**Pumpkin Everything!**

Tis the season where everything comes in pumpkin flavor! Enjoy a few healthy pumpkin/fall recipes below!

**LOW-FAT PUMPKIN SPICE OATMEAL CREAM PIES**

Ingredients

3/4 cup canned pure pumpkin  
1 overly ripe banana, mashed  
1/2 cup egg whites  
1 tsp. vanilla extract  
1 cup rolled oats  
3/4 cup vanilla protein of choice  
1/2 cup whole-wheat flour  
1/2 cup granulated stevia, plus extra for topping  
1 TB cinnamon  
1 tsp. ground nutmeg  
1 tsp. baking soda  
1/2 tsp. baking powder  
1/3 tsp. salt

CREAM FILLING

3/4 cup vanilla protein of choice  
3/4 cup nonfat plain Greek yogurt  
Pinch salt, to taste

How to Prepare

1. Preheat oven to 375 degrees F.  
2. In a large bowl, combine pumpkin, banana, egg whites, and vanilla extract. Mix well to combine.  
3. In a separate bowl, mix together oats, whey, flour, stevia, cinnamon, nutmeg, baking soda, powder, and salt. Slowly add to large bowl with pumpkin mixture, stirring continuously until all ingredients are mixed and dough is formed.  
4. Scoop into 24 balls onto baking sheets coated with non-stick cooking spray and sprinkle with extra stevia.  
5. Bake for 5 minutes in preheated oven. DO NOT OVERBAKE or the cookies will come out dry.  
6. Remove from oven and let cookies cool completely. While cookies are cooling, combine cream filling ingredients and mix well. Once cookies are fully cooled, divide mixture amongst 12 cookies, scooping onto the underside. Take the remaining 12 cookies and place underside onto the cream filling to form 12 sandwiches. Put in the fridge and let cool for at least 20 minutes to set. Enjoy!

NUTRITION DATA  
Per 2 cream pies (recipe makes 6 servings): 230 calories, 19 grams protein, 32 grams carbohydrates (5 grams fiber), 2.5 grams fat

**CREAM CHEESE FROSTED PUMPKIN SPICE CUPCAKES**

Ingredients

1/2 cup whole wheat flour  
1/4 cup [oat flour](http://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/benefits-of-oats/) (or you can use regular oats and grind them into flour)  
2 tsp. [cinnamon](http://www.fitnessrxwomen.com/life-health/jaime-baird/pumpkin-cinnamon-rolls/)  
1 tsp. pumpkin pie spice  
1/2 tsp. baking powder  
1/4 tsp. baking soda  
1/4 tsp. [salt](http://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/salt-is-not-the-enemy/)  
1/2 cup granulated [stevia](http://www.fitnessrxwomen.com/nutrition/recipes/stevia-cucumbers/) (or your preferred sweetener)  
1/2 cup canned pure pumpkin  
1/4 cup unsweetened applesauce  
2 TB plain nonfat [Greek yogurt](http://www.fitnessrxwomen.com/nutrition/recipes/allis-slim-pickins/berry-green-tea-frozen-yogurt/)  
1 TB [coconut](http://www.fitnessrxwomen.com/nutrition/recipes/allis-slim-pickins/chocolate-coconut-ice-cream-bites/) oil (softened)  
1 whole [egg](http://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/6-reasons-to-eat-eggs/)  
1/2 tsp. vanilla extract

FROSTING

1/2 cup fat-free cream cheese  
1/2 cup vanilla [whey protein powder](http://www.fitnessrxwomen.com/nutrition/supplements/the-truth-about-protein-powders/)  
2 tsp. coconut oil (softened)  
2 TB granulated stevia (or your favorite [sweetener](http://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/the-low-down-on-sweeteners/))

How to Prepare

1. Prepare the cream cheese frosting: In a small mixing bowl, stir together the cream cheese, whey protein, coconut oil, and stevia until smooth. Put in the fridge.  
2. Preheat oven to 350 degrees F. Line a 6-cup jumbo muffin tin with paper liners (or just spray with non-stick cooking spray) and set aside.  
3. In a large bowl, combine the flours, spice, baking powder, baking soda, salt and stevia. Mix together.  
4. Add the pumpkin, applesauce, yogurt, coconut oil, egg, and vanilla extract to the bowl and combine just until the ingredients are well mixed and a batter is formed (don’t over mix).  
5. Bake approximately 25 minutes or until the tops are golden brown and a knife inserted in the center of the cupcakes comes out clean. Remove from oven and let sit for a few minutes before removing the cupcakes from the tin and placing on a cooling on a rack to fully cool.  
6. Once the cupcakes are cooled, remove the frosting from the fridge and evenly pipe the frosting amongst each of the 6 cupcakes (if you do not have a piping bag, just use a knife to spread the frosting).

NUTRITION DATA  
Per cupcake (recipe makes 6): 170 calories, 15 grams [protein](https://www.fitnessrxwomen.com/nutrition/supplements/how-much-protein/), 15 grams [carbohydrates](https://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/the-importance-of-carbohydrates/) (5.5 grams [fiber](http://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/fiber-for-fat-loss/)), 2.5 grams [fat](https://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/fat-the-essential-nutrient/)

**Fall Pecan Pumpkin Spice Bars**

Ingredients

2 cups pure [pumpkin puree](http://www.fitnessrxwomen.com/nutrition/recipes/summer-pumpkin-dip/)  
1 cup [almond meal](http://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/almonds/)  
2/3 cup [coconut flour](https://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/3-ways-to-use-coconut/)  
¼ cup water  
3 scoops vanilla [protein powder](http://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/vegan-corner/5-vegan-protein-powders-sources/)  
1/2 cup [stevia](http://www.fitnessrxwomen.com/nutrition/recipes/stevia-cucumbers/)  
1 tablespoon pumpkin spice  
1 1/2 teaspoon [cinnamon](http://www.fitnessrxwomen.com/life-health/jaime-baird/pumpkin-cinnamon-rolls/)  
2 teaspoons vanilla  
½ teaspoon [salt](http://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/salt-is-not-the-enemy/)  
½ teaspoon baking soda  
4 [egg whites](http://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/6-reasons-to-eat-eggs/)  
½ cup [pecans (or walnuts)](http://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/go-nuts/)

Frosting

3 scoops vanilla protein powder  
2 tsp vanilla extract  
1/2 tsp pumpkin spice  
½ cup water

Directions (Bars)

1. Preheat oven to 350. Spray a casserole dish with non-stick spray.  
2. In a large bowl, beat pumpkin and eggs until fluffy.  
3. Beat in the remaining ingredients until fully combined.  
4. Scoop batter into casserole dish and bake for 30-35 minutes or until fully cooked.  
5. Allow to cool, then spread pumpkin spice icing over top and Enjoy!

Directions (Frosting)

1. Place all ingredients in a bowl, mix until smooth, then set aside until ready to spread over top when cooled.

Makes 12 bars

Nutritional Ingredients Per Ba  
Calories: 175  
[Fat](https://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/fiber-for-fat-loss/): 9.5 grams  
Saturated fat: 1.5 grams  
[Carbohydrates](https://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/the-importance-of-carbohydrates/): 11.5 grams  
[Fiber](https://www.fitnessrxwomen.com/nutrition/healthy-eating-tips/fiber-for-fat-loss/): 3 grams  
Sugar: 3 grams  
[Protein](https://www.fitnessrxwomen.com/nutrition/supplements/how-much-protein/): 15.5

\*\*recipes from Fitness Rx for Women\*\*

***Do you have a question about health, fitness or nutrition? Send it to Ask Laura, at*** [futurist@shockertrackclub.com](mailto:futurist@shockertrackclub.com)

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