

Pumpkin Carrot Bundt Cake



Ingredients: (Healthier options include gluten free flour or unbleached all-purpose flour and swerve sugar)

- 2 cups of flour, sifted
- 1 tsp baking soda
- 2 tsp of baking powder
- 2 tbsp. of pumpkin pie spice
- ½ tsp of salt
- 1 ½ cup of pureed pumpkin
- ¾ cup of buttermilk
- 1 cup of granulated sugar
- ¼ cup of brown sugar, packed
- ½ cup of vegetable oil
- 3 large eggs
- 1 tsp of vanilla extract
- 2 cups of grated carrots
- ½ cup of shredded coconut
- ½ cup of chopped walnuts
- ½ cup of raisins
- 1 cup of crushed pineapples, drained
- **Ingredients for icing:**
- 1 package (8oz) of reduced fat cream cheese, room temperature
- 6 tbsp. of unsalted butter, room temperature
- 1 cup of powdered sugar
- 1/3 cup of cream or milk
- 1 tsp of vanilla
- **Instructions:**

- Pre-heat oven to 350 degrees
- Grease and dust Bundt pan with non-stick cooking oil spray and flour
- Combine flour, pumpkin pie spice, baking soda, baking powder and salt, then set aside. (I use a hand whisk, but you can use a hand mixer or stand mixer, whatever floats your boat)
- In a separate hand/stand mixer bowl or whisk, beat the pumpkin, sugar, buttermilk, oil, eggs and vanilla until well combined. About 3 min, then set aside.
- Add wet pumpkin mixture to the flour mixture then gently fold together without over mixing.
- Fold in carrots, coconut, walnuts and raisins.
- Pour batter into Bundt pan and bake for 55 minutes to 1 hour. Poke a skewer into the cake at 50 minutes. If it comes out clean it's ready. If not let it continue to bake.
- Remove cake from oven and let cool on a cooling rack, while you prepare the icing.
- **Instructions for icing:**
- In a bowl, beat cream cheese and butter until smooth.
- Slowly add sugar, milk and vanilla and mix until creamy
- When ready to ice cake, place icing into the microwave for 20 minutes in order to easily spread on cake. Spoon or pipe the icing onto the cake. Sprinkle a pinch of nutmeg and cinnamon on top.
- Place cake aside and allow icing to set.
- Cut into slices and enjoy!

Pumpkin Peach Pie Smoothie



Ingredients: (For milk substitute you can use full fat coconut milk and/or coconut yogurt. For a healthier sugar substitute you can use Swerve sugar)

- 1 frozen banana slices
- $\frac{3}{4}$ cup of frozen pumpkin puree (I recommend freezing in ice cube containers)
- 1 cup of milk
- $\frac{1}{2}$ cup of instant oats
- $\frac{1}{2}$ cup of vanilla Greek yogurt
- 1 $\frac{1}{2}$ tsp of pumpkin pie spice
- $\frac{1}{2}$ tsp of cinnamon
- $\frac{1}{4}$ tsp nutmeg
- 3 tbsp. of pure maple syrup or honey
- $\frac{2}{3}$ cup of sliced peaches
- Pinch of vanilla
- 1 cup of ice cubes (optional)

Ingredients for Whipped Cream:

- 2 tbsp. of powdered sugar
- 1 $\frac{1}{2}$ cup of milk
- 1 tsp of vanilla

Instructions for Whipped Cream and Smoothie:

- Add milk, powdered sugar and vanilla to a stand mixer and whisk for about 4 minutes until stiff peaks form. Immediately add into a squeeze bottle or piping bag and refrigerate.
- Gradually add all ingredients for smoothie to a power blender, adding ice cubes last and blend well until smooth!
- Pour into a jar or cup and top with whipped cream (I like to add graham cracker crumbs on top)