

blueberry pie smoothie

Serves 2

PREP TIME: 5 minutes

1 cup frozen blueberries

½ frozen banana

½ cup rolled oats

1 ½ cups plain Greek yogurt

1 cup water or milk

¼ - ½ tsp ground cinnamon

1 tsp vanilla extract

VARIATION: For an apple pie inspired smoothie, replace the frozen blueberries with 1 large, cored and diced apple.

PLACE all ingredients in a high-powered blender.

BLEND on high for 1-2 minutes or until all ingredients are well combined.

ADD more milk to thin, if needed, until desired consistency is reached.



pumpkin pie smoothie

Serves 2

RECIPE ADAPTED FROM: [Veganosity](#)

PREP TIME: 5 minutes

1 cup milk of choice

½ cup organic pumpkin puree

½ medium banana, frozen

1 small to medium carrot

1 tsp [pumpkin pie spice](#)

1 scoop unsweetened clean protein powder

1-2 tsp pure maple syrup, optional

1 tsp cacao nibs, optional

PLACE milk, pumpkin, banana, carrot, pumpkin pie spice and protein powder in a high-powered blender.

BLEND until smooth. Add water to thin, if needed.

TASTE and add maple syrup or another half frozen banana for additional sweetened, if desired.

TOP with cacao nibs for a fun crunch, if desired.



sweet potato pie smoothie

Serves 2

RECIPE ADAPTED FROM: [Ambitious Kitchen](#)

PREP TIME: 5 minutes

1 cup frozen cooked sweet potatoes

¾ - 1 cup frozen cooked carrots

1 frozen banana

¾ cup milk

1 ½ cups plain Greek yogurt

2 Tbsp almond butter

1 tsp vanilla extract

1 tsp [pumpkin pie spice](#), or more to taste

Optional add-ins:

- 1 Tbsp flax, hemp or chia seeds
- 1-2 cups fresh baby spinach
- 1 cup frozen cauliflower

PLACE all ingredients in a high-powered blender.

BLEND on high for 1-2 minutes or until all ingredients are well combined.

ADD more milk to thin, if needed, until desired consistency is reached.

NOTE: Steam sweet potatoes and carrots ahead of time, cut into chunks and freeze along with the banana for easy access later.



apple pie energy bites

Makes 16 bites

RECIPE FROM: [Cupcakes and Kale Chips](#)

PREP TIME: 10-15 minutes

½ cup pitted dates

1 cup dried apples (not freeze dried)

½ cup almonds or unsweetened shredded coconut

½ tsp cinnamon

PLACE all ingredients into a food processor and blend until it forms a thick paste.

USING about a tablespoon of the mixture, roll into bite-sized balls.

ENJOY 1-2 bites at a time for snack or sweet treat.

STORE in the fridge for up to a week or freeze for up to 3 months.

