened Almond Milk
- 3 cup [720 ml] Vegetable Broth
- 2.5 cup [625 g] Pumpkin Puree
- 2 cup, cubes [266 g] Sweet Potato
- 0.5 medium [55 g] Yellow Onions (*Chopped*)
- 4 tbsp [20 g] Nutritional Yeast
- 1 tsp [1.2 g] Kosher Salt
- 2 tsp [4.6 g] Cinnamon
- 0.5 tsp [1.05 g] Black Pepper
- 1 tsp [2.8 g] Garlic Powder
- 1 cup [240 g] Plain Non Fat Greek Yogurt
- 1 tbsp [7 g] Chopped Walnuts
- 1 tbsp [7 g] Pumpkin Seeds

DIRECTIONS

1. Add almond milk, chicken broth, sweet potatoes, pumpkin puree, yellow onion, nutritional yeast, salt, black pepper, cinnamon, and garlic powder to a slow cooker.
2. Cook on high heat for 6 hours or on low heat for 8 hours.
3. Remove all ingredients from the slow cooker and add to a blender with the Greek yogurt. Blend until smooth.
4. Top with chopped walnuts and pumpkin seeds.

NOTES

1. **Vegan option:** Greek yogurt can be substituted for coconut milk yogurt.

NUTRITION INFO

Energy : 444 Cal

Fat : 10.7 g

Carbs : 67.3 g

Protein : 25.6 g

Fiber : 17.1 g

Sugar : 21.9 g



Your Fitness Chick Fall Favorites Snack

QUICK PICK-ME-UP

No-Bake Pumpkin Pie Bars



SERVINGS: 9

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1.5 cup [168 g] Almond Flour
- 6 tbsp [81.6 g] Coconut Oil (*Melted, divided*)
- 1.5 cup [375 g] Pumpkin Puree
- 0.25 cup [80.5 g] Maple Syrup
- 1.5 tsp [2.55 g] Pumpkin Pie Spice
- 1 tsp [4.2 g] Vanilla Extract
- 2 tbsp [18 g] Arrowroot Starch

DIRECTIONS

1. Mix almond flour and half the melted coconut oil, press into a parchment-lined loaf pan.
2. In a bowl, mix pumpkin puree, maple syrup, pumpkin pie spice, vanilla extract, arrowroot starch, and the remaining coconut oil.
3. Spread pumpkin mixture over crust, refrigerate 3+ hours until set. Optional: sprinkle the top of the bars with a little bit of cinnamon or pumpkin pie spice if you prefer a stronger spice flavor.

NUTRITION INFO

Energy : 236 Cal

Fat : 17.8 g

Carbs : 15.3 g

Protein : 5.6 g

Fiber : 3.9 g

Sugar : 8.1 g

Pumpkin Chia Seed Pudding



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 **tblsp** [60 g] Chia Seeds
- 1.5 **cup** [367.5 g] Soy Milk
- 0.5 **cup** [125 g] Pumpkin Puree
- 1 **tblsp** [20 g] Maple Syrup
- 3 **scoop** [72 g] Organic Vegan Protein Powder
- 1 **tsp** [1.7 g] Pumpkin Pie Spice
- 2 **dash** [1.25 ml] Kosher Salt (*To Taste*)
- 1 **tsp** [4.2 g] Vanilla Extract

DIRECTIONS

1. Add the chia seeds, soy milk, pumpkin puree, maple syrup, protein powder, pumpkin pie spice, salt, and vanilla to a bowl and mix until well combined.
2. Let the mixture soak for 5 minutes before dividing the mixture evenly between two containers.
3. Cover each container and refrigerate overnight or for at least 3 hours.

NUTRITION INFO

Energy : 444 Cal

Fat : 20.2 g

Carbs : 37.1 g

Protein : 36.5 g

Fiber : 18.3 g

Sugar : 10.7 g

Pumpkin Coconut Trail Mix



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 tbsp [14 g] Pumpkin Seeds
- 0.5 1 oz [15 g] Coconut Chips (Dang)
- 1 tbsp [10 g] Dried Wild Blueberries

DIRECTIONS

1. Combine pumpkin seeds, coconut chips, and dried blueberries in a small bowl or container.
2. Shake or stir gently and enjoy as a sweet and salty mix!

NOTES

1. **Low Histamine Tip::** Choose freeze-dried blueberries to make this a low-histamine snack.

NUTRITION INFO

Energy : 213 Cal

Fat : 14 g

Carbs : 15.5 g

Protein : 5.7 g

Fiber : 2.8 g

Sugar : 5 g

Pumpkin Mini Cheesecake



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **1 cup** [226 g] Cottage Cheese (4% milk fat)
- **0.5 cup** [113.5 g] Whole Milk Greek Yogurt - Vanilla
(Divided)
- **0.33 cup** [82.5 g] Pumpkin Puree
- **0.25 tsp** [0.42 g] Pumpkin Pie Spice
- **1 tbsp** [20 g] Maple Syrup
- **0.25 cup, chopped** [29.75 g] Pecans
- **0.25 tsp** [0.57 g] Cinnamon

DIRECTIONS

1. Preheat oven to 350 degrees F (174 degrees C).
2. Add the cottage cheese, half of the Greek yogurt, pumpkin puree, pumpkin pie spice, and maple syrup to a blender. Blend until smooth.
3. Divide the pumpkin mixture into 2-3 small oven safe serving dishes.
4. Bake for 20-25 minutes, until the top is golden brown.
5. Allow to cool fully, then refrigerate for a minimum of 2 hours.
6. Serve chilled topped with the remaining vanilla Greek yogurt, chopped pecans, and cinnamon.

NUTRITION INFO

Energy : 323 Cal

Fat : 19.1 g

Carbs : 20.4 g

Protein : 21.6 g

Fiber : 2.8 g

Sugar : 13.8 g

Pumpkin Blondies



SERVINGS: 12

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 0.5 cup [125 g] Pumpkin Puree
- 3 large [150 g] Egg
- 0.25 cup [62.5 g] Almond Butter
- 0.25 cup [80.5 g] Maple Syrup
- 1 tsp [4.2 g] Vanilla Extract
- 1 cup [112 g] Almond Flour
- 0.5 tsp [2.3 g] Baking Powder
- 0.5 tsp [0.85 g] Pumpkin Pie Spice
- 0.5 cup, mini chips [86.5 g] Dark Chocolate Chips
- 1 tbsp [13.6 g] Coconut Oil (for greasing pan)

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl mix together pumpkin puree, eggs, almond butter, maple syrup, and vanilla extract.
3. Slowly add in almond flour, baking powder, and pumpkin spice. Mix until well blended.
4. Fold in dark chocolate chips.
5. Use coconut oil to coat the edge of a muffin tin or silicone baking cups. Fill each muffin cup $\frac{3}{4}$ to the top.
6. Bake for 12 - 15 minutes, until fork inserted in the center comes out clean.
7. Serve warm or cool. Tip: Tastes amazing warm topped with whipped cream or ice cream.

NUTRITION INFO

Energy : 172 Cal

Fat : 11.6 g

Carbs : 13.1 g

Protein : 5.7 g

Fiber : 2.6 g

Sugar : 9.4 g

No Bake Pumpkin Cookie



SERVINGS: 12

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1.5 cup [138 g] Chickpea Flour
- 1 tbsp [5.6 g] Pumpkin Pie Spice
- 1 dash [1 g] Himalayan Pink Salt
- 0.5 cup [125 g] Almond Butter
- 0.33 cup [106.26 g] Maple Syrup
- 0.33 cup [82.5 g] Pumpkin Puree
- 1 tsp [4.2 g] Vanilla Extract
- 2 oz [56.7 g] White Chocolate (*chips*)

DIRECTIONS

1. In a large mixing bowl, combine chickpea flour, pumpkin pie spice, and salt.
2. Add the almond butter, maple syrup, pumpkin puree, and vanilla extract and mix until smooth.
3. Form small balls and place them on a parchment lined baking sheet.
4. Press each ball into a circle shape and sprinkle with chocolate chips.
5. Refrigerate for 30 minutes before serving.
6. Serve cold and enjoy!

NUTRITION INFO

Energy : 163 Cal

Fat : 8.3 g

Carbs : 18.3 g

Protein : 5.1 g

Fiber : 2.6 g

Sugar : 10.3 g

Fudgy Flourless Pumpkin Brownies



SERVINGS: 8

PREP TIME: 10 MINUTES

COOKING TIME: 75 MINUTES

INGREDIENTS

- 2 cup [500 g] Pumpkin Puree
- 1 cup [227 g] Whole Milk Greek Yogurt Plain
- 0.5 cup [42.5 g] Cocoa Powder
- 0.33 cup [31.68 g] Monk Fruit Sweetener
- 1 tsp [4.6 g] Baking Powder
- 1.5 tsp [1.8 g] Kosher Salt
- 2 tsp [8.4 g] Vanilla Extract
- 1 large [50 g] Egg
- 0.25 cup, mini chips [43.25 g] Dark Chocolate Chips
- 8 medium (1-1/4" dia) [96 g] Strawberries

DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Line a 9-inch round baking pan with parchment paper and set aside.
3. In a large bowl, mix the pumpkin purée and Greek yogurt until smooth.
4. Sift the cocoa powder into the bowl and mix until fully combined. (If not pre-sifted, use a fine mesh strainer to break up clumps.)
5. Add the monk fruit sweetener, baking powder, salt, and vanilla extract. Stir until fully incorporated.
6. Add the egg and stir until well combined.
7. Gently fold in the mini dark chocolate chips.
8. Pour the batter into the prepared pan and bake for 65–75 minutes, or until firm. Let cool completely, then refrigerate.
9. Slice the brownie just before serving. Serve with fresh strawberries.

NOTES

1. **Fudgy Brownies:** Bake for 50–60 minutes, until the center is just barely jiggly. Brownies with this texture will be very moist and fudgy, but may not hold their shape well or travel easily.
2. **Cakier Brownies:** Bake for 65–75 minutes, until the batter is firm throughout with no jiggle. This results in a denser, more cake-like brownie that slices and stores well.

3. **Serving size:** This recipe was originally created to make 8 servings. If you are viewing a scaled version, some ingredient amounts may appear unusual due to automatic calculations, and certain steps in the directions may need slight adjustments.

NUTRITION INFO

Energy : 104 Cal

Fat : 4.7 g

Carbs : 19.1 g

Protein : 5.2 g

Fiber : 2.3 g

Sugar : 6.6 g

Pumpkin Cake



SERVINGS: 15

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- 1 cup dry [96 g] Old Fashioned Oats
- 1.5 cup [168 g] Almond Flour
- 1.5 tsp [6.9 g] Baking Powder
- 0.5 tsp [2.3 g] Baking Soda
- 2 tsp [4.6 g] Cinnamon
- 0.5 tsp [0.9 g] Ginger (Ground)
- 0.25 tsp [0.55 g] Nutmeg (Ground)
- 0.25 tsp [0.53 g] Cloves (Ground)
- 0.5 tsp [0.6 g] Kosher Salt
- 2 tbsp [27.2 g] Coconut Oil
- 2 medium [88 g] Egg
- 2 tsp [8.4 g] Vanilla Extract
- 2 cup [500 g] Pumpkin Puree
- 0.5 cup [113.5 g] Whole Milk Greek Yogurt Plain
- 0.25 cup [61.25 g] Almond Milk
- 6 tbsp [126 g] Honey
- 3 tbsp [24 g] Dry roasted shelled pistachios (*Chopped*)

DIRECTIONS

1. Preheat oven to 350 degrees F (174 degrees C).
2. In a medium bowl, mix oats, almond flour, baking powder, baking soda, cinnamon, ginger, nutmeg, cloves, and salt.
3. In another bowl, mix coconut oil, eggs, vanilla, pumpkin puree, yogurt, honey, and almond milk.
4. Add dry ingredients to wet ingredients in batches, mixing until combined.
5. Pour batter into a 9x13 baking dish. Bake 40–45 minutes, until a toothpick inserted in the center comes out clean.
6. Let cake cool completely before cutting. Top with pistachios and a drizzle of honey.

NOTES

1. **Cake storage** : Storage: Refrigerate up to 1 week. Add toppings before serving.
2. **Topping options** : This cake also tastes great without a topping or topped with a drizzle of honey and chopped walnuts or pecans instead of pistachios.

NUTRITION INFO

Energy : 173 Cal

Fat : 9.3 g

Carbs : 17.7 g

Protein : 6.2 g

Fiber : 3.3 g

Sugar : 9.3 g

Pumpkin Chia Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [240 g] Low Fat Greek Yogurt - Vanilla
- 2 tbsp [28 g] Chia Seeds
- 1 tsp [4.2 g] Vanilla Extract
- 0.25 cup [62.5 g] Pumpkin Puree
- 1 tbsp, chopped [8 g] Pecans

DIRECTIONS

1. In a bowl, combine the greek yogurt, chia seeds, and vanilla extract.
2. Stir everything together, cover with a lid, and refrigerate for at least 2 hours (or overnight).
3. Once the chia seeds are fully combined with the yogurt, build your glass.
4. Add 1/2 cup of chia pudding to a glass, then 1/8 cup of pumpkin puree, 1/4 cup chia pudding, 1/8 cup of pumpkin puree, 1/4 cup of chia pudding.
5. Top it with 1 tablespoon of chopped pecans.
6. Serve cold and enjoy!

NOTES

1. **Refrigeration Time:** : Refrigerate overnight or for at least 2 hours before serving.

NUTRITION INFO

Energy : 400 Cal

Fat : 23.4 g

Carbs : 32.9 g

Protein : 20.2 g

Fiber : 12.8 g

Sugar : 18.9 g

Pumpkin Pie Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.33 cup [82.5 g] Pumpkin Puree
- 1 small (6" to 6-7/8" long) [101 g] Banana
- 1 tbsp, ground [6.5 g] Flaxseeds
- 0.25 tsp [0.42 g] Pumpkin Pie Spice
- 1 cup [245 g] Almond Milk
- 0.5 cup [112.5 g] Almond Milk Yogurt Plain
- 0.25 tsp [1.05 g] Vanilla Extract
- 1 tbsp [16 g] Almond Butter
- 0.5 tsp [3.55 g] Honey

DIRECTIONS

1. Blend all ingredients together in a blender and enjoy!

NUTRITION INFO

Energy : 449 Cal

Fat : 27.4 g

Carbs : 47.1 g

Protein : 11.4 g

Fiber : 10 g

Sugar : 24.4 g

Easy Pumpkin Hummus



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 clove [3 g] Garlic
- 0.75 cup [187.5 g] Pumpkin Puree
- 1.5 cup [375 g] Chickpeas (canned and drained)
(Drained and rinsed)
- 1 tsp [2.1 g] Cumin
- 2 tbsp [28 g] Lemon Juice
- 0.5 tsp [3 g] Salt
- 0.25 tbsp [5 g] Maple Syrup
- 0.5 tbsp [7 g] Olive Oil
- 1 cup [149 g] Baby Carrots
- 2 cup, florets [142 g] Broccoli
- 0.25 cup, whole [35.75 g] Almonds

DIRECTIONS

1. Peel garlic cloves and place in food processor. Using the processor, finely chop garlic.
2. Add remaining ingredients, except the fresh vegetables, to the food processor. Blend to thoroughly mix.
3. Serve with fresh vegetables.

NUTRITION INFO

Energy : 452 Cal

Fat : 16.7 g

Carbs : 65 g

Protein : 16.6 g

Fiber : 16.8 g

Sugar : 7.8 g



Your Fitness Chick Fall Favorites Dinner

FINISH STRONG

Roasted Turkey Breast with Whipped Sweet Potatoes and Pumpkin



SERVINGS: 2

PREP TIME: 20 MINUTES

COOKING TIME: 85 MINUTES

INGREDIENTS

- 2 **tbsp** [28 g] Olive Oil
- 2 **tsp** [8 g] Green Goddess Seasoning Blend
- 0.5 **head** [15 g] Garlic (*Minced*)
- 1 **tsp** [1.2 g] Kosher Salt
- 16 **oz** [453.6 g] Turkey Breast Meat
- 2 **pumps** [2 g] Avocado Oil Cooking Spray
- 1 **cup, cubed** [133 g] Sweet Potato
- 1 **cup** [250 g] Pumpkin Puree
- 2 **tbsp** [30 g] Plain Non Fat Greek Yogurt
- 0.5 **tsp** [0.85 g] Pumpkin Pie Spice
- 2 **tbsp** [15 g] Slivered Almonds

DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Mix olive oil, seasoning, garlic, and half the salt. Rub over turkey.
3. Spray a baking pan, add turkey, and roast 60–80 minutes until internal temp reaches 165°F (73°C).
4. Let rest 15 minutes, then slice.
5. After removing it from the oven, let the turkey breast rest at room temperature for 15 minutes. Slice right before serving.
6. Put the sweet potatoes in a large saucepan. Add enough cold water to cover them. Turn the heat to high and bring the water to a boil. Once the water is boiling, lower the heat to medium. Cook the sweet potatoes without a lid for 15-20 minutes, or until you can easily pierce them with a fork.
7. In a food processor, blend sweet potatoes with pumpkin, yogurt, pumpkin pie spice, and remaining salt until smooth.
8. Top the whipped sweet potatoes and pumpkin with slivered almonds before serving.

NUTRITION INFO

Energy : 529 Cal

Fat : 23.4 g

Carbs : 37.7 g

Protein : 44.6 g

Fiber : 7.1 g

Sugar : 15.5 g

Pumpkin Soup & Seared Sea Bass



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- 1 cup (1" cubes) [116 g] Pumpkin
- 0.5 cup [50 g] Cauliflower
- 0.25 medium [27.5 g] Yellow Onions (*chopped*)
- 3 clove [9 g] Garlic (*peeled*)
- 1 tsp [4.8 g] Olive Oil
- 1 fillet (6-1/2" x 2-1/2" x 3/8") [103 g] Sea Bass
- 1 dash [1 g] Himalayan Pink Salt (*To Taste*)
- 1 dash [0.1 g] Black Pepper (*To Taste*)
- 0.5 tbsp [6.4 g] Clarified Butter Ghee
- 0.75 cup [180 g] Beef Bone Broth
- 0.25 cup [56.5 g] Coconut Milk

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Place the pumpkin, cauliflower, onion, and garlic on a parchment-lined sheet pan. Drizzle with the olive oil and roast for 30 minutes, or until the vegetables are tender.
3. Toward the end of the roasting time, pat the sea bass dry and season with salt and pepper to taste.
4. Heat the ghee in a skillet over medium-high heat. Add the sea bass and sear for about 3 minutes per side, or until cooked through. Remove from the heat and set aside.
5. Remove the roasted vegetables from the oven. Once the pumpkin is cool enough to handle, remove the skin.
6. Transfer the roasted vegetables to a pot over medium-low heat. Add the bone broth and coconut milk and heat through.
7. Using an immersion blender, blend until smooth and creamy. Season with salt and pepper to taste.
8. Serve the pumpkin soup with the seared sea bass. Enjoy!

NUTRITION INFO

Energy : 455 Cal

Fat : 29.2 g

Carbs : 17.9 g

Protein : 34.5 g

Fiber : 3.4 g

Sugar : 6 g