

Pumpkin Spice Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

½ tray almond milk cubes
1 cup almond milk
¼ tsp caramel extract
2 oz cream cheese
3 Tbsp sweetie
1 tsp pumpkin pie spice

DIRECTIONS:

1. Add the almond milk cubes, almond milk, caramel extract, cream cheese, sweetie, and pumpkin pie spice to a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

Pumpkin Spice Latte



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 tsp pumpkin spice
1 Tbsp instant coffee
2 cups almond milk
2 Tbsp sweetie

DIRECTIONS:

1. Add the pumpkin spice, instant coffee, almond milk, and Sweetie to a saucepan, blender, or frother.
2. Heat and blend or froth until smooth and well combined.
3. Serve warm or over ice.

Pumpkin Cake



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

¼ cup pumpkin cake mix
¼ cup egg whites
2 Tbsp plain nonfat Greek yogurt
1 heaping ¼ cup pumpkin puree
2 Tbsp Sweetie
½ tsp pumpkin pie spice

DIRECTIONS:

1. In a microwave-safe bowl, combine the cake mix, egg whites, Greek yogurt, pumpkin puree, Sweetie, and pumpkin pie spice. Mix until smooth.
2. Microwave for 2–2½ minutes, or until fully set.
3. Serve warm.

Pumpkin Spice Cake

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

¼ cup egg whites
2 Tbsp plain nonfat Greek yogurt
¼ cup pumpkin cake mix
Cream Cheese Frosting (see recipe)
Cinnamon Sweetie (see recipe)

DIRECTIONS:

1. In a microwave-safe bowl, combine the egg whites, Greek yogurt, and cake mix. Mix until smooth.
2. Microwave for 90 seconds, or until fully set.
3. Top with Cream Cheese Frosting and Cinnamon Sweetie before serving.

Pumpkin Spice Pudding Cake

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

1 egg
2 Tbsp heavy whipping cream
¼ cup pumpkin cake mix
Cream Cheese Frosting (see recipe)
Cinnamon Sweetie (see recipe)

DIRECTIONS:

1. In a microwave-safe bowl, combine the egg, heavy whipping cream, and cake mix. Mix until smooth.
2. Microwave for 90 seconds, or until fully set.
3. Top with Cream Cheese Frosting and Cinnamon Sweetie before serving.

Pumpkin Donut Holes

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

1 egg
¼ cup pumpkin cake mix
7 oz pure pumpkin
Cinnamon sweetie (see recipe)
Cream Cheese Frosting (see recipe)
Pecans (optional)

DIRECTIONS:

1. In a bowl, combine the egg, cake mix, and pure pumpkin. Mix until well combined.
2. Roll the mixture into balls, then coat in cinnamon sweetie.
3. Bake at 350°F for 20 minutes.
4. Top with Cream Cheese Frosting and pecans if desired.
5. Serve warm or chilled.

Pumpkin Pie

SERVINGS: *x*COOK TIME: *x*CALORIES: *x*NET CARBS: *x***INGREDIENTS:****Crust**

¼ cup bakers basic cake mix
2 Tbsp unsalted butter, melted

Filling

⅓ cup pumpkin puree
1 egg or ½ cup egg whites
½ tsp pumpkin spice
2 Tbsp sweetie

DIRECTIONS:**Crust**

1. In a small bowl, combine the cake mix and melted butter until crumbly. Press into the bottom of a microwave-safe dish or bowl.

Filling

1. In a separate bowl, combine the pumpkin puree, egg or egg whites, pumpkin spice, and sweetie. Mix until smooth.
2. Pour the filling over the crust and microwave for 2–3 minutes, or until set.
3. Serve warm or chilled.

Zucchini Bread



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

¼ cup egg whites
2 Tbsp plain nonfat Greek yogurt
¼ cup shredded zucchini
¼ cup carrot cake mix

DIRECTIONS:

1. In a microwave-safe bowl, combine the egg whites, Greek yogurt, shredded zucchini, and Carrot Cake Mix. Mix until smooth.
2. Microwave for 2 minutes, or until fully set.
3. Serve warm.

Pumpkin Pancakes

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

¼ cup egg whites
2 Tbsp plain nonfat Greek yogurt
¼ cup pumpkin pancake mix
Butter or cooking spray

DIRECTIONS:

1. Preheat and lightly grease the mini pancake maker with butter or cooking spray.
2. In a small bowl, combine the egg whites, Greek yogurt, and pancake mix. Mix until smooth.
3. Pour the batter into the hot pancake maker and cook until golden and fully set.
4. Serve warm.

Pumpkin Waffles



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

¼ cup pumpkin waffle mix
1 egg
Sugar free syrup

DIRECTIONS:

1. Preheat and lightly grease a waffle maker.
2. In a small bowl, combine the waffle mix and egg. Mix until smooth.
3. Pour the batter into the hot waffle maker and cook for about 1 minute, or until golden and fully set.
4. Top with sugar free syrup.