



healthy pumpkin spice protein smoothie

ingredients

- 1 scoop vanilla protein powder
- 2/3 cup unsweetened almond milk
- 1/4 cup pumpkin purée
- 1/4 cup plain nonfat greek yogurt
- 1 tsp maple extract
- 1 tbsp maple syrup
- 1/2 tsp cinnamon
- 1/2 tsp pumpkin pie spice
- 3-5 ice cubes
- 1 pinch kosher salt

directions

Combine all ingredients in blender. Optional top with cinnamon sugar or your favorite fun topping.



three bean and beef chili

ingredients

- 1 tablespoon olive oil
- 1 cup diced onion
- 1 cup diced red bell pepper
- 1/2 cup diced carrot
- 2 tsp ground cumin
- 1 pound extra-lean ground beef
- 1 28 ounce can crushed tomatoes
- 2 cups water
- 1 chipotle chile in adobo sauce
- 2 teaspoons adobo sauce
- 1/2 teaspoon dried oregano
- salt and freshly ground pepper
- one 15.5 ounce can black beans
- one 15.5 ounce can kidney beans
- one 15.5 ounce can pinto beans

directions

Heat the oil in large pot or Dutch oven over moderate heat. Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes. Add the cumin and cook, stirring, for 1 minute. Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink. Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper. Simmer, partially covered, stirring from time to time, for 30 minutes. Stir in the beans and cook, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.