

Isn't it time for pumpkin?

The bright orange color of pumpkin is a giveaway that it's loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant substances converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health.

Pumpkin is also an anti-inflammatory food. This means that it helps with joint health, organ health, stress relief, and soft tissue injuries.

The elevated level of Vitamin C in pumpkin helps the immune system and encourages collagen production for the skin to maintain its glow and elasticity. Pumpkin is a great source of fiber and helps wash out any toxins and keeps your body running smoothly.

Now doesn't this make you want to eat some pumpkin?

Here's a recipe for a delicious, nutritious seasonal pumpkin and protein shake you can have for breakfast or a midday pick-me-up.

Pumpkin Pie Protein Shake

Ingredients

- ½ cup non-dairy milk
- ¼ cup water
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- ½ cup canned pumpkin

Optional Ingredients

- 2 rounded scoops SP Complete* or
- 2 rounded scoops Whey Pro Complete*

*Both of these ingredients are available at our office. If you prefer, use two rounded scoops of a protein powder of your choice.

Directions

Blend ingredients together until smooth. Enjoy!