

How to Beat Halloween Weight Gain Recipes

PUMPKIN CHOCOLATE CHIP BANANA BREAD

INGREDIENTS:

2 mashed bananas
1 cup canned pumpkin
Eggs
½ cup Almond butter
4 TBSP melted coconut oil
½ cup Coconut flour
½ TBSP Cinnamon
½ TBSP Pumpkin Pie Spice
1 tsp. Baking Soda
1 tsp. Baking Powder
1 tsp. Vanilla
Pinch of Sea Salt
¼-1/3 cup Enjoy Life (or others which don't include soy, lecithin, grain, artificial colors or flavors)

DIRECTIONS:

- Preheat your oven to 350 degrees.
- Combine your bananas, eggs, almond butter, vanilla, and melted coconut oil. Mix well.
- Add in coconut flour, cinnamon, pumpkin pie spice, baking soda, baking powder, and sea salt.
- Mix well. Fold in your chocolate chips.
- Grease a metal loaf pan with coconut oil.
- Pour in your batter and spread evenly.
- Place in the pre-heated oven for 35-45 minutes or until a toothpick inserted into the center comes out clean.

HAVE YOU HEARD ABOUT My Signature Holiday Survival Guide ?

If You're sick and tired of gaining weight each year during the holidays, but you don't want to follow a strict diet or do endless cardio, than this is for you ! As a THANK YOU for an amazing 2017 and the launch of Fitness St Pete I Tierra Verde Fitness, I am giving it to you FREE. Grab your copy [HERE](#)

PUMPKIN PIE ICE CREAM

INGREDIENTS:

2 frozen bananas
-1/3 cup canned organic pumpkin
1/4 cup canned coconut milk
1/4 tsp. pumpkin pie spice (or to taste)

DIRECTIONS:

- Add bananas, pumpkin, coconut milk, and pumpkin pie spice to a food processor.
- Process until mixture becomes the consistency of ice cream.
- If you prefer the “soft serve” texture enjoy right away. If you prefer it thicker, put in bowls and place in the freezer for 5-10 minutes.

PUMPKIN PIE SMOOTHIE

INGREDIENTS:

1 frozen banana
1/2 cup canned pumpkin (no sugar or preservatives)
1/2 cup canned coconut milk or 1 cup unsweetened almond milk
2 scoops Vanilla Protein Powder
1/4 tsp. pumpkin pie spice or 1/2 tsp. cinnamon

DIRECTIONS:

Add all ingredients to a blender and enjoy!!