

WELLNESS MONTHLY

Exercise | Nutrition | Happiness

Pumpkin Baked Oatmeal

Ingredients:

- ~ 1 tbs ground flaxseed
- ~ 1/4 cup unsweetened vanilla almond milk
- ~ 1/3 cup 100% pure pumpkin puree (canned)
- ~ 3 packets (2.5 tsp) Truvia
- ~ 1 tsp pumpkin pie spice
- ~ pinch of salt
- ~ 1/2 cup old fashioned rolled oats
- ~ 1/4 tsp double-acting baking powder

Directions: Preheat oven to 350 F. In a bowl, whisk together the flaxseed & almond milk. Then whisk in the pumpkin puree, Truvia, pumpkin pie spice, & salt. Stir in oats & baking powder. Scoop the mixture into a ramekin & bake for 25 minutes. Let cool slightly, then enjoy!

Recipe from www.dessertswithbenefits.com

Partner Pumpkin (Weight) Workout

squat press x20 ~ overhead lunge x20 ~ standing oblique twists x20/side ~ uneven pushups x10/arm ~ (partner) sit-ups x20 ~ hanging sit-ups x10 ~ repeat 3 more times

from @freshfitnhealthy Instagram (video)



10 Healthy Snacks

A lot of the snacks listed below are really easy to make and can be put together right on the spot! A lot of times I really like to make a good, large batch of snacks and then have them to grab and go during the rest of my week. So easy, and so nutritious!

Enjoy!

Homemade Nut Butters

Sometimes, food is the best part of the journey. This is such an easy, and travel-friendly snack that is safe no matter where you are. One of my favorite snacks ever, these nut butters! First off, it's so fun to say you made your OWN. Second, they pair so well with cut up apples, a banana, or celery! Or a slice of higher protein toast, that's always a good move too.

Greek Yogurt with Fruit

Really, the possibilities are endless here. I really like to buy the 0% Greek yogurt, but 2% is good too! And if you're trying to get more calories in because you're

Apple Pie Oat Muffins

Ingredients:

- ~ 2 cups old-fashioned rolled oats
- ~ 1 tsp baking powder
- ~ 2 tsp apple pie spice
- ~ 1/4 tsp salt
- ~ 1/2 cup applesauce
- ~ 1 medium apple, grated
- ~ 1 large egg white
- ~ 1/4 cup maple syrup (or honey)
- ~ 2 tsp vanilla extract
- ~ 1 cup milk of choice
- ~ desired add-ins

Directions:

Preheat oven to 350F. Spray a 12-cup muffin pan with cooking spray. In a large bowl, stir together oats, baking powder, seasonings, and salt. Add applesauce, grated apple, egg white, maple syrup, vanilla extract, milk, and any add-ins. Stir well to incorporate. Allow the mixture to set and thicken for about 3-5 minutes before spooning into muffin pan. Fill muffin cups almost completely full with batter (will not rise). Bake for 30 minutes until the center of each muffin is set. Allow to cool for 10 minutes before removing from the muffin pan and serving. Enjoy! (Store in fridge for a week or freezer for up to 3 months)

Recipe from myfitnesspal.com

struggling to hit your needs, go for full fat Greek yogurt! It's packed with so much protein and probiotics... it's hard to go wrong here. Of course the plain is best, but I'd be lying if I said I never bought the Light and Fit toasted coconut or vanilla flavored yogurts. It's heavenly and also great when making frozen yogurt bark. And if you're wanting to pump it up even more to be a lighter meal versus snack, I love adding either Kashi go lean cinnamon cereal on top or another healthy cereal. But you can really add anything you really like, healthy seeds and butter, fruit, spices, honey, and sweeten it with stevia instead too if you prefer!

Hummus

There are so many ways to enjoy hummus, and so many different varieties to buy and make! Enjoy a few tablespoons of a good dip of hummus with veggies, savory chia wraps, or any wheat bread of your liking! Be mindful of how much hummus you end up consuming though... made up of mostly chickpeas, this delicious treat is high in healthy fats and protein. The possibilities with making hummus are endless.

Protein Bites and Bars

I love to make them on Sunday nights, throw them in the fridge, and pack them for snacks throughout my week. It's just too easy. And the possibilities are endless! There are a ton of protein bars and bites on the market, but be wary. A lot of them can be jam packed with processed foods and sugars, doing more harm than good. A few protein bars that I really love are the thrive pro bars, quest bars, and Rx bars.

Guacamole

I can put guacamole on anything. It's easy to make, there's no cooking involved! Just a mixture of several natural ingredients, making a totally vegan and delicious snack that's so good for you! Avocados are packed with healthy fats that we should be getting enough of, and adding onions, tomatoes, and cilantro make it even better for you! Buy it store bought or make your own, and enjoy it on some toasted high fiber wraps broken apart as homemade chips, or some sliced veggies!

Other suggestions: granola, frozen banana slices, mug cakes, healthy muffins, or oatmeal/oatmeal bites

Adapted from freshfitnhealthy.com

