

Wellness Wednesday Recipes November 4, 2020

Pumpkin Smoothie Bowl (serves 1)

½ c milk or water
½ c pumpkin puree
½ c plain Greek yogurt
1T maple syrup
½ t pumpkin spice
½ t vanilla
½ banana
2 ice cubes

Toppings: pomegranate aerals, pumpkin seeds, oats, chia seeds, berries, coconut, etc.

Blend all ingredients together (except for toppings) pour into a bowl and garnish with toppings

Pumpkin Nut Milk

1 c raw unsalted pepitas
7c water
3 dates
½ t vanilla
1/8 t salt

Soak pumpkin seeds in 4c of the water for up to 3hrs. Drain and rinse.

Put soaked seeds in blender with 3c water and remaining ingredients, blend until smooth and creamy.

Pour into bowl fitted with cheesecloth. Strain out liquid, squeezing liquid from solids in cheesecloth.

Cover and store in cooler.

Orange and Bleu Salad (serves 6 as a side, 4 as a main)

Salad:

½ dry and creamy fleshed pumpkin
1T Olive Oil
1 head romaine
½ kalamata olives
4oz gorgonzola
½ c walnuts

Cranberry Dressing:

1c fresh cranberries
¼ c apple cider vinegar
2T honey
¼ c olive oil
¼ c oj
½ t salt
Black pepper

Cook wedged pumpkin at 375 for 35-45 mins, or until tender.

Make dressing while roasting-

Small saucepan add cranberries, vinegar and honey. Bring to boil, lower to simmer and cook 5 minutes covered. Uncover, mash and add remaining ingredients.

Artfully arrange ingredients on a platter, drizzle with dressing.