

APPLE OR PUMPKIN PIE SMOOTHIE

MAKES 2 SERVINGS

MAKE IT WAHLS DIET

2 medium granny smith apples, cored & chopped OR 1 cup pumpkin puree
1 medium carrot, chopped
1 tablespoon almond butter OR 1-2 Brazil nuts
2 cups unsweetened plant milk OR 1 cup full-fat coconut milk plus 1 cup water
1 tsp ground cinnamon
½ tsp ground nutmeg
Pinch of ground cloves
1 tablespoon nutritional yeast (optional)

MAKE IT WAHLS PALEO

1 medium granny smith apples, cored & chopped OR ½ cup pumpkin puree
2 medium carrots, chopped
2 tablespoons almond butter
2 cups unsweetened plant milk OR 1 cup full-fat coconut milk plus 1 cup water
1 tsp ground cinnamon (optional)
½ tsp ground nutmeg (optional)
Pinch of ground cloves (optional)
1 tablespoon nutritional yeast (optional)

HEALTH BENEFITS

Apples, rich in fiber, vitamin C, pectin, and polyphenols, have been associated with anti-inflammatory effects and an increase in beneficial microbes in the gut.

Pumpkin contains beta-carotene. Your body can turn beta-carotene into Vitamin A, which strengthens your immune system. In addition, pumpkins contain vitamins C and E which are also very important for a strong immune system.

Cinnamon is packed with powerful antioxidants, including polyphenols, which are naturally occurring compounds that protect against oxidative damage caused by free radicals.

