

WELLNESS MONTHLY

Exercise | Nutrition | Happiness

Pumpkin Chocolate Chip Peanut Butter Bars

Ingredients:

- ~ 1 cup pumpkin puree
- ~ 1/2 cup peanut butter
- ~ 1/4 cup honey or maple syrup
- ~ 1/4 cup coconut flour
- ~ 1/4 cup chocolate chips
- ~ 1 tsp baking powder, vanilla extract, & cinnamon
- ~ pinch of salt

Directions: Preheat the oven to 350F and line a baking dish. Combine pumpkin puree, peanut butter, honey, & vanilla extract in a bowl. Add in flour, cinnamon, baking powder, chocolate chips, & salt. Bake for 20-30 minutes. Enjoy!

Recipe from @arunnersappetite on Instagram

Treadmill HIIT Workout

0-5 minutes: speed 2-3 mph warmup, then alternate between 3 mph (walk) and 6 mph (run) for a minute each. Complete 9 sets/until the clock hits 23 minutes. Walk at 2-3 mph for 2 minutes to cool down.
from popsugar.com/fitness



New Study Finds Vitamin D Deficiency Linked to Greater Risk of Breast Cancer

While breast cancer risk increases with age and there are several factors that contribute to developing breast cancer such as genetics and getting older, a new study has found a link between being deficient in vitamin D and an increased risk of breast cancer.

The study, published in *Menopause*, the journal of the North American Menopause Society (NAMS), involved more than 600 Brazilian women and suggests that vitamin D may reduce the risk of breast cancer. Researchers concluded that postmenopausal women had an increased risk of vitamin D deficiency at the time they were diagnosed with breast cancer compared to women in the same age group without cancer, according to ScienceDaily.

"Although published literature is inconsistent about the

Healthy Strawberry Protein Fluff

Ingredients:

- ~ 2.5 cups frozen strawberries
- ~ 1/2 cup unsweetened vanilla almond milk
- ~ 1/2 tsp vanilla creme-flavored stevia extract
- ~ 1/3 cup unflavored casein protein powder
- ~ 3/4 tsp xanthan gum

Directions:

- ~ In a food processor, add the frozen strawberries, almond milk, and stevia extract. Puree until almost completely smooth.
- ~ In a small bowl, whisk together the protein powder and xanthan gum. ~ Dump this into the processor and blend again. After about 10 seconds, scrape down the sides of the processor to catch any powder that flung up, then blend again.
- ~ Blend for about 1 minute, or until the mixture doubles in volume and turns a nice pink color. Serve immediately.

Recipe from dessertswithbenefits.com

benefits of vitamin D levels and breast cancer, this study and others suggest that higher levels of vitamin D in the body are associated with lowered breast cancer risk," said JoAnn Pinkerton, MD, NCMP, executive director of NAMS, according to ScienceDaily. "Vitamin D may play a role in controlling breast cancer cells or stopping them from growing. Vitamin D comes from direct sunlight exposure, vitamin D3 supplements, or foods rich in vitamin D." The recommended daily allowance of vitamin D is 600 IU, but talk to your doctor to see if you need to supplement with more.

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