

PUMPKIN SMOOTHIES

Pumpkin Nutrition and Health Benefits

Pumpkin, particularly cooked and raw, has a **wealth of health benefits**. One cup boiled and mashed pumpkin contains 408% recommended dietary allowance (RDA) of **vitamin A** (as beta-carotene). It also contains all B vitamins (except B12) and 13% RDA each of **vitamin C and E**.

As for minerals, pumpkin is especially **rich in copper** (25% RDA in 1 cup). It's also a good *source of iron, manganese, phosphorus and potassium*.

In addition to beta-carotene, which is known to promote eye health, pumpkin contains several antioxidants that **may provide a protective effect against certain cancers, diabetes, and inflammatory diseases**.

Rich in vitamins
and minerals!

Packed with
Protein!

Supports eye,
heart and
kidney health!



How to Use Pumpkin in a Smoothie Recipe

Pumpkin makes a wonderful base in a smoothie. They are best blended with flavors that will accent pumpkin well, such as *apples, pears, coconut, carrot, and sweet potato*. **Spices like cinnamon, clove, nutmeg, ginger, vanilla, allspice and “pumpkin pie spice” are excellent** in pumpkin smoothies where pumpkin is the dominant flavor. The flavor of raw cacao also mixes well with pumpkin.



You can use raw, cooked or canned pumpkin for making a smoothie. Canned pumpkin is the easiest and most convenient, but not necessarily the most nutritious. If you use canned, be sure to seek out an **organic brand** with no added sugar. It should be 100% pure pumpkin puree, or unsweetened organic pumpkin pie mix (canned).

You can cut up and cook pumpkin, allowing it to chill before adding to a smoothie. The best way to cook pumpkin is to steam it. Simply remove the seeds and “innards”, remove the peel, and cut into small pieces. Place in a steamer or colander basket with lid over boiling water for about 50 minutes, or until tender. You can also boil pumpkin, but steaming ensures that minimal nutrients are leached out into the water.

You can also use raw pumpkin, although cooked pumpkin will have more flavor. Simply remove the seeds and innards, peel and cut into small pieces. I recommend soaking in water treated with a squeeze of lemon juice overnight in the refrigerator. Some people say that this helps break down

the starchiness. When you are ready to blend, place the soaked chunks of pumpkin in a high speed blender with your other ingredients and blend until creamy.

I generally don't add more than one cup of pumpkin to a meal replacement smoothie. Too much will overpower your smoothie.

As far as **pumpkin green smoothies**, I recommend using mild-flavored greens like leaf lettuce, romaine or fresh baby spinach, and steer clear of dandelion, kale and other bitter greens that will overpower the delicate flavor of pumpkin.

-Tracey Russell

Deb's Comments: True confessions: I am a pumpkin junkie! I like all things pumpkin, but my favorite is a Chocolate or Vanilla Pumpkin Smoothie. Unsweetened raw cacao or unsweetened cocoa blends deliciously with pumpkin, as does my favorite carob. Recently I have discovered a wonderful ginger pumpkin spice (now available at the Center from Cathy's Ginger Spices) that I add to **Deb's Amazing Chocolate Pumpkin Smoothie** and it is the special ingredient that takes this smoothie over the top. We will be doing a tasting and sampling soon so stay tuned!

Pumpkin Smoothie Recipes

Deb's Amazing Chocolate Pumpkin Peanut Butter Smoothie

1 banana
1 cup frozen cherries
1 cup organic unsweetened pumpkin
1 cup unsweetened vanilla almond milk
1 scoop Chocolate Dream Protein
1 scoop Green's First Chocolate or Vanilla Boost
2 tsp shredded coconut
2 tsp unsweetened cocoa or carob
1 Tbsp. organic unsweetened Peanut butter
1 tsp. Cathy's Ginger Pumpkin Spice or 1/2-1 tsp cinnamon or Pumpkin Spice

Blend and Enjoy! **YUMMY!**



Pumpkin Spice Smoothie



Makes 2 servings

Prep Time: 15 minutes

- 1 cup unsweetened almond milk
- 2 cups fresh grated pumpkin
- 1 1/4 teaspoon pumpkin pie spice blend
- 5-6 medjool dates, pitted
- 1/4 vanilla bean, scraped or 1 teaspoon vanilla extract
- 4 ice cubes
- dash of sea salt

Place all ingredients into a blender and blend until smooth. Adjust flavorings as needed and add more almond milk if too thick.

-Judita Wignall

Roasted Pumpkin Butternut Smoothie

- 1/2 frozen large banana
- 1c whole Coconut milk
- 1/2c organic pumpkin puree (no sugar)
- 3/4c cubed, *roasted* butternut squash
- 1 Scoop greens First Vanilla Boost
- 1 Scoop Vanilla Protein Powder
- 1 T cinnamon
- 1 T vanilla
- pinch of cloves + all spice
- 3/4-1t fresh grated ginger



Blend. Add more milk unless you like the pudding texture. The fresh grated ginger really makes a difference.

Pumpkin Pie in a Bowl

Ingredients:

32 ounces' fresh carrot juice
1 cup raw sweet potato, peeled and cubed
1/2 scoop *Greens First Vanilla Boost*
1/2 avocado, pitted
1/2 teaspoon pumpkin pie spice

Preparation:

Place all of the ingredients in a high-speed blender and blend until smooth. Enjoy right away or store in an airtight container and enjoy within 36 hours.

Makes 4 to 5 cups.



Pumpkin Green Smoothie Recipes



To make these smoothies, add the liquid to your blender first (I use a Vitamix*). Then add the soft fruit followed by the remaining ingredients, adding the leafy greens last. Blend on high for 30-45 seconds or until smooth.

Pumpkin-Apple Green Smoothie with Cinnamon

1 cup pumpkin (cooked, canned, or raw)
1 apple, cored
1 banana, peeled
dash of cinnamon (to taste)
2 cups or handfuls fresh baby spinach (optional, but recommended)
8 ounces of fresh water or pumpkin seed milk (or try coconut water)

Blend and enjoy!

Pumpkin-Carrot with Pear Green Smoothie

1 cup pumpkin (cooked, canned, or raw)
1 fully ripe pear, cored
1 whole carrot or 4-6 ounces of carrot juice
1 scoop Greens First Vanilla Boost
2 cups or handfuls fresh baby spinach (optional, but recommended)

Blend and enjoy!



No Fruit Pumpkin Kale Smoothie

1 cup fresh kale, de-stemmed and chopped
3/4 cup pumpkin puree
1/2 cup coconut water
1/4 cup raw cashews
1/4 teaspoon ground cinnamon
1/4 teaspoon pumpkin pie spice
1/2-inch piece fresh ginger (optional)
pinch of ground nutmeg
6 ice cubes

Place all ingredients in a blender and blend until smooth. Enjoy immediately.

-Sonnets Kitchen

Pumpkin Mango Green Smoothie

1/2 cup pure canned pumpkin.
1 cup fresh or frozen mango.
3 tablespoons cashews.
1/2 teaspoon vanilla extract.
1/2 teaspoon cinnamon.
2 cups baby spinach.
8 ounces (236 ml) unsweetened almond milk
or coconut milk
1 scoop SP Complete Vanilla

Blend until smooth. Enjoy!





Pumpkin Chocolate Chip Green Smoothie

2 cups fresh spinach
 2 cups almond milk, unsweetened
 1 cup pumpkin, unsweetened (organic canned or fresh)
 1 banana
 1 pear, cored
 1 tablespoon cacao powder

Can substitute pears with mango. Enjoy!

- Simple Green Smoothies

Pumpkin Pie Green Smoothie Recipe

To make a raw pumpkin pie smoothie, use 2 cups of pie pumpkin cut into chunks. Soak overnight in water with a tablespoon of lemon juice to help reduce the starchiness.



1 cup raw pumpkin, cubed
 1/4 cup unsweetened, almond milk or coconut milk
 1 teaspoon ground cinnamon
 2 bananas, peeled
 1/4 teaspoon nutmeg
 1/2 carrot juice
 2 cups fresh baby spinach (or other leafy green)

Mix ingredients in a blender and blend on high. You may need to add additional coconut milk if the smoothie is too thick. Enjoy!

Pumpkin Pie Green Smoothie Recipe 2

1/2 cup organic pumpkin pie mix (No sugar added)
 1 cup unsweetened, almond milk (Substitute Coconut Milk on Cleanse)
 1 teaspoon ground cinnamon
 1/2 teaspoon nutmeg
 1 large carrot, chopped
 2 cups fresh baby spinach (or other leafy green)
 2 frozen bananas

Start by adding the liquid to your blender followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy. Enjoy!

Superfood Pumpkin Pecan Pie Smoothie

1 cup organic canned pumpkin puree
3 pitted dates
1 tablespoon organic almond butter
2 tablespoons ground flaxseed
1 teaspoon pumpkin pie spice
1½ cups almond milk
2 tablespoons chopped pecans
1 cup organic spinach
½-1 scoop Greens First Greens
1 cup ice

Blend until smooth in high power blender. Enjoy!



How to Make Pumpkin Seed Milk

You can use the seeds and “guts” from a pumpkin to make pumpkin seed milk! Use it as the liquid in any pumpkin smoothie recipe.

I add two cups of pumpkin seeds and guts to 4 cups of water. To sweeten, add a date or two, and accent the flavor with a little cinnamon, nutmeg and/or vanilla.

Blend on high for 30 seconds (or longer if you do not have a high-speed blender). When finished blending, strain the liquid from the pulp using a sieve or nut milk bag.

Store in a tightly sealed container (mason jars are great for this) in the refrigerator for up to 4 days. Shake well before using as separation will occur.



Add **Green's First Green's** to your smoothie for **15 + Servings of Veggies & 54 Super foods**. Add **Greens First Boost** for your **daily multi-vitamin, prebiotic and essential fatty acids**. And of course, add **Dream Protein** for the **perfect hormonally balanced meal**.

**Change your Breakfast
Change your Life!**

